



## A Study of Emotional Maturity in Social Media Addicted Adolescents

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### Abstract

Social media is an online raised area that people bring into play to put together social relations namely Facebook, Instagram, WhatsApp & Snapchat, etc. Online social network sites use has been emerged as the majority influential device intended for communication and swap of in sequence all over the globe. India has 367.48 million internet subscribers in September 2016. (The Hindu, 27 March 2017). The need for study is to find out whether social media addiction has an impact on emotional maturity in adolescents. Emotional maturity is a gauge of Emotional stability, Emotional progression, Social adjustment, Personality integration in addition to Independence by Singh, 1999. An emotionally mature individual is high on the above-mentioned magnitude. The existing study was conducted on 200 adolescents whose ages range between 13 years to 18 years. The tools used in the study are the Emotional Maturity Scale (EMS) by Singh and Bhargava, 1999. A random sampling method was used for the sampling selection. Findings exposed that the adolescent who has social media addicted are not emotionally mature. Resting on data analysis, the consequences designate that the adolescents whom social media addicted were interpreted as extremely emotionally immature in Emotional Maturity Scale.

**Keywords: Adolescents, Social media, Social media addition, Emotions, and Emotional maturity.**

### Introduction

Adolescence is the phase of cultural along with social configuration; it is the majority decisive moment designed for children furthermore youth. If there is refusal direction, care, in addition to follow-up as of the adolescent's family and his educate, the adolescent, in his expedition in the direction of build up the wisdom of social identity, spends a good number of his time thoughts, reviewing, and brilliant going on the common morals and behaviors he observes. He must come to a decision on how to be successful in friendships by means of his peers, do exercises his communal roles the same as apposite, and decide among numerous viewpoints, thoughts, as well as options that will offer him a sense of separate and self-determining Subsistence operational towards building his is in possession of potential. Inside this Illumination, adolescents are open to the elements of what is identified as individuality calamity (Levesque, 2011). Adolescence is the developmental era happening stuck between childhoods in addition to later life. Adolescence is an intermediary stage noticeable via significant changes into bodily maturation, cognitive abilities, as well as societal communications. Bodily maturation the majority obviously distinguishes adolescence on or after childhood.

### Social Media

Social Media the stage of an incredibly vital position in today's existence, social Media are web-based online tools that facilitate the populace to determine and be taught novel information, split ideas, and interrelate by means of the latest natives and organizations. It has misused the mode citizens be in this world their living these days, it has ended communiqué to a great extent easier. WhatsApp, Facebook as well as YouTube are the world's biggest social media networks.

### Social media addiction

Whether youth make use of social media on the way to attach through friends and loved ones, fob watch videos, or else just "kill time," the fame of this diversion has augmented considerably in excess of the last decade. This is more than ever the case in children and adolescents, in addition to young to middle-aged adults. As a result, how does an ostensibly nontoxic sideline twist hooked on an "addiction"? Similar to supplementary types of behavioral addictions, by means of social media, can sway their brain



inside destructive habits. People make use of social media impulsively and markedly. Adolescence becomes so habituated to scrolling from side to side posts, images, as well as videos that it interferes by way of extra areas of their existence. A few experts approximate up and about to 10 percent of the populace in the United States have social media addiction. On the other hand, owing to how ordinary social media make use of is wide-ranging; the number of those who have social media addiction may be elevated. Not each one who uses social media will expand an addiction. Since this activity is flattering further nearby to further community, even if, the extra public may increase addiction to social media at a various summit in their lives. At the same time as social media can furnish the inkling similar to tedious and peaceful entertaining, it in fact has a noteworthy outcome on their brain. Whenever you like people log on to their most wanted apps, dopamine signals in their brains raise. These neurotransmitters are connected by means of delight. When youth practice added dopamine subsequent to via social media, their brain identifies this movement as a worthwhile one that they must replicate. Such a response possibly will be further felt when on earth they make a post of their own in addition to putting on the optimistic comment. The constructive mindset practiced by social media users is just momentary. The mode their brain engages in this positive fortification is too seen in additional addictions. In consequence, at the same time as the feel-good dopamine wears off, they'll go away flipside to the spring in favor of additional. In a few cases, social media can be a welcome distraction if they're inaccessible owed to employment or else ill-health. The added they fit into place, the further their brain will tell that this is an action that can facilitate diminished lonesomeness. This may not automatically be the case, actually. Meerkerk et al. (2009) reported staid symptoms of obsessive internet use such at the same time as persistence of internet use in spite of of the reason or longing to stop or cut down; experiencing disagreeable emotions when internet use is unfeasible; by means of the internet to get away on or after unconstructive approach; internet use dominating one's cognitions and behaviors; as well as internet use ensuing in conflict by way of others or else in self-conflict. Van den Eijnden et al. (2008) has open to the elements that instantaneous online communiqué applications such as instant messaging, whatsapp as well as messenger engender an advanced addictive latent than the majority of other internet applications. Pfeil, Arjan & Zaphiris (2009) comparing 50 teenagers aged between 13-19 years and the 50 old aged MySpace users aged over 60 years exposed that teenagers' friends' networks were bigger along with that their friends were further comparable to themselves by way of regards to age. Milani et al. (2009) assessed the reputation of interpersonal relatives, and the cognitive strategies on a regular basis worn via revenue of adolescents to appearance each day problems, 98 adolescents ages 14 to 19 participated in the examiner. Studies have shown that too much use of online social networking sites may be difficult (e.g., Kuss & Griffiths, 2011; Leung & Lee, 2012) as it tends on the way to inspire the organization and safeguarding of online more willingly than offline, social networks. Hofmann, Vohs, & Baumeister, (2012) in a similar vein, unnecessary use of Twitter may have a negative penalty for existent living communication and is whispered to get going the pleasure-seeking dopamine system that offers instantaneous satisfaction when using applications such as Twitter. MorahanMartin & Schumaker, (2003) indicated positive surface of Internet use like study establish that feeling alone Internet users were further likely than the non-feeling alone to seek emotional sustain online, find additional pleasure by means of online contrasting to offline friends. Park (2010) establishes that social network site user use among college students had a positive association by means of face-to-face communication by way of friends and links, and **Emotions** Emotions bring to bear an unbelievably influential strength resting on human behavior. Strong emotion can source people in the direction of taking proceedings you might not normally execute or to keep away from situations you get pleasure from. In psychology, emotion is frequently defined as a multifaceted situation of feeling that outcome in physical and psychological changes that sway deliberation as well as behavior. Emotionality is associated by way of a range of psychological phenomena, as well as disposition, character, temper, and motivation. The situation of emotions in everyone and every individual's life is imperative as living itself. The phrase emotions pass on to feelings as well as its distinguishing belief, psychological in addition to biological states with a range of propensities to act (Goleman, 1995).



