

Emotional Maturity, Home Environment And Suicidal Ideation In Teenagers

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Abstract

The present study aimed to examine differences in emotional maturity, home environment, and suicidal ideation among teenagers, as well as the relationship among these variables. A total sample of 80 teenagers was selected for the study. Emotional maturity was assessed using the Emotional Maturity Scale developed by Singh and Bhargava, while home environment was measured using the Home Environment Scale developed by Mishra (2005). Suicidal ideation was measured using the Suicidal Ideation Scale developed by Sisodia and Bhatnagar (2011). For data analysis, the t-test and correlation analysis were used. The findings revealed a statistically significant difference in emotional maturity ($t = 5.45$), home environment ($t = 4.74$), and suicidal tendencies ($t = 2.50$) among teenagers. The results also indicated a positive correlation between emotional maturity and home environment ($r = 0.49$), suggesting that a better home environment is associated with higher emotional maturity. Furthermore, a significant negative correlation was found between emotional maturity and suicidal tendencies ($r = -0.65$), indicating that higher emotional maturity is associated with lower suicidal ideation. Similarly, home environment was negatively correlated with suicidal tendencies ($r = -0.53$), suggesting that a supportive home environment reduces the likelihood of suicidal thoughts among teenagers. Overall, the study highlights the important role of emotional maturity and home environment in influencing suicidal ideation during teenage.

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I. Introduction:

Emotional maturity, home environment, and suicidal ideation are closely related factors that significantly influence the mental health and overall well-being of adolescents. Adolescence is a critical developmental stage marked by rapid emotional, psychological, and social changes. During this period, the ability to understand, regulate, and express emotions appropriately becomes essential for healthy adjustment and development.

A stable and supportive home environment—characterized by warmth, open communication, emotional security, and positive relationships—plays a vital role in fostering emotional maturity and resilience in teenagers. Such an environment helps adolescents develop effective coping strategies to manage stress and life challenges. In contrast, a dysfunctional or stressful home environment marked by conflict, neglect, or lack of emotional support may hinder emotional development and increase vulnerability to psychological distress.

When emotional maturity is underdeveloped and family support is inadequate, adolescents may struggle to cope with intense emotions and stressful experiences. This can lead to feelings of helplessness, hopelessness, and in severe cases, suicidal ideation.

Emotion is an essential aspect of human life that adds depth and meaning to experiences. Emotions such as joy, anger, fear, hope, and sadness play a central role in human interactions and relationships. They shape daily experiences and influence behaviour. Emotion can be understood as an intense psychological and physiological state that is often difficult to define precisely. The term “emotion” is derived from the Latin word *emovere*, meaning “to move out” or “to stir up,” reflecting the dynamic nature of emotional experiences.

Emotional maturity is a key component of healthy psychological development. It refers to the ability of an individual to manage emotions in a balanced and appropriate manner in accordance with their developmental stage. A person with emotional maturity demonstrates self-confidence, emotional stability, and the ability to

cope effectively with stress. Such individuals are better able to channel negative emotions in constructive ways and engage in healthy habits such as hobbies, physical activity, and sports, which contribute to emotional well-being.

As Leonard Carmichael (1940) stated, emotional maturity is not solely determined by age; rather, it is reflected in the extent to which an individual's emotional behaviour aligns with their physical and psychological development.

Home environment refers to the physical, emotional, and social surroundings in which an individual lives and interacts. From a psychological perspective, it plays a crucial role in shaping thoughts, feelings, behaviour, and personality development. A nurturing home environment promotes healthy growth and well-being, while a stressful or unstable environment may contribute to psychological difficulties, including suicidal ideation and suicidal behaviour.

Suicide is defined as the act of intentionally ending one's own life and is often associated with severe depression and other mental health disorders. Suicidal ideation refers to thoughts about suicide, which may or may not involve planning. It can be either active—where an individual has a clear plan and intent—or passive, where there is a wish to die without any specific plan.

II. Review Of Literature:

Joy M. and Aji H. (2019) conducted a study titled "Emotional Maturity and Happiness in Emerging Adults." The objective of the study was to examine the relationship between emotional maturity and happiness among adults aged 18–25 years. The sample consisted of 120 students, including both male and female participants. Emotional maturity was assessed using the Emotional Maturity Scale (EMS) developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava, while happiness was measured using the Oxford Happiness Questionnaire developed by Peter Hills and Michael Argyle. The findings revealed a significant relationship between emotional maturity and happiness, indicating that higher emotional maturity is associated with greater happiness levels.

