

Communication

# The Seven Elements of Maturology Symbol: A Novel Metaphoric Framework for Understanding Human Development

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## Abstract

Maturology, an emerging interdisciplinary field, is underpinned by the seven elements of its symbol, an innovative metaphorical framework for describing human maturity. This symbol synthesizes multiple dimensions of human existence, growth, and development, offering a comprehensive perspective on the maturation process through interconnected components: the Talent Hand Sign, Cycle of Generation, Blue Star, Pentagon, Figures, Skye, and Path of Transcendence. The Talent Hand Sign is a symbolic representation of the twelve fundamentals of maturology. The Cycle of Generation underscores human development's progressive and generational nature, emphasizing the transmission of wisdom, values, and experiences across different life stages. The Blue Star serves as a guiding emblem of sagehood, symbolizing wisdom, enlightenment, and the pursuit of higher consciousness. The Pentagon represents stability, resilience, and the structural integrity necessary for holistic development. The Figures contextualize human maturation over time, categorized into lustrum, decade, score, and generation, reflecting the rhythmic nature of life's journey. The Skye, as a representation of boundlessness, encapsulates the limitless potential for self-improvement, transformation, and human aspiration. Lastly, the Path of Transcendence maps out the stages of personal evolution from life to legacy, highlighting the significance of self-actualization and societal impact. In conclusion, this metaphorical framework provides a holistic and integrative model for human maturity, encouraging individuals to pursue continuous growth, self-awareness, and meaningful contributions to society while fostering a deeper understanding of the dynamics of personal and collective development.

## Keywords

Maturology, Symbol, Metaphoric Framework, Understanding, Human Development

## 1. Introduction

Maturology is the study of the intricacies of human maturity. It is a new field that explores the process of maturation through a lens that combines symbolism, psychology, philosophy, and human development. Unlike traditional psychological models, which focus on isolated aspects of human

growth, maturology integrates multiple elements of maturation into a cohesive framework, emphasizing the importance of virtues, generational influence, and transcendence [1]. At the core of this field are the Seven Elements of Maturology Symbol, a conceptual design for understanding the intricacies

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**Received:** 4 February 2025; **Accepted:** 24 February 2025; **Published:** 7 March 2025



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of human maturity (Figure 1). The Seven Elements of Maturology Symbol include; Talent Hand Sign, Cycle of Generation, Blue Star, Pentagon, Figures (Years), Skye, and Path of Transcendence. Each component provides a metaphorical perspective on the human developmental journey, encouraging individuals to reflect on their growth and its impact on future generations. The integration of virtues, generational cycles, and path of transcendence within this model presents an innovative approach to understanding human maturity, offering an opportunity for more profound self-awareness and purposeful living [2].



**Figure 1.** The Seven Elements of Maturology Symbol.

G1-First Generation; G2-Second Generation; G3-Third Generation; G4-Fourth Generation.

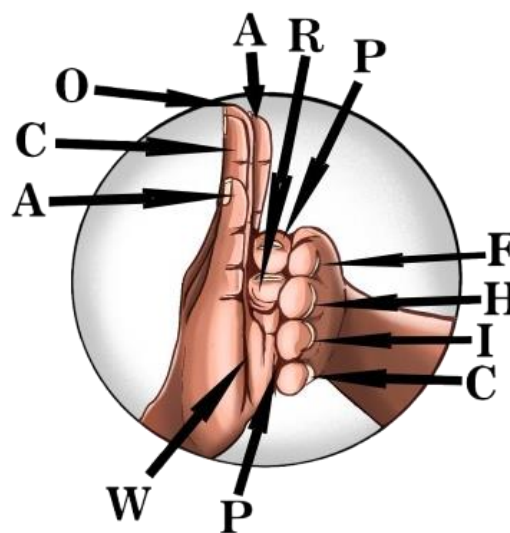
X1-Life; X2-Light; X3-Love; X4-Legend; and X5-Legacy.

## 2. Unveiling the Seven Elements of the Maturology Symbol

### 2.1. Talent Hand Sign: Twelve Fundamentals of Maturology

The Talent Hand Sign (THS) is the central element of the seven components within the maturology symbol. It consists of twelve fundamentals essential for human maturity. THS is formed by placing two hands together with opposing palms and interlocking thumbs (the left thumb positioned above the right thumb): the four fingers of the right hand point vertically, while the right thumb and all fingers of the left hand point horizontally. The left palm represents purpose, and the right palm signifies work. The four vertical fingers symbolize awareness, creativity, orderliness, and appreciation. The six horizontal fingers represent respect, preserve, faithfulness, honesty, integrity, and contentment (Figure 2 and Table 1).

