ADOLESCENT IN HIGH SCHOOL: EXAMINING EMOTIONAL STABILITY

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ABSTRACT

Education is a learning process that increases people's knowledge and awareness about the associated challenges. Schools have a vital role to play in preparing our young people to take their place as informed, engaged, and empowered citizens who will be pivotal in shaping the future of our communities, our province, our country, and our globe. The goals of Educational institutes are to develop commitment to work individually and collectively towards solution of current problems. Pupil must be able to control his or her emotions adequately and also express them appropriately. Therefore present study of 120 high school adolescents (60 boys + 60 girls) was conducted in Jaipur city (Rajasthan). Standardized Emotional Stability Test for Children (ESTC) by Dr. A. Sen Gupta and Dr. A. K Singh of the tool was used to conduct the present study. Results depicts that 30.83% adolescent are falling in low category of emotional stability. These adolescent are emotionally weak and are quite instable in the controlling their emotions. 64.16% are in average category. 05% belongs to high level of emotional stability. With the finding of Scott, 1968 indicate that these adolescents were over whelmed with the power of controlling their emotions and surpassing odd situations. Emotional stability is essential for life to continue. This study is essential because emotional well-being is one of the most important factors in school success. In other words, happy children learn best in the proper sense of this word. We need to sensitize individuals about the emotions for save our life and better future.