

Emotional Maturity as a predictor of Psychosocial Well-Being among Young Adults

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Abstract

The present study was conducted to explore role of emotional maturity in psychosocial well-being. A sample of 150 young adults in age group of 20 -24 years was selected. Emotional maturity was assessed using Emotional Maturity Scale and Mental Health Continuum Short Form was used to measure psychosocial well-being. Correlation analysis revealed significant association between emotional maturity and psychosocial well-being. Social well-being and psychological well-being were significantly correlated with associated with only all the dimensions of emotional maturity but emotional well-being was significantly associated with only one dimension of emotional maturity. Further, regression analysis revealed that emotional maturity emerged as a significant predictor of psychosocial well-being.

Keywords: Emotional maturity, Psychosocial well-being, Young adults