



## Home Environment as a catalyst in developing Emotional Maturity among Adolescents

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### Abstract

*In the 21st century because of headway of science, innovation and instructive framework the way of life of individual's changes in a more prominent expand which cause numerous mental issues by which the adolescent become sincerely upset and flimsy. Then again Adolescence, itself is an unsteady, uneven and unusual period in human existence. Home climate has a significant function in creation the individual sincerely steady. In the event that a juvenile can't change appropriately in his social and instructive climate then he has disappointed and goes under stress. The home sustains the individual and sets him up for his job and capacity in the public arena. Emotional maturity means our ability to control and understand emotions in a different situation and how to tackle it. The home environment plays a vital role in developing emotional maturity among students. The home environment means atmosphere or surrounding where individuals live how society, peer relationship, socioeconomic factor, and educated parents play an important role in developing emotional maturity among adolescents. The current paper examines the role of home environment as a catalyst in developing emotional maturity among adolescents.*

**Key Words:** -Adolescents, Catalyst, Emotional Maturity, Home environment.

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### Introduction

Home is a place where everyone starts their journey of life. Every child needs a good atmosphere to start their journey. The home environment is defined as all types of social, emotional, moral, ethical and intellectual climate built by members of the family for the wholesome development of individual/child. A good home environment helps in every stage of life whether it would be childhood or it would be adulthood, everyone needs support or backup from their family. "Home environment stands with all conditions that influencing on the child behind conceiving to death." Sometime negative home environments give adverse effects on taking the wrong decision on certain times. A good home environment is necessary for everyone to survive and able to fight with the negativity. Very first environment which a child going to get a home environment and if there is no proper home environment then there may be chances of getting negative impact of the home environment. Society is also as important part of the home environment because everything is connected with society. The very first lesson of is learnt by a child is at their home so there must be requirement of home environment. The family performs major role and function and prepares their child to not get

Influenced from outsiders (Mondal, Satradhar, 2015). A strong home environment is the requirement of every child to develop themselves whether it is in form mentally or physically, if a child did not get proper home environment than it is possibility that a child may suffer in their adolescents' stage. Adolescent stage is the stage where individual ends their childhood and enter in to the adulthood stage. According to Knaap (1993), "Home Climate generally means to the home environment, both emotional and physical, and the condition of the family whether it is bad or good." According to Rajeshwari & Manoraj (2017) maturity consists of self-confidence, emotional balanced and social connections. Emotional maturity can also be defined as the situation at which a person reacts to a situation appropriately. Emotional maturity describes a person's ability in different area such as in stress, calm, anger and excitement etc. but the thing is that there should be less change in the reaction of individual or there must be no difference in the emotions of individual. Emotional maturity means the ability to overcome from the different unwanted situations comes in life during earlier stage of life. Emotional matured person always keep himself involve in making changes in him / her and also try to builds their personality to look emotional matured. As per the point of view of an individual physically and mentally fit home environment plays an important role on that. Sometimes home environment causes to individuals' life very badly in context of growth and emotionally matured".

"Variables included in home environment are attending cultural events, freedom to play equipment, reading, visit

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library, outing with family, interest of music among family members, and discussions among family members. Effects of socio-economic status were in direct: families who have more socio-economic power were more provide a proper home environment which ultimately helps in increasing motivational power in academic"Gotfried, et al (1998). Home environment provide individual to make a good character in front of the society.

Emotions play an important role developing an individual's character. Emotional maturity is described as how you are able to understand others feeling. It is very difficult to control your emotions in different situations like in stress, in anger etc. there are various situations comes in an individual's life where he/ she have to be emotionally matured to handle the tense situation without harming others feelings. Emotional maturity is not been taught in the classroom it is been self-generated from childhood. A well emotional matured individual is that person who does not affect others emotions to keep them happy. For example, for a student of class 12<sup>th</sup> i.e. to qualify their board examinations is very tough task for some students. When their result got declared they have to be well prepared with their emotions as some may get excited while others may get badly affected and wants to take unnecessary steps, this is because they are not well enough prepared to handle their emotions. A well emotionally person did not take any such step in their excitement, anger and stress. A well emotionally individual knows how to deal with intense situations comes in their lives. Emotions can harm individual and also can helps in achieving success in their life, individual should learn from their mistake that are done in past by themselves so that it could not happen again.

"The emotionally mature person despite of his age is that who has the power to handle intense situation to ignore some emotions stimulators that effect the junior and look himself differently, as he judges his assets and liabilities and seek towards a new incorporation of his thought, and his behavior. Emotional matured does not look back and try to forgive others in case of any mistake done in past and try to move ahead from them"(Crow and Crow, 1962).

Emotional Maturity is important as per point of view of societies expectations as there are some person who fulfils the requirement so there should be some emotional maturity among the individuals. Emotionally matured person will take all decisions with their open mind so that it will not affect the interest of others.

### **Objective**

To determine the role of home environment in the development of emotional maturity among students.

