INTRODUCTION

Education leaves a lasting impression on every Human being. Every age bring forth its own value. With the development in technology and corresponding evolution of the objectives of education, the Aims of Education also undergo changes. Education of human child is similar all over the world. System of education Administration is a latest development. Here Systems of education in different countries are examined. The purpose and assimilate good points of education from other countries in order to improve teaching and learning process.

Ideologically, this line of research is rooted in 18th century Enlightenment thinking. From this perspective, the purpose of existence is life itself, rather than the service of King or God. Self-actualization and happiness become central values. Society itself is seen as a means for providing citizens with the necessities for a good life. In the 19th century, this conviction manifested itself in the Utilitarian Creed that the best society is one which provides „the greatest happiness for the greatest number“.

In the 20th century it has inspired large scale attempts at social reform and influenced the development of the Welfare State. Efforts towards the creation of a better society manifested themselves in attacks on the evils of ignorance, illness and poverty. Consequently, progress was measured by literacy, control of epidemic disease and the elimination of hunger. Social statistics were developed to record the extent to which progress in these areas had been achieved. Advances in the combat of these social ills were followed by efforts to create welfare-states that ensure a good life for everybody, in particular a good material standard of living. The extent of progress in that area was expressed in terms of monetary gains, security of income and the degree of income equality. This gave rise to an abundance of social research on poverty and social inequality, which today is still a major research tradition. In the 1960s, by which time most Western Nations had extensive Welfare-States, the new theme of limits to economic growth appeared on the political agenda, and values came to shift to post materialism. This called for a broader conceptualization of the good life and its measurement. As a result, the term “quality of life” was introduced. The initial use of the concept was polemical; serving to denote that there is more to human existence than material welfare.

Emotions are the foundation of each relationship in our lives, and the power of those emotions cannot be overlooked. Emotions often override our thoughts and profoundly influence
our behavior—often without our awareness, and whether we like it or not. Most people seek relationship advice to find answers to problems they believe are responsible for their conflicts—without realizing there are more fundamental issues at the root of those problems. They are attempting to heal the surface symptoms of their dysfunctional relationships, without examining the real emotional issues that are simmering.

Our behavior and thought processes as adults are directly influenced by the experiences and environment of our early developmental years. There are always adults around children that give positive and/or negative influence. A child is like a sponge and will unconsciously absorb behaviors, attitudes, and emotions. If that influence is negative and consistent, the child will most certainly evolve into an adult with emotional and relationship issues.

It is imperative that one reflect and review their earliest memories. There are reasons and until those reasons surface, one will continue to struggle. Our society “expects” that at some point, you grow up and get over it. Whatever bad parenting one may have been exposed to, should be shed like that of a snake every spring. People are very complicated and especially when it comes to emotional maturity, sometimes we have a need for damage to be undone. The only way that is possible for a person to overcome their own and without medication, is through self-help books, therapy, faith in religion or a God. Otherwise, they will continue to have difficulty with relationships on a personal basis, work environment, etc. It’s natural that we all crave human contact. But if one’s behavior is self-destructive, it will only push others away and leave them. When a child is born, he/she is born with a body/mind that was tender and limited, which needed to be developed to into fully grown individual. Without much effort a child grows physically into an adult. All that is needed to develop a child is food, clothes, shelter, safety and basic love. Growing into an adult does not mean just growing physically. We need to grow mentally and emotionally as well, to be regarded as armature human being.

Our school/college education has certainly expanded our mental capacities to learn about the world, to learn some knowledge/skills to get a job and make a living. However, how many of us can honestly say that we have grown in our emotional maturity and mental capacities to lead a fulfilled and satisfied life? Though we may be an adult, the “inner child” within us may be still driving our behavior and responses to the world and we may be still behaving in childish ways. Here are couples of examples that may help to understand our childish behavior.

