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Role of Teachers' Emotional Maturity on Students' Personality Development at Public Secondary Schools in District Haveli Kahuta Azad Jammu and Kashmir

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Abstract

Emotional maturity is the ability to understand, manage, and express emotions effectively. The study examines the effect of teachers' emotional maturity on students' personality development. Study aimed to 1) to find out effect of the teachers' emotional maturity on students' personality development 2) To suggest strategies to improve emotional maturity in teachers and students' personality development. A descriptive research design was adopted, where data were collected by using survey questionnaire to a sample of 95 secondary teachers selected by using simple random sampling technique. The data collected were analyzed by using descriptive and inferential statistical analysis. Based on the findings, the study revealed that teachers' emotional maturity plays a significant role in shaping students' personality development, particularly at the secondary level. Studies have consistently shown that when teachers exhibit emotional maturity, students are more likely to develop positive personality traits such as empathy, self-awareness, and social skills.

Key words: Emotional maturity; Personality development

Introduction

Emotional maturity is ability to bear tension, capacity for fun and recreation, enjoying both play and responsibility activities to keep them in proper balance. Every person has different types of emotional maturity. Few signs of emotional maturity are Flexibility, Responsibility, Personal growth, Non-judgmental, Resilience, A calm demeanor, Realistic optimism, Approachability, Self-belief and

Humors. There are six levels of Emotional Maturity. They are Basic Emotional Responsibility, Emotional Honesty, Emotional Openness, Emotional Assertiveness, Emotional Understanding and Emotional Detachment. Emotional Development is one of the important aspects of person growth and development. Emotions like anger, fear, love etc. play a great role in the development of personality (Mishra, 2019).

The personality pattern is a unified multidimensional structure in which the concept of self is the core or center of gravity (Walker et al., (2007). Personality encompasses the entire nature of the individual and is therefore difficult to define. It is the result of lifelong experiences and influences. Each of us has a quality of behavior. This general quality of self-behavior is what we understand by personality (Schutte et al. (1998). Personality is the dynamic organization within the individual of these psychological systems that determine their unique adaptation to the environment. A person's personality determines how he reacts to other people and how other people react to him. In short, personality is what makes possible a prediction of what a person will do in a given situation. Development is a chain of habitual tendencies. Development of personality takes place under the influence of society and environment. (Rawat & Singh., 2016).

At the secondary level, emotional maturity factors like empathy, emotional balance, and a positive attitude directly influence students' personality development. This study investigates these factors, aiming to explore the concept of emotional maturity in teachers and suggest strategies for enhancing both teachers' and students' growth. Findings support the hypothesis that teachers' emotional maturity significantly influences students' personality development.

Literature Review

Teachers' pivotal role in shaping students' lives encompasses not only academic development but also the crucial aspect of overall personality growth. Recent research underscores the significance of teachers' emotional maturity and its potential impact on students' emotional and social development. Emotional maturity, defined as the ability to understand and manage one's emotions, holds a central position in the context of public secondary schools (Gilliland & Dunn, 2003). Educators with higher emotional maturity are better equipped to create positive learning environments, establish healthy relationships, and contribute to students' social and emotional growth (Hargreaves & Fullan, 2012). This review delves into existing literature exploring the relationship between teachers'

emotional maturity and students' personality development, emphasizing the profound influence teachers hold as role models (Murray & Greenberg, 2000).

Emotionally mature teachers foster positive and supportive classroom climates, providing optimal conditions for students to develop emotional intelligence and social skills, thereby contributing to their overall personality development (Meher et al., 2021). Understanding and managing emotions play a crucial role in human behavior, with emotions often guiding actions more significantly than logic and intelligence (Hatfield et al., 2014). The investigation sheds light on emotional maturity and the intricate details of emotions, emphasizing its role in guiding and directing behavior, both for teachers and students. Teachers' emotional states are shown to be contagious, influencing students, and emotionally mature educators serve as effective role models, contributing to students' emotional regulation and coping strategies. Moreover, emotional maturity is intricately linked to teachers' ability to respond appropriately to workplace stress and emotional behavior, ultimately creating a positive impact on students' emotional and social development.

