



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact factor: 6.078

(Volume 6, Issue 5)

Available online at: <https://www.ijariit.com>

A study on emotional maturity and birth order

Monalisha Majumder

monalisham.ghy@gmail.com

Indian Institute of Technology, Guwahati, Assam

ABSTRACT

In this paper, an attempt has been made to study the effect of Birth Order ie the order in which a person is born into their family on the emotional maturity of the person. It plays a significant role on the development of the child due to relationship with siblings and elders, expectations from parents etc. So in this paper, we will discuss about What is Birth Order? What is Emotional Maturity? How birth order affects the individual's emotional maturity? Why the study was conducted? Whether there is any difference between the emotional maturity of the First borns and the Second/ Last borns or not. The Emotional maturity scale by Y Singh and M Bhagava has been used for data collection and the statistical technique MANN WHITNEY U-TEST has also been used and the results are discussed.

Keywords: Emotional Maturity, Birth Order, First Born, Last Born, Mann Whitney U-Test

1. INTRODUCTION

The order in which a person is born into their family plays a substantial role in the individual's development of personality (Stewart, Stewart and Campbell 2001). First –Borns possess a unique position in the family. They are perceived as more conscientious and achieving in comparison with the child's other siblings (Palellus, Trapnell, Chen 1999). The personality attributes of them include traits such as intelligence, obedient, stable and responsible (Herra et.al, 2003). Maturity is higher in them. They are usually introverted and relatively matured for their age with greater association with elders, as a result mature emotionally faster than their siblings. Relative to first and last borns, middle borns are believed to experience less interaction and receive less attention. Lack of primacy of the first child and receiving the attention –garvering regency of the younger child, children in the middle role may feel 'squeezed' out of importance in family. Often middle children have nothing special about them that makes them special and worthy of their family's attention (Stewart, Stewart and Campbell, 2001). They are believed to be very envious and try to escape their roles.

Last borns are believed to be the most creative, emotional, extraverted, disobedient, irresponsible and talkative (Herrera et al., 2003). They are pampered, dependent, immature and irresponsible. Due to the extra attention by parents in particular by the maternal figure in the child's life, the youngest child tends to lack in overall maturity (Nakao et al, 2000). Emotional maturity is the ability to handle situations without necessarily escalating them. It is the ability to understand and manage your emotions. Emotional maturity enables us to create the life we desire. The signs of being emotionally mature include taking up responsibilities, being flexible, personal growth, understanding that vision trumps knowledge, seeking alternative views, being non-judgemental, resilience, a calm demeanour, realistic optimism, approachability, self-belief, sense of humour etc.

Birth has a powerful impact upon children's adult's emotions. By a twist of fate a child is born into a particular spot in the family and from this position, he will have unique emotional experiences. Each spot in the order has its own advantages and challenges. The first borns bask in her/his parents' undivided love and attention for a period of time, often benefiting emotionally from this experience. They can emerge feeling loved with a sense of security and self-confidence. This helps them to become responsible leaders. However, their parents have high expectations from them and want them to be a successful being. They often end up feeling very pressured to succeed and become a perfectionist. With the birth of a later born child they have been resentful however she/he benefits from positive experiences, by nurturing a younger sibling. This expands their ability to love and be sensitive to other's needs. However, last borns benefit from calmer more self-confident parents and enjoy special attention. They also learn by modelling their idolized older siblings. They try to catch the first born in order to feel valuable as they lack the understanding of the problem of their age difference. They often feel jealous because their older siblings always accomplish new firsts such as performing in a play or getting ready to go to high school. They are sometimes dominated by their older siblings which makes them feel miserable.

Studies have shown that first borns are responsible, high achievers and perfectionists whereas the later and only children are always described as the baby of the house and most spoiled kids (MC Crick, Pettijohn, 2008). Raina and Bhan (2013) revealed that

first borns showed more insecurity in comparison to last borns and the findings further indicated the middle borns are most insecure. Therefore, the order of birth plays an important role in emotional development of the individual.

