



MSB-International Journal of Interdisciplinary Research

Associating Researchers; Nourishing Innovation

Peer Reviewed

Vol. 2, Issue 3, March 2024-July 2024

464-470, MSB-IJIR

Impact of Family Environment on Emotional Maturity of Middle Age People

Riddhi Gupta¹, Dr. Seema Rani Sarraf²,

¹ BA (Hons) Applied Psychology-Semester, Amity University, Uttar Pradesh, Lucknow

²Assistant Professor, Amity Institute of Behavioural & Allied Sciences, Amity University, Lucknow, Uttar Pradesh

Abstract

This study investigates the impact of family environment on the emotional maturity of middle age people aged from 18 to 40 years. The sample was on both male and female. A sample of 100 participants was recruited for the study. The research employed a multifaceted approach, utilizing established assessment tools including the Family Environment Scale (FES) by DR Harpreet Bhatia and DR N.K. Chadha to assess the subject's family environment and Emotional Maturity Scale (EMS) by DR Yashvir Singh and DR Mahesh Bhargava to assess the emotional maturity of the subject, thereby evaluating the interplay of both the variables and analyzing the results of data collected. Overall, these findings suggest that there are meaningful associations between emotional maturity and various aspects of the family environment. Enhancing emotional progression and personal integration may positively influence familial relationships and system maintenance, ultimately contributing to a healthier and more supportive family environment. However, further research may be warranted to explore these relationships in more depth and across diverse populations.

Keywords: family environment, emotional maturity, economic development, relationships, supportive family,

Introduction

A family environment alludes to the unmistakable relational setting inside a specific family. It incorporates the virtues, propensities, ways of behaving, and survival techniques of relatives. Every family climate is remarkable, moulded by variables, for example, family struggle, nurturing style, correspondence examples, and social impacts. Research in this space investigates how families make, insight, and answer the world they occupy. The family climate essentially influences individual turn of events, prosperity, and generally family working. Children lives are focused at first inside their families, the family climate turns into the essential specialist of socialization. The family climate includes the conditions and social environment conditions inside families.

Types of Family

1. Nuclear family: This is the customary family structure comprising of two guardians (generally a mother and a dad) and their natural or embraced kids living respectively under one rooftop.
2. Joint (extended) family: In a more distant family, different ages live respectively or in closeness. This can incorporate grandparents, aunties, uncles, and cousins, shaping a bigger family unit.
3. Single-Parent Family: This kind of family comprises of one parent bringing up at least one youngster. Single-parent families can result from separate, detachment, passing of an accomplice, or decision.

4. Co-parenting Family: Co-nurturing families include guardians who are not in a heartfelt connection but rather cooperate to bring up their youngsters. This game plan can result from separation, partition, or a-choice.

The family climate includes different parts that shape the encounters and cooperations inside a nuclear family. A few key components include:

1. Family structure: This alludes to the organization of the family, including the quantity of guardians, youngsters, and different family members living respectively, as well as their jobs and connections inside the family.
2. Communication pattern: Correspondence inside the family includes verbal and non-verbal trades that pass on feelings, considerations, and data. Sound correspondence encourages grasping, trust, and association among relatives.
3. Emotional climate: The profound environment of a family alludes to the general climate and tone inside the family. It incorporates sensations of warmth, support, love, regard, as well as possible contentions, strains, and irritating issues.
4. Nurturing Style: Nurturing style mirrors the methodology that guardians use to bring up and teach their youngsters. Normal nurturing styles incorporate legitimate (firm yet strong), tyrant (severe and controlling), tolerant (permissive), and careless (uninvolved).
5. Family rituals and Customs: Customs and customs are tedious ways of behaving or services that hold emblematic significance for the family. These can incorporate day to day schedules, special festivals, strict practices, and unique occasions that add to a feeling of union and personality with family.
6. Roles and Responsibilities: Every relative normally plays explicit parts and obligations inside the family, for example, providing care, family errands, monetary administration, and navigation. These jobs might develop over the long run and shift in view of social standards and individual inclinations.
7. Family Dynamics: Relational intricacies allude to the examples of connections, power elements, and connections among relatives. This incorporates how clashes are settled, how choices are made, and how backing and love are communicated inside the family.
8. Cultural and socioeconomic context: The social foundation and financial status of a family impact its qualities, convictions, customs, and admittance to assets. These variables deeply mould relational peculiarities and connections, as well as the open doors and difficulties looked by relatives.
9. Physical environment: The actual climate of the family, including the home climate, neighbourhood, and local area, can affect family prosperity and working. Factors like lodging quality, wellbeing, admittance to conveniences, and social encouraging groups of people can impact day to day life.
10. Life altering Situations and Advances: Life altering situations, for example, births, passings, relationships, divorces, migrations, work changes, and sicknesses can fundamentally influence the family climate, requiring changes and transformations from all individuals.

