



Assessment of Social Maturity among Adolescents in Bikaner, Rajasthan, India

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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ABSTRACT

Adolescence is the age of expressing mature behaviour in an individual. Being socially mature is the process of developing a satisfying relationship between a person and their surroundings. Adolescents from different cultural backgrounds may have different norms, values, and expectations for social behaviour, which may affect their social maturity and how they are perceived by others. The goal of the current study was to investigate the level of social maturity of adolescent students. The sample size consists of N=100 (50 boys, 50 girls), which had an equal number of both male and female adolescent students, also equally distributed in urban and rural areas, living in Bikaner city of Rajasthan state, India. A purposive sampling method was used to gather data for this study. An assessment of the chosen subjects' social maturity was conducted by

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using Dr. Nalini Rao's Social Maturity Scale, whereas age, gender, residential area, family income and marital status, etc. taken as independent variables for the study. The data analysis was done by using suitable statistical methods, i.e. mean, standard deviation, frequency and percentage, etc. The overall data for total social maturity revealed that the majority of both males and females from rural and urban areas had a medium level of social maturity. All three subcomponents of the social maturity, i.e. Personal adequacy, Inter-personal adequacy and social adequacy, also had almost all the respondents account for a medium level of social maturity. In rural areas, 8.57 per cent of males and not a single female accounted for the low level of personal adequacy, while 85.71 per cent of males and 100 per cent of females had a medium level, and only 2 % of males had a low level of personal adequacy. In terms of inter-personal adequacy's low level, 97.14 per cent of males and 98 per cent of females had a medium level, and 2.86 per cent of males and 2 per cent had a low level of inter-personal adequacy. Lastly, the majority of both males and females from rural and urban areas had a medium level of social maturity. So, in this study, almost all the respondents were better socially mature. Therefore, the study represented that the respondents were becoming socially mature. They should be placed in an appropriate setting and allowed to connect with their classmates for achieving a proper social maturity level at this stage of the life span.

Keywords: Adolescent; social maturity; society; behaviour; development.

1. INTRODUCTION

Social maturity is a measure of how well someone fits into the rules and behaviours of society. When someone has the capacity to handle stress, communicate, cooperate, tolerate, and be open to change, they are considered to be socially mature. Social maturity has various aspects of social abilities as self-sufficiency, occupational activities, communication, self-direction and social participation (Anand & Bharti, 2021). The social group believes that by the time a person enters adolescence, they will have formed more mature friendships with peers of their own age, leading to socially responsible behaviour, as well as the knowledge and skills necessary for civil competency, as well as a more independent state. Adolescence serves as a transitional stage of physical, psychological and social growth between childhood and adulthood, NCERT (1999). This particular stage of human development is important in laying the groundwork for future health. It is a developmental period, evidenced by distinct physical, structural, and behavioural changes. This transitional period is usually split into early, intermediate, and late stages in humans (Tetteh-Quarshie & Risher, 2023; Rudolph & Dodson, 2022). The World Health Organisation (WHO) defines adolescents as those between the ages of 10 and 19. It is a stage of human development that is marked by a variety of physical, psychological, and emotional changes.

This stage of life is essential for growth and progress. Since a person's formative years are

when significant physical, psychological and behavioural changes occur, this period of time is crucial. A person's ability to tolerate and their ability to respond effectively to unfamiliar situations or circumstances are both signs of maturity (Sam & Totuka, 2021). During this time, the transition from childhood to adulthood occurs. Growth and progress go hand in hand with maturity. Adolescents who are mature are able to understand things and other people and treat them with respect. Society cannot tolerate a person who lacks life experience and is unable to take care of his family's needs. As one grows mature, their emotional stability and depth of social adjustment, vocational and professional aptitude, life's ambitions, etc., go on developing (Devine & Apperly, 2022). A mature person is expected to understand a situation without anyone's help and realise their duties and responsibilities themselves (Kaur, 2023; Fathirezaie et al., 2021).

The process through which a person develops the appropriate behaviours necessary for effective social functioning is known as social development. Social development need not be a factor in starting a group. It is a commitment that each individual makes based on the universal truths about nature or life that we observe every day. Social development is thought to be largely dependent on achieving social growth and cultivating positive relationships with family, friends, neighbours and everyone else in our community. Once a person enters adulthood, they must make a decision about maturity. One must be aware, accept the views of others and appreciate their intentions.

Adolescents can influence social situations and, thanks to their social development, can create patterns of social behaviour that provide a complete analysis of the social environment. People who lack emotional maturity do not exhibit the social behaviour society expects of people their age. It makes sense to assume that a teenager will be able to consider other people's emotions and influences. How well a person fits into societal norms and behaviours is a measure of social maturity. A person is considered to be socially mature if they are competent, self-reliant, and have the capacity to handle stress, communicate, work with others, tolerate, and be open to change. The destiny of the kid depends heavily on social maturity, which is necessary for successful societal acculturation. A person who is socially mature is capable of adapting to his or her surroundings and situations as well as to themselves (Singh, H. and Singh, M. 2015).