Emotional maturity, often equated with emotional intelligence, is a critical factor in education. Emotional intelligence as the ability to recognize, understand, manage, and use emotions effectively. In the context of education, this concept extends beyond academic knowledge and skills, encompassing the emotional and social aspects of learning. Brackett and Rivers (2014) emphasize that emotional maturity among educators is pivotal in creating an optimal learning environment. Teachers who possess emotional maturity can better navigate the complexities of classroom dynamics, empathize with their students, and provide appropriate support when needed. This not only enhances the quality of education but also contributes to the social and emotional development of students.

Factors Affecting Teachers' Emotional Maturity

The emotional maturity of teachers is shaped by a myriad of factors. Personal life experiences, including family background and upbringing, significantly contribute to their emotional development. These experiences form the foundation upon which teachers build their emotional intelligence. Moreover, the support structures within the school environment play a vital role in nurturing teachers' emotional well-being. Jennings and Greenberg (2009) highlight the importance of providing educators with resources and support that enable them to cope with the emotional demands of their profession. This underscores the idea that emotional

maturity is not solely an inherent trait but can be cultivated and enhanced over time, with the right support and training.

Influence of Teachers' Emotional Maturity on Students

Teachers' emotional maturity profoundly influences students' personality development and overall well-being. Jones et al. (2017) conducted a study revealing that teachers with higher emotional maturity are more proficient in establishing positive relationships with their students. These relationships, characterized by empathy and understanding, lead to improved emotional regulation among students. Such emotionally supportive environments also foster the development of essential social skills, conflict resolution abilities, and emotional resilience (Brackett et al., 2011). Mayer et al., (2008) argue that teachers' emotional intelligence positively affects students' emotional growth, emphasizing the importance of emotionally mature educators in creating safe and nurturing classroom environments that promote student development.

Interventions and Strategies for Enhancing Teachers' Emotional Maturity

Efforts to enhance teachers' emotional maturity have been explored through various interventions and strategies. Brackett et al. (2010) suggest that professional development programs focused on emotional intelligence and stress management can be effective in cultivating emotional maturity among educators. These programs equip teachers with the necessary skills to navigate the emotional demands of their profession successfully. According to Jersild, A (1957) providing educators with the tools to understand and manage their emotions effectively, these interventions contribute to the creation of emotionally intelligent and supportive classroom environments that foster students' emotional and social development

Research Methods

This study employs a descriptive survey research design to achieve its objectives and answer research questions, using a quantitative approach for data analysis. The population consists of all secondary-level public school teachers in District Haveli Kahuta, AJ&K, with a sample of 95 teachers selected randomly from 19 public sector schools. A structured questionnaire with 14 closed-ended items was the primary research instrument, designed to explore the effect of teachers' emotional maturity in students' personality development. Validity was established through expert feedback, and reliability was confirmed with a Cronbach's alpha score of 0.705 using SPSS. Data collection was conducted through personal visits with proper permissions, and responses were systematically analyzed using tables,

graphs, and percentages. However, T-test was applied to find out the effect of teacher's emotional maturity on students' personality development.

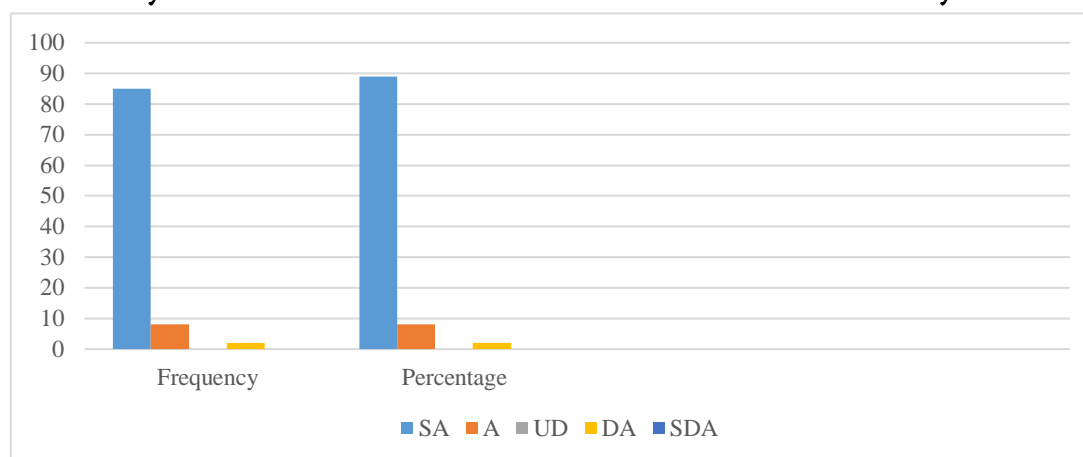
Results And Anlysis

Emotionally Mature Teacher is able to Handle Stressful Situation Calmly

Response	SA	A	UD	DA	SDA
Frequency	85	08	-	02	-
Percentage	89%	8%	-	2%	-

This table show that 89% teachers strongly agree with the statement that emotionally mature teacher is able to handle stressful situation calmly. 8% teachers agreed and 2% teachers selected disagreement level with the above-mentioned statement.