Positive Family Environment

1. Warmth and Backing: Relatives demonstrate consideration, sympathy, and friendship towards one another. They offer close to home help and consolation during both great times and testing circumstances.
2. Open Correspondence: There is a culture of transparent correspondence inside the family. Individuals feel open to offering their viewpoints, sentiments, and worries unafraid of judgment or retaliation
3. Shared Regard: Relatives approach each other with deference, perceiving each other's independence, assessments, and limits.

Contrasts of assessment are taken care of deferentially, and clashes are settled usefully.

4. **Shared Values and Convictions:** The family shares normal qualities, convictions, and objectives that guide their connections and dynamic cycles. These qualities give a feeling of union and solidarity inside the nuclear family.

5. **Dependability and Consistency:** The family climate is described by strength, consistency, and consistency. Family schedules and customs give a feeling of construction and security for all individuals.

Negative Family Environment

1. **Struggle and Antagonism:** There is continuous clash, pressure, and aggression among relatives. Correspondence breakdowns, contentions, and unsettled clashes are normal events.
2. **Lack of support:** Relatives might feel unsupported or rejected sincerely or potentially genuinely. There is an absence of empathy, understandings, and consolation inside the nuclear family.
3. **Poor communication:** Correspondence inside the family is insufficient or broken. There might be an absence of receptiveness, genuineness, and trust, prompting false impressions and disdain.
4. **Discourteous Way of behaving:** Relatives might show ill bred conduct towards one another, like analysis, criticism, or putting down. Limits might be dismissed, prompting sensations of hatred and estrangement.
5. **Instability and Irregularity:** The family climate might be described by insecurity, confusion. There might be successive changes in schedules, jobs, or relational peculiarities, creating turmoil and uncertainty among part.

Emotions are complicated mental states that include three unmistakable parts: an emotional encounter, a physiological reaction, and a social or expressive reaction.

1. **Physiological excitement:** Feelings frequently include physiological changes in the body, for example, expanded pulse, changes in breathing examples, muscle strain, and enactment of the autonomic sensory system. These substantial reactions are important for the body's programmed response to profound upgrades and assist with setting up the person to answer what is happening.
2. **Subjective feelings:** Feelings are joined by abstract sentiments or vibes that shift in force and quality relying upon the particular inclination experienced. These emotional encounters can incorporate sensations of satisfaction, misery, outrage, revulsion, among others.
3. **Cognitive appraisal:** Feelings include mental cycles that help people decipher and figure out their inside and outside encounters. Mental examination alludes to the assessment of the importance and significance of a circumstance or occasion, which impacts the profound reaction. For instance, whether a circumstance is seen as undermining or compensating can shape the profound response.
4. **Expressive arousal:** Feelings frequently lead to discernible changes in conduct, like looks, non-verbal communication, vocal tone, and signals. These expressive ways of behaving act as outward appearances of inner profound states and can impart data to others around one's personal encounters and goals.
5. **Motivational tendencies:** Feelings are firmly connected to inspiration and activity propensities, affecting way of behaving and independent direction. Various feelings can inspire people to approach or keep away from specific circumstances, search out remunerations, or safeguard themselves from dangers.
6. **Social and cultural impacts:** Feelings are additionally affected by friendly and social elements, including standards, values, and socialization rehearses. Social contrasts can shape how feelings are capable, communicated, and comprehended, as well as the worthiness of specific profound showcases in various settings.

Emotional Maturity alludes to the capacity to comprehend, make due, and express one's feelings in a productive and versatile way, includes a mix of mindfulness, self-guideline, compassion, and relational abilities.

