

A Study to Assess the Mental Health in Relation to Emotional Maturity Among Adolescents in Selected School in Kanpur, Uttar Pradesh

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Abstract

Adolescence represents a crucial transitional phase marked by significant psychological and emotional changes that influence overall mental health. Emotional maturity, defined as the ability to regulate and appropriately express emotions, plays a pivotal role in determining an individual's mental well-being. Inadequate emotional maturity during this stage may predispose adolescents to various psychological challenges, including stress, anxiety, and maladaptive behaviors.

This study aimed to assess mental health in relation to emotional maturity among adolescents in a selected school in Kanpur, Uttar Pradesh. A quantitative approach with a descriptive research design was employed. The study was conducted among 60 adolescents selected through non-probability purposive sampling. Data were collected using structured questionnaires designed to evaluate levels of mental health and emotional maturity. Statistical analysis was performed using descriptive and inferential statistics.

The findings indicated that a majority of adolescents (78.4%) exhibited a moderate level of mental health, while 20% demonstrated severe and 1.6% mild levels. A statistically significant association was observed between mental health and educational status, whereas other socio-demographic variables showed no significant relationship.

The study concludes that emotional maturity is an important determinant of mental health among adolescents. Strengthening emotional regulation through targeted educational and counseling interventions can significantly enhance psychological well-being. The findings underscore the necessity of integrating school-based mental health programs to foster resilience and emotional competence among adolescents.

Keywords: Mental health, emotional maturity, adolescents, psychological well-being, school health, nursing research

Introduction

Mental health is a fundamental component of overall health and well-being, influencing how individuals think, feel, and behave in their daily lives. Adolescence is a critical transitional phase characterized by rapid emotional, psychological, and social development. During this period, individuals undergo significant changes that may affect their mental stability and overall functioning.

Emotional maturity refers to the ability of an individual to effectively regulate emotions, respond appropriately to various situations, and maintain emotional balance. Adolescents with higher levels of emotional maturity are better equipped to cope with stress, establish healthy interpersonal relationships, and adapt to life's challenges.

In recent years, increasing academic pressure, technological advancements, and evolving social expectations have contributed to a rise in mental health issues among adolescents. Problems such as anxiety, depression, and emotional instability are becoming increasingly prevalent.

Therefore, understanding the relationship between mental health and emotional maturity is essential for promoting psychological well-being among adolescents. The present study focuses on assessing this relationship within a school setting.

NEED FOR THE STUDY

Adolescents today face numerous challenges due to rapid social, cultural, and technological changes. Increased academic competition, peer pressure, and lifestyle modifications have significantly impacted their mental health.

Mental health problems during adolescence can lead to poor academic performance, behavioral disturbances, and long-term psychological complications. Emotional immaturity further exacerbates these issues by limiting an individual's ability to cope effectively with stress and make appropriate decisions.

In India, limited awareness and the lack of structured mental health programs in schools contribute to the growing burden of psychological issues among adolescents.

Previous studies have indicated that emotional maturity plays a significant role in determining

mental health outcomes. Hence, it is essential to assess mental health in relation to emotional maturity among adolescents to develop effective intervention strategies.

OBJECTIVES

General Objective

To assess mental health in relation to emotional maturity among adolescents.

Specific Objectives

To assess the level of mental health among adolescents.

To assess the level of emotional maturity among adolescents.

To determine the association between mental health and selected socio-demographic variables.

MATERIALS AND METHODS

Research Approach

A quantitative research approach was adopted for the study.

Research Design

A descriptive research design was utilized.

Study Setting

The study was conducted in a selected school in Kanpur, Uttar Pradesh.

Population

The population comprised adolescents aged 10–19 years.

Sampling Technique

Non-probability purposive sampling technique was used.

Sample Size

A total of 60 adolescents were included in the study.

Criteria for Sampling

Inclusion Criteria

Adolescents present during the period of data collection

Adolescents willing to participate in the study
Adolescents able to understand Hindi

Exclusion Criteria

Adolescents absent during data collection

Adolescents unwilling to participate

Variables

Research Variable

Mental health in relation to emotional maturity

Demographic Variables

Age, educational status, type of family, income, religion, and area of residence

Tool Description

Tool 1: Demographic Data

This section included variables such as age, education, family type, income, religion, and residence.

Tool 2: Structured Questionnaire

A structured questionnaire was used to assess:

- Mental health
- Emotional maturity

DATA ANALYSIS AND INTERPRETATION

The collected data were analyzed using both descriptive and inferential statistics.

Descriptive statistics: Frequency, percentage, mean, and standard deviation were used to describe demographic variables and levels of mental health.

Inferential statistics: Chi-square test was applied to determine the association between mental health and selected socio-demographic variables.

RESULTS

The findings of the study revealed that:
78.4% of adolescents had moderate mental health
20% had severe mental health issues
1.6% had mild mental health levels

Association Findings

A statistically significant association was found between mental health and educational status

No significant association was observed with age, income, type of family, or residence

DISCUSSION

The findings indicate that the majority of adolescents fall within the moderate category of mental health, suggesting an average level of coping ability. Emotional maturity plays a crucial role in maintaining psychological balance and

overall well-being.

The results are consistent with previous studies that highlight a strong relationship between emotional regulation and mental health status. Adolescents with higher emotional maturity tend to demonstrate better coping mechanisms, reduced stress levels, and improved interpersonal relationships.

These findings emphasize the importance of promoting emotional maturity as a means to enhance mental health among adolescents.

CONCLUSION

The study concludes that emotional maturity is a significant determinant of mental health among adolescents.

The majority of adolescents exhibited moderate mental health

Emotional maturity plays a key role in psychological well-being

Educational status showed a significant association with mental health

There is a clear need for school-based interventions to improve emotional regulation and mental health among adolescents.

LIMITATIONS

The study was limited to one selected school
The sample size was relatively small
The study assessed only mental health and not behavioral outcomes

RECOMMENDATIONS

Conduct studies with larger and more diverse samples

Implement structured counseling and mental health programs in schools

Undertake interventional studies to evaluate effectiveness of mental health strategies

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