

EMOTIONAL MATURITY FOR TYPE A AND TYPE B'S BEHAVIOURAL PATTERN FOR STUDENTS

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ABSTRACT

Background: The present study compared college students' personality and emotional maturity among Male and Female students enrolled in HNB Garhwal University in Srinagar, Uttarakhand. *Aim of the study:* To study the interaction of Type A/B behaviour pattern and emotional maturity. *Methodology:* The sample comprised of 60 subjects, age 20 - 24 years Type A/B Behavioural pattern of Behaviour (Dhar and Jain, 2001) and Emotional Maturity scale (Bhargava and Singh, 1991) were administered. Data were statistically analysed using t-test and correlation. *Results:* indicated that the males and females differed on Emotional Maturity. There was a significant difference in the Type A and Type B Emotional Maturity. The scores of Type

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INTRODUCTION

Everyone is different, yet we also have several things in common. Coming to terms with human individuality and what makes an individual personality is one of the most fascinating questions in psychology. The model of personality which we hold is crucial for our perception of human beings. It gives us our underlining beliefs about what human beings are really like (Hayes, 1994). Personality is the enduring and stable characteristics of behaviour.

There are many different psychological theories of personality but they all have one thing in common. They attempt to simplify the more important ways of describing individual patterns, of behaviour into a more manageable and measurable number of dimensions: Psychology does not regard personality as a passive entity but as the dynamic character of the individual which finds expression through his conduct and activities. It's important to realize that no-one fully knows the extent to which personality is determined by genetics and hereditary factors, compared to the effects of up-bringing, culture, environment and experience (Bibire, 2014).

Primarily, it is important to be aware that personality characteristics play a significant role both in the act of learning and attitudes towards the act of learning. We would be looking into type A and type B behavioural pattern of personality. Further we would be looking in the emotional maturity among them. Type A and type B personality theory was devised by doctors Myer Friedman and Ray Rosenman in the 1950s. They claimed that a certain type of people type A were much more likely to have coronary heart disease. They have a highly competitive desire for achievement and recognition, together with a tendency towards hostility and aggression and a sense of immense time urgency and impatience.

Friedman, and Rosenman (1974) have identified a pattern of personality characteristics which they referred to as Type A behaviour pattern and which they claim is associated with the development of heart disease This pattern includes what Friedman and Rosenman call hurry sickness a habitual sense of time urgency Type A behaviour pattern as defined by Friedman and Rosenman (1974), is an action emotion complex that can be observed in any person who is aggressively involved less and less time and if required to do so against the efforts of others or things or persons in the same environment.

The major behavioural manifestations of a Type A person as revealed by Friedman and Rosenman, include extreme competitive achievement striving, chronic sense of time urgency, impulsivity and extreme aggressive tendency which are often characterized by free floating hostility that could be aroused by challenges. In contrast to Type A persons are Type B persons who may be just as ambitious and intelligent as the type A person but who do things in a slower, more relaxed and Secured way (Bibire, 2014).

Type B people may be more creative and less prone to heart diseases. They are hardworking but they feel no conflict over time and people. They accept situations and work with those situations rather than fight them competitively. The research on type A and B is still accumulating (Booth-Kewley and Friedman, 1987). Many researchers have found that type A behaviour oriented people feel more stress than type B behaviour oriented people. Palsane and Evans (1984) studied state transport drivers and found that type A drivers were significantly higher on blowing horns than type B.

In the present circumstances, youth as well as children are facing difficulties in life which give rise to many psychosomatic problems such as anxiety, tension, and frustration in day to day life. So, the study of emotional life is now emerging as a important entity. Etymologically the word 'Emotion' is derived from the Latin word 'Emovere' which means to stir up, to excite or to agitate. The concept 'Mature' emotional behaviour of any level is that which reflects the fruits of normal emotional development. (English, 1958).

According to Charles E. Skinner (1949), an emotionally matured person is the one who is able to keep a lid on his feelings. He can suffer in silence; he can bide his time in spite of present discomfort. He is not subject to swings in mood, he is not volatile. When he does express emotion, he does so with moderation, decency and in good order. According to Cole, "the most outstanding make of emotional maturity is the ability to bear tension. Besides, an emotionally matured person persists in the capacity for fun and recreation. He enjoys both play and responsible activities and keeps them in proper balance."

According to Crow and Crow (1974), “An emotion is an affective experience that accompanies generalizes inner adjustment and mental and psychologically stirred up states in an individual and that shows itself in his overt behaviour.”