1.1 Need for the Study

The study on emotional maturity and birth order is needed to understand how birth order (whether the person is the first born or the last born in the family) affects the emotional maturity of the person. The samples of first borns and last borns are taken as independent variables while emotional maturity is taken as dependent variable. This study aims to analyse how the emotional maturity of first born differs from the last borns. It is seen that the upbringing of first child of the family and last child in the family are different and has long term effect in the development of the individual. Understanding these differences helps in awareing the parents about how to deal with their children of these categories and how their expectations and behaviour towards them affect their emotional maturity. It also helps in predicting the emotional outcomes in the later part of life.

First borns tend to behave in a mature way because of association with adults and because they are expected to assume responsibilities. They have feelings of insecurity and resentment as a result of having been displaced as the center of attention by a second born. They have lack of dominance and aggressiveness as a result of parental overprotectiveness. They develop leadership abilities as a result of having to assume responsibilities in the home. But these are often counteracted by tendencies to be 'bossy'. They tend to be high achievers and overachievers because of parental pressure and expectations and desire to earn parent approval. However, due to parental overprotectiveness and concern about their physical welfare, they tend to be more concerned about their health and consult doctors more frequently than the last borns.

Last borns tend to be willful and demanding as a result of less strict disciplining and spoiling by family members. As usually protected by parents from older siblings, they tend to be dependent and irresponsible and are under achievers because of fewer parental expectations and demands. Experience good social relationships outside the home and are generally popular but infrequently leaders because of lack of willingness to assume responsibilities. They tend to be happy because of spoiling in early childhood.

Bigner has described specially how being first born and last borns in a family affect the child's development. He contends, "a second born child play a satellite role in many of his interactions with older, since the first the first born may act as the natural leader of siblings in the family constellation." Therefore, this study is important to throw light on the differences between first born and last borns based on emotional maturity.

1.2 Objectives

- To assess the emotional maturity of the first borns.
- To assess the emotional maturity of the last borns.
- To assess the difference in emotional maturity between first borns and last borns.

1.3 Hypothesis

There is no difference between the emotional maturity of first borns and last borns.

2. REVIEW OF LITERATURE

Eckstein et al (2010) reported first borns to be high achievers, highly motivated, as parents invest most in first borns education and are conformist to parents values.

Robin and Sing(2006) has reported that leader's emergence is associated with extraversion. Whereas Barchard (2004) reported the reverse ie, the first borns have low emotional intelligence due to small family size and fewer interaction as compared to later born.

Sulloway (1996) also reported first borns as more in flexible, conservative and defensive. Perlin and Grater, Philips, Bedeian, Mossholder and Torliator(1998) reported the older borns to be dominant. First borns are natural leaders of all siblings. Sulloway (1996) and Kushiv (1978) reported first borns are also known to have high anxiety, fearlessness.

Dattner(2013) reported that they due to their rebelliousness are likely to do better in global economy, they travel far and wide and are open to different cultures. The last borns has been reported to being staging protest and participating in strikes.

Nelson and Sibilski (2012) found in their study that younger borns are outgoing, rebellious, charming and spoiled. Blair (2011) has reported the same. Eckstein et al(2010) review of 200 studies on birth order shows that youngest children are popular, empathetic, highest social interest, all these show the youngest child's interpersonal skills.

Kaur and Dheer(1982) reported lesser emotional stability for younger ones. They do well in diverse workplace.

Kalpan (1970) reported high self esteem among last born males with high socioeconomic status among the white sample.

3. METHODOLOGY

3.1 Geographical Location

The present study was conducted in the city of Guwahati, Assam. The study was restricted to different areas of the city like maligaon, beltola, Adabari etc. Guwahati is sprawling city beside the Brahmaputra river in the northeast Indian State of Assam. It is known for holy sites like the hilltop Kamakhya Temple, featuring shrines to the Hindu deities Shiva and Vishnu. It is the largest

city in the Indian state of Assam and also the largest urban area in Northeast India. Dispur is the capital of Assam, is in the circuit city region located within Guwahati and it is the seat of government of Assam.

