The Comparative Study of Social Maturity among Yog Students of Master Degree

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Abstract: The present study examined Social Maturity among Male and Female Master Degree Yog Students. The study was confined to 100 male and female students of M.Sc. and M.A. students of Master Degree Yog of Dev Sanskriti Vishwavidyalaya, Haridwar. The comprehensive scale of Social Maturity prepared by Roma Pal was used. The reliability was calculated which were 0.834 and 0.793 respectively; validity was 0.831. After the analysis of the result, it was found that all Master Degree Yog students are social mature whether they belong to M.Sc. and M.A groups, there is no significant difference in the social maturity level among female M.A and M.Sc. students. There is no significant difference in the social maturity level among male M.A and M.Sc. students; among male and female M.Sc. students; among male and female M.A students. It was observed that there is no significant difference in the social maturity level among male and female students.

Keywords: Social Maturity; Master Degree Yog Students.

INTRODUCTION

Education is a lifelong process. It is the comprehensive term. The modern aim of education is the wholesome, balanced or harmonious development of the personality. It means moral, social, spiritual, intellectual, emotional and physical development. All these aspects are equally important for personality development. Personality does not exist in a vacuum but to large extend depends upon the social environment. The man has attained refinement by the process of education. It contributes to the growth and development of society. Education develops the individual like a flower which distributes its fragrance all over. Education provides a mature person to this society. Mature person means a person who is adjusted to environment easily or a person who makes an adjustment with environment easily. Maturity implies a satisfactory fulfillment of one's potentialities. This means developing and issuing one's physical and mental abilities to the fullest extent. Maturity requires adjusting to and participating creatively in one's environment requires adjusting to and participating creatively in one's environment in order to participate creatively in this world. It is the complete charge in an individual which assist him to reach the stage of functional readiness. Today's citizen must be literate in the political, social, economic, scientific and artistic field. If he is taking an active and cooperative part in his social group than he is mature. If for some reasons he is not ready to act, feel and thick in a way appropriate according to his stage of physical and mental development, than he is an immature person.

Definitions of Maturity

"Maturation means the growth and development that is necessary either before any unlearned behavior can occur or before learning of any particular can take place." "Maturity is the state or quality of being mature specially." The maturity and growing child develops into three types:

1. Physical,
2. Mental,
3. Social Maturity

Social development is one of the educationally significant and important aspects of human growth. Social development means the acquisition of the ability to behave in accordance with social norms, customs, and expectations. Social development means social maturity. It means how much a person is socially nature. What are his relations with other human beings? How he deals with others. How he takes interest in others. How he makes his friends so maturity has a great impact on child's personality. Thus social maturity means attaining maturity in social relationships that is to establish good relations with family, neighbors, friends, playmates, class-fellows, teachers and other members of the society for making and keeping friends. A person having a quality of friendliness and adjustable nature is considered a socially mature person.

RELATIVE REVIEW

Puranik, S.D. (1984), found in his study Social maturity of female students was higher than that of male students. The controlled organizational climate, government management, and urban locality were conducive to the development of morale of teachers. Beck, A.L.; Nethercut, G.E.; Crittenden, M.R. and Hewins, J. (1986), showed that visibility was inversely correlated with identity stability (p less than 0.05), social maturity (p less than 0.025), and self-esteem (p greater than 0.10), while jointly controlling for patients' age and years since last transplant. Although patients with visible handicaps remain at risk for maladjustment, many developed positive coping strategies in order to face the developmental challenges of adulthood. Goyal, R.P. (1974), Gopal, A.K. (1975) and Ray; T. (1989) studied the personality traits of high creative studying different subjects. Among them, Goyal, R.P. (1974) and Ray, T. (1989) reported that science students were characterized by high emotional stability, tough mindedness, and better adjustment. These characteristics differentiated this group from the language group. Sharma, N.C. (1989), found many similarities and differences in respect of both between subgroups by gender, age, and Socio-economic-status. (The relationships between the two sets of variable were not probably probed). Kunder, SR. and Julius, S (1996), showed that there is no correlation between parental anxiety and social maturity of autistic and Down's syndrome children. Jain, Prabha and Patel, Amisha (2003), found that social maturity was not significantly affected by the employment of the mother which may due to the positive attitude of a mother towards employment status. The sample revealed the low relation between their social maturity and social acceptance irrespective of employment of mother, which may be indicative of the presence of other factors besides social maturity, which was affecting social acceptance. Peterson, Candida; Slaughter, Virginia and Paynter, Jessica (2007), found In Study theory of mind were found to predict typical preschoolers' social maturity independently of age and verbal maturity. In Study 2, children with autism scored below age-matched and younger typical developers in both theory of mind and social maturity. Those with Asperser's disorder did well on the theory of mind but poorly on social maturity. Study 2 replicated Study 1's finding (for typical children and for the full sample) that theory of mind was linked with social maturity independently of age and verbal ability, although the link was not independent of autism diagnosis a systematic approach to assessing deaf pupils' academic ability, behaviour in school and social maturity.