The study of a learner's social maturity, particularly at the lower secondary level, is crucial since at this level, students start to develop their learning capacity, reasoning power, and vocational capacity, all of which are useful for making life decisions in the future. This period serves as a transition between childhood and adolescence, which is thought to be the most important time in a person's life. Therefore, this phase needs to be managed cautiously. Students who are socially mature are better able to make wise decisions about their lives and fit in with their friends, families, communities, and society. So, the present study was conducted with the following objectives-

- To analyse the profile of respondents
- To explore the level of social maturity among adolescents

2. METHODOLOGY

The goal of the current study was to investigate the level of social maturity of adolescents. The sample size consists of 100 adolescent students (N=100), 50 boys and 50 girls living in Bikaner city of Rajasthan state. The school/college students for the final sample were approached according to their availability in Bikaner. The purpose of the study was explained to them, and requested to fill up the questionnaires. They were also assured that whatever information they provide will be used purely for research purposes and will be kept confidential. Purposive sampling method was used to gather data for this study; students who expressed interest in participating

in this study were taken into consideration. An assessment of the chosen subjects' social maturity was conducted by using Dr. Nalini Rao's Social Maturity Scale, which has 90 different items. Independent variables taken in the study were Personal variables of the respondent: Age (chronological age), Gender, Academic class, Marital status, etc. Parental variables: Parental age & Occupation. Socio-economic variables: Caste category, Religion, & Monthly income, etc., whereas social maturity was taken as the Dependent variable.

3. RESULTS AND DISCUSSION

3.1 Obj. 1. Analysis of the Profile of Respondents

3.1.1 Personal profile of students

Adolescents' personal profiles via frequency distribution have been depicted in Table 1. Results portrayed that on an overall basis, 20 per cent of adolescents were between the age range of 16-17 years old, followed by 57 per cent and 23 per cent, 18-19 years old and 20-21 years old, respectively. Half of the adolescents were male and another half were female. It is clearly indicated that respondents from the 11th & 12th standard (4 %) were very less for the B.Sc/B.A./B.Com. 1st year and B.Sc/B.A./B.Com. 2nd year standard 76 per cent and 20 per cent respectively. Information regarding the marital status of the respondents indicated that 99% were unmarried. The respondents were 50 per cent each from rural and urban areas. With regard to caste, the majority of the respondents belonged to the OBC category (41.00%), followed by 37 per cent of respondents in the general category, and only 22 per cent were in the SC/ST category.

3.1.2 Parental profile of students-

The income status of the families highlighted that more than half (61%) of the families were from low monthly income up to Rs. 40,000, and 29 per cent had medium monthly income up to 70,000, whereas 10% had high monthly income up to Rs. 1 lakh.

Turning to paternal occupation, data revealed that 32 per cent of respondents' parents were farmers, followed by business/service oriented and labourers, 51 per cent, 17 per cent, respectively.

Table 1. Personal profile of students

S. No.	Personal variables	Total (N=100)	
1.	Age (Chronological Age)	Frequency	Percent
	16-17 years	20	20.00
	18-19 years	57	57.00
	20-21 years	23	23.00
2.	Sex		
	Male	50	50.00
	Female	50	50.00
3.	Education		
	11 th /12 th	4	04.00
	B.Sc/B.A./B.Com. 1 st year	76	76.00
	B.Sc/B.A./B.Com. 2 nd year	20	20.00
4.	Marital status		
	Unmarried	99	99.00
	Married	1	01.00
5.	Residential area		
	Rural	50	50.00
	Urban	50	50.00
6.	Caste		
	General	37	37.00
	OBC	41	41.00
	SC/ST	22	22.00

Note: Figures in parentheses indicate percentage

Table 2. Parental profile of students

S. No.	Parental variables	Total (N=100)	
1.	Paternal occupation	Frequency	Percent
	Private job	51	51.00
	Govt. job	17	17.00
	Farmer	32	32.00
2.	Paternal income		
	Low	61	61.00
	Medium	29	29.00
	high	10	10.00

Note: Figures in parentheses indicate percentage

3.2 Obj. 2. Level of Social Maturity among Adolescents

3.2.1 Level of personal adequacy among adolescents

The data furnished in Table 3 depicts gender wise distribution of adolescents for personal adequacy, a component of social maturity, on the basis of residential area and gender. The overall data pertaining to males and females divulged that although gender differences existed for personal adequacy dimensions, yet large percentage of both genders were highest in the medium level on most of the personal adequacy dimensions.

Turning to inter and intra gender wise comparison of adolescents', personal adequacy data unfolds that in rural area 8.57 percent of males and not a single of females accounted for low level of personal adequacy, while 85.71 percent of males and 100 percent of females had

medium level and only 2 % of male had low level of personal adequacy. On the contrary, in urban areas, no males and females had low category personal adequacy, whereas 86.66 per cent of males and 94.28 per cent of females accounted for medium level, and 13.33 per cent of males and 5.71 per cent of females had a high level of personal adequacy aspect. The majority of males and females have a medium level of personal adequacy.

