



A Study Analysing The Relationship Between Self=Perception And Emotional Maturity In Male Nurses And Female Nurse

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Abstract:

The present study analyzed the relationship between Self Perception and Emotional Maturity. The study was done on 30 male nurses and 30 female nurses. All the subjects were administered the scale measuring Self-Perception and Emotional Maturity scale. A correlation was computed between the Self-Perception and Emotional Maturity scores. Results obtained were found to be not significant. Further a t-test was computed between the Emotional Maturity scores of male nurses and female nurses. Results obtained were found to be not significant for all the three tests conducted. Thus this research showed that there is no significant relationship between Self-Perception and Emotional Maturity in male and females nurses.

1.Introduction

Our mental processes-our cognition – play a complex and dramatic role in our lives. Our cognition makes us human. We can cope only by first sensing and understanding the environment. Sometimes we miss perceive and wrongly interpret the situation, causing problems. Our expectations and response sets partly to determine how we see the world. Our attitude, suspicion and conclusions let us to determine how we relate to people. Our hopes, dreams or fears become self-fulfilling prophesies and determine the future to some extent. The discrepancies between reality and our ideals will determine how satisfied we are with ourselves and our lives. Between 700 and 1500 AD, the concept of the “self” referred to only the weak, sinful, crude, “selfish” nature of humans. The evil “self” was contrasted with the divide in perfect nature of a Christian soul. Joseph Campbell believed the concept of an independent, self- directed “self” didn’t start to develop until about 800 years ago. So, it is a relatively new idea (somewhat older than the idea that we are not at the center of the universe) which has grown in importance in medieval times, values and meaning were dictated by the community. Today, modern “self” theory says each person is expected to decide what is right and to know him or herself well enough to determine what courses of action “feel right”. In short, we must know ourselves, so we can set our life goals and self-actualize.

For most of our purposes here, however, we don’t have to impose a definition; the self is what you define it to be. Your sense of self is whatever you or just your conscious self-evaluations; it can be good or bad or both. Individuals obviously see themselves very differently. Example as free, choosing and effective (Bandura’s self-efficacy) or as helpless and controlled by external forces or internal unconscious urges. This is to help you feel better about yourself, no matter how you acquired the negative feelings.

Self-perception is a person’s mental model of his or her abilities and attributes. It is how an individual views oneself. It is an individual’s feelings, attitudes, perceptions and knowledge about one’s own attributes. Self-concept could be positive and adequate. Self-image to the impression we think we make on others, is used synonymously with self-concept.

Strictly speaking,self-image refers more to impressionistic aspects of self-whereas the idea of self-concept includes the idea of impression as also other aspects such as attitudes, values, motives, goals, expectations and the like. Some aspects of our self-aspect are stable for years, other aspects change almost moment to moment, for instance, and most of us immediately feel “stupid” after making a comment or failing a test.

One's self-concept may largely reflect the dictates of a culture, religious teachings, family tradition or you can create a unique personality based on our own ideals. The self-concept is probably learned or acquired, but basic tendencies, such as to like or dislike others or one's self, might be inherited as well. The self-concept may have conscious and unconscious facets, it is a safe but the former is more socially acceptable than the latter. Surely very few of us would consider even our conscious selves to be perfect. Some think the "self" we know is just a highly verbal part of us that tries to understand our other parts.

Our self-concept reflects years of experience and self-evaluation. There are no magical ways to quickly change our opinions on oneself. It will take a few days to get to know and record the internal critic.

2. Emotional Maturity

It is usually a state caused by an event of importance to the subject, it typically includes:

- A conscious mental state with a recognizable quality of feeling
- A bodily sensation and physiological change of some kind
- Recognizable expressions of the face, tone, and
- A readiness for certain kind of action.

Emotions are the vital forces for the values and principles each one of us live for and they drive our focus, actions and its speed.

The Oxford Dictionary defines the word "Maturity" as deliberateness of action, mature consideration, due deliberation, fullness or perfection of natural development, due promptness, the state of being complete, perfect, ready and so on.

Maturity is accepting what is, willing to change what can be. It is to enter into a convenient with yourself, agreeing to be guided by reason, to be aware of your emotions, to strive for that freedom that is not of the prisoners of their own worlds.

Emotional Maturity means, in essence, controlling your emotions rather than allowing your emotions to control you. That does not mean we should hide or repress our emotions, though we can muscle relaxation, yoga, guided imagery and other relaxation tools reduce their intensity our thoughts, in conjunction with our environment, create our emotions. Fortunately, we can control our thoughts by becoming aware of our negative and inaccurate beliefs and ideas.

3.Objective

To study the relationship between Self -Perception and Emotional Maturity in male and female nurses.