NEED AND IMPORTANCE OF SOCIAL MATURITY

A person having a quality of friendship and adjustable quality of mature person in society referred as social maturity term. Social maturity is evidence of an individual's capacity for making and keeping friends. To be effective in his social relations, a person needs to acquire the social skills that enable him to deal with people tactfully and with understanding. He must be conscious of the interest of others, appreciative of their goals and supportive of their feelings of personal worth. Thus, social maturity is needed for the following reasons:

1. For the socialization of the individual: A human being gradually evolves from the extreme individualism of the infant and accompanying dependency on a few persons, chiefly the mother and father, the outgoing membership in an adult social group and dependency on its many members. So in the process of growing up, we become more and more social, for which social maturity is needed.
2. To decline egocentricity: As a person matures socially, he becomes less and less egocentric or self-centered – his interests, thoughts, and expressions are increasingly centered less on self and more on others and the whole world outside himself. This change is moreover, a necessary inner complement of the increasing outer activity that leads to social maturity.
3. To develop self-confidence: This includes acceptance of self, emotional security, freedom from egotism and inferiority complex.
4. To develop social feeling: This includes trust, democratic, character structure, warm relating to others, empathy accurately, perceptive and response to other intimacy.
5. Productivity: Ability to work, industry task orientation, competence, skills for solving, objective problems, deepening of interest and generatively in work.
6. To develop social and human values: This includes ethical certainty, integrity, and autonomous conscious and humanistic values.

7. To live life fully: It enables a person to live the life to the fullest, he shares his feelings, attitudes, and interest with others. For the successful sharing, he needs to be getting mixed with people, which is only possible if he is socially mature.

JUSTIFICATION OF THE PROBLEM

Maturity plays important role in a personal and social life. Social maturity is one of the key factors for the success in life. Socially matures person uses his energy in his environment properly whereas an immature person will direct his energy to come out to turn with his environment.

By the time no much attention has been given to the study of social maturity in relation to Master Degree Yog students. Today it is necessary to develop social maturity in Master Degree Yog students as they are at the doorstep of adjustment in their life. After completion of their studies, they should be fully developed especially socially. In their future life, they have to face a lot of problems. These problems of future life may develop certain types of negative emotions among them but if they are initially mature they can handle these problematic situations properly and can properly adjust themselves in their life.

The present study will help to have knowledge of social maturity Master Degree Yog students. The result will help to understand the need of controlling unwanted immaturity so as to ensure proper social development.

OBJECTIVES

The present problem endeavors for the realization of the following objectives:-

1. To study the social maturity level of Master Degree Yog students.
2. To study the social maturity level among male and female students.
3. To study the difference of social maturity among male and female students from the M.Sc. base.
4. To study the difference of social maturity among male and female students from M.A base.
5. To study the difference of social maturity among female students from M.A and M.Sc. base.
6. To study the difference of social maturity among male students of M.A and M.Sc. base.

HYPOTHESES

The following are the hypotheses based upon above stated objectives of the study.

1. There is no significant difference in the social maturity level among male and female students of M.A and M.Sc. Yog stream.
2. There is no significant difference in the social maturity level among female students of M.A and M.Sc. Yog stream.
3. There is no significant difference in the social maturity among male students of M.A and M.Sc. Yog stream.
4. There is no significant difference in the social maturity level among male and female students of M.Sc. Yog stream.
5. There is no significant difference in the social maturity level among male and female students of M.A. Yog stream.

DELIMITATIONS OF THE STUDY

It is not possible to thoroughly investigate the problem in its manifold aspect because of a shortage of time. Therefore the problem is delimited in its scope. Keeping in view the paucity of time at disposal of the investigator the study has been delimited to some areas.

*   The study has been confined to 100 students Master Degree Yog.
*   The study has been confined to male and female students of M.A and M.Sc. base.

Sample

For the requirement of study's male and female students were selected randomly. The investigator has select the random sampling 100 Master Degree Yog students of Dev Sanskriti Vishwavidyalaya in Haridwar the requirement of study is an equal number of 50 male and 50 female students. Design of the Study The investigator has selected the descriptive method. It is the method which is organized to attempt, to analyze, to interpret and to report the present status of the social institution.