These twelve fundamentals are integral to understanding maturology, as symbols are crucial in conveying ideals [3, 4].



**Figure 2.** Talent Hand Sign (THS): Twelve Fundamentals of Maturology.

In clockwise order: Left Palm (P – Purpose), Right Palm (W – Work), Right Little Finger (A – Awareness), Right Ring Finger (C – Creativity), Right Middle Finger (O – Orderliness), Right Index Finger (A – Appreciation), Right Thumb (R – Respect), Left Thumb (P – Preserve), Left Index Finger (F – Faithfulness), Left Middle Finger (H – Honesty), Left Ring Finger (I – Integrity), and Left Little Finger (C – Contentment).

#### (1) Left Palm: Purpose

Purpose can be defined as the reason for which something is done or created, or for which someone exists. It embodies the guiding principles, goals, and motivations that direct an individual's actions and decisions. In the context of the THS, the palm of the left hand symbolizes purpose. This metaphor suggests that purpose is the foundation upon which actions are built, providing direction and meaning to the tasks we undertake. Anthropological and biomechanical studies highlight the significance of the palm in human evolution, emphasizing its role in skill development and the ability to manipulate tools and objects with precision [5]. The left palm, representing purpose, mirrors the intention and foresight required to engage in meaningful activities. Viktor Frankl [6] emphasized that a sense of purpose is essential for human fulfillment, transforming life's challenges into opportunities for growth and legacy. Recent research further supports the idea that purpose-driven individuals exhibit greater resilience and well-being, particularly in the face of adversity [7].

#### (2) Right Palm: Work

Work is defined as the effort applied to achieve a result or accomplish a task. It involves the practical execution of tasks and the physical manifestation of purpose. In the THS, the palm of the right hand represents work. This symbolizes the

tangible actions taken to fulfill one's purpose, reflecting the idea that purposeful intentions must be accompanied by diligent effort. The two palms are mirror images of each other, signifying that the work performed must align with the individual's purpose, guided by the principles of maturity and integrity. Together, the palms represent the harmonious integration of purpose and work, creating a framework for purposeful living. Purposeful work, grounded in the symbolic principles represented by the ten fingers, acts as a catalyst for transforming life into a legacy that transcends the physical existence of the body [6, 8].

### *(3) Right Little Finger: Awareness*

Awareness refers to the state of being conscious of and able to perceive, understand, or recognize something. It involves being attentive to one's environment, thoughts, emotions, and experiences, as well as to the external world. Awareness is the foundation of self-knowledge and is vital for navigating the complexities of human existence. According to Maslow [9], self-awareness is integral to personal growth and helps individuals understand their potential and limitations. Self-awareness is a key manifestation of maturity [10]. Recent studies have highlighted the role of mindfulness practices in enhancing self-awareness and emotional regulation, which are critical components of maturity [11].

### *(4) Right Ring Finger: Creativity*

Creativity is the ability to generate new ideas, concepts, or solutions that are original, useful, and valuable. It involves thinking outside of conventional frameworks and combining existing knowledge in innovative ways to address problems, create art, or contribute to advancements in various fields [12]. Creativity is the force that drives innovation and problem-solving. It is essential for adapting to changing circumstances and for contributing to societal progress [13, 14]. Creativity nurtures an individual's ability to envision new solutions to complex challenges, enhancing their capacity to engage with the world in meaningful ways. Recent research emphasizes the importance of fostering creativity in educational and professional settings to address contemporary global challenges [15].

### *(5) Right Middle Finger: Orderliness*

Orderliness refers to the quality of being organized, neat, and structured. It is the ability to arrange things systematically or methodically, ensuring that everything is in its proper place. Orderliness is an essential characteristic for both personal and professional success. Piaget [16] emphasized that maintaining order and structure in one's life is crucial for cognitive development and moral reasoning. Individuals who exhibit orderliness are better equipped to navigate the challenges they face, both internally and externally. Modern studies have shown that organizational skills are strongly correlated with productivity and mental well-being, particularly in high-stress environments [17].