4.Hypotheses

- There is no significant relationship between Self Perception and Emotional Maturity
- There is no significant difference between male and female nurses on Emotional Maturity
- There is no significant difference between Male and female nurses in Self Perception

5.Methodology

5.1.Sample

The sample consists of 60 individuals. Purposive sampling method was used to select the sample.

Fifty percent of the samples were female nurses and the remaining fifty percent were male nurse.

All the subjects in the sample claimed to have taken up nursing with their own interest.

5.2.Tools

- Scale measuring self –perception
- Scale measuring Emotional Maturity

The self-perception scale was developed by K.G.Agarwal, National Labour Institute, New Delhi

This scale consists of two sub scales, that is Self-regard and the self-acceptance. The two scales when combined together measure self-perception. The scale consists of 40 items

The Emotional maturity scale was developed by Dr Yashvir Singh and Dr Mahesh Baragava in 1990. The scale has a total of 48 items under the five categories namely Emotional Instability, Emotional Regression, Social maladjustment, Personality and Lack of independence.

5.2.1. Instructions For Self-Perception

“The inventory consists of numbered statements. Read each statement and decide which of the two paired statements most consistently applies to you. You have to tick mark your answer by checking either ‘a’ or ‘b’ statement. Do not think too much over the questions. Give your first spontaneous response; you have to attempt all the questions”.

5.2.2. Instructions For Emotional Maturity

In the following pages there are statements about yourself. Five possible modes of responses are provided. such as very much, much, undecided, probably and never. Read each question carefully and mark tick mark in any of the five alternative response modes to indicate your level of agreement with the particular content of the statements. Do not think too much. Give your first spontaneous response. Please attempt all the questions.

5.3. *Scoring*

5.3.1. Self-Perception

To score the responses the scoring key given in the manual was used. The scoring was done for each of the sub scales separately. A score of 1 was given for every response that corresponded to the one in the scoring key. The total for each of the subscales, namely self-regard and self-perception, was calculated which was then added together to the total Self-Perception score.

5.3.2. Emotional Maturity

The scale consists of five possible modes of responses such as very much, much, probably, never. The scores given are 5, 4,3,2,1 respectively. The subject’s total scores constitute the emotional maturity score.

6. Pilot Study

A correlation was done to study the relationship between Self-Perception and Emotional Maturity on 10 Male nurses and 10 female nurses.

The obtained coefficient of correlation was found to be not significant.

A t-test was done to study the difference between male nurses and female nurses in Self-Perception and Emotional Maturity.

The obtained ‘t’ value for all the studies was found to be not significant.

7. Interpretation

The research aimed at studying the relationship between self-perception and Emotional maturity in male and female nurses. For this purpose the scale measuring Self-Perception and emotional maturity was administered on a sample of 60 subjects.

- A correlation was computed between the self-perception and emotional maturity scores and a 't' test was computed between the Emotional Maturity scores of male nurses and female nurses. And between the self-perception scores of male nurses and female nurses.
- The dependent variable in the study was emotional maturity. Emotional maturity was measured using the emotional maturity scale developed by Dr. Yashvir Singh. The scale has 48 items and it is a self-reporting five point scale, measuring five dimensions.

Class Interval	Frequency
95-99	14
90-94	7
85-89	11
80-84	3
75-79	8
70-74	1
65-69	8
60-64	6
55-59	1
50-54	1

Table 1: Using the obtained results a frequency distribution table was drawn showing the following results

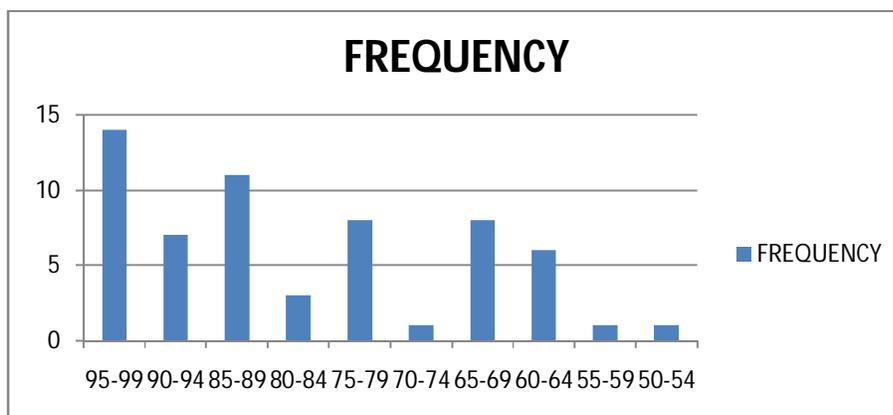


Figure A: Showing The Class interval and frequency of dependent variable Emotional Maturity on a graph

The above plotted graph shows the class interval and frequency of the dependent variable Emotional Maturity and it is showing the central tendency which fall slightly close by and thus it is a parametric distribution

Mean	Median	Mode	Max Score	Min Score	Range	SD
81.83	88.59	102.11	98	53	45	6.60

Table 2: Shows the descriptive statistics for emotional maturity having a sample size of 60.

