

# A study of emotional stability and maturity among children in Kangra district of Himachal Pradesh

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■ **ABSTRACT** : The present study was undertaken with the specific objectives viz., (i) to find out the emotional stability and maturity of both ICDS and Non-ICDS children, (ii) to compare the emotional stability and maturity both ICDS and Non-ICDS children and (iii) to explore the factors affecting emotional stability and maturity of selected children. The data were collected from two randomly selected blocks (Bhawarna and Sulah) of Kangra district. A total sample of 150(100 ICDS and 50 non-ICDS) pre-schoolers in the age group of 2-6 years was randomly selected. Two standardized scales namely Emotional Stability Scale of Children (Gupta and Singh 2001) and Emotional Maturity Scale (Singh and Bhargava, 2001) were employed to assess the emotional skills. The collected data were tabulated, processed and analysed by employing statistical techniques like t test, f test, regression analysis and coefficient of variance. The results of the study indicated that the non-ICDS children were found significantly better than that of ICDS in the areas of emotional stability and emotional maturity. Occupation of father contributed significantly to the emotional stability, whereas age of the children and type of occupation of the parents showed positive relationship with emotional maturity.

■ **KEY WORDS** : Emotional stability, Maturity, Children, ICDS

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