Tools

The comprehensive scale of social maturity prepared by Roma Pal was used. The reliability coefficient was calculated which were 0.834 and 0.793 respectively. The correlation coefficient was 0.831. This significant correlation indicates that the present scale is valid measures of social maturity.

STATISTICAL TECHNIQUE USED

Interpretation of Data

Hypotheses – 1: There is no significant difference in the social maturity level among male and female students of M.A and M.Sc. Yog stream.

Table 2: Comparison of Social Maturity Level among Male and Female Students of M.A and M.Sc. Yog stream

Stream	N	M	S.D	t-Value
Male Student of (M.A. & M.Sc. Yog)	50	143.60	11.19	1.532
Female Student of (M.A. & M.Sc. Yog)	50	146.90	10.33	

Note: *Not significant at 0.05 levels.

Table 1, Shows that the mean of male students (M.A. & M.Sc. Yog Stream) is 143.60 and the standard deviation is 11.19.The mean of female (M.A. & M.Sc. Yog Stream) is 146.90 and the standard deviation is 10.33. The t-value is 1.532 which is not significant at 0.05 levels. It indicates that the social maturity level among male and female students do not differ significantly. In this context, the null Hypothesis namely, "There is no significant difference in the social maturity level among male and female students is not rejected. It may, therefore, be said that there is no significant difference in the social maturity level among male and female students.

This shows that both male and female students whether belonging to M.A. Yog Stream or M.Sc. Yog Stream is socially mature.

Hypotheses – 2: There is no significant difference in the social maturity level among female students of M.A and M.Sc. Yog stream.

Table 2: Comparison of Social Maturity Level among Female Students of M.A and M.Sc. Yog

Stream	N	M	S.D	t-Value
Female Student of M.A. Yog	25	146.48	10.81	0.285
Female Student of M.Sc. Yog	25	147.32	10.05	

*Not significant at 0.05 levels.

From Table 2, it is evident that the mean of female M.A. Yog students is 146.48 and M.Sc. Yog group is 147.32.The standard deviation of M.A. Yog group is 10.81 and of M.Sc. Yog group it is 10.05.Thus t- value is 0.285 which is not significant at 0.05 levels. It indicates that the social maturity among female students of M.A Yog and M.Sc. Yog stream does not differ significantly. In this context, the Null Hypothesis "There is no significant difference in the Social Maturity level among female M.A and M.Sc. Yog students." is not rejected. It may, therefore, be said that there is no significant difference in the social maturity level among female M.A and M.Sc. Yog students.

This is because equal opportunities are provided for M.A and M.Sc. Yog female students in our society to take different decisions in their life which depend upon their social maturity. So humanities and science females are equally efficient in social areas to tackle different social issues.

Hypotheses – 3: There is no significant difference in the social maturity among male students of M.A and M.Sc. Yog stream.

Table 3: Comparison of Social Maturity Level among Male Students of M.A and M.Sc. Yog stream

Stream	N	M	S.D	t-Value
Male Student of M.A. Yog	25	142.80	10.29	0.755
Male Student of M.Sc. Yog	25	144.80	12.11	

Note: *Not significant at 0.05 levels.

Table 3 shows that the mean of male M.A. Yog students is 142.80 and M.Sc. stream is 144.80.The standard deviation of M.A. stream is 10.29 and of M.Sc. stream it is 12.11.The t-value is 0.755 which is not significant at 0.05 levels. It indicates that the social maturity among male students of M.A and M.Sc. Yog stream does not differ significantly. In this context, the null hypothesis, namely "There is no significant difference in the social maturity level among male M.A and M.Sc. Yog students" is not rejected. It may, therefore, be said that there is no significant in the social maturity level among male arts and science students.

This shows that the choice of subjects does not make any difference. The male students whether belonging to M.A or M.Sc. Yog stream is socially mature. Thus the students of M.A and M.Sc. Yog stream gets equal opportunities in their respective streams.

Hypotheses – 4: There is no significant difference in the social maturity level among male and female students of M.Sc. Yog stream.

Table 4: Comparison of Social Maturity Level among Male and Female Students of M.Sc. Yog stream.

Stream	N	M	S.D	t-Value
Male Student of M.Sc. Yog	25	144.80	12.11	0.800
Female Student of M.Sc. Yog	25	147.32	10.05	

Note: *Not significant at 0.05 levels.

