



Alienation among College students of Jammu and Kashmir in relation to their Emotional Maturity and Home Environment

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ABSTRACT

The present problem was taken up to explore the levels of alienation among college students of Jammu and Kashmir in relation to their emotional maturity and home environment. Study was conducted on a sample of 200 students of Jammu and Kashmir and results revealed that there is negative relationship in alienation and emotional maturity among college students of Jammu and Kashmir. There is no significant relationship in alienation and home environment college students of Jammu and Kashmir college students of Jammu and Kashmir which means that alienation is not due to home environment. There is no significant positive relationship between emotional maturity and home environment among college students of Jammu and Kashmir.

Indexing terms/Keywords

Alienation, Home Environment, Emotional Maturity

Academic Discipline And Sub-Disciplines

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Educational Psychology

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INTRODUCTION

Alienation is a problem leading to behaviors such as gang activity, violence, vandalism, absenteeism, truancy, and other forms of deviant behavior. The processes of alienation usually first attack a society at the top. That is, the feelings of disorder, of aimlessness and inner decay, first overtake its most intelligent members who perceive, articulate amplify, conserve and defend the cultural values of civilization like artists, writers, teachers, doctors, moral leaders, sometimes the scientists and occasionally the statesmen. Even the students with alienation suffer from different problems like anxiety, inferiority-complex, and depression, and de-socialization, short temperedness, lack of confidence and lack of self respect. As students spend a significant portion of their time at their educational institutions, it is the role of the institution to see that they are prepared for society and future employment. Yet, many students (e.g., students from diverse ethnic and linguistic backgrounds, students with disabilities) are intermittently disengaging from or completely dropping out of school before they have been adequately prepared for society or future employment. Moreover, these college students who are alienated often become adults who are socially alienated, who live in poverty, and who are politically powerless.

Students with unpleasant beliefs or fixations about their parents, or with other unhealthy relationship habits, may withdraw or continually express strong, unpleasant emotions. Alienation due to home environment causes many problems for students, although these problems like depression, anger, anxiety, and passive aggression, motivation to dissociate (leads to alcohol, drug abuse or other addictions) are often latent until children reach adulthood. Parental alienation often seems to depress children. The consequences of parental alienation seem to include children becoming agnostic or atheists. If children cannot trust their own parents they may not trust heavenly or universal parents.

As Maturity is the psychological term used to indicate how a person responds to the circumstances in manner. Emotionally mature person is one whose life is well under control. Alienation and emotional maturity are interrelated. Emotional maturity is largely affected by the alienation. It is well known that those who have been emotionally damaged tend to inflict their hurt and pain on other people. In the present circumstances, students facing many difficulties in life. These difficulties are giving rise many psychosomatic problems such as anxiety, tension, frustration and emotional upsets in day to day life. So, the study of emotional life is now emerging as descriptive science, comparable with anatomy.

Home is the first school of the child. So an individual learn first lesson from the home only. Alienation among college students can be the prediction of poor emotional environment of the home.

The present problem was taken up to explore the levels of alienation and emotional maturity among college students of Jammu and Kashmir and also explore their home environment. Further the study explored the relation of alienation among college students of Kashmir with their emotional maturity and home environment.

This study has a great significance because it provides the insight about the emotional maturity of college students in Jammu and Kashmir. This study will provide vital information for curriculum designers, classroom teachers, administrators and policy makers' which they can utilize for the adoption of relevant approaches towards students with alienation. Many studies have been already done in different parts of world on these variables. However, there is gap in research regarding the relation between alienation among students with emotional maturity and home environment. So the researcher will investigate the relation and make the suggestions for future reference of educational planers as well as parents and students themselves.

STATEMENT OF THE PROBLEM

The study was aimed to find out the relation of alienation among college students of Kashmir with emotional maturity and home environment therefore the present study is stated as " Alienation among College students of Jammu and Kashmir in relation to their Emotional Maturity and Home Environment"

OPERATIONAL DEFINITION OF THE TERMS

Alienation

Alienation means isolation from a group or any activity to which one should belong or to which one should be involved. It signifies towards an emotional isolation or dissociation from the society or environment. That is to say that alienation results from dysfunction between social demands and values and individual needs and inclinations. A separation of the individual from the real self, because of preoccupation with the abstraction and the necessity for conformity to the wishes of others and the dictates of social institution, is alienation.

