Emotional Maturity and Teaching Effectiveness

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Introduction

Teaching is one of the noblest professions where teacher nurtures young minds. Teacher has a strong potential to guide and mould children in positive direction. Teaching is a very interesting but challenging task as it is an emotionally charged profession where teacher has to do a lot of emotional labour. An emotionally nature teacher can be very effective in dealing students’ positively.

Emotional Maturity

Emotions are great motivating forces which influence aspirations, thoughts and doing of individuals. An emotion refers to feelings, instinct, impulses, and physiological reactions. Emotional maturity involves emotional health, ability of self-control. Chamberlain (1960) said that an emotionally matured person is one whose life is well under control. In present day of competition and innovation, emotional maturity provides the individual to develop and maintain healthy relationship with others for better adjustment. Emotional maturity is linked with physical, intellectual, social and moral development.

Emotional maturity is an important aspect for the success of personality. Bernard (1954) suggests following criteria for evaluating emotional maturity.

- Developing tolerance
- Ability to make a choice
- Freedom from fear
- Enjoyment of daily living
- Ability to err without feeling disgraced
- Satisfaction from society
- Expressing negative emotions
Cultivating positive emotions
Increasing dependence of actions.

Dimensions of Emotional Maturity

1. **Emotional Stability**: The emotionally stable person is able to do what is required of him in any given situation. It helps not to react excessively or marked changes in emotions.

2. **Social Adjustment**: Maintaining desired relationship with the environment is a symptom of emotionally matured person.

3. **Emotional Progression**: Growing vitality of emotions for friendliness, social mindedness and mental peace.

4. **Independence**: Without depending on others, taking self decisions, doing difficult task own and being self-reliant is a strong dimension of emotional maturity.

5. **Compassion**: It means fellow feeling.

6. **Reality**: Facing reality and objectively evolution is another dimension.

7. **Personality Integration**: Unifying different elements of an individual’s motives and tendencies resulting harmonious balance in expression of emotions.

Teaching Effectiveness

Narrowly speaking, teaching effectiveness is teacher’s ability to improve student learning. But broadly, **Collias (1990)** suggests five criteria for an effective teacher:-

1. Committed to student and teaching
2. Knows subject matter
3. Responsible for managing students
4. Can think systematically about their own practice
5. Member of a Learning Community

Literature on Teaching Effectiveness sometimes emphasizes teacher qualities, teaching skills, mastery over subject matter etc. **Rosenshine and Furst (1971)** found following variables: -

(a) Clarity of teachers presentation
(b) Enthusiasm of teacher
(c) Variety of activities during lesson  
(d) Task oriented and business like behaviour  
(e) Content covered by the class  
(f) Teachers acknowledgement and encouragement of student’s ideas during discussion  
(g) Criticism of the student  
(h) Use of structuring comments at the start and during the lesson  
(i) Using of various types of questions  
(j) Probing of students, response and the teacher.

Again Haavio (1969) identified following qualities of a good teacher:

(a) Pedagogical (description)  
(b) Pedagogical love  
(c) Vocational awareness

**Emotional Maturity in Effective Teaching**

Emotional maturity plays a vital role for dealing with students and making the teaching-learning process more effective.

Besides subject mastery, teachers’ emotional competency, sensitivity and maturity develops the learning of students. Feeling, expressing and regulation emotions are key components of teachers’ belief and behaviour.

Emotional maturity play following roles in effective teaching: -

- Emotional maturity is essential for emotional labour.
- Emotional maturity is essential for emotional intelligence.
- Emotional maturity is essential for professional identity.
- Emotional maturity helps in adjustment.
- Emotional maturity helps in tolerating stressful situation of life.
Conclusion

Teaching is not everybody’s cup of tea. It needs full involvement of teacher: Physically, Intellectually and Emotionally. Teaching being very complicated and stressful job requires emotionally matured teachers who can cope up with stressful events and feel it pleasurable. Such maturity will help to maintain healthy relation among teachers, students and parents. This is the way to enjoy the work out of a number of stresses.

References

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