### *(6) Right Index Finger: Appreciation*

Appreciation is an essential human attribute, characterized by recognizing and valuing the goodness in life and work. It

fosters strong social bonds and helps individuals connect with others on a deeper level. According to Diener and Seligman [1], appreciation contributes to subjective well-being by enhancing relationships and encouraging gratitude. Recent research has expanded on this, showing that gratitude practices can significantly improve mental health and interpersonal relationships [18].

### *(7) Right Thumb: Respect*

Respect is a fundamental value that involves recognizing and honoring the worth, feelings, rights, and dignity of others. It encompasses acknowledging someone's value, treating them with fairness, and engaging in considerate behavior [19]. Respect for oneself and others forms the foundation of harmonious social interactions. Gilligan [20] argued that respect is crucial in ethical decision-making, ensuring that individuals honor the dignity and worth of all people. Contemporary studies highlight the role of respect in fostering inclusive and equitable environments, particularly in diverse workplaces [21].

### *(8) Left Thumb: Preserve*

Preserve refers to the act of safeguarding or protecting human life. It implies a duty to uphold and maintain the existence, well-being, and dignity of human beings. This can be understood as a moral and ethical responsibility to prevent harm, ensuring that human life is respected and valued. The concept of preservation, in the context of life preservation, reflects a deep sense of maturity, responsibility, and ethical awareness. Maturity, in this sense, is demonstrated by an individual's commitment to sustaining life—both their own and that of others—through conscious actions that promote well-being, harmony, and longevity. This principle is foundational in moral philosophy, environmental ethics, healthcare, and human development [22]. Recent advancements in environmental sustainability and bioethics have further emphasized the importance of preservation in addressing global challenges [23].

### *(9) Left Index Finger: Faithfulness*

Faithfulness represents unwavering loyalty to one's values, relationships, commitments, and purpose. This fundamental is foundational to personal integrity, strengthening interpersonal bonds, fostering emotional stability, and ensuring the maintenance of enduring connections with others [24]. Faithfulness signifies a mature individual's ability to remain true to their life's mission and ethical principles, even in the face of adversity. This internal consistency reflects a deep alignment between one's actions and values, promoting psychological resilience and a sense of purpose [25]. Recent research has explored the role of faithfulness in building trust and long-term relationships, particularly in the context of organizational leadership [26].

### *(10) Left Middle Finger: Honesty*

Honesty involves aligning one's words and actions with reality, ensuring truthfulness in both communication and behavior [27]. Honest individuals refrain from deceit, regardless of the situation or circumstances. This virtue is a key

attribute for fostering personal integrity and building social trust. Honesty forms the bedrock of moral development, guiding individuals to act consistently with their values and principles. Honesty is linked to cognitive and emotional processes that support ethical decision-making and trust-building within social groups. Research in developmental psychology suggests that honesty is cultivated through early moral education and social interactions, which reinforce the importance of truthfulness and integrity [28]. Recent studies have highlighted the role of honesty in reducing corruption and promoting transparency in institutions [29].

#### (11) *Left Ring Finger: Integrity*

Integrity refers to the alignment and consistency of actions, values, and principles. It involves adhering to a moral or ethical code, even in challenging circumstances or when unobserved. Integrity extends beyond honesty, encompassing not only truthful communication but also behavior that reflects one's stated beliefs and values. This includes honoring commitments, fulfilling obligations, and maintaining ethical standards across personal and professional contexts [27, 28]. Contemporary research has emphasized the importance of integrity in leadership, particularly in fostering ethical organizational cultures [30].

**Table 1.** Talent Hand Sign- Twelve Fundamentals of Maturology.

Side	Identity	No.	Fundamental	Symbol
Left	Palm	i	Purpose	P
Right	Palm	ii	Work	W
	Little	iii	Awareness	A
	Ring	iv	Creativity	C
Right	Middle	v	Orderliness	O
	Index	vi	Appreciation	A
	Thumb	vii	Respect	R
	Thumb	viii	Preserve	P
	Index	ix	Faithfulness	F
Left	Middle	x	Honesty	H
	Ring	xi	Integrity	I
	Little	xii	Contentment	C

#### (12) *Left Little Finger: Contentment*

Contentment is a state of being satisfied and at peace with what one has and where one is in life, without excessive desire for more or undue attachment to external circumstances. It fosters a peaceful and balanced existence [31]. Ryff and Keyes [32] emphasized the role of contentment in promoting psychological well-being, suggesting that individuals who cultivate contentment experience a greater sense of fulfillment

in their lives. Additionally, contentment serves as an antidote to covetousness and greed, encouraging individuals to appreciate the present and focus on intrinsic values [33]. Recent studies have explored the role of contentment in reducing stress and enhancing life satisfaction in modern, fast-paced societies [34].