3.2.2 Level of inter-personal adequacy among adolescents

Table 4 regarding to Inter-personal Adequacy component of social maturity on the basis of residential area unfolds that in Inter-personal Adequacy's low level there was no male and female accounted from both rural and urban area, while 97.14 percent of males and 98 percent of females had medium level and 2.86 percent of male and 2 percent had low level of inter-personal adequacy.

Table 3. Distribution of the level of personal adequacy among adolescents

S. No	Residential area Personal adequacy	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	2 (5.71%)	0(00%)	0(00%)	0(00%)	2(4%)	0(00%)
2.	Medium	30(85.71%)	15(100%)	13(86.66%)	33(94.28%)	43(86%)	48(96%)
3.	High	3(8.57%)	0(00%)	2(13.33%)	2(5.71%)	5(10%)	2(4%)

Table 4. Distribution of the level of inter-personal adequacy among adolescents

S. No	Residential area Inter-personal Adequacy	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)
2.	Medium	34(97.14%)	14(98%)	14(98%)	34(97.14%)	48(96%)	48(96%)
3.	High	1(2.86%)	1(2%)	1(2%)	1(2.86%)	2(4%)	2(4%)

Table 5. Distribution of the level of social adequacy among adolescents

S. No	Residential area Social adequacy	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)
2.	Medium	30(85.71%)	12(80%)	13(86.66%)	29(82.85%)	18(36%)	32(64%)
3.	High	5(14.28%)	3(20%)	2(13.33%)	6(17.14%)	37(74%)	21(42%)

Table 6. Distribution of the level of total social maturity among adolescents

S. No	Residential Area Total Social maturity	Rural (n=50)		Urban (n=50)		Total (n=100)	
		Male (n=35)	Female (n=15)	Male (n=15)	Female (n=35)	Male (n=50)	Female (n=50)
1.	Low	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)	0(00%)
2.	Medium	35(100%)	15(100%)	14(93.33%)	33(94.28%)	49(98%)	48(96%)
3.	High	0(00%)	0(00%)	1(6.66%)	2(5.71%)	1(2%)	2(4%)

Note: Figures in parentheses indicate percentage

On the contrary, in urban areas, no males and females had low category inter-personal adequacy, whereas 98 per cent of males and 97.14 per cent of females accounted for medium level, and 2 per cent of males and 2.86 per cent of females had a high level of inter-personal adequacy aspect. Total males and females have a medium level of interpersonal adequacy.

3.2.3 Level of social adequacy among adolescents

Table 5 Regarding to Social adequacy component of social maturity on the basis of residential area unfolds that in Social adequacy's low level, there was no male and female accounted from both rural and urban area, while almost 86 percent of male and 80 percent of female respondent have medium level and almost 15 percent of male and 20 percent of female from rural area had high level of social adequacy.

Whereas almost 87 per cent of males and around 83 per cent of females also have a medium level of social adequacy, and 13 per cent of males and 17 per cent of females from urban areas have a high level of social adequacy. So, the majority of both males and females from rural and urban areas have a medium level of social adequacy. In total, adequacy majority of male respondents had a high level of social maturity as compared to females.

3.2.4 Level of total social maturity among adolescents

Table 6 depicts the overall data for total social maturity, revealing that, irrespective of area, almost all respondents from rural and urban areas have a medium level of social maturity.

The majority of both males and females from rural and urban areas had a medium level of social maturity. So, in this study, almost all the respondents were better socially mature. The possible reason may be that most of the students nowadays play in teams at schools and colleges, and they get a chance to interact in an informal environment in schools and colleges as well as at home, so most of them are socially mature.

Similarly, Kumar & Ritu (2013) studied "Social Maturity of Senior Secondary School Students in relation to their Personality" and found that there

was a positive relationship between social maturity and personality of senior secondary school students. Wartyngah (2013), studied on "A Study on Social Maturity of Secondary School Students in Shillong Town" and found that most of the secondary school students in Shillong Town are having average social maturity i.e. 82% followed by above average category 12.5% below average category 4.5% students and only 1% students are fall under superior category. On the same line, Rao & Suneela (2019) reported that the majority of the secondary school students possess an average level of social maturity. Mishra *et al.* (2017) studied "A Study on Social Maturity of Adolescents in Sultanpur City" and found that the maximum number, 66.66% of boys respondents were had high social maturity, and 70% of girls respondents had high social maturity. As per the data, most of the respondents, 68.33%, had high social maturity.

4. CONCLUSION

In the findings of this study majority of respondents of both genders from rural and urban areas had a medium level of social maturity. So, in this study, almost all the respondents were becoming well socially mature. Through peer group connections, the adolescents learn to cooperate, lead and follow, think for the common good, and adjust to difficult social situations. It instils a sense of loyalty, a sympathetic attitude, and a willingness to follow the laws and regulations of society. They should be placed in an appropriate setting and allowed to connect with their classmates for achieving a proper social maturity level at this stage of the life span.

CONSENT

As per international standards or university standards, respondents' written consent has been collected and preserved by the author(s).

DISCLAIMER (ARTIFICIAL INTELLIGENCE)

Author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc) and text-to-image generators have been used during writing or editing of this manuscript.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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