The mean score indicates that on an average most individuals in the sample are capable of getting a score of 81.83. A median score of 88.59 indicates that there are 50% of the scores that lie above 88.59. A mode of 102.11 indicates that it is the most frequently occurring score in the sample. To know how much the data vary, measures of variability were calculated. Since the range of scores obtained is as high as 45, this shows that all the individuals in the group will fall under this range.

The first Hypothesis states that there is no significant relationship between self-perception and emotional maturity

	Mean	Standard deviation	Correlation coefficient	Degrees of freedom	Significance
Emotional Maturity	83.31	12.87	0.01	58	NS
Self Perception	24.25	2.99			

Table 3: Showing the mean, SD for self-perception and emotional maturity, and correlation between self-perception and emotional maturity for a sample of 60

A correlation coefficient of 0.01 indicates that there is a negligible positive relationship between emotional maturity and self-perception. This implies that higher the self-perception. This implies that higher the self-perception, higher the emotional maturity but this relationship is not significant.

Thus the first hypothesis is accepted since the results confirm to the hypothesis.

Our self-definitions are informed by our emotions which are personal private inner experiences. One must have a realistic assessment of personal strengths and weaknesses, positive and negative qualities and true potentials and limitations. This phenomenon may

occur over a long period of time and involves complex affective and cognitive process. The results can be positive or negative depending on the person's development history, childhood experiences and family background, mental reasoning and emotional stability, level of expectations and set of ideas, nature of current of current challenges and pressures, personal meaning and sense of direction, external appraisal and social feedback, and eventually existential outlook and spiritual faith (Abi-Hashen, 1999,pg-1084)

However there are studies which show a direct relationship between emotional maturity and self-perception. Emotions are generally seen arising from the development of self-awareness and the acquisition of rules and standards. When individual grow up in an environment in which they learn negative self-regarding attitudes, they are likely to retain these concepts in spite of all the evidence to the contrary. We lose the ability to be flexible and be more open to experiences. Being open to experiences is a characteristic of emotional maturity (Bradley,1978)

The second hypothesis states that there is no significant difference between male nurses and female nurses.

	Mean	Standard deviation	't' value	Degrees of freedom	Significance
Male nurses	82.8	15.9	.005	58	NS
Female nurses	81-91	7.4			

Table 4: Showing the mean, standard deviation , t-value and the significant level of male and female nurses in emotional maturity.

A 't' value of .005 when compared to the norms table indicated that the t -value is not significant. This confirms the second hypothesis.

The obtained results can be explained by the fact that emotional maturity is influenced by ones satisfaction in life. Since all of them in the sample claim that the decision to take up nursing was entirely theirs, it indicates that they have some satisfaction with their role. The mean also shows the male nurses have slightly higher level of emotional maturity when compared to female nurses. However there are studies which show that

since male nurses have greater interactions and more experience in the field and they tend to broaden their horizons and may have better control over their emotions.

	Mean	Standard Deviation	't' value	Degrees of freedom	Significance
Male nurses	23.93	2.67	0.09	58	NS
Female nurses	24.56	2.39			

Table 5: showing the mean, standard deviation, t-value, degrees of freedom and significance

A 't' value when compared to the norms table indicated that the =value is not significant , thus the t-value is not significant, thus the hypothesis is accepted.

Individuals in a collectivist culture like India are socialized to adjust themselves in an attendant relationship or a group to which they belong, to read one another's mind, to be sympathetic, to occupy and play their assigned roles and to engage in appropriate actions.

8. Conclusion

- Emotional maturity is not related to self-perception.
- There is no significant difference between male and female nurses in emotional maturity.
- There is no significant difference between male and female nurses in self-perception.

9. Limitations Of The Present Study

- The sample size is not adequate and hence cannot be generalized to the population.
- The personality of the subjects was not taken into consideration.
- The working sample was not homogenous.
- No emphasis was given to the subject's relationship with the co nursing staff .
- The subject's social environment was not taken into consideration.

10.Suggestions For Further Study

- A cross sectional study of self-perception , Emotional maturity in male and female nurses can be considered
- A study on self-perception and emotional maturity of rural and urban nursing staff can be considered
- A study of self-perception and emotional maturity of senior and junior nurses can be considered
- A study of self-perception and emotional maturity of married and unmarried nurses can be conducted
- A study on self-perception and emotional maturity of general nursing staff and surgical nursing staff can be compared.

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