Emotional stability is one of the seventh important indicator of mental health. It simply means being grown up so that one may be able to personally manage his/her desires and feelings and may be better able to cope up the adverse situations in a most benefiting and socially approved manner. The most outstanding mark of emotional maturity is ability to bear tension. The emotionally mature person may not have resolved all situations and factors leading to hostilities, anxieties and frustrations but is continuously involved in a process of seeing oneself in clear perspective, continually involved in struggle to gain healthy integration of feeling and thinking action. (Journal of Culture, Society and Development: an International Journal Vol.2.2013)

Stephen. S. (2002) conducted a study on neuroticism and emotional maturity among college female students and found that the individuals who scored higher neuroticism are having a low level of emotional maturity.

One of the previous research by SarvdeepKohli, Sunita Malhotra 2008) :Type A behaviour pattern was more common than type B in coronary heart disease patients (68% vs 32%) as compared to healthy controls (51% vs 49%). There was a significant correlation between Type A behaviour pattern and total maturity scores in patients indicating emotional immaturity as compared to healthy controls. Higher scores on emotional maturity scale denote greater degree of emotional immaturity. Comparatively, less work has been done in this area so it is needed to work in this area of research.

METHODOLOGY AND DESIGN

PROBLEM: The problem chosen for the present study is stated as under: ‘*EMOTIONAL MATURITY FOR TYPE A AND TYPE B’S BEHAVIOURAL PATTERN*’

OBJECTIVE

- To identify Type A and Type B behavioural pattern using Type A/B behavioural pattern scale by UpinderDhar and Manisha Jain.
- To study the difference between Type A and Type B’s Emotional Maturity.

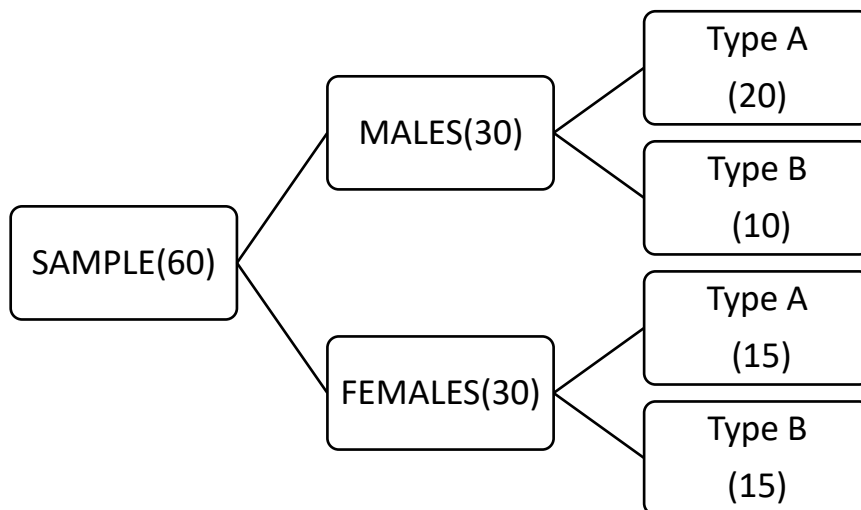
- To see the difference between male and female's Emotional Maturity.
- To study the relationship between Type A/B with Emotional Maturity.

HYPOTHESES

1. There is no significant difference between Type A and Type B behaviour of students on emotional maturity.
2. There is no significant difference between male and female on emotional maturity.
3. There is a positive relationship between type A and Emotional Maturity.
4. There is a negative relationship between type B and Emotional Maturity.

SAMPLING

The present study would be comprising of 60 emerging adults from the age of 20-24 years of age who would be post-graduation students from the university.



VARIABLES

In the present study there were two experimental variables: Behavioural pattern (Type A or Type B) and Emotional Maturity

MEASUREMENT TOOLS

1. Type A/B behavioural pattern scale by UpinderDhar and Manisha Jain
2. Emotional Maturity scale by Dr.Yashvir Singh and Dr. Mahesh Bhargava. The scale has five components. The scale consists of 10 items in each component except for the component 05

i.e. lack of independence which has 8 items. The responses are scored according to weightage of 05 to 01 (very much to never).

Higher scores on the scale denote greater degree of emotional immaturity. Based on the total score, the individuals were divided into extremely stable (50-80), moderately stable (81-88), Unstable (89-106), extremely unstable (107-249).

STATISTICAL ANALYSIS

In this study t-test and correlation was used as a statistical technique for the analysis.

INTERPRETATION AND RESULTS

TABLE 1 Shows the relationship between Type A and Type B behavioural pattern of behaviour on emotional maturity.

TABLE 1:		MEAN	SD	t-value
TYPE A(Male and Female)	Type A	58	4.210601699	1.41629
	EM	108	25.60395477	
TYPE B(Male and Female)	Type B	55	3.361843884	
	EM	125	14.64985439	

Table 1 shows us that there is not a significant difference in the Type A and Type B of the students on Emotional maturity. This means that our null hypothesis that there will be no significant difference between Type A and Type B on Emotional Maturity has been accepted.

