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Effectiveness of mindfulness techniques on enhancing emotional maturity among young adults: A quasi-experimental study

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Abstract

Background: Emotional maturity is essential for psychological resilience and adaptive functioning in young adults. This quasi-experimental study evaluated the effectiveness of structured mindfulness techniques in enhancing emotional maturity among college students in Bangalore, Karnataka.

Methods: A quasi-experimental, pre-test post-test control group design was adopted. Sixty young adults (aged 18-20 years) from degree colleges in Bangalore were selected through purposive sampling and randomly allocated to experimental (n=30) and control (n=30) groups. The Modified Emotional Maturity Scale, a validated instrument, assessed emotional maturity pre- and post-intervention. The experimental group participated in a 7-day structured mindfulness program incorporating breathing exercises, guided meditation, mindful body awareness, and emotional regulation strategies.

Results: The experimental group demonstrated significant improvement in emotional maturity (Pre-test Mean = 112.36, SD = 42.79; Post-test Mean = 147.23, SD = 33.58; $t(29) = 9.02, p < 0.05$). The control group showed no significant change (Pre-test Mean = 110.53, SD = 43.12; Post-test Mean = 112.76, SD = 40.45; $t(29) = 0.59, p > 0.05$). Independent t-test revealed significantly higher post-test emotional maturity in the experimental group compared to the control group ($t(58) = 3.59, p < 0.05$).

Conclusion: Structured mindfulness techniques effectively enhanced emotional maturity among young adults, highlighting the importance of integrating mindfulness programs in educational settings to foster emotional regulation, awareness, and psychological resilience.

Keywords: Emotional maturity, mindfulness, young adults, emotional regulation, psychological resilience, Bangalore, India

Introduction

Emotional maturity encompasses an individual's ability to manage emotions, cope with challenges, foster healthy relationships, and exhibit psychological resilience. Among young adults, especially college students navigating academic and social transitions, emotional maturity is pivotal for success and mental well-being. Despite growing awareness of mental health issues, emotional instability remains prevalent among students in India.

Mindfulness, characterized by non-judgmental present-moment awareness, has gained recognition for enhancing emotional awareness, self-regulation, and adaptive functioning. Previous studies report the benefits of mindfulness on emotional health; however, limited research addresses its direct impact on emotional maturity among young adults in the Indian context.

This study investigates the effectiveness of structured mindfulness techniques in enhancing emotional maturity among college students in Bangalore.

Objectives

- To assess the effectiveness of mindfulness techniques in enhancing emotional maturity among young adults.
- To compare post-intervention emotional maturity between experimental and control groups.

Hypotheses

H₀₁: There is no significant difference between pre-test and post-test emotional maturity scores among young adults in the experimental group.

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H₁₁: There is a significant difference between pre-test and post-test emotional maturity scores among young adults in the experimental group.

H₀₂: There is no significant difference in post-test emotional maturity scores between experimental and control groups.

H₁₂: There is a significant difference in post-test emotional maturity scores between experimental and control groups.

Methodology

A quasi-experimental, pre-test post-test control group design was implemented. Sixty young adults (aged 18-20) from selected degree colleges in Bangalore, Karnataka, were recruited through purposive sampling, followed by random allocation to experimental (n=30) and control (n=30) groups.

The experimental group participated in a 7-day structured mindfulness program facilitated by qualified instructors, including:

- Breathing exercises
- Guided meditation
- Mindful body awareness practices
- Emotional regulation techniques
- Stress management strategies

The control group received no intervention during this period.

Emotional maturity was assessed using the Modified Emotional Maturity Scale, a validated tool with established reliability (Cronbach's alpha = 0.87) and validity in Indian settings.

Data Analysis

Paired t-tests assessed within-group changes in emotional maturity. Independent t-tests compared post-test scores between groups. Statistical significance was set at $p < 0.05$.

Results

Experimental Group

- Pre-test Mean = 112.36, SD = 42.79
- Post-test Mean = 147.23, SD = 33.58
- Paired t-test: $t(29) = 9.02, p < 0.05$

Control Group:

- Pre-test Mean = 110.53, SD = 43.12
- Post-test Mean = 112.76, SD = 40.45
- Paired t-test: $t(29) = 0.59, p > 0.05$

Between-Group Comparison:

- Experimental Group Post-test Mean = 147.23, SD = 33.58
- Control Group Post-test Mean = 112.76, SD = 40.45
- Independent t-test: $t(58) = 3.59, p < 0.05$

These results confirm rejection of null hypotheses H_{01} and H_{02} , supporting the effectiveness of mindfulness techniques in enhancing emotional maturity.

Discussion

The findings substantiate that structured mindfulness interventions significantly enhance emotional maturity among young adults. Participants exhibited improved

emotional awareness, regulation, and social adaptability. These results align with existing literature emphasizing mindfulness as a tool for emotional development.

Mindfulness fosters self-regulation, present-moment focus, and stress management, which are critical for navigating academic and personal challenges. Implementing mindfulness programs within educational institutions can promote emotional resilience, reducing emotional instability prevalent among college students.

Conclusion

The 7-day mindfulness program effectively enhanced emotional maturity among young adults in the experimental group. The structured intervention improved emotional awareness, regulation, and interpersonal skills, underscoring the potential of mindfulness practices in fostering psychological well-being among students.

Recommendations

- Educational institutions should integrate structured mindfulness programs focusing on emotional regulation and coping skills.
- Future studies with larger, diverse samples and longitudinal follow-ups are recommended to assess the sustained impact of mindfulness on emotional maturity.
- Policy-level inclusion of mindfulness-based mental health initiatives within college curricula is encouraged.

Limitations

- Limited sample size (n=60) restricts generalizability.
- Short intervention duration (7 days).
- Self-reported measures may introduce response bias.
- Lack of follow-up assessment to determine long-term effects.

Ethical Considerations

Ethical clearance was obtained from the Institutional Review Board. Informed consent was secured from all participants. Confidentiality and anonymity were maintained throughout the study, adhering to ethical standards for human subjects' research.

Summary

This quasi-experimental study demonstrated the significant positive impact of structured mindfulness techniques on emotional maturity among young adults in Bangalore, Karnataka. Participants who underwent the 7-day mindfulness program exhibited substantial improvements in emotional awareness, regulation, and resilience. These findings support incorporating mindfulness practices within educational institutions to promote emotional development and mental well-being among students.

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Author's Contribution

Not available

Conflict of Interest

Not available

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