Emotional maturity

Emotional maturity simply means control of an individual over his emotions. It is a process in which individual continuously strive for greater sense of emotional health. It is an essence, controlling ones emotions rather than allowing emotions to control over on individual and choosing to out in a way that does not impulsively give in to reactive feelings. Actually, emotional maturity is not only the affective determinant of personality pattern but it also helps to control the development. Emotional behavior of any level is that which reflects the fruits of normal emotional development. A person who is able to keep his emotions under control, which is able to break delay and to suffer without self- pity, might still be emotionally stunned and childish.

Home environment

Home environment means the atmosphere, conditions and surrounding around the home where one live. It includes social, physical and emotional environment. It means surroundings and everything which affects an organism or individual at home where he resides or lives.



OBJECTIVES OF THE STUDY

The study was conducted on the bases of following objectives:

To study the home environment and level of alienation and emotional maturity among college students of Jammu and Kashmir.

To find the difference in alienation, emotional maturity and home environment among male and female college students of Jammu Kashmir.

To explore the relationship between Alienation, Emotional Maturity and home environment in college students of Kashmir.

HYPOTHESES

Aforementioned objectives were achieved by framing following hypotheses:

The study aims at testing the following hypotheses.

There exists no significant difference in Alienation among male and female college students Jammu and Kashmir.

There exists no significant difference in emotional maturity among male and female college students of Jammu and Kashmir.

There exists no significant difference in the perception of male and female college students of Jammu and Kashmir regarding their home environment.

There exists no significant relationship in alienation and emotional maturity in college students of Jammu and Kashmir.

There exists no significant relationship in alienation and home environment in college students of Jammu and Kashmir.

There exists no significant relationship in emotional maturity and home environment in college students of Jammu and Kashmir.

DELIMITATIONS

1. The study was limited to two districts of Kashmir namely Kulgam and Anantnag only.

2. Study was delimited to two Govt. colleges only.

3.Data was collected from undergraduates of 1st and 2nd year students only.

SAMPLING

A sample is a small portion of population selected for observation and analysis. Sample represents the whole data. It is used to indicate the characteristics of population. In other words sample means selection of individuals, objects or events from the population in such a way that every individual has the equal chance to be taken in to the sample. A sample is a sub group of the target population that the researcher plans to study for the purpose of making generalization. In the present study the investigator was taken a sample of 200 students comprising 100 males and 100 females.

SAMPLE AREA

A method in which an area to be sampled is sub-divided into smaller blocks that are then selected at random and then again sub-sampled or fully surveyed. In the present study Sample was selected from the two govt. colleges in two different areas of Kashmir.

SAMPLING TECHNIQUE

The methods used in drawing samples from a population usually in such a manner that the sample will facilitate determination of some hypothesis concerning the population. A shortcut method for investigating a whole population. Two colleges namely Govt. Degree College Kulgam and Govt, Degree College Anantnag were selected for the sample, using purposive sampling technique and sample of 200 college students were selected using random sampling technique.

TOOLS USED

For the present study the investigator has collected data using following tools:

Alienation Scale (HardoOjha)

Emotional maturity scale: prepared by Dr. Yashvir Singh and Dr. Mahesh Bhargava(1977))

Home EnvironmentInventory by DrKaruna Shankar Mishra(1998)

HYPOTHESIS-I

There exists no significant difference in Alienation among male and female college students of Jammu and Kashmir.

For testing this hypothesis the alienation score of boys and girls were tabulated, mean and standard deviation of alienation scores of girls and boys were calculated separately. Then t-test for calculating the significance of difference between means was applied to find out differences existing in the alienation scores of males and females.

Table1:Table indicating the mean, standard deviation, standard error of differences between means and t- value for the measurement of male and female differences in alienation.

