



## A study of emotional stability of primary school students

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### Abstract

Emotional stability of an Individual counts for his personal and professional success in life. The Emotional stability of child plays a vital role in the success and happiness in later part of Life. The survey method was used and random sampling technique was used for selection of sample and a sample of 120 students from primary English medium schools were selected, on which Emotional stability Test –A. Sen. Gupta and Dr. A.K Singh was administered. The findings showed that male and female students are Average in their emotional stability. There is a no significant difference in the Emotional stability of Male and female students.

**Keywords:** Emotional stability, primary school students

### 1. Introduction

Today we are living in a world in which we could not understand what others are feeling. Today we find that the teenagers especially school children are most sensible and vulnerable to develop personality and behavioural disorders, if they are not taught to control and manage their emotions at right age. The teacher in the school can play a key role in teaching the management of emotions and how to stabilise the emotions of the children.

"All learning has an emotional base," - Plato.

Emotional stability" refers to a person's ability to remain calm or even keel when faced with pressure or stress. Someone who is emotionally unstable is more volatile, which means the person faces an increased risk of reacting with violent or harmful behaviors when provoked.

"Calmness of mind and freedom from anxiety and depression".  
-Hay and Ashman (2003)

### 2. Rationale of the Study

It is said that school and teacher plays a vital role not only in the mental /intellectual development of the child but also the Emotional development. It is proved that for personal, professional success and happiness the emotions plays a very significant. This study was undertaken in order to study the Emotional stability of primary school students. The school children, are very hyperactive, react to any stimuli very quickly, don't have patience and stability in the behavior. All these factors leads to personality and behavioral disorders in future. Being a teacher educator when I visit the schools, I found that the children have become more sensitive, aggressive, hyper,

quick in their decision without giving a thought, which often leads to fight, frustration unhealthy social relations with peers and teachers. This study was undertaken to study the emotional stability level of the primary school students and provide the suggestions to teachers for management of emotions of the pupil in the school.

### 3. Objectives

1. To find out the Emotional stability of Primary school students.
2. To find out the Emotional stability of Male students of Primary school.
3. To find out the Emotional stability of Female students of Primary school.
4. To compare the Emotional stability of male and female primary school students.

### 4. Hypotheses

1. The Emotional stability of Primary school students is high.
2. The Emotional stability of primary school male student is high.
3. The Emotional stability of primary school female student is high.
4. There is a no significant difference in the Emotional stability of male and female Primary school students.

### 5. Scope

1. **Area:** The study will be useful for studying the Emotional stability of all Primary school students.
2. **Content:** The study will be useful for studying the

Emotional stability.

- Unit:** The study is useful for all the children of age group 9 go 12 years of all V std. students.

**6. Limitations**

- Area:** The study is limited to only Aurangabad city
- Content:** The study is limited to Emotional stability only.
- Unit:** The study is limited only to V standard students of English medium

**7. Operational Definition**

- Emotional stability:** person ability to remain calm and stable in all situation
- Primary school students:** The children between age group between 10 to 13 years old who are enrolled for V, VI, VII class.

**8. Research Methodology**

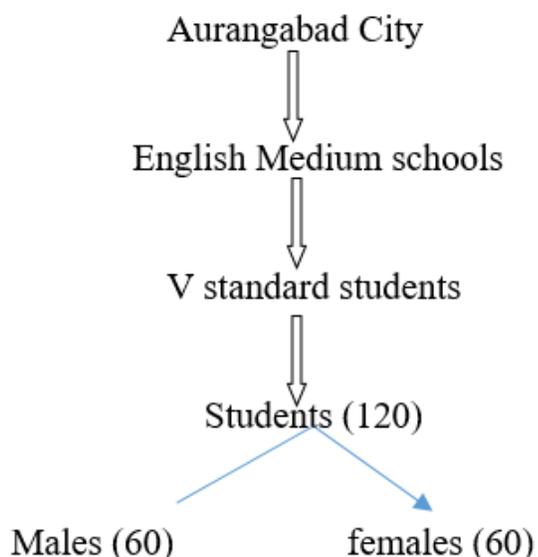
**1. Research Method-**

Survey method was used for the collection of data. The Students from 8 English medium schools of Aurangabad was selected as a sample. Total 120 Students were selected as a sample and on this sample the Emotional stability test by A. Sen. Gupta and Dr. A.K Singh was administered and the emotional stability was measured and at the same time comparison was also studied between male and female students.

**2. Sampling Technique:** Simple Random sampling technique was used.

**3. Sample Size:** 120 students from 8 English medium schools of Aurangabad city.

**4. Sample Design**



**5. Tools**

**1. Emotional stability test by**—A. Sen. Gupta and Dr. A.K Singh

**6. Variables:** Emotional stability, primary school students

**7. Statistical Technique:** Mean, S.D and ‘t test.

**9. Discussion of the Result**

**Table 1:** Showing the Emotional stability of Primary School students.

Variable	N	Mean	Range	Interpretation
Emotional Stability	120	6.8057851	6-10	Average

The Emotional stability of primary school students is Average

**Table 2:** Showing the Emotional stability of Male Primary school students.

Emotional Stability	N	Mean	Range	Interpretation
Male	60	6.66115702	6-10	Average

The Emotional stability of primary school male students is Average

**Table 3:** Showing the Emotional stability of Female Primary school students.

Emotional Stability	N	Mean	Range	Interpretation
Female	60	6.95041322	6-10	Average

The Emotional stability of primary school female students is Average

**Table 4:** Showing the comparison of Emotional stability of male and female Primary school students.

Emotional Stability	N	Mean	S.D	T' Value
Male	120	6.66115702	72.6939033	0.15284819
Female	120	6.95041322	75.8472593	

There is no significant difference in the emotional stability of male and female primary school students

**10. Conclusions (Testing of hypotheses)**

**HYPOTHESIS NO.01**

**The Emotional stability of Primary school students is high.**  
The hypothesis no.1 is rejected, as the mean value is (6.86), which indicates that primary school students emotional stability is Average.

**HYPOTHESIS NO.02**

**The Emotional stability of Male students of primary school is high.**

The hypothesis no.2 is rejected, as the mean value is (6.66), which indicates that male students of primary school emotional stability is Average.

**HYPOTHESIS NO.03**

**The Emotional stability of Female students of primary school is high.**

The hypothesis no. 3 is rejected, as the mean value is (6.95), which indicates that Female students of primary school emotional stability is Average.

**HYPOTHESIS NO.04**

**There is a no significant difference in the Emotional stability of male and female Primary school students.**

The hypothesis no.04 is accepted, as t value is 0.15, which indicates no significant difference in the male and female emotional stability

**11. Suggestions**

For Enhancing Emotional stability:

1. **Resilience:** One should be positive in dealing with stress and challenges.
2. **Nurture positive view for yourself:** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
3. **Keep things in perspective:** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long term perspective. Avoid blowing events out of proportion.
4. **Maintain a hopeful outlook:** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
5. **Take care of yourself:** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing.
6. **Exercise Regularly:** Taking care of yourself helps to keep your mind and body primed to deal with situation that require resilience.
7. **Meditation:** and spiritual practice help some people build connections and restore hope.
8. **Counselling:** The elders should take care that the child should be able to control, sustain and manage the positive emotions right from early childhood stage.

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