



Relationship between Emotional Maturity & Social Media

¹Sarita Modi, Department of Physiology, Sri Aurobindo Institute of medical Sciences, Indore. India

²Manila Jain, Department of Physiology, Index medical college, Indore. India

Corresponding Author: Sarita Modi, Department of Physiology, Sri Aurobindo Institute of medical Sciences, Indore. India

Citation this Article: Sarita Modi, Manila Jain, “Relationship between Emotional Maturity & Social Media”, IJMSIR- February - 2021, Vol – 6, Issue - 1, P. No. 225 – 228.

Type of Publication: Original Research Article

Conflicts of Interest: Nil

Abstract

Background: As people, at every moment of our lives, we feel emotions and seek to connect with others to express and intensify these emotions. Now, to deal with such unparalleled interactions, social media has become a virtual medium for communicating with others. No doubt, new communication technology has turned the whole world into a "Global Village". Technology, as it is, though, like two sides of a coin, carries both the negative and the positive sides of it. It allows people to be well educated, enlightened, and keep up with changes in the world. Technology is exposing society to a new way to do stuff.

Objective of the study: Relationship between emotional maturity & social media.

Materials and methods: Complete the questionnaires entirely and stratified sampling at random was done. Variables of social media use were measured by the Merton (1968) social network site use scale and Emotional maturity scale by Singh.Y and Bhargava.M (1999).

Results: The present study show that there is a substantial mean difference between sample groups in emotional maturity among low users of social network

sites, average users of social network sites, and high users of social network sites. The study results revealed that users of high online social networking sites are much less emotionally mature compared to those who use social networking sites online.

Conclusion: The use of social networking sites on the Internet has a negative effect on emotional maturity.

Keywords: Social Network Sites (SNSs), Academic performance

Introduction

As people, at every moment of our lives, we feel emotions and seek to connect with others to express and intensify these emotions. Now, to deal with such unparalleled interactions, social media has become a virtual medium for communicating with others¹. No doubt, new communication technology has turned the whole world into a "Global Village". Technology, as it is, though, like two sides of a coin, carries both the negative and the positive sides of it. It allows people to be well educated, enlightened, and keep up with changes in the world. Technology is exposing society to a new way to do stuff.

The era of adolescence is the main part of life where the evolution from childhood to adulthood takes place.

The most significant changes, such as biological, cognitive, social and emotional, are marked by this point. The capacity to perceive and control feelings refers to emotional maturity². It helps to build a person and social life that is balanced. Emotional maturity can also be defined as "adolescents' ability to stabilise emotions, including emotional progression, independence, social adjustment, emotional stability, integration of personality, etc." The era between the 10-19 age range is known as adolescence. During this period of life, most significant changes such as physical, mental and social growth occur quickly. The factors that influence the individual during this age group produce an impact or effect on the individual and last for almost all life³.

Emotional maturity is considered to be one of the main determinants in shaping the personality, actions and behaviours of an individual and helps to strengthen the relationship with others and enhance the individual's self-worth. The person's survival in the current situation depends on how the situation is being coped with emotionally. Emotional maturity therefore plays a major role in building the capacity to adapt effectively to him, his family members, his friends, community, culture and his climate. The ability to withstand stress is the most outstanding mark of emotional maturity and it will allow a person to endure the anger they experience. An significant indicator of emotional maturity is that the individual objectively considers a situation as an inexperienced person or a child before reacting to it unthinkingly. This results in teenagers ignoring many stimuli that, when they are younger, would have triggered an emotional outburst. The more stable an adolescent reacts to the situation, and emotionally mature adolescents are generated by the emotional response to the situation^{4,5}.

Social Media They are forms of electronic communication that allow certain interests to be based on an interactive basis. Web and mobile technologies include social media. Kaplan et al. (2010) defined Social Media as an internet-based application group that enables user-generated content to be produced and shared⁶.

Social Network Sites (SNSs)

Today, social media is a common trend, particularly among college students, use such as facebook, twitters, whatsApp, instagram, sharechat is deeply embedded in people's daily lives. In particular, teens or college students spend a lot of time on social networking sites, and this will be part of their everyday lives. It is necessary to understand the essence of the use of social networking sites among students or teenagers and their relationship with emotional maturity.

Over the past decade, social network sites (SNSs) have increased dramatically in popularity and become part of social activities in communities, according to Boyd et al., (2007). SNSs are numerous web-based platforms that empower people to connect, play games, converse and share interests via instant messaging, for example. The definition of an SNS includes three factors: (1) a built online profile, (2) a list of friends and followers who are interacted with by users, and (3) a connection to each profile of friends, followers or contacts. Such profiles enable people to build new social relationships that would not otherwise be formed and to sustain existing relationships⁷.

There is a clear connection between the use of social media and emotional maturity. The darker side of technological evolution, however, has led to problems such as the reversal of real life values, especially among youth or students who make up the majority of users communicating through the use of social networking sites. The focus of online social networking

sites is to create and represent social relationships between individuals who share interests and or activities⁸.

WhatsApp, Facebook, Instagram etc. accounts are currently primarily owned by teenagers and students. In college or school, the reason most of them perform poorly may not be far- fetched. Although many minds would be able to blame the low standard of educators, if they haven't heard of the Facebook frenzy, they might have to think even harder⁷. Youth or students are so immersed in social media that they are online for almost 24 hours. The passion to make new friends online, and much of the time busy debating trivial problems, has crushed times that should be channelled into maturity or creativity⁹.