## 2.2. Cycle of Generation: Generational Growth and Evolution

The Cycle of Generation (G1–G4) represents the lifelong progression of maturity through distinct 30-year phases, each marked by key developmental traits and contributions. G1 (1–30 years) is the foundation of growth, where individuals undergo physical, cognitive, and social development, acquiring education and life skills. G2 (31–60 years) is the phase of mastery and responsibility, characterized by career advancement, leadership, and deepening emotional intelligence. G3 (61–90 years) marks the stage of wisdom and legacy, where experience is consolidated, and individuals focus on mentorship and long-term impact. G4 (91–120 years) is the era of reflection and transcendence, focusing on legacy, existential insights, and intergenerational influence. Together, these cycles demonstrate the evolving nature of human maturity across the lifespan. Generational influence shapes the maturation of individuals by embedding them in a larger social and cultural context [35]. The Cycle of Generation serves as a reminder that maturity is a cumulative process that spans across time. Recent research has highlighted the role of intergenerational learning in addressing global challenges such as climate change and social inequality [36].

## 2.3. Blue Star: Sagehood

The Blue Star is a symbol of sagehood, which signifies the attainment of wisdom and enlightenment after a lifetime of learning and self-discovery. Sagehood represents the highest stage of human maturation, where individuals have transcended basic existence to attain a deeper understanding of life and the universe [9]. It is a beacon of wisdom, guiding individuals on their path toward self-actualization and higher consciousness. The Blue Star serves as a reminder of the boundless potential for human growth, urging individuals to continue their pursuit of knowledge and personal transformation [37]. Recent studies have explored the role of wisdom in promoting well-being and resilience in older adults [38].

## 2.4. Pentagon: Stability and Strength

**Stability and Strength:** The pentagon is structurally strong and symbolizes a foundation of wisdom and experience. As maturity involves developing resilience and adaptability, the pentagon metaphorically represents an individual's ability to navigate life's complexities with stability [39, 40]. Each angle of the pentagon signifies a significant transformation as an



individual progresses from stage X1 to X5, while each side represents a period of major transition in the life cycle, during which individuals experience profound personal insight. Contemporary research has emphasized the importance of resilience in coping with modern-day stressors and uncertainties [41].

## 2.5. Figures: Structured Time

The element of Figures (Years) divides human life into units of time: lustrum (5 years), decade (10 years), score (20 years), and generation (30 years). This structured timeline reflects the developmental stages that individuals pass through as they age. Each unit corresponds to specific milestones in physical, emotional, and intellectual growth, offering a clear framework for understanding human maturation within the context of time [16]. By recognizing these periods, individuals can better appreciate the gradual and structured nature of their personal growth and development. Recent studies have explored the impact of structured life planning on achieving long-term goals and well-being [42].

## 2.6. Skye: Limitlessness and Boundless Potential

Skye is a metaphor for boundlessness and the infinite potential that lies within every individual. It symbolizes the idea that human development is not limited by time, space, or circumstance. Maslow [9] suggested that self-actualization is a process that can extend throughout an individual's life, with no definitive endpoint. The Skye encourages individuals to think beyond constraints and embrace their limitless capacity for growth and transformation. Recent research has highlighted the role of a growth mindset in fostering innovation and adaptability in the face of global challenges [43].

## 2.7. Path of Transcendence (X1-X5): The Evolution of Self

The Path of Transcendence (X1-X5) delineates the stages through which individuals evolve, starting from the earthly existence of the body in the mother's womb to the ultimate state of legacy, beyond terrestrial habitation. This transformation includes the following stages:

*X1: Life* – The beginning of the human journey, marked by conception, basic survival, and growth [44].

*X2: Light* – This stage represents enlightenment and self-awareness, where individuals gain a profound understanding of their purpose. They become cognizant of their own needs and those of others, striving to address these needs through exemplary service. This aligns with the concept of self-transcendence, which involves developing a positive relationship between self and others, transcending self-focused needs, and enhancing prosocial characteristics [45].