Emotionally Mature Teacher is able to Handle Stressful Situation Calmly



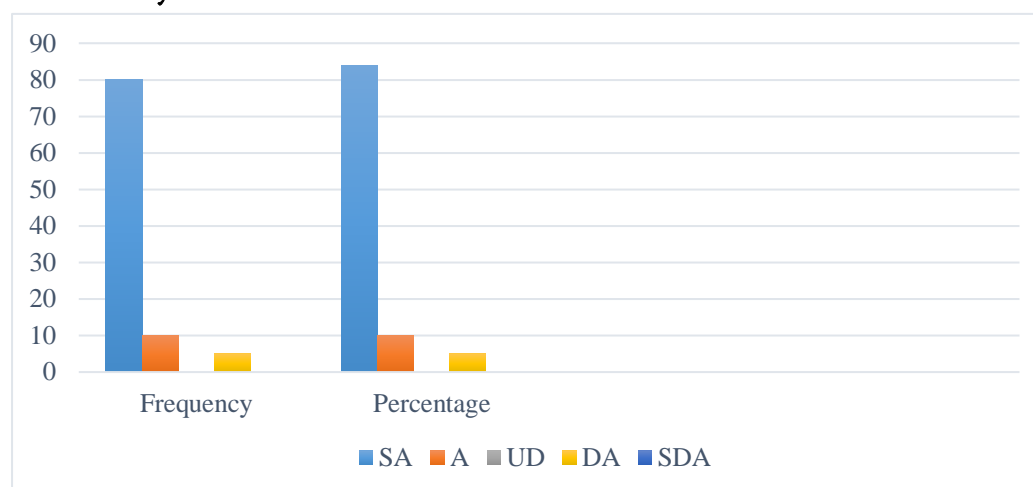
This graph indicates that 89% respondents strongly agree 8% respondents agrees and 2% respondents disagree regarding the belief that emotionally mature teachers can handle stressful situation calmly.

Emotionally Mature Teachers are Role Model for their Students

Response	SA	A	UD	DA	SDA
Frequency	80	10	-	05	-
Percentage	84%	10%	-	5%	-

This table show that 84% teachers strongly agree with the statement that emotionally mature teachers are role model for their students. 10% teachers agreed and 5% teachers select disagreement level with the above-mentioned statement.

Emotionally Mature Teachers are Role Model for their Students



This graph indicates that 84% respondents strongly agree 10% respondents agrees and 5% respondents disagree regarding the belief that emotionally mature teachers are role model for their students.

Effect of the role of teacher's emotional maturity on student's personality development at secondary schools in District Haveli Kahuta AJ&K

		t	Sig.
Item1	Emotional maturity enable teacher to handle stressful situation calmly and rationally.	2.634	.03
Item2	Emotional maturity plays a significant role in a teacher's effectiveness in the classroom.	2.825	.02
Item3	Emotional maturity impacts a teacher's ability to handle student behavior and conflicts.	6.094	.00
Item4	Emotionally mature teachers are being more empathetic towards their students.	-.126	.90
Item5	Emotional maturity influence a teacher's capacity to handle stress and maintain composure in challenging situations.	2.090	.03
Item6	Emotional maturity helps teachers empathize with their students' feelings and perspectives.	3.309	.01
Item7	Emotionally mature teachers are better equipped to handle conflicts and disagreements with students and colleagues.	2.093	.03
Item8	Maintaining a positive and respectful attitude towards my students, even in challenging situations.	2.896	.02

Item9	Emotional intelligence is an essential trait for teachers to possess.	3.995	.00
Item10	Teachers should be self-aware and able to manage their emotions effectively in the classroom.	4.255	.00
Item11	Emotional maturity helps teachers in handling challenging situations in the classroom.	2.129	.00
Item12	Emotionally mature teachers are more likely to create positive and supportive learning environment for their students.	3.851	.00
Item13	Emotional maturity enables teachers to adopt and respond constructively to changing circumstances in the classroom.	2.933	.00
Item14	Teachers should be able to maintain a healthy work-life balance which requires emotional maturity.	.255	.799

The study analyzed the role of teachers' emotional maturity on the personality development of students at secondary schools in District Haveli Kahuta, AJ&K. Independent samples test was conducted for 14 items to evaluate variances and their statistical significance.