Here are a few vital parts of profound development:

1. Self-awareness: Close to home development starts with one's very own comprehension feelings, including perceiving and naming them precisely.

Mindful people can recognize their assets, shortcomings, values, and triggers, which permits them to actually explore their feelings more.

2. Self-regulation: Close to home development includes the capacity to direct and get a grip on one's feelings, motivations, and responses. This incorporates overseeing pressure, outrage, dissatisfaction through unwinding methods, critical thinking.

3. Empathy: Close to home development involves the ability to feel for other people and figure out their feelings, viewpoints, and encounters.

Sympathetic people can associate with others on a close to home level, show empathy, and deal support when required.

4. Effective communication: Profound development is reflected in the capacity to impart confidently, express sentiments and needs plainly, and listen effectively to other people. It includes utilizing language and nonverbal signs successfully to convey feelings and resolve clashes in a helpful way.

5. Resilience: Profound development empowers people to quickly return from difficulties, affliction, and frustrations with flexibility and good faith. It includes keeping an uplifting perspective, adjusting to change, and gaining from troublesome encounters.

6. Sound Connections: Profound development adds to the advancement of solid, satisfying connections described by trust, regard, and closeness. Mature people can lay out limits, handle clashes, and support associations with others in a developed and deferential way.

Emotional development is a deep-rooted course of development and improvement that includes developing mindfulness, profound guideline, sympathy, and powerful relational abilities. It empowers people to explore life's difficulties with strength, uprightness, and empathy, prompting more noteworthy prosperity and satisfaction.

Purpose:

The aim of research is to examine impact of family environment and emotional maturity, as well as link between them.

Objective:

1. To find correlation between family environment and emotional maturity.
2. To find how family environment effects emotional maturity and vice-versa

Hypotheses:

H 1: There will be positive correlation between emotional maturity and family environment.

H 2: There will be significant impact of family environment on emotional maturity.

Sample and its Selection

It is purposive sampling and it was done on both male and female, 41 male and 29 female were selected for the research, the age group was from 18 to 40 years old.

Sample Size: 70(41 male and 29 female)

Sample Population: Early Adulthood (18 to 40)

Sample Technique: Purposive Sampling

Tool

The **Emotional Maturity Scale (EMS)** developed by Yashvir Singh and Mahesh Bhargava is designed to assess various components of emotional maturity.

Result And Interpretation

Family Environment Scale (FES) created by Harpreet Bhatia and NK Chadha:

Table 1

	Relationship Domain	Personal Growth	System Maintenance Domain
Emotion Stability	.004	.102	.102
Emotion Progression	.267*	.166	.255*
Social Adjustment	.011	-.040	.001
Personal Integration	.299*	.190	.347**
Independence	-.165	-.054	.049

Table 2

	Mean	Standard Deviation
Domains of Emotional Maturity Scale		
Emotion Stability	28.85	4.29
Emotion Progression	33.50	5.19
Social Adjustment	33.95	5.20
Personal Integration	35.62	4.42
Independence	22.40	3.65
Domains of Family Environment Scale		
Relationship Domain	185.51	20.73
Personal Growth	67.45	7.01
System Maintenance Domain	22.60	3.36

*. Correlation is significant at the 0.05 level (2-tailed)

**. Correlation is significant at the .01 level (2-tailed)

The given table gives the mean and standard deviation values for the domains of Emotional Maturity Scale and Family Environment Scale.

Table 3, gives the correlational values between the domains of Emotional Maturity Scale and Family Environment Scale.

A significant correlation of .267 is obtained at the .05 level between the Emotion Progression and Relationship Domain.

A significant correlation of .255 is obtained at the .05 level between the Emotion Progression and System Maintenance Domain.

A significant relationship of .299 is obtained at the .05 level between the Personal Integration and Relationship Domain.

A significant relationship of .347 is obtained at the .01 level between the Personal Integration and System Maintenance Domain.

Overview

The obtained correlational values between the domains of the Emotional Maturity Scale and Family Environment Scale provide insights into the relationship dynamics between emotional maturity and family environment.

