

## A Study of Social Maturity among Adolescents in Haryana

Rajni Arya

Research Scholar

Department of Education, Panjab University, Chandigarh

Email - rajni9888@gmail.com

**Abstract:** *The present study has been designed to study the difference in social maturity among adolescents in relation to their gender and locale. In order to measure the social maturity among adolescents belonging to the rural and urban background, social maturity scale developed by Nalini Rao (2009) was used. A sample of 140 adolescents belonging to urban and rural background was selected from the two schools of Haryana. t-test was used to find out the significant difference in social maturity among adolescents. It was found that adolescents belonging to urban background possess higher social maturity as compared to adolescents belonging to the rural background. Male adolescents belonging to rural background were better in social maturity as compared to female adolescents whereas both male and female belonging to urban background were equally socially mature. Adolescents belonging to urban background were better on personal adequacy, interpersonal adequacy, and social adequacy as compared to adolescents belonging to the rural background. Male and female adolescents were equal on personal adequacy whereas, on interpersonal and social adequacy, male adolescents were better than female adolescents belonging to the rural background. Male adolescents belonging to urban background were better on personal adequacy whereas, on the interpersonal and social adequacy component of social maturity, both male and female adolescents were equally mature.*

**Key Words:** *social maturity, adolescents, rural, urban, male and female.*

### 1. INTRODUCTION:

Adolescence can be defined as a stage of development which replicates certain biological, cognitive and socio-emotional changes in an individual. It is a transitional stage which promotes an individual from childhood to adolescent with some changed behavior and also produces a number of socio-emotional problems sometimes results in creating an impediment for them in adjusting with socially confirmed behavior and values by the society. The society expects that a child should be socially mature when he becomes adolescent by developing a more mature relationship with other members of society. In other words, the existence of adolescence in society cannot be imagined and expected without being a part of the social set up. The society can accept a young immature child but not an adolescent. It is necessary for an adolescent to acquire a more mature pattern of social behavior and must have the ability to be accepted as a social individual because a socially matured person is well accepted by the peers as well as by society. It is an accepted fact by the society that an individual who is socially matured develops the ability to make the right and proper decision when he confronts to any kind of problem and critical issue. Immature adolescence sometimes creates problems in his social relations and family relations which further results in disturbing his adjustments with a social group and sometimes indulging him in different anti-social activities. National crime record bureau (NCRB) reveals that 1,186 cases of heinous crimes, including murder and rapes, involving adolescents were reported in 2016 in Haryana. Adolescents were allegedly involved in as many as 62 cases of rapes and surprisingly, Haryana stood on the Ninth rank in the country when it came to crimes committed by adolescents. In fact, in 2016, 48 cases were reported wherein adolescents were accused of assaulting women with an intention to outrage their modesty (Moudgil, 2017). These adolescents who are involved in such kind of heinous activities are termed as juveniles. The social maturity of adolescents is treated with the good sense to behave socially and culturally in a situation that develops from childhood or we can say during a period before adolescence. Hence, adolescence seems to be a crucial phase of development, so it is necessary to provide them with a good and congenial atmosphere to make them a mature member of society.

### 2. LITERATURE REVIEW:

Biswas (2018) found that there was no significant difference in social maturity among high school students in relation to their locale and gender. Upreti and Sharma (2018) found that adolescents living in orphanages were socially less mature as compared to those residing with intact families and with single-parent families. Astha, Seema and Mamta (2017) found that female adolescents possessed high social maturity as compared to their male counterparts. Goyal (2015) found that there exists a significant difference in mean scores of social maturity of adolescents in relation to their

gender, locale, and type of school. Pratibha and Verma (2015) found that female adolescents belonging to the rural area are highly socially matured as compared to female adolescents belonging to the urban area. Sanwal, Joshi, and Shekhar (2014) concluded that counseling sessions organized to enhance social maturity among school-going rural teenagers have created a difference in social maturity among male students whereas there was no significant difference in social maturity among female students before and after counseling. Singhpuar (2013) found that the level of social maturity in the case of urban students is higher as compared to their rural counterparts. Hasnain and Adlakha (2012) found that adolescents without siblings had higher mean on social maturity score than adolescents with siblings. Lawrence and

Jesudoss (2011) found that girls were more socially mature as compared to boys and on the other side adolescents belonging to rural background were more socially mature than adolescents belonging to the urban background.