1. If you observe children, they throw tantrum or start crying when they don’t get what they
want. They won’t stop until they get what they want. How different we are as an adult? We throw tantrums when we don’t get what we want from life or from our relationships. We throw tantrums in the form of verbal attacks, being angry, arguing, demanding, controlling, blaming, criticizing etc.,

2. Children’s don’t know how to express their needs of what they want and usually the parents have to understand their needs, to find out what the children want and fulfill them. How different are we as an adult? We expect others to understand our needs without telling them of what we want. When others don’t fulfill our needs we get dissatisfied in the relationships or create conflicts.

We still have emotions like Fear, Anger, Guilt, Shame, Resentments; Regrets etc… like a child and our behavior are driven by these emotions. Emotional maturity implies understanding of oneself, understanding of the world and understanding of realities of life. Most of our emotional problems arise because we have not understood ourselves and our needs. Whenever there is an emotional situation, it implies an unmet need. By understanding ourselves and connecting to our feelings and needs, we can fulfill our needs and as well grow into a mature person. Personally, I have been learning about all these knowledge for a while, and yet I find myself in situations, where I behave or react in the old childish patterns. Growing up is not necessarily easy. But then the satisfaction and fulfillment lies in not achieving perfection, but in making the attempt to grow and learn. Ultimately what we all are seeking is divine love or unconditional love that makes us feel complete and whole. We all have the power and the ability to choose, to learn, to grow and to mature into loving being that we are.

It's easy to lose yourself in a rush of feelings. For instance, you're busy and mother calls to tell you all about her problems. Suddenly you end up feeling guilty for not helping her. The next day a colleague verbally insults you at work and you feel angry about their rudeness; and at yourself for not setting boundaries. Both of these scenarios show examples of how other people’s actions can affect our emotions...if we allow it! Do you respond or react to such actions? All emotions are a form of expression and release, so it might feel good to be angry and to let off steam via an insult, argument or heated discussion. These so-called _negative feelings are normal and part of our every-day experience - so where’s the problem? The problem is that negative emotions block you from being your best and attracting what you really need! If you are
continually stressed, habitually negative and vocally expressing these types of feelings then what you are emanating is the vibration of lack - or a sense of loss - and that's exactly why you’re not receiving something good or positive in your life. You've got to consciously choose a positive response... Here’s how it works: An incident happens to you which immediately triggers a negative reaction. Right then you has to choose to re-new your thoughts about the incident which in turn creates new feelings.

Living consciously is being self-aware in the moment. Here's an example. Let’s say you recently saw a person at a party whom you reacted negatively to. You then shared your negative experience with friends, telling them all about the incident and how you felt, thus re-living the negative thoughts and feelings. Each time you’re live that incident, your soul records those same thoughts and feelings. By choosing to positively re-write the scenario, you’re renewing your soul and building up positive energies. You can re-new the scenario by writing and saying something like this: "I no longer feel negative when even though we've had our difficulties in the past, I have faith that everything has worked out for the best. I appreciate my life and I am content. Negative feelings will not fulfill my highest purpose; so I am determined to create joy today." At times it can be hard to re-new our soul. When the same scenario is played often it becomes so well known that it feels comfortable - like a well worn pair of shoes. New shoes take time to break-in we have to wear them a few times before they feel comfortable! Same goes with living your new story. Here are my three keys to building emotional maturity:

1. **Monitor your thoughts.** Next time your mind is in chaos question the thoughts you are having and try to identify the trigger or source causing that reaction.

2. **Master your emotions.** Write down exactly how you are feeling the moment the reaction occurs. Then shift your thoughts to focus on a positive emotion to change your perspective. Once you sense the shift is a positive feeling...relax, breathe and store that memory.