### **Role of Home Environment in developing Emotional Maturity among Adolescents:**

The home environment plays an important role in developing emotional maturity among adolescents. The development of emotional maturity is not being taught in

the school it is the thing, which develops in home, for an individual there should have a good home atmosphere in their house so that they can emotionally prepare. For developing good brain knowledge, it is necessary that home atmosphere must be good otherwise there may be difficult for an individual to control their emotions in stress, anger and happiness. "For developing emotional maturity among children, it is necessary to develop the brain of children so that they can emotionally and physically fit themselves to handle every hurdle comes in their lives." Brain development is only possible when a good home environment is being provided to the child and a proper living standard is provided to the child. Emotions are the feelings of the child fluctuate according to the situation whether it may be in good news or it may be in bad news, and when individual accept every situation then and only, he is fully matured enough. The home environment is not just to the development of emotional maturity rather overall development of the individual. Home environment affects in controlling the behavior of ourselves in any situations in front of the others. Home Environment must be in proper form and there must be happy situations for a child to develop themselves or train themselves so that they can handle every situation in very easy form without harming other emotions. Sometimes some situations come in individual's life where it is hard to decide to choose the correct path, if there will be no proper home environment is provided then there are chances of losing at that particular -time. According to Kumar&Shukla (2018), "Young people or adolescents are the backbone of the society. Youth of the country will decide the overall development of the country as well as of the society. Home Environment creates huge impact on the forming up individual socially adjustable and emotionally stable. If an individual not go according with society and there will be chance of emotionally frustrated and chance of coming under stress situation. Home environment plays an important role in making an individual perfect for the society so that an individual can able to role according with the need of society. Home environment is only the factor for an individual for making social intelligence and emotionally matured.

Home Environment also depends upon the society you live, as society is the part of the home environment. The effect of society is also on the development of emotional maturity among adolescents. It is necessary that there should be proper support from that there should be proper support to provide for creating a good home atmosphere at home so that it will affect the student life. Society's environment is also necessary because it will affect the atmosphere of the home and will play a major role in the development of emotional maturity. Educated parents also play an important role in the development of emotional maturity among adolescents as it is one of the parts of the home environment. A well-educated parent guides themselves in way better than the uneducated one's. Educated parent build strong emotional maturity power to handle or face every situation in their lives. For

example, suppose that if parents of individuals are not well enough educated, then there will low chance of generating a strong emotional maturity among their children.

Home environment is important aspects as regards to the developing emotional maturity among the individuals there should various aspects to be learn which an individual does not learn from outside the home or somewhere else so that home environment is most important for growing up or standing up the individual character.

Socio-Economic factor also plays an important role for the development of emotional maturity among adolescent as it is also a part of home environment. A well and emotionally stable home environment creates a healthy atmosphere in the home which may ultimately boost the emotional maturity among individual. There will be everything available so that it is also important for developing emotional maturity. Socio- economic factor will have huge role in developing a strong emotional maturity as some times if there is financial problem with them then they will start bad habit which may ultimately cause only to the individual which how much actually they are matured enough. A strong emotionally mature person can't take such step as they understand the feelings of others.

Rawat&Gulati (2019) are with the disposition which explain about peer influence on emotional maturity and influences of home environment among adolescents that development of a child is takes place in different conditions. Home environment is first and foremost for the development of emotional maturity among adolescents and after that peer influence on emotional maturity among adolescents. Peers involvement is necessary for an individual for growth. Peer involvement creates impact on growing mentally and physically fit. It is necessary for a child for having a strong peer relationship so that he can able to learn different things from them. An individual can learn many things from peers and prepared themselves from any situations.

A Peer relationshipalso plays an important role in the individual for the development of emotional maturity among adolescents as it is also part of the home environment. A strong Peer relationship is always good for the individual for developing their brain as they can play with them, spend time with them and a most important thing is that they can play with them. The peer involvement is important for an individual as different types of mind involve in the development of emotional maturity among children, the peer includes cousins, friends, neighbor, etc. Peer involvement is very important aspects in regards with the development of emotional maturity among emotional maturity among adolescents; sometimes peer involvement has a negative impact on the development of individual emotional maturity as there is no one who explains you the differences between right and wrong. The peer involvement may help release tension between each other. The peer relationship plays a major role in the

development of emotional maturity among adolescents.

Erickson (1994),“state that there must be proper peer group attachment for healthy development among adolescents. Since adolescents is stage gap between adulthood and childhood. This stage will create a dilemma in emotional changes because they meet psychological change, physical change and social change among themselves for becoming emotionally matured. They must able to control ups and downs of their emotions.”

The relative involvement in our country specially has huge impact on the home environment for development of emotional maturity among adolescents, as relatives are focusing toward the academic achievement of the student, they do not focus on the students that they will manage their emotions from their parents. The relative involvement creates negative home environment as they compare between others. For a good home environment that it necessary that proper home environment for an individual so that he can survive and can develop their emotional maturity among themselves. The relative involvement in our country effect adversely on development of emotional maturity among child some time they feel situation like feeling stress, anger, sad, etc., so to avoid such a thing it is necessary that there should be a proper home environment must be provided to the individual for emotionally matured.

### Conclusion

Home Environment plays a vital role in developing emotional maturity among adolescents. Emotional Maturity of an individual is the ability to understand the others without affect their emotions. Adolescent means the period at which students start their adulthood. There should be proper and safe environment should be provided by parents for their child in development of emotional maturity among them. Parents should guide and provide full support to their child in each stage. It should be important for developing emotional maturity that parents do not force their child instead they independently choose what they want to do so that it will help remove stress, the burden of study, frustration and rejection, etc. by adapted such things will help develop Emotional Maturity among adolescents.

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