



Emotional Maturity among People Doing Yoga and People Doing Gym

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Abstract

The purpose of this study is to measure the emotional maturity among people doing yoga and people doing gym of Ahmedabad City. The sample consisted of 100 persons out of which 50 are doing yoga and 50 are doing gym – in relation to their age, 25 people are between age of 18 to 25 years and 25 people are more than 30 years of age respectively. For this investigation, “Emotional Maturity Scale” (EMS-SB) by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used. The obtained data was analyzed through ‘t’ test. The study shows that emotional maturity for age between 18 to 25 years people doing gym is better than people doing yoga. While for 30 years and above age group, emotional maturity of people doing yoga is better than people doing gym.

Key Words: Emotional maturity, people doing yoga and people doing gym

Introduction: Emotion maturity defines as how well you are able to respond to situation, control your emotions and behave in an adult manner when dealing with others. Emotional maturity – the ability to differentiate and properly identify one’s emotion while granting yourself the freedom to experience whatever emotion is appropriate to given situation. Emotional maturity means a level of understanding or event of some kind through the eyes of a certain age or person.

The only change in the approach to this investigations for many years, investigation regarding emotions were neglected by research as it was seen as a part of the mind rather observed through physiology, as emotion is usually considered to be a feeling or reaction to certain important events or thoughts. Emotions are psychophysical reaction to specific event.

Emotional maturity is a personality trait, the result of emotion development and the display of emotion appropriate to ones chronological age. It usually reflects in increased emotion adjustment and emotional stability. Emotional maturity implies controlling your emotion more willingly than letting your emotions to give you the orders. Emotional maturity depicts one’s capacity to manage and to check his/her emotions, the evaluate others emotional state and to persuade their judgment and action.

According to teachings of modern dynamic psychology, emotional maturity is characterized by ability to become interested think and persons, to think for their own sake, to give love to

other to other persons. In other words, capacity for altruism is one fundamental characteristic of emotional maturity. For this part, there could be a correlation between yoga and emotional maturity as well as gym and emotional maturity.

Objective of the Research:

To measure the emotional maturity among yoga group and gym group people with respect to their age.

Hypothesis:

Ho₁: There is no significant difference in emotional maturity among people doing yoga and people doing gym of 18 to 25 years of age.

Ho₂: There is no significant difference in emotional maturity among people doing yoga and people doing gym of more than 30 years of age.

Variables:

- Independent Variables:
 - (1) Types of people (People doing yoga and people doing gym)
 - (2) Types of age (18 to 25 years and 30 years above)
- Dependent Variable:
 - (1) Emotional Maturity Scale (EMS-SB)

Method:

Sample:

The sample consisted of 100 people from Ahmedabad city through non-probabilistic purposive sampling out of which 50 people are doing yoga and 50 are doing gym – in relation to their type of age, 25 people are between age of 18 to 25 years and 25 people are more than 30 years of age respectively.

Tools:

For this research, “Emotional Maturity Scale” by Dr. Yashvir Singh and Dr. Mahesh Bhargava was used. It consists 48 items. The test-retest (after 6 months) reliability is 0.75.

Procedure:

Emotional Maturity scale was administrated and the obtained data was analyzed.

Research Design:

Categories	People Doing Yoga (A1)	People Doing Gym (A2)	Total
18 to 25 years of Age (B1)	25	25	50
More than 30 years of Age (B2)	25	25	50
Total	50	50	100

Scoring and statistical analysis:

Scoring was done as per scoring techniques and manual. The analysis was done with the help of mean, SD and ‘t’ test.

Results & Discussion:

Results and discussion of the present study are as under:

Table-1:

Categories	N	M	SD	‘t’ value	P = 0.05
18 to 25 years of Age Yoga People	25	106.56	29.42	0.20	N.S.
18 to 25 years of Age Gym People	25	108.24	27.71		

Table-1: The mean of 18 to 25 years people doing yoga was 106.56, SD 29.42 while for people doing gym of age 18 to 25 years it was 108.24 and 27.71 respectively. The calculated ‘t’ 0.20 was not significant. So, H_0 is accepted. Hence, there is no significant difference in emotional maturity among people doing yoga and people doing gym of 18 to 25 years of age which means emotional maturity among people doing gym is better than people doing yoga.

Table-2:

Categories	N	M	SD	't' value	P = 0.05
More than 30 years of age Yoga People	25	116.40	21.41	4.10	Significant
More than 30 years of age Gym People	25	94.20	16.48		

Table-2: The mean for more than 30 years of age yoga people was 116.40, SD 21.41 while for gym people it was 94.20 and 16.48 respectively. The calculated 't' 4.10 was significant. Hence, there is a significant difference in emotional maturity among people doing yoga and people doing gym of more than 30 years of age. Emotional maturity of people doing yoga is better than people doing gym for more than 30 years of age.

Conclusion:

We can conclude that for age between 18 to 25 years emotional maturity among people doing gym is better than people doing yoga. While for 30 years and above age group, emotional maturity of people doing yoga is better than people doing gym.

References:

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