Ismil M. S., Jusob H., and Zain A. D. (2021) conducted a study on "Emotional Maturity among Students with Disciplinary Problems in Secondary Schools at Telangana." The study employed a descriptive survey method and used the Emotional Maturity Scale developed by Bhargava and Y. Singh. Statistical analysis was carried out using the t-test. The results indicated significant differences in emotional maturity based on various factors, including gender. The study concluded that emotional maturity varies significantly among students with disciplinary problems depending on demographic variables.

Manisha (2016) investigated the relationship between security-insecurity and home environment among 200 adolescents using a survey method. The findings revealed no significant relationship between security-insecurity and home environment among boys. However, a significant relationship was found among girls, as well as in the overall sample. The study also reported a significant difference between boys and girls in terms of feelings of security and insecurity, highlighting gender-based variations in psychological perception of home environment.

Mimrot Bharat H. (2016) studied the relationship between home environment and academic achievement among secondary school students. A random sample of 640 adolescents was selected, and data were collected using the Home Environment Scale developed by Dr. Karuna Shankar Mishra. The data were analyzed using the t-test. The findings revealed a positive relationship between academic achievement and certain dimensions of home environment such as control, protectiveness, conformity, rewards, nurturance, and permissiveness. However, some dimensions were negatively associated with academic achievement. The study also found that academic achievement was higher among girls compared to boys, and students from private schools performed better than those from government schools.

Kyoung-Sae et al. (2020) conducted a study on Korean participants categorized into three age groups: young adults, middle-aged adults, and older adults. The findings showed that personality traits were significantly associated with suicidal ideation, but the nature of these associations varied across age groups. In young adults, low agreeableness, high neuroticism, and high openness were linked to increased suicidal ideation. Among middle-aged individuals, low conscientiousness and high openness were associated with suicidal ideation. In older adults, neuroticism emerged as the only significant predictor. The study highlighted that age plays an important moderating role in the relationship between personality traits and suicidal ideation.

Amanda et al. (2020) examined suicidal and self-injurious behaviours among 192 college-aged young adults. The results indicated that individuals with a history of suicide attempts were also more likely to engage in non-suicidal self-injury throughout their lives. The study suggested a strong psychological connection between suicidal behaviour and self-harm in emerging adulthood.

Importance of research:

This research is very important because adolescence is a sensitive developmental stage where emotional instability and environmental stress can strongly influence mental health. Emotional maturity helps teenagers manage stress, control impulses, and cope with failure or rejection, while a supportive home environment provides security, understanding, and guidance. When these protective factors are weak, the risk of suicidal thoughts may increase. Studying the relationship among these variables helps identify key risk and protective factors, supports early detection of vulnerable adolescents, and guides parents, teachers, and mental health professionals in developing effective prevention and intervention programs. Such research ultimately contributes to reducing teenage suicide rates and promoting healthier emotional development and family relationships.

Objectives:

- (1) To find a significant difference between the means of emotional maturity of male and female teenagers.
- (2) To find a significant difference between the means of home environment of male and female teenagers.
- (3) To find a significant difference between the means of suicidal ideation of male and female teenagers.
- (4) To find correlation between emotional maturity and home environment.
- (5) To find correlation between emotional maturity and Suicidal ideation.
- (6) To find correlation between home environment and Suicidal ideation.

Null Hypothesis:

- (1) No significant difference will be found between the mean of emotional maturity male and female teenagers.
- (2) No significant difference will be found between the means of home environment male and female teenagers.
- (3) No significant difference will be found between the means of suicidal ideation male and female teenagers.
- (4) No significant correlation will be found between emotional maturity and home environment.
- (5) No significant correlation will be found between emotional maturity and Suicidal ideation.
- (6) No significant correlation will be found between home environment and Suicidal ideation.

III. Methodology:

Sample:

In the present research data was collected from a total of 80 teenagers selected through the random sampling method. The sample included 40 male and 40 female.

Research Tools:

Emotional maturity

This test was developed by Dr.Singh and Dr.Bhargava. This is a 5-point scales. These 5-point scales range from very much to never. There are a total of 5 sections of the scale. The first 4 subsections contain 10 statements and the last section contains 8 statements. In the latter, there are categorical statements, where the categorical statements are given 5, 4, 3, 2, 1 marks respectively for very much, very uncertain, always and never. The maximum score for the first four sections is 50 (10×5) and the minimum score is 10. While the maximum score for the last subsection is 40 (8×5) and the minimum score is 8. The interpretation of the highest and lowest scores in each subsection is according to the subsection. The Reliability and Validity of this is high.