3.2 Sample

A sample of participants belonging to the age group of 18-64 years were taken for the study. Among them 10 samples, belonged to the first born category and 10 samples belonged to the last born category. The samples were taken from neighbourhood, classmates and relatives in guwahati city. Both males and females were taken for the study and females were taken for the study and were chosen randomly.

3.3 Tools (Scale)

Emotional Maturity of first and Last borns was assessed through the Emotional maturity scale by Y Singh and M Bhagava. The scale consists of in total 48 questions scattered in 5 categories ie, Emotional Instability, emotional regression, social maladjustment, personality disintegration and lack of independence. Reliability of the scale was determined by test retest reliability which was 0.75 and internal consistency for various factors ranged from .43 - .86. The items of scale contains of five subscales –very much, much, undecided, probably and never denoted by ‘Vm’, ‘M’, ‘UD’, ‘P’, ‘N’ Respectively. The scale is scored using a 5-point summed Likert Scale (VM=1, M=2, UD=3, P=4, N=5). Higher scores indicates higher emotional maturity of the respondents. The range of possible scores is 104 – 216.

3.4 Statistical Technique

The statistical technique used for the present study is MANN WHITNEY U-TEST. This test is one of the most useful and powerful Non-parametric test alternative to the test for assessing the difference between two independent samples when the assumption and conditions for applying T Test are not meet. The two samples comes from the same population. However the following assumption are taken-

- The sample drawn from the population is random
- Independence within the samples and mutual independence is assumed. That means that an observation is on one group or the other. It cannot be both.

3.5 Ethics

The following ethics were followed in the present study-

- Seeking informed consent from the samples.
- Respecting the confidentiality and anonymity of the respondents.
- Ensuring that the participants participate in the study voluntarily.
- Providing standardised instructions to the respondents about how fill the questionnaire
- At any moment, if the respondents felt uncomfortable, they were allowed to withdraw from the participation in the study.

3.6 Procedure

At first, a topic for the study was chosen keeping in mind the interest and its relevance. Then the scale for the study was collected and the sample were chosen randomly . 20 questionnaires were made and were divided among the samples. The sample in this study includes 10 first borns and 10 last borns. After taking the consent from the respondents, the questionnaires were distributed. Then they were asked to fill the questionnaires genuinely and honestly with the first option that came to their mind. The responses were collected of responses , scoring was done. Depending upon the scores, the emotional maturity in First borns and Last borns was evaluated.

4. RESULT

The result of present study is computed through MANN WHITNEY U-TEST. This test is one of the most useful and powerful Non- Parametric test alternative to the T Test for assessing the difference between two independent samples when the assumptions and conditions for applying T test are not met. The two samples comes from the same population.

Group (a) first borns		Group (b) last borns	
Score	Rank(r1)	Score	Rank(r2)
203	19	104	1
161	7	169	10
157	5	149	2
197	15.5	186	12
193	14	201	18
197	15.5	155	4
151	3	191	13
159	6	164	9
198	17	163	8
181	11	216	20
M=179.7	TOTAL=113	M=169.8	TOTAL=97

