

Emotional Adjustment among Undergraduate Boys and Girls

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Abstract

Emotions are present in every life activity. They help us to survive in the society. Every living being possesses them. Emotional adjustment varies from individual to individual. To study emotional adjustment among undergraduate boys and girls, Questionnaire was prepared by the author and data was collected. After collecting information, interpretation was made and it was found that girls are emotionally more adjusted when compared to boys at the undergraduate level.

Keywords: Emotions, undergraduate students

Introduction

The emotions are generally understood as representing a synthesis of subjective experience, expensive behavior and neurochemical activity. Some non-human animals are also considered to posses emotions as described by Charles Darwin(1872).

Dr. s.s mathur 1991-92 stated “the conditions that provoke emotions change with the individuals expanding abilities and interest.” Emotions are present in our every life activity. They are prime movers of thoughts which reflect our conduct. They play significant role in influencing physical, mental and social health. The emotions of a child are in a diffused state at the time of birth, but as he grows development of emotions take place in the form of expressions with the passage of time.

Webster’s dictionary defines an emotion as “the stirred upstate of individual, as represented by a combination of factors (C.L Kundu & D N Tutoo-1985).

All modern theorists agree that emotions influence what people perceive, learn and remember and that they play an important part in personality development.

The parents and teachers should be careful that no particular emotion in the child reaches a stage of excessive intensity as this sometimes lead to serious personality

disorders (Dr. R.N Sharma & R.K Sharma 2003).

Emotional adjustments (also referred to as personal adjustment or psychological adjustment) are the maintenance of emotional equilibrium in the face of external and internal stress.

This is facilitated by cognitive process of acceptance and adaptation. It helps to know the environment to which the students belong “some emotional experiences are common to all human beings and other are more limited in range or scope. For example they may occur only when a child has reached a particular level of maturity (Charles E Skinner, 1992).

Methodology

Questionnaire prepared by the author based on the problem. “Emotional adjustment among undergraduate boys and girls”

	Boys (10)		GIRLS (10)	
	Yes	No	Yes	No
Q1:- Do you love your parents?	10	-	10	-
Q2:- Do you want to be alone?	4	6	3	7
Q3:- Do you love you're your brothers and sisters?	9	1	10	-
Q4:- Do you love watching emotional films?	9	1	10	-
Q5:- Do you attend social gthering?	4	6	9	1
Q6:- Do you become sad while watching emotional films?	5	5	9	1
Q7:- Do you respect your teachers?	10	10	10	10
Q8:- Are you emotionally attached With your teachers?	3	7	9	1
Q9:- Do you like your collage?	9	1	10	-
Q10:- Are you adjusted with your friends?	9	1	9	1
Q11:- Do you like the place where you are Place where you are living?	6	4	8	2
Q12:- Do you want to go out of your town, City or State?	6	4	5	5
Q13:- Do you like your neighborhood?	3	7	9	1
Q14:- Do you visit your friend's home?	3	7	8	2
Q15:- Do you respect your friends parents?	10	-	10	-
Q16:- Do you want to help disable persons?	10	-	10	-
Q17:- Do you have love for orphans?	10	-	10	-
Q18:- Do you have love and sympathy for old people?	10	-	10	-
Q19:- Do you have respect for your country?	10	-	10	-
Q20:- Do you love watching patriotic films?	2	8	10	-

Interpretation

From the data collected through questionnaire, it has been interpreted that the boys and girls have same love for their parents. It has been observed that most of the time boys want to be alone, but reverse is the case with girls. Both boys and girls love their brothers and sisters, but when they are compared with each other girls have more love and affection for their relations.

Girls also loves watching emotional movies, where as boys don't. It has been observed that girls often attend social gathering but boys avoid those. Sad movies disturb emotions of girls more as compared to boys. My observation is that both boys & girls have respect for their teachers, but girls get emotionally more attached with their teachers as well as their institution where they study as compared to boys. Friendship plays a vital role in the adjustment of boys and girls. Girls are well adjusted with their friends and share their feelings more with their neighborhood as compared to boys.

It has also been observed that both boys and girls have equal respect towards the parents of their friends. They both are emotionally developed, both want to help disabled persons, orphans, old peoples other needy ones. Patriotic feelings are same in both boys as well as girls, but girls love to watch patriotic movies more as compared to boys.

Result

Result obtained from the above studies reflect that in most of the emotional traits girls are more balanced than boys, but in some of the common emotional expression and emotional relations both boys and girls show emotional stability.

Present investigation reveals that girls are emotionally more balanced and adjusted when compared to boys at the undergraduate level.

Acknowledgement

I acknowledge my deep sense of gratitude to Dr. B.L Bhellum, Dr. Bharti Razdan (Department of Botany, G.D.C. Kathua) and Prof. Rachana Bhagat (Asstt. Professor in Education, G.L.D. College, Hiranagar) for their valuable suggestions.

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