From table 4, it is evident that the mean of male M.Sc. Yog students are 144.800 and the standard deviation is 12.11.The mean of female M.Sc. Yog stream it is 147.32 and the standard deviation is 10.05. The t-value is .800 which is not significant at 0.05 levels. It indicates that the social-maturity among male and female students of M.Sc. Yog stream does not differ significantly. In this context, the null hypothesis namely, "There is no significant difference in the social maturity level among male and female students of M.Sc. Yog stream" is not rejected.

This shows that both male and female students share equal status in the society. No discrimination is made between them. They both enjoy equal rights and opportunities which enables them to adjust to the society.

Hypotheses – 5: There is no significant difference in the social maturity level among male and female students of M.A. Yog stream.

Table 5: Comparison of Social Maturity Level among Male and Female Students of M.A. Yog stream.

Stream	N	M	S.D	t-Value
Male Student of M.A. Yog	25	142.40	10.29	1.367
Female Student of M.A. Yog	25	146.48	10.80	

Note: *Not significant at 0.05 levels.

From table 5, it is evident that the mean of male M.A. Yog students is 142.40 and the standard deviation is 10.29.The mean of female M.A. Yog stream it is 146.48 and the standard deviation is 10.80.The t-value is 1.367 which is not significant at 0.05 levels. It indicates that the social maturity among male and female students of M.A. Yog stream do not differ significantly. In this context, the null Hypothesis, namely, "There is no significant difference in the social maturity level among male and female students of M.A. Yog stream," is not rejected.

Thus both male and female students of M.A. Yog stream are socially mature. This shows that they both get equal facilities in their family, school, and environment.

Study of Social Maturity of Master Degree Yog Students
The objective was to study the average level of social maturity of Master Degree Yog Students. The objective was analyzed with the help of average mean and the results are given.

Table 6: Showing the Social Maturity of Master Degree Yog Students

Social Maturity Level	N	M	Range of the Score
Master Degree Yog Student	100	145.25	106 – 148

Table 6, shows the mean of social maturity of Master Degree Yog Student. The mean of social maturity is 145.25 which fall into the category of socially matured person.

Thus, the above result shows that with the changing time the facilities given to the individual have changed. Now, a person has more facilities compared to the past. He gets equal opportunities in whether in family, school, and society. These facilities make him socially mature and enable him to adjust to the society and live life fully.

FINDINGS OF THE STUDY
I have conducted my study on Social Maturity of Master Degree Yog Student. On the basis of different studies, I design objectives and hypotheses of the study. I have observed my findings are as follows:-

1. All Master Degree Yog Student are social mature whether they belong to M.Sc. or M.A. stream.
2. It is finding that there is no significant difference in the social maturity level among female M.A. and M.Sc. students.
3. It is observed that there is no significant difference in the social maturity level among male M.A. and M.Sc. students.
4. The result shows that there is no significant difference in the social maturity level among male and female M.Sc. students.
5. It is found out that there is no significant difference in the social maturity level among male and female M.A. students.
6. It is observed that there is no significant difference in the social maturity level among male and female students.

CONCLUSION
1. Equal opportunities are provided for M.A. Yog and M.Sc. Yog female students in our society to take different decisions in their life which depend upon their social maturity. So, the present study shows that females student of M.A. and M.Sc. Yog is equally efficient in social areas to tackle different social issues.
2. The choice of subjects does not make any difference. The male students whether belonging to M.A. Yog stream or M.Sc. Yog stream is socially mature. Thus, the present study revealed that the students of M.A. and M.Sc. Yog stream gets equal opportunities in their respective streams.
3. Both male and female students share equal status in the society. No discrimination is made between them. They both enjoy equal rights and opportunities which enables them to adjust to the society with maturity. So, the present study showed that both male and female students are able to adjust to the society with the maturity.
4. Both male and female students of M.A. Yog stream are socially mature. This shows that they both get equal facilities in their family and environment.
5. Both male and female students whether belonging to M.A. Yog stream or M.Sc. Yog stream is socially mature.

SCOPE OF THE STUDY
The present study deals with a very important factor i.e. social maturity. The study has the following scope:

1. The sample size can be enlarged to reach more concrete results.
2. The study can be extended at other colleges or university level.
3. Other tools of measuring social maturity can also be used for data collection.
4. The study can be conducted on teachers, adolescents, and school children.
5. The study can also be conducted on social maturity and their co-relationship with another variable like anxiety, self-confidence, academic achievement etc.
6. This study can be conducted at state or national level so that it can produce the representative data for the solution of this problem.
7. This study can be conducted in Government Schools, Public Schools, recognized Schools and Navodaya Schools also.
8. The study can be conducted on people living in rural and urban areas.
9. The study can be conducted on gifted, creative, backward or learning disabled children.

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