Statement	Group	N	Mean	SD	SED	T-Value	Result
Alienation	Males	100	58.69	7.49	1.00	2.29	Significant at 0.05
Alienation	Females	100	60.98	6.77			



DISCUSSION

For testing hypothesis-I, difference between two means were calculated by using t-test, t- value comes out to be 2.29 which is greater than the tabulated value 1.97 at 0.05 level of significance and smaller than 2.60 at 0.01 level. Hence the null hypothesis there exists no significant difference in Alienation among male and female college students of Jammu and Kashmir is rejected. Therefore, there is significant difference in alienation among male and female college students of Jammu and Kashmir. This may be due to the reason that female college students of Kashmir feel socially and emotionally more isolated and estranged in comparison to male students as they are getting more unsecured and restricted environment as per norms and culture of Kashmir and also due to political instability in Kashmir.

HYPOTHESIS-II

There exists no significant difference in emotional maturity among male and female college students of Jammu and Kashmir.

For testing this hypothesis the alienation score of boys and girls were tabulated, mean and standard deviation of alienation scores of girls and boys were calculated separately. Then t-test for calculating the significance of difference between means was applied to find out differences existing in the emotional maturity scores of males and females.

Table2: Table indicating the mean, standard deviation, standard error of differences between means and t- value for the measurement of male and female differences in emotional maturity.

Statement	Group	N	Mean	SD	SED	T- Value	Result
Emotional maturity	Males	100	130.01	27.67	3.88	0.04	In significant at 0.05 and 0.01
Emotional maturity	Females	100	130.17	27.24			

DISCUSSION

On calculating the difference between two means were calculated by using t-test, t- value comes out to be 0.04 which is smaller than the tabulated value 1.97 at 0.05 level of significance and tabulated 2.60 at 0.01 level which is in significant at the both levels . Hence the null hypothesis there exists no significant difference in alienation among male and female college students of Jammu and Kashmir is accepted. Therefore, there is no significant difference in emotional maturity among male and female college students of Jammu and Kashmir. No doubt outside Jammu and Kashmir the males are emotionally high mature than that of females but due to the political disturbance and unemployment in Jammu and Kashmir the emotional maturity of males were affected more than that of females. It is because of this reason there is no difference in level of emotional maturity between male and female college students of Jammu and Kashmir.

HYPOTHESIS-III

There exists no significant difference in the perception of male and female college students of Jammu and Kashmir regarding their home environment.

For testing this hypothesis the alienation score of boys and girls were tabulated, mean and standard deviation of alienation scores of girls and boys were calculated separately. Then t-test for calculating the significance of difference between means was applied to find out differences existing in the home environment scores of males and females.

Table 3:Table indicating the mean, standard deviation, standard error of differences between means and t- value for the measurement of male and female differences in Home environment.

Statement	Group	N	Mean	SD	SED	T- Value	Result
Home environment	Males	100	212.21	32.80	4.92	2.90	Significant at 0.05 and 0.01
Home environment	Females	100	226.51	36.72			

DISCUSSION

As it is clear from the graph that female college students have better perception regarding their home environment than the boys. On calculating the difference between means by using t-test, t- value comes out to be 2.90 which is greater than the tabulated value 1.97 at 0.05 level of significance and tabulated 2.60 at 0.01 level which is significant at 0.01 level of significance. Hence the null hypothesis there exists no significant difference in perception of male and female college students of Jammu and Kashmir regarding their home environment is rejected. Therefore, there is significant difference in perception of male and female college students of Jammu and Kashmir regarding their home environment. Better perception of female College students of may be due to the reason that females are getting more protective environment in Kashmir due to insecured circumstances prevailing there.



HYPOTHESIS-IV

There exists no significant relationship in alienation and emotional maturity in College students of Jammu and Kashmir. To find out the relationship between alienation and emotional maturity Pearson product moment coefficient of correlation has been calculated and the result has been discussed in table 4.