3. **Re-new negative scenarios.** Take time to observe yourself telling stories about any incidents that have occurred to you in the past - especially ones that affect you negatively. Re-write these incidents so that they empower you. Each time you do this, you are training yourself to master your emotions. It is necessary for your health and wellbeing to release your negativity. But make sure you find a way of doing it without harming yourself or other people. You can choose to be brilliant and shine starting today!
This is an example of my life when I was fifteen when I heard my mom call someone a boy and the other person a man. For a while, before I turned twenty I thought that it was because the one had no money, house nor car and the other, well, had his own enterprise, which translates to money. But now at twenty-two I know that she’d meant something entirely different from what my teenage brain had assumed.

She’d meant that the other could accept reality as it was, could deal with losses and regrets, could solve his problems promptly, and was adaptable and capable of change, could take responsibility for his finances, maintain his integrity in the face of temptations, compromises, and conflict and most of all could feel good about himself and enjoy his relationships. In a nutshell she meant he was emotionally mature.

Maturity is the ability to stick with a project or a situation until it is finished. It is the capacity to face unpleasantness, frustration, discomfort and defeat without complaint or collapse. It is the ability to make a decision and stand by it.

Maturity is the ability to live up to the responsibilities of a love relationship, and this means being dependable. It is the ability to harness your abilities and your energies and to do more than is expected in your relationship.

We grow from babies to adults passing through various stages of maturity. We are expected to undergo physical, cognitive, emotional and relationship maturity. But when our bodies age and our muscle mass and body shape define itself, does our emotions follow suit? If there is a balance between your physical age, IQ, social maturity and emotional maturity, then you've really grown up.

**How old you are emotionally shows through various loopholes:**

1. **Ego centralism:** Emotionally immature individuals are self centered and selfish. They have little regard for others and are preoccupied with their own ideas and feelings. They deeply believe that they are somehow special therefore demand constant attention, respect and sympathy. For these individuals love is a need yet they have difficulty showing and accepting love. They demand affection and love but avoid any sign of weakness. Emotionally mature individuals understand that love is sharing hence they foster a sense of security which allows vulnerability and strength by expressing love and accepting expressions of love.

2. **Uncontrolled emotions:** immaturity expresses itself in temper tantrums, prolonged
pouts and rapidly changing moods. Emotionally immature individuals get frustrated easily and over-react to perceived criticism. They are unwilling to forgive and are prone to jealousy pangs while their emotionally mature counterparts use their emotions as energy sources. They understand perfectly the process of energy transmutation. When frustrated they set goals and seek solutions.

3. **Gratification:** children and childish adults often want everything now, and avoid enduring anything they do not like. They know little of personal responsibility and often rely on other people for care and protection. Their behaviour is superficial, thoughtless and impulsive. Their loyalty lasts only as long as a relationship seems useful and their management of finances is chaotic. If you are mature, you can delay your gratification and desires, and you can maintain your self control.

4. **Dependent:** Indecision is a sign of immaturity. Emotionally immature adults are indecisive, impulsive, easily influenced and avoid responsibilities for their actions and deficiencies. They are sensitive to criticism, but insensitive others' feelings and stay in unpleasant relationships to avoid change. On the other hand, emotional maturity produces independence, empathy, compassion and co-operation with others.

5. **Attitude:** immature individuals have a hard time with integrity. They avoid and deny money and relationship problems which demand integrity and seek to pass the blame. Some are willing to give, but not take; others willing to take but not give. They avoid reality and attack people when frustrated. They also do not learn from experience while their opposites see life as a learning experience, accepts responsibility, learns from feedback, looks for opportunities and moves on. Emotionally mature individuals understand that giving helps enhance the quality of life of beloved people, they ask for help when they need one and accept help from others.

One thing I love about mature couples is their knack for side-stepping resentment and focusing on the good. Plus their capacity to accept, forgive and understand each other's differences. Emotional maturity is an essential part of a relationship.

**IMPORTANCE OF THE STUDY:**

Emotional maturity is a requirement for starting and maintaining relationships. It is a prerequisite for long term happiness. Emotional immaturity is associated with entanglements, transferences and unsatisfying shallow relationships.