

PSYCHOLOGICAL WELL-BEING IN RELATION TO EMOTIONAL MATURITY: A STUDY VITILIGO PATIENTS.

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ABSTRACT

Indian patients are particularly affected by vitiligo which become very much apparent on darker skin. This disease has a severe social stigma and people usually keep distance with vitiligo patients. Though it does not have the tendency of infecting others through its infection. Keeping in view to this fact the purpose of the present study was to find out the relationship between emotional maturity and psychological wellbeing among vitiligo patients. In carrying out this study, a sample consisting N=100 vitiligo patients in which n=50 male and n=50 female patients were surveyed. Psychological wellbeing and emotional maturity scales were used. On the basis of Pearson Product Moment Coefficient of Correlation, result showed that there is a significant relationship between emotional maturity and psychological wellbeing among both male and female vitiligo patients. Findings also indicated that emotional maturity have significant role in making the psychological fitness of vitiligo patients. Hence, it is obtained that though both aspects are important for vitiligo patients but emotional maturity appears to be more important.

Keywords: Vitiligo patients, Psychological Well-being, Emotional Maturity.

INTRODUCTION

Vitiligo is a somewhat common skin disease. It has an effect on how someone looks, which in turn has an indirect effect on the emergence of an inferiority complex which is nothing but purely psychological state of one's personality. In order to improve the quality of life and psychological health of vitiligo patients, it is crucial to recognize this reality and address the psychological aspects of the condition.

A person's body image and self-esteem are greatly influenced by their skin, which is a sensory organ and is sensitive to emotional impulses (Gupta & Voorchees, 1990, Koblenzer, 1983). It is indeed true that the major portion of the body image is reflected from color of skin of an individual. Appearance of skin determines a person's body and personality image and any pathologic change in skin of a person can decrease the self-esteem and may have the sense of isolation from the society (Prasad, Dogra & Kanwar, 2003).

The global concept of pigmentation as credentials to society in many cultures makes vitiligo one of the psychologically distressing dermatological disorders, according to a number of research. Vitiligo has negative impact on infected person's psychological and social health. Researches have shown that more than half of the patient with Vitiligo reported that people stare at them, 20% reported that they are labeled, 25% declared that Vitiligo create problems in their relationship with stranger (Porter, Beuf, Lerner & Nordlund, 1986). The quality of life for those who have vitiligo has been shown to be significantly impacted by the condition. Therefore, it's crucial to understand and address the psychological aspects of this illness.

PSYCHOLOGICAL WELLBEING

A person's home environment and work environment are both affected by their psychological well-being and subsequently it has a larger impact on their private and social lives. People with high psychological well-being typically have good mental health and make healthy adjustments with their surroundings too, whereas people with low psychological well-being may exhibit dissatisfaction, bad social relationships, and improper adjustments with work environment, among other things. One's life might suffer from poor psychological health in a number of ways. Desirable outcomes, including economic ones, are influenced by psychological well-being. Furthermore, positive psychological well-being is not usually the result of economic success.

World Health Organization (2011) defined optimal health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." They also added spiritual well-being as one dimension of well-being.

Bhogle and Prakash (1995) advocated that the term psychological well-being implies a wide range of meanings, usually associated with wellness. In previous studies, "wellness" was typically defined as the lack of anxiety, depression, or other psychological issues, as well as the absence of being ill. Meaning of life, lack of somatic

symptoms, self-esteem, positive affect, daily activities, fulfilment, lack of suicidal thoughts, personal control, social support, lack of tension, and general competence are all aspects of psychological well-being.

EMOTIONAL MATURITY

Emotions are essential for a person's adjustment, especially if they are emotionally mature and have the capability to control their emotions and interact with others successfully. Therefore, an emotionally developed person can adjust with himself and with others too. Integrating different facets of personality within oneself is a necessary step on the path to emotional maturity. The intra- and interpersonal components are addressed from several perspectives (Freud, James, Gardner, and others), with the emotional aspect being seen in the child's and adult's personality as complimentary to the intellectual rather than the antithesis of it.

An emotionally mature person can only manage, not control emotions. A person is expected to have high emotional maturity because emotion is so important to life success. It is also true that an individual's processing of emotional maturity has an ongoing impact on his behaviour.

