



## **THE IMPACT OF EMOTIONAL MATURITY ON THE SELF-ESTEEM: A STUDY OF SECOND-YEAR TAMIL MEDIUM STUDENTS OF ARTS FACULTY, UNIVERSITY OF COLOMBO**

*T. Mithilaimaran<sup>1\*</sup>, N. Pasdevan<sup>1</sup>, H. Ghazy<sup>2</sup>, M. Krishnasoban<sup>3</sup>*

<sup>1</sup>*Department of Sociology, University of Colombo, Sri Lanka*

<sup>2</sup>*Department of International Relations, University of Colombo, Sri Lanka*

<sup>3</sup>*Department of Geography, University of Colombo, Sri Lanka*

### **INTRODUCTION**

Every human being has emotions and feelings. Today's youth are tomorrow's leaders. So, the impact of emotional maturity among young people in their self-esteem will continue in the future. Therefore we chose this topic based on some of the incidents we have seen among Second year Tamil medium arts faculty students of University of Colombo to know their opinion on the impact of emotional maturity on self-esteem. Through this research, we got lots of ideas about emotional maturity from undergraduate students who are currently studying at faculty of Arts, University of Colombo. This research will help to gain a good knowledge about emotional maturity on self-esteem. Through this research, we will be able to clarify some facts in the future.

### **OBJECTIVES**

This study has both main and sub-objectives. The research is conducted under the problem of the impact of emotional maturity on the self-esteem of second-year Tamil medium students Faculty of Arts University of Colombo.

- To identify the main things about emotional maturity level through their self-esteem.
- To study the self-esteem of male and female undergraduates
- To examine the emotions and feelings through their mind set and collect their opinion about the impact of emotional maturity on self-esteem.

### **METHODOLOGY**

The qualitative and quantitative data collection methods have been selected for this study. Therefore, we used both primary and secondary data collection methods. The primary data was collected through a questionnaire following the simple random sampling method used from the technique of probability sampling. 30 respondents have been selected from University of Colombo. Secondary data collection methods were also used in this research. Thus data has been collected from research articles, annual reports, books, and website resources. The questionnaire is coded from micro soft excel, then converted into SPSS, and presented in the form of tables and charts.

### **RESULT AND DISCUSSIONS**

According to the research, when examining their emotional maturity position, based on the method of expressing angry feel, they responded that 46.9% of the total students kept silent. Because, when they express their anger, they fear that their life and education level will be affected. Due to this, they lose their self-esteem in public places. They said that sometimes gets angry without realizing it and that the situation affects their self-esteem. As well as 18.4% of people said, that they would find out the reason for their angry feelings. So, they short out those



reasons and situations. It is noteworthy that this answer was much said by the students of the department of political science & public policy

Happiness comes from physical, mental & emotional health. So, it also about understanding our emotions, taking part in different activities, having good relationships & social connections. At the same time, he said that sometimes carrying out certain things to celebrate happiness affects their self-discipline. This situation also affects their self-esteem too. Mocking jokes, pranks, underestimating, slang, speaking styles, and some actions those activities like funny. But 43% of students said these activities affected their self-esteem. Each university student always trusts their friends so they are sharing happiness or sadness. Because most of the Tamil medium students come from the long-distance areas from Colombo. That's why they always feel alone. So, their friends are the best supporters to them in those situations. Because of this, they share everything with their friends. But they also said that some friends sometimes act differently for their own benefit. Also said that they did not keep some of the secrets and they (friends) tell to others. in this situation, the particular student's self-esteem and trust were affecting.

When undergraduate students explore how they express their failure based on their gender, most of the male students said that they accepted their failures. It was 12.5%. At the same time, 8% of women students said they found themselves feeling unconfident. Based on these results, can understand the effect of gender maturity in case of failures. They also said that when they fail, their self-esteem was affected and they feel alienated.

Based on the students' responses, they were found to be cowardly in the first year then it obviously changed to self-confident in the second year. They said that the ragging is a major reason for this change. in the ragging time, students should sacrifice their self-esteem. If not, they will be alienated by their batch, mentally disturbed by seniors, and underestimated. Some students said ragging was changed their emotional maturity level and old lifestyle.

Most of the Arts faculty students stay in the government hostels which are provided by the university. Especially in the 1st year of period, the hostel provided to them is located in the farthest suburban areas. Due to this, they have to travel by bus for a long time. During this time, someone asks a question in Sinhala situation most Tamil students cannot give the answer in Sinhala and some places cannot identify or they did not know the name. it would have a huge impact on their self-esteem among the passengers.

49.5% of students said they were humiliated in public because of language problems. Because of this, they faced some psychological problems often. They said the situation was causing them to lose their self-esteem among their other language friends. Most of the students said that they were humiliated several times during the ragging and that they were frustrated with the dress code given to them in the Colombo city environment, which in many ways affected their identity.

**Figure 01- Emotionally mature level on self-esteem among students**

Valid		Frequency	Percentage	Valid Percentage	Cumulative Percentage
	Yes	7	22.4%	22.4	22.4%
	Sometimes	2	4.1%	4.1	26.5%
	Never	18	63.3%	63.3	89.8%
	Don't know	3	10.2%	10.2	100.0 %



<b>Total</b>		30	100.0	100.0	
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**Source: field survey, 2020**

According to the result, 63.3% of students don't accept themselves as emotionally mature. Among others, someone said yes, while others said sometimes, they felt as emotionally mature.

Also, all participants have suggested some traits that one should have emotionally mature based on their experience. According to their answers, they mentioned that an emotionally mature person should have self-confidence, listen to others' opinions, be a leader, and be patient & having good language knowledge.

**CONCLUSION**

Most new university students lose their self-esteem in university or out of the university. Those situations are making them uncomfortable and mentally affected. Only if they face these situations, they can make their future lives better. But, lots of students didn't accept themselves as emotionally mature. Because every human being is created by emotions & feelings. Therefore, each of us unknowingly expresses emotions in some unexpected way. So, the impact of particularly acute among Colombo University Arts faculty second year Tamil medium students as evidence by their responses. It is also noteworthy that many students don't accept themselves as emotionally mature. So, the conclusion is students' self-esteem affected has a great mental impact on the students, so the university and the university student communities should take the necessary steps to build self-esteem among the students.

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