Social Maturity permits a more detailed perception of the social environment which helps adolescents to influence the social circumstances and develop stable patterns of social behavior (Bretsch, 1952). Therefore, keeping in mind the aforementioned facts, the present research study has been designed to see the difference in social maturity among adolescents belonging to the rural and urban background of Haryana.

### 3. HYPOTHESES:

- **Hypothesis 1:** There exists no significant difference in the social maturity of adolescents belonging to the rural and urban background.
  - **Sub Hypothesis 1.1:** There exists no significant difference in personal adequacy component of social maturity of adolescents belonging to the rural and urban background.
  - **Sub hypothesis 1.2:** There exists no significant difference in interpersonal adequacy component of social maturity of adolescents belonging to the rural and urban background.
  - **Sub hypothesis 1.3:** There exists no significant difference in social adequacy component of social maturity of adolescents belonging to the rural and urban background.
- **Hypothesis 2:** There exists no significant difference in the social maturity of male and female adolescents belonging to the rural background.
  - **Sub Hypothesis 2.1:** There exists no significant difference in personal adequacy component of social maturity of male and female adolescents belonging to the rural background.
  - **Sub Hypothesis 2.2:** There exists no significant difference in interpersonal adequacy component of social maturity of male and female adolescents belonging to the rural background.
  - **Sub Hypothesis 2.3:** There exists no significant difference in social adequacy component of social maturity of male and female adolescents belonging to the rural background.
- **Hypothesis 3:** There exists no significant difference in the social maturity of male and female adolescents belonging to the urban background.
  - **Sub Hypothesis 3.1:** There exists no significant difference in personal adequacy component of social maturity of male and female adolescents belonging to the urban background.
  - **Sub Hypothesis 3.2:** There exists no significant difference in interpersonal adequacy component of social maturity of male and female adolescents belonging to the urban background.
  - **Sub Hypothesis 3.3:** There exists no significant difference in social adequacy component of social maturity of male and female adolescents belonging to the urban background.

### 4. SAMPLE:

The present study was undertaken to assess social maturity among adolescents belonging to rural and urban backgrounds. Therefore two schools from Haryana were purposively selected fulfilling the conditions of rural and urban criteria. The study has been conducted on 140 adolescents. A sample of 70 students which includes 35 males and 35 females were randomly selected from Government senior secondary school, Nahoni, Ambala situated in a rural area and 70 students which also include 35 males and 35 females were also randomly selected from government senior secondary school, Panchkula situated in the urban area.

### 5. TOOL USED FOR DATA COLLECTION:

In order to measure the social maturity of adolescents, 'Social Maturity Scale' developed by Dr. Nalini Rao (2009) was used. The scale consists of 90 items along 4 sub-scales. It is a five-point scale and the subject has to give the responses to the statements by encircling one of the 5 suitable responses-Strongly Agree (SA), Agree (A), Neutral (N),

Disagree (D), and Strongly Disagree (SD). However during scoring, the neutral option was ignored and for positive items 4, 3, 2 and 1 score and for negative items 1, 2, 3 and 4 scores were given. The scale measures three dimensions of Social Maturity namely personal adequacy (Work orientation, Self-direction and Ability to take stress), interpersonal adequacy, (Communication, Enlightened trust, and Cooperation) and social adequacy (Social commitment, Social tolerance, and openness to change). Reliability coefficient obtained between the scores on Hindi and English versions was 0.98.

**6. METHODOLOGY FOR THE STUDY:**

For the present study, a descriptive survey method was used to assess social maturity among adolescents from a rural and urban background. In order to assess the social maturity of students, the Social maturity scale developed by Nalini Rao (2009) was used. t-test was applied to see the significant difference between adolescents belonging to rural and urban school on the basis of their social maturity using SPSS 16 version.

**7. RESULTS AND DISCUSSION:**

- **Hypothesis 1:** There exists no significant difference in the social maturity of adolescents belonging to the rural and urban background.