According to Singh and Bhargava (1990) Emotional maturity is not only the effective determinant of personality pattern but also helps to control the growth of an adolescent's development. A person who is able to keep his emotions under control who is able to brook delay and to suffer without self-pity might still be emotionally stunned. Joy and Mathew (2018) study revealed that there is a significant positive relationship between emotional maturity and general well-being of adolescents.

In the light of above cited studies the objective of the present study was to examine the relationship between emotional maturity and psychological wellbeing among male, female and overall vitiligo patients.

Since, good number of studies have shown positive relationship between emotional maturity and psychological wellbeing, hence, following alternate hypotheses were formulated for empirical testing.

Ha1: there will be positive relationship between emotional maturity and psychological wellbeing along with its various facets among overall vitiligo patients.

Ha2: there will be positive relationship between emotional maturity and psychological wellbeing along with its various facets of female vitiligo patients.

Ha3: there will be positive relationship between emotional maturity and psychological wellbeing along with its various facets of male vitiligo patients.

METHODS

PARTICIPANTS

The present study consists of N=100 vitiligo patients taken from various clinics of Mau Nath Bhanjan, Mau, UP. The age range of the participants was 20-50 years. Purposive sampling technique was used. It was a homogeneous sample as participants were selected for having a common characteristic (inflicted with vitiligo disease). The sample included patients having diverse demographic characteristics, namely; age, gender, marital status, family history, etc.

**Table 1:
Showing sample characteristics of the vitiligo Patients (N=100)**

Patients (100)	Family history	Marital status
Female=50 Male= 50	Yes= 23 No=77	Unmarried=52 Married=48
Belief about disease	Onset of disease	Social status
Food=8 Medicine=18 Myth=7 Don't know=67	1-5years=82 6-10years=10 11-15years=3 16-20years=5	Upper=7 Middle=79 Lower=14

TOOLS:

Psychological wellbeing scale: it was developed by Rahman and Imtiaz (2022). The scale consisting 20 items with five dimensions namely, feeling of contentment, Emotional stability, Sense of being healthy, Self efficacy and Sense of having perfection. Responses are taken on 5-point scale ranging from strongly disagree (score of 1) to strongly agree (score of 5). The face validity of the scale was found by taking judges opinion on a five-point scale and thereby obtaining the average score which was found above 3.9, hence the scale is found to be valid. The alfa coefficient of the scale was $\alpha=.810$ confirming the reliability of the scale.

Emotional Maturity scale: This scale was also developed by Rahman and Imtiaz (2022). The scale consists of 26 items with five dimensions viz, control, efficacy, confidence, behavioural stability and competence. Responses are taken on 5-point scale ranging from strongly disagree (score of 1) to strongly agree (score of 5). The face validity of the scale was found by taking judges opinion on a five-point scale and thereby obtained the average score which was found above 4.1, hence the scale is found to be valid. The alfa coefficient of the scale was $\alpha=.76$ confirming the reliability of the scale. Thereby both the scales are standardised.

PROCEDURE

The data were collected on N=100 (n=50 males and n=50 females) vitiligo patients. Researcher contacted the patients individually from various clinics of Mau Nath Bhanjan Mau UP. Before administering the questionnaire, firstly, investigator introduced herself and the purpose of the study was told to them and thereby, rapport was developed with them. In addition, participants were assured that their responses will be kept confidential and data will only be used for research purpose. Patients generally took 30 minutes time in giving the responses to both the questionnaires along with their biographical information.

Researchers had taken the following ethical consideration during the planning of the study:

- Confidentiality of the participants responses.
- Participants consent to participate in the study
- Participants are assured that the data will only be used for research purpose.

STATISTICAL ANALYSIS

By using SPSS 25.0, the data were analyzed and Pearson's Coefficient of Correlation were obtained to get the results.

RESULT AND DISCUSSION

Table: 2

Showing Descriptive Statistics of Emotional maturity and Psychological Wellbeing and its various dimensions among overall vitiligo patients (N=100).

