

## EMOTIONAL MATURITY OF PUPIL TEACHERS IN RELATION TO THEIR MOBILE PHONE ADDICTION

Rupanjali Raj\*      Dr. Sheojee Singh\*\*

### ABSTRACT

*Teachers have a very significant impact on the lives of most of their students and the interaction of teachers with their students is decided by many factors of which emotional maturity is one very important factor. Of late, mobile phones have also started playing a significant role in deciding our interaction patterns and behavioural responses, more so after the Covid-19 pandemic. The present study is a survey research on 100 pupil teachers to investigate the correlation of their emotional maturity with mobile phone addiction. The results of the study do not indicate any significant relationship between emotional maturity and mobile phone addiction of the pupil teachers under study contrary to common belief.*

*Keywords: Emotional Maturity, Mobile Phone addiction;*

---

*\*M.Ed. student, Govt. College of Education, Sector-20 D, Chandigarh*

*\*\*Associate Professor, Govt. College of Education, Sector-20 D, Chandigarh*

### INTRODUCTION

Emotional maturity is the ability to understand, manage, and express one's emotions in a healthy and constructive way. It involves being able to regulate one's emotions, make responsible decisions based on those emotions, and empathize with others. Emotional maturity is not necessarily related to age, as individuals of any age can have varying degrees of emotional maturity. Someone who is emotionally mature has a deep understanding of his/ her own emotions and can express them appropriately. He/she can also recognize the emotions of others and respond to them with empathy and compassion. Emotional maturity allows individuals to navigate challenging situations and relationships with grace, and to handle stress and adversity in a healthy way. It is an

important aspect of personal growth and can lead to more fulfilling and satisfying relationships with others.

**Emotional Maturity:** Emotional maturity includes to one's capacity to acknowledge and the ability to express one's feelings in the family and society.

**Mobile Phone Addiction:** It can be defined as problematic, prolonged and dysfunction use of the mobile phone which has the following characteristics and symptoms:

- A strong desire to use the mobile phone, make phone, make phone call or send text messages, expressed as constant preoccupation with those activities.
- The need to increase the frequency and time of making phone call and sending text messages.
- Repeated unsuccessful efforts to cease or reduce the number of phone call made and text messages.
- Withdrawal symptom such as restlessness, anxiety and depression associated with attempts to cease or reduce the number and time of phone calls and the number of text messages sent;
- Making longer phone call and sending a larger number of text messages than originally intended.
- Financial, career, family and social problem caused by mobile phone use.
- Lying to family and friends to conceal the costs of and the time devoted to making phone call and sending text message.

Use of the mobile phone may be a way of escaping from real problem or as a mood enhance (to relieve loneliness, anxiety, depression or guilt). Addiction to the mobile phone is not a homogeneous phenomenon and therefore, some researchers distinguish among addictions to sending and receiving text messages, addiction to voice call and addiction to mobile phone features and mobile phone games. (Baig, 2013).

There can be a relationship between emotional maturity and mobile phone addiction, although it is important to note that individual experiences may vary. Emotional maturity refers to the ability to understand and manage one's emotions in a healthy and balanced way. It involves being self-aware, having empathy for others, and making responsible decisions based on rational thinking rather than impulsive reactions.

Mobile phone addiction, also known as problematic or excessive smart-phone use, refers to a pattern of compulsive or excessive smart-phone use that interferes with daily life and well-being. It can manifest as constantly checking notifications, spending excessive amounts of time on the phone, neglecting other important activities, and experiencing distress when the phone is not accessible. Here are some potential ways in which emotional maturity and mobile phone addiction may be related: Emotional Regulation: Emotional maturity helps individuals regulate their emotions effectively. If someone lacks emotional maturity, they may rely on their mobile phone as a coping mechanism to escape or distract themselves from uncomfortable emotions. They may use the phone as a way to avoid facing and dealing with their emotions directly.

Impulse Control: Emotional maturity involves having good impulse control, which allows individuals to make thoughtful decisions rather than succumbing to immediate gratification. Those who struggle with emotional maturity may find it harder to resist the urge to constantly use their mobile phone, even when it is not necessary or beneficial.

Social Interaction: Emotional maturity plays a crucial role in healthy social interactions. It involves being present, actively listening, and empathizing with others. Excessive mobile phone use can hinder social interactions and lead to a lack of genuine connection with others. If someone relies heavily on their phone, it may indicate a lack of emotional maturity in managing and nurturing real-life relationships.

Self-Awareness: Emotional maturity includes being self-aware and understanding one's own emotions, strengths, and weaknesses. Excessive mobile phone use can be a form of avoidance,

preventing individuals from reflecting on their own emotions and personal growth. Instead of facing internal challenges and seeking self-improvement, they may turn to their phones as a source of distraction.

It is worth noting that mobile phone addiction can affect individuals of all ages and levels of emotional maturity. Additionally, there may be other factors contributing to mobile phone addiction, such as the design of smart-phone apps and social pressures related to technology use.

Mobile phone has become an indispensable part of communication age. Social media networks today have become one of the complementary components in socializing of individuals. Mobile phone has many attributes which attract young and old. There has been increasing trend of use of smart phone among students of B.Ed. resulting in various psychological problems like lack of concentration, inattentiveness, irritability etc. The worst of all is the effect on their emotional maturity, social intelligence and adjustment in society & colleges that have been deteriorating with the use of mobile phone. Emotional maturity is the one of the important parts of one's personality. It has been observed that B.Ed. students face difficulty in dealing with emotional issues and this further adversely affects the social intelligence of the pupil teachers. It is generally believed that, if they learn how to control their addiction of mobile phone, they will be able to enhance their social intelligence and emotional maturity.