$$U = N1N2 + \frac{N1(N1+1)}{2} - R1$$

$$= 10*10+ \frac{10(10+1)}{2} -113$$

$$= 22$$

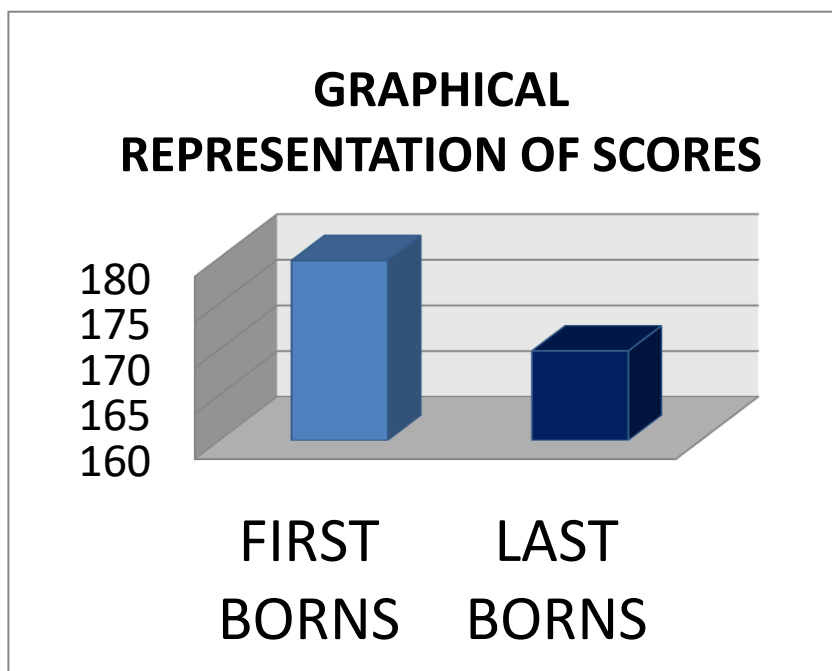
$$U' = \frac{N1N2 + \frac{N2(N2+1)}{2} -R2}{2}$$

$$= \frac{10*10+ \frac{10(10+1)}{2} - 97}{2}$$

$$= 58$$

The critical value of ‘U’ from the Table- N is 27. The computed value of ‘U’ is 22 which is smaller than critical value ‘27’. So the hypothesis is not accepted.

MEAN SCORE ON EMOTIONAL MATURITY SCALE



PARTICIPANTS

5. DISCUSSION

The purpose of present study was to study the effect of birth order or emotional maturity. From the study it has been found that the emotional maturity of first borns are higher than the emotional maturity of last borns. The hypothesis that ‘There is no difference between the emotional maturity of first borns and last borns’ is not accepted as per the result found in the present study. The means values obtained from the study, indicates differences between emotional maturity of two groups. According to ‘Emotional maturity scale’ by ‘Singh And Bhargava’, higher score indicates higher emotional maturity. The mean scores of first borns and last borns are ‘179.7’ and ‘169.8’ respectively. A study conducted by Eckstein et al (2010) supports the results of the study . they reported first borns are high achievers, highly motivated, as parents invest most in first borns education and conformist to parent values. Nelson and Sibilski (2012) found in their study the younger borns are outgoing, rebellious, charming and spoiled. Kaur and Dheer(1982) reported that lesser emotional stability is present in younger ones. Therefore as the literature reveals that first borns are emotionally matured than last borns, though there might be differences that exist because of family background, upbringing, education, peers and investment of parents.

6. SUGGESTIONS AND LIMITATIONS:

Suggestions

- The present study is based on a small sample of 20 people ie 10 first borns and 10 last borns. Therefore, the sample size should have been more.
- There should have been comparison between different age groups such as 18-30, 31-50 years etc across first borns and last borns.
- The study is restricted to the city of guwahati so different localities of the city should have been included in the study. The study should have included the areas outside guwahati to gather more information.
- The study should have included both urban and rural samples as there might be individual differences in emotional maturity across first borns and last borns living in rural areas.

Limitations

- The present study was conducted on a small sample of 20 ie 10 first borns and 10 last borns only.
- Some of the participants were unwilling to cooperate, information couldnot be collectedfrom them as they returned half filled questionnaires.
- Some of them responded in a way that ‘seemed to be right’ though it did not apply to them.
- A limited time was given for conducting the study, so precise information couldnot be collected.
- Basic statistical technique was used therefore study lacks rigorous scientific treatment.

7. REFERENCES

[1] Nims, D.R (1998) Searching for self: a theoretical model for applying family systems to adolescent group work, 22,133-144. Retrived from:https://academia.edu

[2] Hurlock, E.B(1953) Developmental psychology. A life span approach, fith edition. New York: Mc Gaw Hill Eduvation.