*X3: Love* – The development of deep, meaningful rela-

tionships and the capacity to give and receive love. Individuals at this stage practice interdependence with services beyond the call of nature. Such individuals are characterized by awareness, creativity, orderliness, appreciation, respect, preservation of life, faithfulness, honesty, integrity, and contentment in rendering impactful sacrificial services [46].

*X4: Legend* – Individuals at the Legend stage have typically undergone significant personal growth, having navigated earlier stages of development and overcome various challenges. They possess a unique blend of skills, knowledge, and experience, which enables them to innovate, inspire, and lead others. Their contributions often have far-reaching consequences, shaping the course of human history and leaving an indelible mark on future generations [47].

*X5: Legacy* – The concept of Legacy represents the final stage of human development, where individuals transcend temporal limitations by leaving a lasting impact through wisdom, creativity, and moral contributions. This pursuit aligns with existentialist perspectives on meaning-making, emphasizing the human capacity to find purpose and significance in life despite its inherent challenges [48]. Philosophically, it resonates with Aristotle's notion of eudaimonia, which advocates for realizing one's highest potential in service of the greater good [49]. Empirical research supports that individuals driven by a sense of purpose and contribution experience greater well-being and are more likely to achieve transcendent states of consciousness [48]. Thus, the pursuit of legacy is not merely an act of self-preservation but an ethical endeavor that fosters human flourishing across generations. Recent studies have emphasized the importance of legacy-building in addressing global challenges and promoting intergenerational equity [50].

## 3. Discussion

The Seven Elements of the Maturology Symbol provide an innovative metaphorical framework for understanding the complex and dynamic process of human maturation. By synthesizing symbolic representations with principles from developmental psychology, philosophy, and sociology, the model offers a holistic approach to human growth and self-actualization [9]. Each element of the symbol—THS, Cycle of Generation, Blue Star, Pentagon, Figures, Skye, and Path of Transcendence—functions interdependently, reinforcing the idea that maturation is a multifaceted and interconnected journey.

Maturology underscores the significance of virtues, values, generational continuity, wisdom, and transcendence, urging individuals to cultivate both personal and collective growth. The THS, representing the twelve fundamentals of human maturity, aligns with psychological research emphasizing the role of character strengths in human development [51]. The Cycle of Generation highlights the progressive and generational nature of development, consistent with Erikson's [52] psychosocial theory, which posits that each stage of life builds

upon previous experiences. Additionally, the Blue Star, symbolizing sagehood, resonates with the philosophical concept of wisdom as a guiding principle in lifelong learning and personal fulfillment [53].

The Maturology framework further emphasizes the importance of stability and structured growth, as represented by the Pentagon and Figures (Years), aligning with life-span developmental theories that advocate for structured milestones in human development [54]. Moreover, Skye, signifying boundlessness, echoes the concept of self-transcendence found in humanistic psychology, encouraging individuals to embrace limitless potential [55]. The Path of Transcendence encapsulates the evolutionary journey from existence to legacy, underscoring the importance of contributing to society and shaping future generations.

By integrating maturology and its unique symbol into educational, psychological, and philosophical discourse, individuals can better understand the forces that shape their lives and actively engage in their growth and development. This model provides a comprehensive guide to human development, fostering self-awareness, purpose, and meaningful contributions to the well-being of others. Recent research has highlighted the relevance of such integrative models in addressing contemporary challenges such as mental health crises and societal fragmentation [56].

## 4. Conclusions

The seven elements of the maturology symbol offer a novel approach to understanding human maturity. By integrating the twelve fundamentals as central tenets, along with generational cycles and a path to transcendence, it provides a holistic framework for personal and collective maturation. This model not only emphasizes growth, reflection, and contribution but also distinguishes itself from traditional maturity theories by linking individual development to a broader, cyclical process of wisdom cultivation. As a symbolic representation of maturology, it encourages continuous self-improvement, fostering a lifelong journey toward sagehood and the creation of a meaningful legacy. Furthermore, its interdisciplinary relevance positions it as a valuable tool for personal development, leadership, and societal progress.

## Abbreviations

THS    Talent Hand Sign

## Acknowledgments

The author would like to extend gratitude to Adedayo I. Grillo, a talented artist in graphic design, for his exceptional skill and expertise in refining the original design. His contributions have significantly enhanced the visual presentation of this work.

## Author Contributions

Oluwadare Ogunlade is the sole author. The author read and approved the final manuscript.

## Funding

This work is not supported by any external funding.

## Conflicts of Interest

The author declares no conflicts of interest.

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