

## **Effect of Social Media on Emotional Intelligence and Anxiety among College Students**

**DR. DAITKAR ARUN RAJARAM**

Assistant Professor in Psychology,  
Shri Bankatswami College, Jalna Road, Beed (Maharashtra) - 431122

### **ABSTRACT**

Objectives of the study- To find out the effect of social media on emotional intelligence and anxiety among college students. Hypothesis – 1. Low Social Media user of college students will be significantly high emotional intelligence than the High Social Media user of college students. 1. High Social Media user of college students will be significantly high anxiety than the Low Social Media user of college students. Sample - The present study 120 college students were selected from Beed District. Among them 60 high Social Media user of college students and 60 Low Social Media user of college students. The age group of students is 18-24 years ( $M=21.25$ ,  $SD = 3.75$ ). Non- probability purposive sampling method was used. Tools 1. Emotional intelligence scale- by Hyde pethe and Dhar 2. Shinha’s Comprehensive Anxiety Test Statistical Analysis - “t” value was used for statistical analysis of data . Conclusions: 1. Low Social Media users of college students have significantly high emotional intelligence than the High Social Media user of college students. 2. High Social Media user of college students have significantly high anxiety than the Low Social Media user of college students.

**Keywords:-** *Social Media, College Students, Emotional Intelligence, Anxiety.*

## **Introduction:**

Emotional intelligence is considered a popular construct and is responsible for success in every aspect of a person's life. Goleman (1995) theorized that emotional intelligence provides the base for emotional competencies that promote social and personal skills in individuals for better performance at work places. Those who have high competency can recognize emotions and influence others' feelings, as compared to those who have less capability. They normalize their emotions and are able to perform better in organization.

Generally speaking, the use of media is seen as a double-edged sword having both positive and negative impacts on this group. It makes the youth and adolescents weak in real-life skills, takes them away from reality, helps living in fantasy, decreases interpersonal interactions, diminishes outdoor activities, creates violence in their mind due to violent games, increases anxiety levels wanting to achieve game targets, distracts them from study, alters their lifestyle, time management and eating habits, causes addiction and psychiatric disorders as depression, bipolar disorder, obsessive compulsive disorder and attention deficit disorder (Muduli, 2014).

A study in Chicago had reported that the youth use social networking sites like Facebook, Twitter and Instagram to brag about violence, make threats, recruit gang members and to plan criminal activity known as Internet banging (Patton, Eschmann, Elsaesser, & Bocanegra, 2016). Other literature had reported that adolescents who used social media more and those who were more emotionally invested in social media experienced poorer sleep quality, lower self-esteem and higher levels of anxiety and depression (Woods & Scott).

Salovey and Mayer (1990) had described emotion intelligence as "a type of social intelligence that involves the ability to monitor one's own and other's emotions, to discriminate among them, and to use this information to guide one's thinking and actions" (Salovey P, Mayor JD, & D, 2002). Ioannidou (2008) referred to it as the ability to control one's wishes and to postpone their fulfillment, to regulate others' mood, to isolate feeling from thinking, to place you into another's shoes and to hope. Simply, it is the process of regulating both feelings and expressions (Ioannidou & Konstantikaki, 2008).

Emotional intelligence is a concept symbolized by the abbreviation EQ (Emotional Intelligence Quotient). It includes skills such as being able to control the impulse, to curb the impatience, to properly regulate mood and to prevent the frustration, to stifle the ability to think, to have empathy and hope (Petrides & Furnham, 2000). The available literature suggests a relationship between emotional intelligence and coping. For instance, a systematic review reported that emotion intelligence is associated with better coping strategies (Resurreccion, Salguero, & Ruiz-Aranda, 2014). It was also reported that emotional intelligence is related to and can predict coping among university students (Moradi, Pishva, Ehsan, Hadadi, & Pouladi).

Additionally, a study reported that emotional intelligence was related to coping styles focused on solving the problem, positive reassessment, avoidance, and seeking social support as religion. The relationship between coping and media was also investigated. One study reported that adolescents resort to electronic media to adapt with poor sleep or as a sleep aid (Yaqoot Fatima, 2017).

Another study found that social media use by adolescents has also been found to contribute to adolescent-parent conflicts leading to change in interactional patterns and sometimes to suicide (Shah, Chauhan, Gupta, & Sen, 2016). Only one study investigated the relationship between emotion intelligence and media. This study revealed that individuals with different EI levels have the most tendencies to interactive media and they have the least tendencies to non-interactive media (Mallekian & Khazae, 2012)

### **Objectives of the study.**

To find out the effect of social media on emotional intelligence and anxiety among college students.

### **Hypotheses**

- 1) Low Social Media user of college students will be significantly high emotional intelligence than the High Social Media user of college students.
- 2) High Social Media user of college students will be significantly high anxiety than the Low Social Media user of college students.