Variables	Minimum	Maximum	Mean	Std. Deviation
Emotional Maturity	67	101	81.76	6.080
Feeling of Contentment	6	16	11.07	2.194
Emotional Stability	6	17	11.82	2.071
Sense of Being Healthy	8	16	12.02	1.700
Self-Efficacy	7	16	12.26	1.878
Sense of Having Perfection	7	15	11.73	1.830
Psychological Wellbeing	40	74	58.90	6.681

Table 2. Showing the descriptive statistics of emotional maturity and psychological wellbeing and its various dimensions among overall vitiligo patients. The score of emotional maturity (N=100, Mean=81.76, SD=6.080) were found among overall vitiligo patients. The score of psychological wellbeing (N=100, Mean=58.90, SD=6.681) were found among overall vitiligo patients. The various dimensions of psychological wellbeing score were found among overall vitiligo patients i.e., Feeling of contentment (N=100, Mean=11.07, SD=2.194) Emotional stability, (N=100, Mean=11.82, SD=2.071), Sense of being healthy (N=100, Mean=12.02, SD=1.700), Self-efficacy (N=100, Mean=12.26, SD=1.878) and Sense of having perfection (N=100, Mean=11.73, SD=1.830). Having given the description of the descriptive statistics of the two variables viz. emotional maturity and psychological well-being along with its dimensions it, is clear that, means and SDs for various variables are proper.

Table: 3

Showing coefficient of correlation between Emotional Maturity and Psychological Well-being along with its Dimensions among overall, male and female groups of vitiligo patients.

Variables / Groups	Overall	Male	Female
	Emotional maturity	Emotional maturity	Emotional maturity
Psychological well-being	.526**	.320*	.408**
Feeling of contentment	.425**	.290*	.242
Emotional stability	.321**	.124	.199
Sense of being healthy	.236*	-.211	.232
Self-efficacy	.403**	.331*	.321*
Sense of having perfection	.416**	.245	.293*

**Significant at 0.01 level

*Significant at 0.05 level

Table no.3 clearly shows that emotional maturity and psychological well-being and its five dimensions are positively and significantly correlated among overall vitiligo patients. So far as, female group of vitiligo patients are concerned, emotional maturity and a few dimensions of psychological well-being viz, feeling of contentment, emotional stability and sense of being healthy (given in Table 3) are found to have insignificant but have positive relationship. In case of male vitiligo patients, emotional stability and sense of having perfection are also found to have insignificant positive relationship with emotional maturity (given in Table 3).

The above description clearly highlights that only in case of male vitiligo patients the relationship of emotional maturity with one dimension of psychological well-being viz, sense of being healthy have been found to be insignificantly negatively correlated. Therefore, the various alternate hypotheses stand accepted except the hypothesis related to psychological well-being dimension viz, sense of being healthy with emotional maturity which is found to be negatively correlated among male vitiligo patients only.

Previous studies supported the finding that emotional maturity positively correlated with general well-being and mental health (Joy & Mathew, 2018, Chavda, H. M. 2018). So far as, male and female groups of patients are concerned, it can also be interpreted that female vitiligo patients show comparatively higher correlation between emotional maturity and psychological well-being along with some of its (psychological well-being) dimensions. It is because of the fact that as correlation indicates, if emotional maturity increases psychological well-being also increases and vice-versa. Males have lower score on emotional maturity than females. Previous studies also suggested that females are more emotionally mature than their male counterparts (Jangra, Singh, Behmani, 2020, Panth, Chaurasia & Gupta, 2015, Manoharan, Louis & Doss, 2007).

At length, it may be concluded that in general emotional maturity and psychological well-being are positively and significantly correlated to each other, it means that if one variable increases the other variable also increases. Moreover, it is also evident from the findings that both male and female vitiligo patients have the same positive correlation between the two variables viz., emotional maturity and psychological well-being. However, it is evident from the pattern of findings that the magnitude of the relationship between emotional maturity and psychological well-being are relatively higher among female vitiligo patients compared to male counterpart.

The outcome of the present study is very relevant and it makes us realize that both emotional maturity and psychological well-being be properly taken care of for proper utilization of patients' overall mental health and well-being for combating especially inferiority complex which seems to be hall mark of all types of psychosocial problems. So positive combinations of the variables in question must be properly managed. It is pertinent to mention that vitiligo patients who are emotionally mature, self-aware, and psychologically fit can manage their social and personal problems and control their self-defeating thoughts.

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