TABLE 2 Shows the difference between males and females on emotional maturity.

TABLE 2 (A) : DIFFERENCE BETWEEN MALES OF TYPE A AND B				
Group		Mean	SD	t-value
Male(Type A) college students	Type A	61.61538	4.610467	0.006902**
	EM	129.5385	20.91098	
Male(Type B) College students	Type B	55.91667	2.968267	
	EM	88.33333	17.30651	

**Significant at 0.01 level of significance.

Group		Mean	SD	t-value
Female(Type A) college students	Type A	59.26666667	2.763710411	0.00055435**
	EM	158.2	17.33781993	
Female(Type B) College students	Type B	59.53333333	2.799659843	
	EM	85.6	12.6366813	

**Significant at 0.01 level of significance.

Group		Mean	SD	t-value
Male(Type B) college students	Type A	55.91667		0.639256
	EM	88.33333	17.30651	
Female(Type B) College students	Type B	59.53333	2.79966	
	EM	85.6	12.63668	

Group		Mean	SD	t-value
Female(Type A) college students	Type A	59.26667	2.76371	0.002208**
	EM	158.2	17.33782	
Males(Type A) College students	Type A	61.83333	4.889966	
	EM	132.1667	25.69562	

**Significant at 0.01 level of significance.

Table 2(A, B, C, D) shows us about the differences among males and females of type A and B within and between groups.

- On table 2A there is a significant difference between the males of type A and B for emotional maturity at 0.01 level of significance.
- On table 2B there is a significant difference between females of type A and B for Emotional maturity at 0.01 level of significance.
- On table 2C there is no significant difference between male and female of type B for Emotional maturity.
- On table 2D there is a significant difference between male and female of type A for Emotional maturity at 0.01 level of significance.

This means that our null hypothesis that there will be no significant difference between males and females of Emotional Maturity has been partially rejected.

Table 3 Shows the correlation between Type A with Emotional Maturity & Type B with Emotional Maturity.

TABLE 3: Correlation for type A & B with EM.		
	Correlation	Relationship
TYPE A & EM	0.1707317	Positive correlation
TYPE B & EM	-0.09244	Negative correlation

DISCUSSION

The aim of the study was to know about the behavioural pattern of personality (Type A & B) and Emotional Maturity. Type A type A were much more likely to have coronary heart disease. They have a highly competitive desire for achievement and recognition, together with a tendency towards hostility and aggression and a sense of immense time urgency and impatience. Type B people may be more creative and less prone to heart diseases. They are hardworking but they feel no conflict over time and people. Most of the researches have been done on patients and control group for the Type A behavioural pattern.

The study aimed at understanding that is there any difference between Type A and Type B Behavioural pattern of Behaviour on Emotional Maturity. This was done on students of HNB Garhwal University. Hence the hypotheses were formulated. The first hypothesis was that there will be no significant difference between Type A and Type B Behavioural pattern on Emotional Maturity which was accepted. The non-significant difference was with the value of 1.4162.

The second hypothesis was that there will be no significant difference between males and females on Emotional Maturity and it was partially rejected. On table 2A there is a significant difference between the males of type A and B for emotional maturity at 0.01 level of significance with the t-value as 0.0069. On table 2B there is a significant difference between females of type A and B for Emotional maturity at 0.01 level of significance with the t-value as 0.00055. On table 2C there is no significant difference between male and female of type B for Emotional maturity with the t-value as 0.63. On table 2D there is a significant difference between male and female of type A for Emotional maturity at 0.01 level of significance with the t-value as 0.0022. Except the male and female of Type B all the other values were highly significant which shows that there is a significant difference between type A and Emotional Maturity among males and females. Also that there is a significant difference among females on type B and Emotional Maturity.

The third hypothesis that there will be a positive correlation between type A and Emotional Maturity has been approved. The correlation was 0.17 which is positive. This shows that higher the type A scores and higher the Emotional Maturity scores. The higher Emotional Maturity scores show that they are more Emotionally Immature. The fourth hypothesis that type B and Emotional Maturity will have a negative relationship has been approved. The correlation was -0.09. The scores of Type B were having Emotionally Mature scores mostly.

One of the previous research by SarvdeepKohli, Sunita Malhotra 2008) :Type A behaviour pattern was more common than type B in coronary heart disease patients (68% vs 32%) as compared to healthy controls (51% vs 49%). There was a significant correlation between Type A behaviour pattern and total maturity scores in patients indicating emotional immaturity as

compared to healthy controls. Higher scores on emotional maturity scale denote greater degree of emotional immaturity.

CONCLUSION

There is a significant difference in Type A and Type B behavioural pattern of behaviour. Also there is a significant difference between the males and females on Emotional Maturity. The Type A and the males had a higher score for Emotional Maturity which shows that they are more Emotionally Immature.

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