**Table 1**

Locale	N	Mean	S.D	t-value	p-value
Rural	75	2.14	20.04	4.06	0.00
Urban	75	2.28	20.41		

Table 1 reveals that the mean scores of adolescents belonging to a rural area are 2.14 and that of urban is 2.28. The t-value is found to be 4.06 ( $p < 0.05$ ) which is significant. Thus, the null hypothesis that there exists no significant difference in the social maturity of adolescents belonging to the rural and urban background is rejected. Since the mean value of adolescents belonging to the urban background (2.28) is greater than that of the mean value of adolescents belonging to the rural background (2.14). Hence, on the basis of mean scores, we can conclude that adolescents belonging to urban background possess better social maturity as compared to their counterparts. It could be due to the reason that in an urban setting, the environment provided is calm and congenial which may help in enhancing the feeling of oneness and cooperation among adolescents (Nagra and Kaur, 2013). In fact, the extra-curricular and another kind of social activities provided by the school situated in urban areas may lead to enhance social maturity among adolescents.

- **Sub Hypothesis 1.1:** There exists no significant difference in personal adequacy component of social maturity of adolescents belonging to the rural and urban background.

**Table 1.1**

Social maturity	Locale	N	Mean	S.D	t-value	p-value
Personal Adequacy	Rural	70	62.95	9.89	2.89	0.04
	Urban	70	67.57	8.95		

Table 1.1 reveals that the mean scores of adolescents on personal adequacy component of social maturity belonging to the rural background is 62.95 and that of adolescent belonging to the urban background is 67.57. The t-value is found to be 2.89 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in personal adequacy component of social maturity of adolescents belonging to the rural and urban background is rejected. Since the mean value of adolescents belonging to the urban background (67.57) is greater than that of the mean value of adolescents belonging to the rural background (62.95). Hence, on the basis of means scores, we can conclude that adolescents belonging to urban background possess better personal adequacy as compared to their counterparts. It could be due to the reason that adolescents belonging to urban background were efficient in experiencing pleasure which leads them to self-sufficiency. They were also taught for taking initiatives for directing their selves with full confidence and have ability to take undertake difficult and challenging tasks with full assurance as compared to their counterparts.

- **Sub Hypothesis 1.2:** There exists no significant difference in interpersonal adequacy component of social maturity of adolescents belonging to the rural and urban background.

**Table 1.2**

Social maturity	Locale	N	Mean	S.D	t-value	p-value
Interpersonal Adequacy	Rural	70	73.70	9.74	2.10	0.03
	Urban	70	76.68	6.76		

Table 1.2 reveals that the mean scores of adolescents on interpersonal adequacy component of social maturity belonging to the rural background is 73.70 and that of adolescent belonging to the urban background is 76.68. The t-value is found to be 2.10 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in interpersonal adequacy component of social maturity of adolescents belonging to the rural and urban background is rejected. Since the mean value of adolescents belonging to the urban background (76.68) is greater than that of the mean value of adolescents belonging to the rural background (73.70). Hence, on the basis of mean scores, we can say that adolescents belonging to urban background possess better interpersonal adequacy as compared to their counterparts. The reasons for the above finding can be quoted that adolescents belonging to urban background were better in communication skills, have the ability to make decisions about whom, when and how much to trust and have altruistic tendency to join others in order to reach mutually desirable goals as compared to their counterparts.

- **Sub Hypothesis 1.3:** There exists no significant difference in social adequacy component of social maturity of adolescents belonging to the rural and urban background.

**Table 1.3**

Social maturity	Locale	N	Mean	S.D	t-value	p-value
Social Adequacy	Rural	70	78.12	10.05	4.17	0.00
	Urban	70	84.58	8.11		

Table 1.3 reveals that the mean scores of adolescents on the social adequacy component of social maturity belonging to the rural background is 78.12 and that of adolescent belonging to the urban background is 84.58. The t-value is found to be 4.17 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in the social adequacy component of social maturity of adolescents belonging to the rural and urban background is rejected. Since the mean value of adolescents belonging to the urban background (84.58) is greater than that of the mean value of adolescents belonging to the rural background (78.12). Hence, on the basis of mean scores, we can say that adolescents belonging to urban background possess better social adequacy as compared to their counterparts. It could be due to the fact that adolescents belonging to urban background were more committed to relinquish personal interest in order to achieve societal goals, were more willing to interact with individuals and groups and were flexible in accepting changes occurring in the society as compared to their counterparts.