## **REVIEW OF RELATED STUDIES**

Ravi Kant (2018) The aim of the present study is to review the relationship between internet addiction and metacognition variables, emotional intelligence and sensations seeking. The study revealed that there was an inverse relationship between Internet addiction and emotional intelligence of students. However, this negative relationship was not significant at any level of significance.

Sahu, Gandhi & Sharma(2019) study result out the problematic mobile phone use to be 6.3% in the overall population(6.1% among boys and 6.5% among girls), whereas

another study found 16% among the adolescents. The review finds that excessive or overuse of mobile phone was associated with feeling insecurity, staying up late night, impaired parent-child relationship, impaired school relationships, psychological problems such as behavioural addiction like compulsive buying and pathological gambling, low mood, tension and anxiety, leisure boredom, and behavioural problems.

Santillan & Ramos (2021) study analysed the use that students give to their mobile phones, to determine if this has generated addiction. The data were statistically analysed using polychoric correlation matrices and factor analysis with component extraction. The main finding demonstrated the obtaining of three components: physiological, dependence and distraction and it seemed to have no difference by gender.

Zhang, Ding, Huang ,Peng, Wan,Lu & Chen(2022) study showed that mobile phone addiction was highly positively associated with attachment anxiety and weakly positively correlated with attachment avoidance . The relationship between attachment anxiety and mobile phone addiction were both moderated by mobile phone addiction measures but not moderated by gender and attachment measures.

Yang,Zhou,Liu and Fan (2022) study resulted of multiple regression analyses indicated that after controlling for gender and grade, mobile phone addiction was positively associated with adolescents anxiety and depression. In addition, the relationship between mobile phone addiction and both anxiety and depression were moderated by mindfulness, in that they were stronger for adolescents with lower level of mindfulness.

### **OBJECTIVES OF THE STUDY**

The present study was conducted to achieve the following objective:-

1. To study the relationship between Emotional Maturity and Mobile Phone Addiction of Pupil Teachers.

### **HYPOTHESES OF THE STUDY**

The study was conducted to test the following hypothesis:

There exists no significant relationship between Emotional Maturity and Mobile Phone addiction of Pupil Teachers.

### **DESIGN OF THE STUDY**

Descriptive survey method was used for conducting the present study. The present study covers two variables, namely

1. Emotional maturity
2. Mobile phone addiction

### **SAMPLE OF THE STUDY**

The study was based on randomly selected 100 students of the B.Ed. from Government College of Education Sector 20D, Chandigarh.

### **TOOLS USED**

Following standardized tools were used for conducting this study:-

1. Emotional Maturity Scale by Dr. Singh & Bhargava (2010).
2. Mobile Phone Addiction Scale by Dr. Velayudhan and Srividya (2012).

Emotional Maturity Scale by Dr. Yashvir Singh and Dr. Mahesh Bhargava (2010), and Mobile Phone Addiction Scale by Dr. Velayudhan and Srividya (2012) were administered to a randomly selected sample of 100 students of Government College of Education, Chandigarh. The data analysis and results have been presented with help of statistical diagrams etc.

### **RESULT**

The value of inter correlation among different variables of study were calculated and entered in Table below:

**TABLE-1**

**Inter correlation among Emotional Maturity and Mobile Phone Addiction**

<b>Correlation</b>	<b>MPA</b>	<b>EM</b>
--------------------	------------	-----------

MPA	1	
EM	0.042983273	1

### **DISCUSSION OF THE RESULT AND CONCLUSION**

In the above table, the value of co-efficient of correlation between EM and MPA comes out to be 0.043, which is quite insignificant. Hence, it may be concluded that there exists no significant relationship between Emotional Maturity and Mobile Phone Addiction of pupil teachers. This means Emotional Maturity is not significantly influenced by Mobile Phone Addiction. They are almost independent of each other. Therefore, the null hypothesis is not rejected on the basis of the results and thus it can be said that there exists no significant relationship between EM and MFA. This does not necessarily mean that there is no relationship between these two variables in all situations. Before any generalization and final conclusion, we may have to look into other significant determinants of any particular behaviour pattern and also the delimitations of the study. Addiction as such including mobile phone addiction is such a complex phenomenon that the result of any single study with a small sample size may not justify the conclusions.

### **EDUCATIONAL IMPLICATIONS AND SOCIETAL IMPACT:**

This study is very important in contemporary situations when the mobile phone has become an essential part of our everyday personal as well as professional life and the problems associated with excess dependence on mobile phone are creating complex issues and challenges for all of us in one way or the other. Although the present study could not establish any significant relationship between emotional maturity and mobile phone addiction contrary to the common belief, there might be possibility of such a significant relationship between these two variables

which mostly decide the patterns of our behaviour today. Moreover, may be the sample chosen for the study might not have higher degree of mobile phone addiction leading to the conclusion of no significant relationship, yet the study points to a possibility of detailed further investigation of significant determinants of our behaviour responses in teaching learning situations creating impact on individuals and the society in meaningful ways.

## REFERENCES

- Rani,L., Kumari, V.(2019). Emotional Maturity and Family Environment, International Journal of Creative Research Thoughts,7, 2320-2882.
- Jobson,C.,M.(2020). Emotional Maturity among adolescents and its importance, Indian Journal of Mental Health,7(1),35.
- Santillan,G.A.,Ramos,E.E.(2021).Addiction to the Smartphone in High School students: How it's in Daily Life?,Contemporary Educational Technology,13(2),1309-517X.
- Sahu,M.,Gandhi,S.,Sharma,M.(2019). Mobile Phone Addiction Among Children and Adolescents,Journal of Addictions Nursing.30(4),261-268.