[3] Gould. S.J(1997). Dolly’s fashion and Louis’s passion. Natural History, 106, 18-24.retrieved from: ijepr.org

[4] Buckly.G.J(1998). Alder’s Birth Order traits. Retrieved from: https://www. academia.edu

[5] Singh V and Bhargava.M(2006). Emotional Maturity Scale; National Psychological corporation. Agra . retrieved from:https://www.researchgate.net

[6] Alder.A(1927). Understanding human nature, New York. Retrieved from :https://www.paper.ssrn.com.

Life Skill Education for High School students -A feasibility study in Mangalore Taluk

Appendix VI

EMOTIONAL MATURITY SCALE - Drs. Yashwir Singh & Mahesh Bhargave

QUESTIONNAIRE NUMBER - 04

Dear Student,

Below are given forty-eight statements about yourself. Five possible modes of responses are provided: VERY MUCH (VM), MUCH (M), UNDECIDED (UD), PROBABLY (P) and NEVER (N). Read each question carefully and put a tick mark in any one of the five alternate response modes to indicate your level of agreement with the particular content of the statements. Do not think for too long while answering. Your responses will be kept confidential.

1.	Emotional Instability	VM	M	UD	P	N
1.1	Are you involved in any sort of mental tension?					
1.2	Do you get frightened about the future?					
1.3	Do you stop in the middle of any work before reaching the goal?					
1.4	Do you take the help of others to complete your personal work?					
1.5	Is there any difference between your desires and your objectives?					
1.6	Do you feel that you are short-tempered?					
1.7	Do you feel that you are very stubborn?					
1.8	Do you feel jealous of other people?					
1.9	Do you get wild due to anger?					
1.10	Do you get lost in imagination and daydreaming?					

2.		Emotional Regression					
	2.1	If you fail to achieve your goal, do you feel inferior'					
	2.2	Do you experience a sense of discomfort and lack of peace of mind?					
	2.3	Do you indulge in teasing others?					
	2.4	Do you try to put the blame on others for your mistakes?					
	2.5	When your views differ from others, do you quarrel with them?					
	2.6	Do you feel that you are exhausted?					
	2.7	Is your behaviour more aggressive than your friends' and others' behaviour?					
	2.8	Do you get lost in the world of imaginations?					
	2.9	Do you feel that you are self-centred?					
	2.10	Do you feel that you are dissatisfied with yourself?					
3.		Social Maladjustment					
	3.1	Do you have a strained relationship with your classmates and peers?					
	3.2	Do you hate others? ,					
	3.4	3.3 Do you praise yourself?					
	3.5	Do you avoid joining in social gatherings?					
	3.6	Do you spend a lot of your time for yourself?					
	3.7	Do you lie?					
	3.8	Do you bluff?					
	3.9	Do you like to be alone a lot?					
	3.10	Are you proud by nature?					

4.		Personality Disintegration					
	4.1	Though you know some work, do you pretend as if you do not know it?					
	4.2	Even if you do not know some work, do you pose as if you know it?					
	4.3	Knowing you are at fault, instead of accepting it, do you try to establish that you are right?					
	4.4	Do You suffer from any kind of far?					
	4.5	Do you lose your mental balance (poise)?					
	4.6	Are you in the habit of stealing anything?					
	4.7	Do you indulge freely without bothering about moral codes of conduct?					
	4.8	Are you pessimistic about life?					
	4.9	Do you have a weak will (self-will / determination)?					
	4.10	Are you tolerant about the views of others					
5.		Lack of Independence					
	5.1	Do people consider you as independent? .					
	5.2	Do people disagree with your views?					
	5.3	Would you like to be a follower"					
	5.4	Do you disagree with the opinions of your group?					
	5.5	Do people think of you as an irresponsible person?					
	5.6	Do you show interest in others' work?					
	5.7	Do people hesitate to take your help in any work?					
	5.8	Do you give more importance to your work than others' work?					