The significant correlation of .267 at the .05 level between the Emotion Progression and Relationship Domain suggests that individuals who exhibit higher levels of emotional progression tend to have more positive relationships within their family environment. This indicates that as individuals develop emotionally, they may also experience improvements in their interpersonal connections within the family context.

Similarly, the significant correlation of .255 at the .05 level between the Emotion Progression and System Maintenance Domain suggests a relationship between emotional progression and the ability to maintain familial systems. This implies that as individuals grow emotionally, they may become more adept at contributing to the smooth functioning and upkeep of family structures.

Moving on to the Personal Integration domain, the significant relationship of .299 at the .05 level with the Relationship Domain underscores the importance of personal integration in fostering healthy familial relationships. Individuals who are more personally integrated may exhibit greater harmony and understanding within their family interactions.

Moreover, the significant relationship of .347 at the .01 level between Personal Integration and the System Maintenance Domain highlights the role of personal integration in contributing to the overall functioning and stability of family systems. This suggests that individuals who are more personally integrated may play a crucial role in maintaining the day-to-day operations and organization within the family unit.

Overall, these findings suggest that there are meaningful associations between emotional maturity and various aspects of the family environment. Enhancing emotional progression and personal integration may positively influence familial relationships and system maintenance, ultimately contributing to a healthier and more supportive family environment. However, further research may be warranted to explore these relationships in more depth and across diverse populations.

The impact of family environment on the emotional maturity of middle-aged individuals is profound. The upbringing, dynamics, and interactions within the family during formative years can significantly shape one's emotional development and maturity later in life. Factors such as parental communication styles, conflict resolution methods, levels of emotional support, and exposure to healthy or dysfunctional relationships all play crucial roles. Positive family environments characterized by open communication, empathy, and healthy boundaries tend to foster emotional resilience and maturity in middle age. Conversely, negative family environments marked by neglect, conflict, or trauma may hinder emotional growth and contribute to unresolved issues later in life. Understanding Long-term Effects: Investigating how family dynamics during childhood influence emotional development in middle age can provide insights into the long-term effects of early experiences on mental health and well-being.

Informing Interventions: Findings from research can inform interventions aimed at promoting emotional resilience and maturity in middle-aged individuals, potentially leading to the development of targeted interventions or therapeutic approaches.

Family Therapy: Research findings can inform family therapy practices by highlighting the importance of addressing intergenerational patterns and dynamics that may impact emotional maturity and well-being.

Preventive Measures: Identifying risk factors within family environments that may impede emotional growth can help in developing preventive measures and support systems to mitigate their negative effects.

Personal and Social Impact: Emotional maturity is linked to various aspects of personal and social functioning, including relationships, decision-making, and overall quality of life. Understanding how family environment influences emotional maturity can have implications for individual well-being and societal functioning.

Policy and Practice: Research findings may inform policies and practices related to family support, mental health services, and education, potentially leading to improvements in services and resources aimed at enhancing emotional well-being across the lifespan.

Overall, research on this topic can contribute to a deeper understanding of the complex interplay between family dynamics and emotional development, with implications for individual and societal well-being.

References

https://www.researchgate.net/publication/321096586_A_STUDY_ON_RELATIONSHIP_BETWEEN_EMOTIONAL_MATURITY_STRESS_AND_SELF-CONFIDEN

[M Oktaviani](#), A Dwijulianto, AP Istiqoma, DR Saefullah, F Sagita, M Nabel, SK Devi

International Journal of Business, Law, and Education, 2023•ijble.com

RMA Mabrouk - Journal of Positive School Psychology, 2022 - journalppw.com

[M Spinelli](#), [F Lionetti](#), [A Setti](#), [M Fasolo](#) - Family process, 2021 - Wiley Online Library

S Chodura, A Lohaus, T Symanzik, N Heinrichs, [K Konrad](#), Clinical child and family psychology review, 2021•Springer

[RH Bradley](#), BM Caldwell, SL Rock, Early Education and Development, 1990•Taylor & Francis

School of Behavioral and Brain Sciences, The University of Texas at Dallas, 800 W. Campbell Road GR41, Richardson, TX, 75080, USA <https://doi.org/10.1080/15295192.2012.638871>

[NM Khan](#), M Noreen, MHAL Hussaini - Harf-o-Sukhan, 2024 - harf-o-sukhan.com