Home environment

This test was developed by Mishra, K.S. (2005). This is a five point Likert Type Scale comprising positive items. A score of 4, 3, 2, 1 or 0 is assigned for mostly, often, sometimes, least and never responses respectively. The scale consists of 100 items related to ten dimensions of home environment. The Reliability and Validity of this is high.

Suicidal ideation

This test was developed by Sisodia, D.S. and Bhatnagar, V. (2011) has been used. There are 25 items in the scale. In this scale 21 items are positive and 4 items are negative. This is a five point Likert type scale. There are five response categories in the scale - Strongly Agree, Agree, Uncertain, Disagree and Strongly Disagree. A score of five, four, three, two or one is awarded for responses Strongly Agree, Agree, Uncertain, Disagree and Strongly Disagree respectively in the case of positive statements. In the case of negative statements the scoring procedure is reversed. The range of scores can vary from 25 to 125. Higher score on the scale denotes high suicidal ideation whereas lower score on the scale denotes low suicidal ideation. The reliability indices of the scale have been retest and internal reported to be 0.78 and 0.81 by test consistency methods respectively. Authors have reported high face validity and content validity of the scale.

Data collection:

According to purpose of present research the null hypothesis has been created. The statistical technique was chosen to collect reliable information. The purpose of the research is to study emotional maturity, home environment and suicidal ideation in teenagers. For this purpose, the Emotional maturity scale developed by Dr.Singh and Dr. Bhargava was used, Home environment scale developed by Mishra, K.S. (2005). Additionally, the Suicidal ideation scale developed by Sisodia, D.S. and Bhatnagar, V. (2011) was used for data collection.

Research Design:

The purpose of the research was to measure emotional maturity, home environment and Suicidal ideation in teenagers. For this purpose, a total of 80 teenagers (40 male, 40 female) were selected as the sample using the random sampling method. The “t-test” was used to determine the difference between the medians of the two groups. The Carl Pearson correlation method was used to find the correlation between the two variables. A discussion of the presented results follows.

IV. Discussion Of The Result:

Result Table:1 Showing the mean and t-values of Emotional maturity

Variables	N	Mean	S.D	t	Sig.
Male	40	23.36	6.77	5.45	0.01
Female	40	19.52	5.66		

Significant Level 0.05 = 1.99 0.01 = 2.64

The results presented in Table 1 Show the mean difference in levels of emotional maturity between male and female teenagers. The mean emotional maturity score of males (M = 23.36, SD = 6.77) is higher than that of females (M = 19.52, SD = 5.66).

The calculated t-value (t = 5.45) is greater than the critical t-value at both 0.05 (1.99) and 0.01 (2.64) levels of significance, and the significance level (p = 0.01) indicates that the difference is statistically significant. Therefore, the null hypothesis is rejected. This result suggests that male teenagers in the sample demonstrate significantly higher emotional maturity compared to female teenagers.

Result Table:2 Showing the mean and t-values of Home environment

Variables	N	Mean	S.D	t	Sig.
Male	40	19.88	4.50	4.74	0.01
Female	40	16.00	4.13		

Significant Level 0.05 = 1.99 0.01 = 2.64

The results presented in Table 2 show the mean difference of home environment between male and female teenagers. The sample consisted of 40 males and 40 females. The mean score of males (M = 19.88, SD = 4.50) is higher than that of females (M = 16.00, SD = 4.13), indicating that males reported a comparatively better home environment than females.

The calculated t-value is 4.74, which is greater than the critical t-values at both 0.05 level (1.99) and 0.01 level (2.64) of significance. Therefore, the difference between male and female participants is statistically significant at both levels. This result suggests that gender plays a significant role in influencing the perception of home environment among the respondents, and the null hypothesis of no significant difference is rejected.

Result Table:3 Showing the mean and t-values of Suicidal ideation

Variables	N	Mean	S.D	t	Sig.
Male	40	76.36	17.68	2.50	0.05
Female	40	59.36	16.05		

Significant Level 0.05 = 1.99 0.01 = 2.64

The results presented in Table 3, the mean difference of suicidal ideation between male and female teenagers. The mean score of suicidal ideation for males (M = 76.36, SD = 17.68) was higher than that of females (M = 59.36, SD = 16.05), indicating that male teenagers reported comparatively higher levels of suicidal ideation.