The present research was conducted to determine if digital media had an impact on emotional maturity.

Material and Methods

Study questionnaire

The questionnaire is built on the basis of the study objectives and the survey instruments previously published to evaluate:

- Study population demographics
- Social media usage
- Emotional maturity

Variables of social media use were measured by the Merton (1968)¹⁰ social network site use scale and Emotional maturity scale by Singh.Y and Bhargava.M (1999)¹¹.

Results

Table 1: shows the mean score and standard emotional maturity variance among sample groups belonging to users of low social network sites, average users of social network sites, and elevated users of social network sites. The high user group of social network sites obtained a lesser mean score (M=91.89, SD=11.02) on emotional maturity compared to the

average user group of social network sites (M=105.19, SD=17.04) and the low user group of social network sites obtained a higher mean score (M=108.74, SD=16.15) compared to the average user group of social network sites. A one way ANOVA statistic showed that the use of social network sites had a significant effect on the Academic performance among the students with a p value of < 0.001.

Table 1: Emotional maturity among sample groups belongs to Low social network sites users, Average social network sites users and high social network sites users.

Variable	Emotional maturity			
	N	Mean ± SD	F	P
Low social network sites users	100	108.74 ± 16.15	66.05	.001
Average social network sites users	100	104.87 ± 17.20		
High social network sites users	100	91.89 ± 11.02		

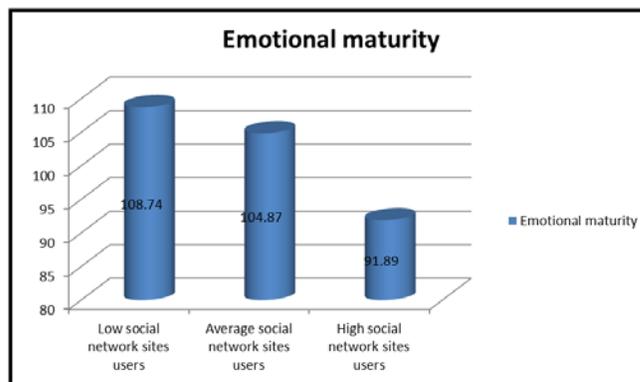


Figure 1: Emotional maturity among three groups belong to Low social network sites users, Average social network sites users and high social network sites users

Discussion

Although the use of social networking sites undeniably plays a vital role in expanding social networks and

acquiring technological skills, creative thinking is enhanced; its dangers should not, however, be ignored. The study results revealed that users of high online social networking sites are much less emotionally mature compared to those who use social networking sites online. The results of the present research are supported by several previous studies Dangwal et al., (2016)¹², Kuss et al., (2011)¹³, Leung et al., (2012)¹⁴, Hofmann et al., (2012)¹⁵ and Huang (2010)¹⁶.

Conclusion

The present study concludes that there is a substantial mean difference between sample groups in emotional maturity among low users of social network sites, average users of social network sites, and high users of social network sites. We can infer from the above findings that students with high use of social network sites are not so mature emotionally compared to average and low users of social network sites. The use of social networking sites on the Internet has a negative effect on emotional maturity.

References

1. Napa, Aparna, Prinitha S, Janani R. and Ghayathri Swetha Kumari RA. Social media usage and emotional maturity among adolescents. *Internat. J. Appl. Soc. Sci* 2018; **5**(7):941-9.
2. Heaven PC. *The social psychology of adolescence*. Palgrave Macmillan; 2001.
3. Simmons RG, editor. *Moving into adolescence: The impact of pubertal change and school context*. Routledge; 2017.
4. Rawat C, Gulati R. Influence of Home Environment and Peers Influence on Emotional Maturity of Adolescents. *Integr J Soc Sci* 2019; **6**(1):15-8.
5. Rajan CS, Joseph HB. Self esteem and emotional maturity among adolescents. *Int J Nurs Care* 2019; **7**(1):27- 9.

6. Kaplan AM & Helein M. Users of world, unite, The challenges and opportunities of social media. *Business Hertzzone* 2010; 53:59-68.
7. Ellison, N. B. (2007). Social network sites: Definition, history, and scholarship. *Journal of Computer-Mediated Communication*, 13(1), 210-230.
8. Oche M and Aminu A. (2010). *Nigeria: Social Networking and the Future of Students*.
9. Olubiyi'S.(2012),social media and Nigeria Youth burden.
10. Merton RK. *Social Theory and Social*. New York, US: Free Press 1968.
11. Singh Y and Bhargava M. (1990). *Manual for emotional maturity scale*. Agra: National Psychological Corporation.
12. Dangwal KL & Srivastava, S. Emotional Maturity of Internet Users. *Universal Journal of Educational Research* 2016; **4**(1):6-11.
13. Kuss DJ & Griffiths MD. Online social networking and addiction—a review of the psychological literature. *International journal of environmental research and public health* 2011; **8**(9):3528-52.
14. Leung L & Lee PS. The influences of information literacy, internet addiction and parenting styles on internet risks. *New Media & Society* 2012; **14**(1):117-36.
15. Hofmann W, Baumeister RF, Förster G & Vohs KD. Everyday temptations: an experience sampling study of desire, conflict, and self-control. *Journal of personality and social psychology* 2012; **102**(6):1318.
16. Huang, C. Internet use and psychological well-being: A meta-analysis. *Cyberpsychology, Behavior, and Social Networking* 2010; **13**(3):241-9.