

Emotional Maturity as Predictor of Health and Social Adjustment Among HIV Positive's

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Abstract

Better social and health adjustment are the necessary components for normal growth of an individual in the life. A well-adjusted person is one who not only keeps the emotional stability rather irrespective of his demographic condition shows emotional maturity in each sphere of his life. One's better understanding about emotional maturity helps to adjust well, feels and expresses proper emotions in the context of proper situation and in the proper form, respectively. Thus it is expected that emotional maturity would help to adjust well to meet the social and health demands in a better way. In view of the above significant theoretical base, the present study was planned to investigate the level of health and social adjustment (Bell adjustment inventory) and role of emotional maturity (Singh & Bhargava) towards them among 100 HIV positives. For the purpose correlational design was used and multiple regression analysis was applied on the obtained data. No significant relationship social adjustment was found with any of the emotional maturity dimensions whereas, health adjustment showed significant inter-correlations with emotional maturity dimensions ranging from 0.221 to 0.467. Additionally, multiple-regression results revealed emotional regression and social maladjustment (dimension of emotional maturity scale) predicted the health adjustment.

Keywords: Social adjustment, health adjustment, emotional maturity, HIV Aids,

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