The calculated t-value is 2.50, which is greater than the critical value at the 0.05 level of significance (1.99) but lower than the 0.01 level (2.64). Therefore, the difference between males and females is statistically significant at the 0.05 level. This result suggests that gender plays a significant role in suicidal ideation, with males showing higher vulnerability compared to females in the present study.

Result Table:4 Showing the correlation between Emotional maturity and Home environment

Variables	N	Mean	r	Sig.
Emotional maturity	80	21.44	0.49	0.01
Home environment	80	17.94		

Significant Level 0.05 = 0.21 0.01 = 0.28

Table 3 shows the correlation between emotional maturity and home environment among 80 teenagers. The mean score of emotional maturity is 21.44, while the mean score of home environment is 17.94.

The correlation coefficient ($r = 0.49$) indicates a moderate positive relationship between emotional maturity and home environment. This means that teenagers who experience a better and more supportive home environment tend to have higher emotional maturity. The calculated r value (0.49) is greater than the critical value at both 0.05 (0.21) and 0.01 (0.28) levels of significance, and the significance value is 0.01. Therefore, the correlation is statistically significant at the 0.01 level. Hence, it can be concluded that there is a significant positive relationship between emotional maturity and home environment.

Result Table: 5 Showing the correlation between Emotional maturity and Suicidal ideation

Variables	N	Mean	r	Sig.
Emotional maturity	80	21.44	-0.65	0.01
Suicidal ideation	80	67.86		

Significant Level 0.05 = 0.21 0.01 = 0.28

Table 5 shows the correlation between emotional maturity and suicidal ideation among 80 teenagers. The mean score of emotional maturity is 21.44, while the mean score of suicidal ideation is 67.86.

The correlation coefficient ($r = -0.65$) indicates a strong negative relationship between emotional maturity and suicidal ideation. This means that as emotional maturity increases, suicidal ideation decreases, and vice versa. The significance value ($p = 0.01$) shows that the correlation is statistically significant at the 0.01 level, as the obtained r value (-0.65) is higher than the critical value (0.28) at 0.01 level. Therefore, the results suggest that emotional maturity plays an important role in reducing suicidal ideation, and the relationship between these two variables is significant and meaningful.

Result Table: 6 Showing the correlation between Home environment and Suicidal ideation

Variables	N	Mean	r	Sig.
Home environment	80	17.94	-0.53	0.01
Suicidal ideation	80	67.86		

Significant Level 0.05 = 0.21 0.01 = 0.28

Table 6 shows the correlation between home environment and suicidal ideation among 80 teenagers. The mean score of home environment is 17.94, while the mean score of suicidal ideation is 67.86.

The correlation coefficient ($r = -0.53$) indicates a moderate negative relationship between home environment and suicidal ideation. This means that as the quality of the home environment improves, the level of suicidal ideation decreases, and vice versa. The calculated r value (-0.53) is higher than the critical values at both 0.05 (0.21) and 0.01 (0.28) levels of significance, showing that the correlation is statistically significant at the 0.01 level. Therefore, it can be concluded that home environment has a significant impact on suicidal ideation, and a positive, supportive home environment may help reduce suicidal thoughts among the participants.

V. Conclusion:

- There was significant difference in emotional maturity between male and female teenagers.
- There was significant difference in home environment between male and female teenagers.
- There was significant difference in suicidal ideation between male and female teenagers.
- There was positive correlation between emotional maturity and home environment.
- There was negative correlation between emotional maturity and Suicidal ideation.
- There was negative correlation between home environment and Suicidal ideation.

Limitation of the research:

The present research is limited to women participants from Rajkot city. A sample of 80 participants teenagers (40 male and 40 female) was selected; therefore, the findings of the study cannot be widely generalized. As the results cannot be applied to any populations. The study was carried out using the questionnaire method and hence it is possible that the respondents provided socially desirable answer rather

than accurate responses. Furthermore, since the study included participants only from the specified teenagers male and female the results cannot be generalized to individuals of all.

Suggestions for future research:

In the present research, 80 teenagers have been taken, but by making a comprehensive generalization of it, a more accurate result can be obtained by increasing the size of the sample. Instead of using questionnaires for data collection in the presented research, more in-depth studies can be done using other alternative methods such as Interviewed method, observation method, etc. Only teenagers have been included in the presented research. In the present research, only teenagers (male and female) have been taken. Research can also be done about students.

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