Most items showed statistically significant difference in variances demonstrated significance, suggesting variability between groups for this particular factor. The results provide insights into specific emotional maturity factors influencing student personality development. Overall, the findings reinforced the importance of teachers' emotional maturity, as indicated by specific items aligning with significant emotional maturity that affects students' personal growth and personality development.

Findings

The findings of the survey provide valuable insights into the perceptions of teachers regarding the pivotal role of emotional maturity in shaping various aspects of their professional responsibilities. The overwhelming agreement among respondents on the positive influence of emotional maturity highlights its significance in fostering a positive learning environment, improving teacher-student relationships, and contributing to students' overall well-being. The recognition of emotionally mature teachers as role models and effective communicators further underscores the belief in the positive impact of this trait on students' personality development.

The survey results emphasize that emotional maturity is not only linked to effective classroom management, such as handling stressful situations and providing constructive feedback, but also extends to fostering empathetic connections with students. The acknowledgment that emotionally mature teachers actively address personal biases, remain patient during challenging situations, and contribute to a supportive classroom atmosphere underscores the multifaceted impact of emotional maturity on the teaching-learning dynamic. In essence, the survey findings not only affirm the crucial role of emotional maturity in the teaching profession but also advocate for proactive measures to cultivate and enhance this essential trait among educators. Recognizing and nurturing emotional maturity in teachers holds the potential to not only positively impact the classroom dynamic but also contribute significantly to the holistic development of students.

Conclusion

The study highlights the crucial role of teachers' emotional maturity in shaping students' personality development, particularly at the secondary school level. Emotionally mature teachers create supportive learning environments, manage stress effectively, and serve as role models, fostering essential traits like empathy, self-awareness, and social skills in students. The findings confirm a positive correlation between teachers' emotional maturity and students' holistic growth, emphasizing the importance of professional development to enhance emotional intelligence in educators. This underscores the need for systemic efforts to cultivate emotional maturity, which can significantly improve educational outcomes and student well-being.

Discussion

During the course of study, two null hypotheses were high in line with the research objectives. Calculated result from the analysis exposed that there is a positive effect of teachers' emotional maturity on students' personality development. Research suggests that teachers' emotional maturity plays a significant role in shaping students' personality development, particularly at the secondary level. Studies have consistently shown that when teachers exhibit emotional maturity, students are more likely to develop positive personality traits such as empathy, self-awareness and social skills. Based on the achieved results, the null hypothesis that says the emotional maturity of teachers not significantly influences the development of students' personality is rejected. The study discovered that there is positive role of teachers' emotional maturity in shaping

students' personality development. Study conducted by Damon, W. (2004) and Ramsden, P. (1998) supported the current study findings. The evidence suggests that teachers' emotional maturity has a positive effect on students' personality development at the secondary level. Teachers who exhibit emotional maturity are more likely to create a supportive and inclusive learning environment, which can help students develop positive personality traits such as empathy, self-awareness, and social skills. Therefore, based on the got consent value, it can be decided that there is a positive effect of teachers' emotional maturity on students' personality development. This led to the refusal of the null hypothesis that says there is no significant role of teachers' emotional maturity on students' personality development.

Contrary to the current study results study conducted by Johnson and Heward (2018), found that teachers' emotional maturity had no significant role on students' social and emotional learning outcomes.

Recommendations

Here are some recommendations for improving the emotional maturity of teachers to positively role students' personality development.

1. Provide teachers with training in emotional intelligence. This can help them better understand and manage their emotions, which in turn can positively influence their interactions with students.
2. Establish mentoring programs or peer support groups where teachers can discuss their experiences, share strategies for handling emotional challenges, and learn from one another.
3. Offer stress management workshops for teachers to help them cope with the demands of their profession effectively. Reduced stress can contribute to emotional stability.
4. Promote mindfulness and meditation practices among teachers. These techniques can enhance emotional resilience and reduce reactivity.
5. Provide training in effective communication skills, including active listening and empathetic communication, to help teachers connect with students on an emotional level.

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