

**Comparison of emotional maturity
among single and married female
students aged 18 to 30 years at Sistan
and Baluchestan University**

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Abstract

The aim of this study was to compare the level of emotional maturity of single and married female students of Sistan and Baluchestan University in 2007. And in the statistical population of female undergraduate students of this university with a statistical sample size of 160 female students (80 married and 80 single) was performed by random sampling. The required information was collected through the Emotional Maturity Questionnaire (EMS) from Dr. Yashuering and Dr. Mahish Bahargawa. Data analysis shows a significant difference in the emotional maturity of married female students compared to their single counterparts.

Keywords: Emotional maturity

Explanation of question

Many people do not reach emotional maturity at a young age and adolescence, while most people reach sexual maturity and puberty by the age of 20, but either do not reach emotional maturity or reach puberty too late.

Emotional maturity means that a person reaches a level of maturity where he can find more complex solutions to her daily emotional problems and use his feelings in

a more complex way to solve these problems and has the ability to control its extreme fluctuations.

It matters whether people first reach a relative emotional maturity and then try to move in together, or when they get married and start living together with someone else.

This maturity grows in them. Many people believe that one should first achieve economic and social independence and then pay attention to their emotional needs.

Depression is so common among single girls today that one can not Recognizes her emotions correctly and naturally does not know how to control and express them. Now she either expresses them incorrectly or suppresses and denies them. Finally, the main issue of this research that we are examining.

We ask, is there a significant difference between single and married female students in terms of emotional maturity or not? In other words, does marriage affect the emotional maturity of individuals or not?

The issue of emotional maturity is an important issue that if people do not pay attention to it, they may have problems in the future and in their life together with another person.

Certainly a person who has not reached an emotionally mature level can not live a peaceful life with another person because she still has no control over her emotions and does not know how to control them?

So if we know that our future partner has reached emotional maturity and has the conditions to lead a life, we can trust her and solve the problems that the couple faces. Therefore, for this purpose, we examine the relationship between the two

variables of emotional maturity and marriage.

Research methodology

research method : In the present study, due to its nature, which describes the current situation without any intervention and causation, the research is descriptive-comparative.

Statistical Society

A society may be as vast as a human society, but in research such societies are less used due to their infinity, and therefore the researcher tries to limit the infinite society.

In this study, our study population is: All female students, both single and married, at the undergraduate level of Sistan and Baluchestan University in the academic year of 2007-2008

Statistical sample and sampling method

In this study, by simple random sampling method, 80 single and 80 married women were selected from all married and unmarried female students of Sistan and Baluchestan University who were studying in different fields at the undergraduate level. In total, the selected sample included 160 students.

Data Collection tools

In this study, data were collected by the Emotional Maturity Scale (EMS) questionnaire from Dr. Yashuering and Dr. Mahish Bahargawa. This questionnaire consists of 48 questions.

The first 10 questions measure the criterion of emotional instability, the second 10 questions measure the criterion of emotional return, the third 10 questions measure the criterion of social incompatibility, the fourth 10 questions measure the collapse of personality, and

the last 8 questions measure the lack of independence.

We will briefly explain each of them:

- A) Criterion of emotional instability: This factor is a set of inability to solve problems, urgency, needs, need for help in daily work, vulnerability, stubbornness and irritability.
 - B) Criterion of emotional return: Emotional return is a large group of factors that represent factors such as feelings of inferiority, restlessness, hostility, aggression and self-control.
 - C) Social incompatibility: Such a person lacks social adaptability, suffers from hatred, isolate, and at the same time is arrogant, lies and is lazy.
 - D) Decay of personality: This factor includes all the symptoms that indicate the collapse of personality, such as reaction, panic, reasoning, pessimism and immoral behavior.
 - E) Lack of independence: Such a person shows parasitic dependence on others, she is selfish and has no tangible desires, and people consider her untrustworthy.
- EMS is a five-choice personal reporting scale. The questions on this scale require information for each of the following five options:

Too much, much, uncertain, probably never. The questions are stated in such a way that if the positive answer is too much, for example, it will be given a score of 5, for a maximum of 4, for an unspecified 3, for a probable 2, and a negative answer will never be given a score of 1. Therefore, the higher the score,

the higher the degree of emotional immaturity, and vice versa. The reliability

of this scale was determined by test-retest method and internal consistency method.

scores changing

Change	Scores
Very stable	50-80
Relatively stable	81-88
Unstable	89-106
Very unstable	107-140

Data collection method

After establishing a good relationship with the subjects, the questions and the answer sheet are given to them and they are asked to complete it according to the instructions given to them to perform the test. Performing this test both individually and It is also possible in groups.

Analysis of findings In this study, which was about emotional maturity and the difference between single and married groups, descriptive statistics (mean frequency table) was used and the conclusion was based on the independent x to the power of 2 formula between the two groups. We randomly selected two groups of married and single female students and then performed the test on them.

In the next step, through this statistical method, the two groups were compared. Thus, they were divided into two groups and four scales of very stable, relatively stable, unstable and very unstable were calculated between them, which are as follows :

$$\chi^2 = \frac{(fe - fo^2)}{fe}$$

Fe = expected frequency

Fo = observed frequency

Information about the first research question:

Based on the above formula and performing statistical calculations, our χ^2 with degree of freedom 3 at the levels of 0.05 and 0.01 is 7.81 and 11.34, respectively, and because χ^2 is obtained (6.32) is smaller than χ^2 in the table in The level is 0.01, therefore:

Our research question was whether there is a difference between single and married women in terms of emotional maturity? It should be said no and that there is no significant difference in other words: There was no difference in emotional maturity between single and married female students between 18 and 30 years old.

Information related to research questions 2 to 5: In the criterion of emotional instability, the average of single people is higher and shows that single people have

more emotional instability than married people. There is the same in emotional return. In the other three criteria, as can be seen, single people have a higher mean and sum of scores.

The degree of freedom of 3 levels of significance or meaningfulness was also obtained from Table 2 and finally the significance of these coefficients was examined.

Table "Frequency table of observed data of single and married people"

Very unstable	Unstable	Relatively stable	Very stable	
40	25	8	7	Single
25	32	10	13	Married

$P > \%1$

$\chi^2 = 6/32$

Ancillary data

Table of mean frequency and sum of scores based on five criteria of emotional maturity

Freedom	personality	Incompatibility	Emotional return	Emotional instability
1515 18/93	1612 20/15	1723 21/53	1838 22/97	Total grade : 2015 Average, 18/25
1413 17/66	1475 18/43	1560 19/5	1636 20/45	Total grades: 1899 Average 73/23

As can be seen in the table above, there is a small difference in the criteria of emotional maturity in the single and married groups, and to some extent we can say that there is a significant difference in terms of emotional maturity in these two groups.

The criteria for measuring emotional maturity in this study are as follows:

- 1- Emotional instability
- 2- Emotional return
- 3- Social incompatibility
- 4- Personality collapse
- 5- Lack of independence

Among these, students have the most role in building the future of society. With this interpretation, having emotional maturity in individuals is

somewhat necessary. Assess Sistan and Baluchestan, which is described as follows:

First, 160 subjects were randomly selected, 80 single and 80 married, and their emotional maturity was assessed by the Emotional Maturity Questionnaire or Schwering and Bhagava, and the evaluation determined that there was a difference in emotional maturity Single and married female students aged 18 to 30 years at Sistan and Baluchestan University have not been observed. But it should be noted that:

The frequency observed in the table is the number of people who were very emotionally mature 40 among single people but 25 among married people observed on the other hand the number of married people in terms of emotional maturity on a very stable scale was 13 compared to Single people, which was 7 people, include a larger number, so we can say that: Married people are somewhat more emotionally mature than single people.

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