Table 4: Indicating Coefficient of correlation between Alienation and Emotional Maturity

Variable	No.	df	Coefficient of correlation	Remarks
Alienation	200	198	- 0.190	Significant r cal. > r tab.
Emotional Maturity	200			

DISCUSSION

To study the relationship between alienation and emotional maturity among college students, the product moment coefficient of correlation was used. The r- value comes out to be -0.190 which is smaller than the tabulated value 0.138 at 0.05 level of significance and tabulated 0.181 at 0.01 level. Hence the null hypothesis there exists no significant relationship in alienation and environment among college students of Jammu and Kashmir is accepted. Therefore, there is negative relationship in alienation and emotional maturity among college students of Jammu and Kashmir. This indicates that students with low level of emotional maturity are high on alienation and vice versa. Which is due to the reason that emotional control is basic ingredient to be a balanced part of society and participate in every venture in spite of being isolated from the society.

HYPOTHESIS-V

There exists no significant relationship in alienation and home environment in college students of Jammu and Kashmir. To find out the relationship between alienation and home environment, Product moment coefficient of correlation has been calculated and the result has been discussed in table 5.

Table 5: Indicating Coefficient of correlation between Alienation and Home Environment

Variable	No.	df	Coefficient of correlation	Remarks
Alienation	200	198	-0.01	In significant r cal. > r tab.
Home environment	200			

DISCUSSION

To study the relationship between alienation and home environment among college students, product moment coefficient of correlation was used. The r- value comes out to be -0.01 which is smaller than the tabulated value 0.138 at 0.05 level of significance and tabulated 0.181 at 0.01 level. Hence the null hypothesis there exist no significant relationship in alienation and home environment among college students of Jammu and Kashmir is accepted. Therefore, there is no significant relationship in alienation and home environment among college students of Jammu and Kashmir. This means that alienation among college students is not because of home environment but there are other reason such as political disturbance, poor education system and frequent problem of terrorism and threats of security forces etc which are the root cause of alienation among college students of Jammu and Kashmir.

HYPOTHESIS-VI

There exists no significant relationship in emotional maturity and home environment in college students of Jammu and Kashmir.

To find out the relationship between emotional maturity and home environment Pearson product moment coefficient of correlation has been calculated and the result has been discussed in table 6.

Table 6: Indicating Coefficient of correlation between Alienation and Home Environment

Variable	NO.	df	Coefficient of correlation	Remarks
Emotional Maturity	200	198	0.23	Significant r cal. > r tab.
Home Environment	200			



DISCUSSION

To study the relationship between emotional maturity and home environment among college students, product moment coefficient of correlation was used. It comes out to be 0.23 which is greater than the tabulated value 0.181 at 0.01 level. Hence the null hypothesis that there exists no significant relationship in emotional maturity and home environment among college students of Jammu and Kashmir is rejected. Therefore, there is significant positive correlation in emotional maturity and home environment among college students of Jammu and Kashmir. This means emotional maturity is closely related to home environment. If the home environment will be good students will feel emotionally secured in spite of the outside environment in Jammu and Kashmir and they will develop into more emotionally mature personalities who can in future transform from the deadly circumstances of Jammu and Kashmir into a secured one.

CONCLUSIONS

In the light of the interpretation of the data, the researcher has to use all care and caution in formulating conclusions and generalizations. This final step of research demands critical and logical thinking in summarizing the findings of the study and compares them with the hypotheses formulated in the beginning. The researcher should not draw conclusions which are inconsistent among themselves or with external realities.

Conclusions are as essential as investigation. They provide a finishing touch and review to the whole of the critical work. On the basis of analysis and interpretation of data, following conclusions have been drawn:

There is significant difference in alienation among male and female college students of Jammu and Kashmir. Female college students feel more alienated than the male college students.

There is no significant difference in emotional maturity among male and female college students of Jammu and Kashmir. Both have shown approximately equal levels of emotional maturity.

There is significant difference in perception of female college students regarding their home environment they feel more protective and secured in their homes in comparison to male college students.

There is negative relationship in alienation and emotional maturity among college students of Jammu and Kashmir. This indicates that students with low level of emotional maturity are high on alienation and vice versa.

There is no significant relationship in alienation and home environment college students of Jammu and Kashmir college students of Jammu and Kashmir which means that alienation is not due to home environment. Other reasons like terrorism, threats of security forces, political disturbance etc are the causes behind alienation among college students.

There is no significant positive relationship between emotional maturity and home environment among college students of Jammu and Kashmir. So this indicates that students are getting good emotional environment from their homes and developing into emotionally balanced personalities.

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