### **Sample**

The present study 120 college students were selected from Beed District. Among them 60 high Social Media user of college students and 60 Low Social Media user of college students. The age group of students is 18-24 years (M=21.25, SD = 3.75). Non- probability purposive sampling method was used.

### **Variables**

#### **Independent Variables –**

##### **Use of Social Media**

- 1) High Social Media users
- 2) Low Social Media users

#### **Dependant Variables –**

- 1) Emotional Intelligence
- 2) Anxiety

### **Tools**

#### **1) Emotional intelligence scale- by Hyde pethe and Dhar**

The present emotional intelligence (EIS) consists of 34 statements with five alternatives there is no time limit for completion the scale. It is a individual as well as group test.

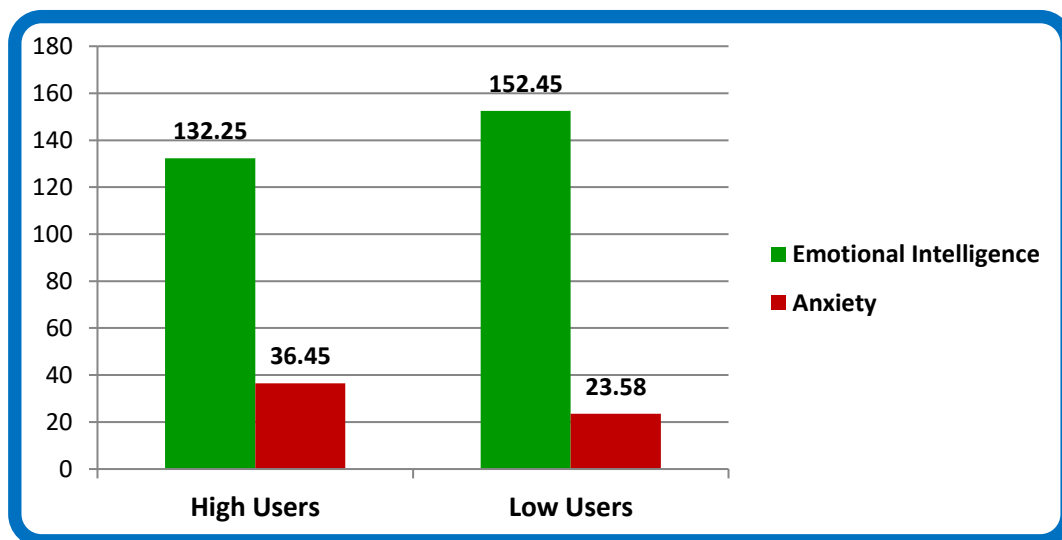
#### **2) Shinha's Comprehensive Anxiety Test**

The Anxiety test was developed by Arun Kumar sinha and to measure the Anxiety. In this test 90 items are there and YES and No Alternative. And this test in highly reliable and valid.

## Statistical Analysis

“t” value was used for statistical analysis of data .

	Use of Social Media						t value
	High Users			Low Users			
	Mean	SD	N	Mean	SD	N	
Emotional Intelligence	132.25	8.68	60	152.45	9.03	60	<b>12.49**</b>
Anxiety	36.45	7.99	60	23.58	9.14	60	<b>9.04**</b>



High Social Media user of college students mean is 132.25 and Low Social Media user of college students mean is 152.45 on dimension Emotional Intelligence. And the difference between the two mean is highly significant ‘t’ (118) = 12.49,  $P < 0.01$ ). It concluded that the Low Social Media user of college students have significantly high emotional intelligence than the High Social Media user of college students.

High Social Media user of college students mean is 132.25 and Low Social Media user of college students mean is 36.45 on dimension anxiety. And the difference between the two mean is highly significant ‘t’ (118) = 9.04,  $P < 0.01$ ). It concluded that the High Social Media user of college students have significantly high anxiety than the low Social Media user of college students.

“Anxiety is practicing failure in advance”- seth godin. Very aptly put into words that anxiety never satisfies your fears but it aggravates them to a different level. Same is the result indication of young adults being more prone to internet addiction and experiencing a higher level of anxiety for day to day life schedule especially in girls. Females by nature are more inquisitive and far sighted than males which make them think more on any issue and thus can give rise to anxiety in varied situations. On the top of it internet addiction is supporting their anxiety levels as it hinders their sleep process and adds to stress in personal and professional

life; vice versa males do not experience the same level of anxiety. They score lower in emotional intelligence than females.

Emotional intelligence is the ability to create a balance between knowing what you don't know and that what you do know can be improved. It is definitely a mammoth task for young males to get into self analysis of such kind and balance out emotions so definitely girls tend to have an edge over such issues because of their intense thought process and planning ahead in life.

**Conclusions:**

- 1) Low Social Media users of college students have significantly high emotional intelligence than the High Social Media user of college students.
- 2) High Social Media user of college students has significantly high anxiety than the Low Social Media user of college students.

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