- **Hypothesis 2:** There exists no significant difference in the social maturity of male and female adolescents belonging to the rural background.

**Table 2**

Gender	N	Mean	S.D	t-value	p-value
Males	35	2.20	21.21	2.34	0.02
Females	35	2.09	17.46		

Table 2 reveals that the mean scores of male adolescents are 2.20 and that of the female adolescent is 2.09 belonging to the rural background. The t-value is found to be 2.34 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in social maturity of male and female adolescents belonging to the rural background is rejected. Since the mean value of male adolescents (2.20) is greater than that of the mean value of female adolescents (2.09). Hence, on the basis of mean scores, we can say that male adolescent possess better social maturity as compared to their counterparts. It could be due to the reason that female adolescents living in rural settings are always taught to behave timidly and remain vulnerable whereas male adolescents are brought up with the societal norms that provide them the opportunity to communicate freely with other members of society.

- **Sub Hypothesis 2.1:** There exists no significant difference in personal adequacy component of social maturity of male and female adolescents belonging to the rural background.

**Table 2.1**

Social maturity	Gender	N	Mean	S.D	t-value	p-value
Personal Adequacy	Males	35	62.68	11.64	0.22	0.82
	Females	35	63.22	7.92		

Table 2.1 reveals that the mean scores of male adolescents belonging to rural background on personal adequacy component of social maturity are 62.68 and that of the female adolescent is 63.22. The t-value is found to be 0.22 ( $p > 0.05$ ) which is not significant. Thus the null hypothesis that there exists no significant difference in personal adequacy component of social maturity of male and female adolescents belonging to the rural background is not rejected. Hence, we can say that male and female adolescents belonging to rural background were equally mature on a personal adequacy component of social maturity. The above findings are in the line of findings of Sanwal, Joshi, and Shekhar (2014) who reported that there was no significant gender difference in personal adequacy component of social maturity among rural teenagers. It could be due to the reason that both male and female adolescents belonging to rural background were equally efficient and competent in performing task leading to self-sufficiency. In fact, they were also equal on exercising control over their actions and taking the challenges with complete assurance.

- **Sub Hypothesis 2.2:** There exists no significant difference in interpersonal adequacy component of social maturity of male and female adolescents belonging to the rural background.

**Table 2.2**

Social maturity	Gender	N	Mean	S.D	t-value	p-value
Interpersonal Adequacy	Males	35	76.48	8.14	2.48	0.01
	Females	35	70.91	10.50		

Table 2.2 reveals that the mean scores of male adolescents belonging to rural background on interpersonal adequacy component of social maturity are 76.48 and that of the female adolescent is 70.91. The t-value is found to be 2.48 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in interpersonal adequacy component of social maturity of male and female adolescents belonging to the rural background is rejected. Since the mean value of male adolescents (76.68) is greater than that of the mean value of female adolescents belonging to the rural background (70.91). Hence, on the basis of mean scores, we can say that male adolescents belonging to urban background possess better interpersonal adequacy as compared to their counterparts. It could be due to reason that male adolescents belonging to rural background were better in communicating and making a clear meaningful speech, were more enlightened to make a decision how much to trust others and to join other in the decision for reaching mutually desirable goals as compared to female adolescents.

- **Sub Hypothesis 2.3:** There exists no significant difference in social adequacy component of social maturity of male and female adolescents belonging to the rural background.

**Table 2.3**

Social maturity	Gender	N	Mean	S.D	t-value	p-value
Social Adequacy	Males	35	81.05	9.02	2.52	0.01
	Females	35	75.20	10.30		

Table 2.3 reveals that the mean scores of male adolescents belonging to rural background on the social adequacy component of social maturity are 81.05 and that of the female adolescent is 75.20. The t-value is found to be 2.52 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in social adequacy component of social maturity of male and female adolescents belonging to the rural background is rejected. Since the mean value of male adolescents belonging to the rural background (81.05) is greater than that of the mean value of

female adolescents belonging to the rural background (75.20). Hence, on the basis of mean scores, we can say that that male adolescent belonging to rural background possess better social adequacy as compared to their counterparts. It could be due to the fact that male adolescents belonging to rural background were more interested in fulfilling societal goals, accepting the differences for building up out-group loyalties and adapting their selves according to the changing status in society as compared to female adolescents. Another reason for the above findings could be that the male adolescents living in a rural area are given more freedom to communicate with the other members of society as compared to their counterparts.

- **Hypothesis 3:** There exists no significant difference in the social maturity of male and female adolescents belonging to the urban background.

**Table 3**

Gender	N	Mean	S.D	t-value	p-value
Males	35	2.33	14.26	1.87	0.06
Females	35	2.24	24.50		

Table 3 reveals that the mean scores of male adolescents are 2.33 and that of the female adolescent is 2.24 belonging to the urban background. The t-value is found to be 1.87 ( $p > 0.05$ ) which is not significant. Thus the null hypothesis that there exists no significant difference in the social maturity of male and female adolescent belonging to the urban background is not rejected. Hence, we can say that both male and female adolescents belonging to urban background possess equal social maturity or both were equally socially mature. This could be due to the reason that the male and female adolescents studying in urban settings are given the same kind of opportunities and atmosphere which provides them chance to enhance their social maturity equally.

- **Sub Hypothesis 3.1:** There exists no significant difference in personal adequacy component of social maturity of male and female adolescents belonging to the urban background.

**Table 3.1**

Social maturity	Gender	N	Mean	S.D	t-value	p-value
Personal Adequacy	Males	35	69.85	6.78	2.19	0.03
	Females	35	65.28	10.47		

Table 3.1 reveals that the mean scores of male adolescents belonging to urban background on personal adequacy component of social maturity are 69.85 and that of the female adolescent is 65.28. The t-value is found to be 2.19 ( $p < 0.05$ ) which is significant. Thus the null hypothesis that there exists no significant difference in personal adequacy component of social maturity of male and female adolescents belonging to the urban background is rejected. Since the mean value of male adolescents (69.85) is greater than that of the mean value of female adolescents (65.28). Hence, on the basis of mean scores, we can say that male adolescents belonging to urban background possess better personal adequacy as compared to their counterparts. It could be due to the reason that male adolescents belonging to urban background were more efficient in experiencing pleasure which leads them to self-sufficiency. They were also taught to take initiatives for directing their selves with full confidence and ability to take undertake difficult and challenging tasks with full assurance as compared to their counterparts.

- **Sub Hypothesis 3.2:** There exists no significant difference in interpersonal adequacy component of social maturity of male and female adolescents belonging to the urban background.

**Table 3.2**

Social maturity	Gender	N	Mean	S.D	t-value	p-value
Interpersonal Adequacy	Males	35	77.77	5.20	1.35	0.18
	Females	35	75.60	7.96		

Table 3.2 reveals that the mean scores of male adolescents belonging to urban background on interpersonal adequacy component of social maturity are 77.77 and that of the female adolescent is 75.60. The t-value is found to be 1.35 ( $p > 0.05$ ) which is not significant. Thus the null hypothesis that there exists no significant difference in interpersonal adequacy component of social maturity of male and female adolescents belonging to the urban background is not

rejected. Hence, we can conclude that both male and female adolescents belonging to urban background were equally mature on the interpersonal component of social maturity. The reason for the above findings can be contemplated from the fact that both male and female adolescents belonging to urban background were equally mature in communicating and making a clear meaningful speech. In fact, both were equally enlightened to make a decision how much to trust others and to join others in the decision for reaching mutually desirable goals.

- **Sub hypothesis 3.3:** There exists no significant difference in social adequacy component of social maturity of male and female adolescents belonging to the urban background.

**Table 3.3**

Social maturity	Gender	N	Mean	S.D	t-value	p-value
Social Adequacy	Males	35	85.85	7.59	1.31	0.19
	Females	35	83.31	8.53		

Table 3.3 reveals that the mean scores of male adolescents belonging to urban background on the social adequacy component of social maturity are 85.85 and that of the female adolescent is 83.31. The t-value is found to be 1.31 ( $p > 0.05$ ) which is not significant. Thus the null hypothesis that there exists no significant difference in social adequacy component of social maturity of male and female adolescents belonging to the urban background is not rejected. Hence, we can conclude that male and female adolescents belonging to urban background were equally mature on the social adequacy component of social maturity. The reason for the above finding could be that both male and female adolescents belonging to urban background were equally committed to relinquish personal interest in order to achieve societal goals, were more willing to interact with individuals and groups and were flexible in accepting changes that take place in the society.

## 8. FINDINGS OF THE STUDY:

On the basis of analysis and interpretation of data, followings findings can be derived from the study.

- Adolescents belonging to urban background possess better social maturity as compared to adolescents belonging to the rural background.
- Male adolescents possess better social maturity as compared to female adolescents belonging to the rural background.
- Male and female adolescents were equally socially mature belonging to the urban background.
- Adolescents belonging to urban background possess better personal adequacy, interpersonal adequacy and social adequacy as compared to adolescents belonging to the rural background.
- Male and female adolescents belonging to rural background were equal in the personal adequacy component of social maturity. However, on interpersonal and social adequacy component of social maturity, male adolescents were better than female adolescents belonging to the rural background.
- Male adolescents belonging to urban background possess better personal adequacy as compared to female adolescents. However, on the interpersonal and social adequacy component of social maturity, both male and female adolescents were equal.

## 9. CONCLUSION:

Social maturity reflects when an individual interacts with people and the situation in society. The period of adolescence is known as a period of stress and storms. In fact, it has been recommended by different commissions to develop social maturity among adolescents. Therefore, it is necessary to protect these adolescents and to pave the way for proceeding towards more matured behavior. And for this, there is a need to create a proper congenial and peaceful atmosphere for adolescents living in a rural area. They can be provided with activities like role-playing and group games to strengthen their social relationship. Adolescents belonging to rural background should work on developing their abilities to look after their self-interest and to cope with stress. The democratic atmosphere provided at home can play a foremost role in developing the maturity level among adolescents.

**REFERENCES:**

1. Astha, M., Seema, D., & Mamta, K. (2017). A study on social maturity of adolescent in Sultanpur city. *International journal of home sciences*, 3(2), 278-283.
2. Biswas, S. (2018). A study on social maturity among higher secondary school students. *International journal of scientific research and development*, 3(8), 211-215.
3. Bretsch, H.S. (1952). Social skills and activities of socially accepted and unaccepted adolescents. *Journal of Education Psychology*, 443- 449.
4. Goyal, P. (2015). Social Maturity among Adolescents. *International Multidisciplinary e-Journal*, 4(9), 89-95.
5. Hasnain, N., & Adlakha, P. (2012). Self-Esteem, Social Maturity and Well-Being among Adolescents with and without siblings. *IOSR Journal of Humanities and Social Science*, 1(5), 5-11.
6. Lawrence, A.S.A., & Jesudoss, I.R. (2011). Relationship between social maturity and academic achievement of higher secondary school students. *International Journal of Educational Administration*, 3(3), 243-250.
7. Moudgil, R. (2017, December 03). Crimes by Juveniles on rise in Haryana. *Hindustan Times*. Retrieved on June 03, 2019 from <https://www.hindustantimes.com/india-news/crimes-by-juveniles-on-rise-in-haryana-ncrb-data/story-18J8luekHFv2v6kdai1JXM.html>
8. Nagra, V., & Kaur, M. (2013). Social Maturity among Students Teachers. *International Journal of Education and Psychological Research*, 2(1), 10-16.
9. Pratibha & Verma, V. (2015). Assessment of social maturity of the adolescent girls of rural and urban areas. *Advance journal of social sciences*, 6(2), 186-190.
10. Rao, N. (2009). Manual for Rao's social maturity scale. *Agra: National Psychological Corporation*.
11. Sanwal, S., Joshi, S., & Shekhar, S. (2014). A Comparative Study on Social Maturity among School Going Rural Teenagers; Gujarat, INDIA. *International Journal on Recent and Innovation Trends in Computing and Communication*, 2(12), 3990-3993.
12. Singhpuar, S. (2013). Academic achievement of high school students in relation to their anxiety, emotional maturity and social maturity. *I-Manager Journal of Educational psychology*, 7(2), 11-16.
13. Upreti, R., & Sharma, S. (2018). A study on social maturity of adolescents across their family type. *Indian Journal of Health and Well-being*, 9(3), 401-403.