### Emotional Maturity

The concept of mature emotional behavior at the least level is that which reflects the conclusion of emotional increase. Emotional maturity is interior progress of complementary the mind as well as intellect by way of the exterior certainty. If a being is actually emotionally mature, he or she has and acts with reliability. If an individual has reliability, his or her attitudes in addition to behaviors are emotionally mature. Emotional maturity is the capability to appreciate realism and essentials and the excellence of response to a state of affairs by shedding on or after the pulls and pushes of pleasurable and unpleasant feelings. Chamberlain (1960), and emotionally mature individual is one whose emotional existence is in good health under managed. It is the have to of one and all that would akin to have exact sympathetic. A right sympathy makes a person matured. Emotionally matured being sees the globe as it is devoid of the bend of perception. It is about thoughtful truth. Intended for an emotionally matured individual, there is for all time a mode elsewhere in any situation. An emotionally constant child has the capability to make effectual adjustments with himself, members of the family in addition to his peers (Smithson 1974). Emotional Maturity is a progression in which the persona is incessantly determined meant for a greater sense of emotional wellbeing both Intra psychically as well as intra-personally. (Smitson, 1974). Adolescence is over and over again characterized as a time of emotional commotion, hormonal changes, and parental revolt (Smetana, 2011). Adolescence is the time when early stages set up a well-built sense of grouping association that has a considerable proposition designed for their rising code of sprite, justice, and parity (Killen, 2011). The connection stuck between the want meant for private identity, the need for close personal connection in addition to strapping group memberships is elementary for children toward the inside adolescence (Crosnoe and Johnson, 2017).

#### The uniqueness of Emotional Maturity

- The aptitude in the direction of practice as well as appreciate own sincere feelings and requirements, and to be bright to act on and articulate these approaches and needs in suitable and productive habits.
- The capacity to do something on and act in response to life conditions with intelligence, sound judgment as well as insight.
- The ability to be acquainted with, identify with and admire the manner and needs of others.
- The skill to hold up the instant pleasure of our own requirements, so that one may be present at to other added vital needs otherwise actions.
- The capability to love - to consent to another's needs thoughts, safety, and endurance to be completely dominant in a minute at the same time as if these were our be in possession of.
- The talent to get a feel for lithely and artistically to life's altering state of affairs and situation.
- The gift to conduit one's power, together with positive as well as negative, hooked on productive assistance to oneself, to others, as well as to communities.
- The enthusiasm and ability to be accountable and answerable for our own position and dealings inexistence, and the capability to distinguish our tasks from those of others.
- The ability to transmit contentedly and without stint in the midst of others, to like and be liked by others, in addition, to sustain healthy and mutually pleasing interaction.
- The ability to decide and expand associations that are healthy and cultivation, and to end or limit relationships that are unhelpful or detrimental.

Emotional maturity predicts capability on the way to deal with and observe individual emotions, to levy the emotional status of others, and to sway their opinions at the same time as usefulness reflects emotional intelligence. The mainly marvelous mark of emotional maturity is the ability to contract by means of the situations for that reason and with determination and even in the tremendous circumstances be emotionally steady as well as underneath manage. Persons who are emotionally mature normally discover that they are more contented by means of themselves; along with exposing those belongings in living that comprise supplementary people more enjoyable and much less chaotic than people who are emotionally immature. According to Ellison 2013, these existences the use of the internet in our society in addition to in our colleges has bloomed. The novel age group which is on the increase up with these new technologies can work additional successfully by means of these technologies than the old age group. Adolescence is



extremely occupied with using the internet. There are a lot of reasons for which the internet, as well as added digital technologies, are used, other than an announcement is still the number one. Even nevertheless bearing in mind that every one additional thing internet use to has positive as well as negative belongings from time totime it can be used as tension busters but on the different use of the internet to the addictive level can origina variety of health disorders. Sani et al. (2017) the velocity of people’s addiction to social networks have an overturn relationship with their emotional maturity. Ocansey (2016) adolescence use up additional time in social media extra toward presently alleviate their monotony by means of chatting and other activities thanusing it for the betterment of living. Arun Kumar (2016), there is no momentous dissimilarity in the emotional maturity of undergraduate students of the University of Lucknow concerning gender as well as locality. Shivani Arora (2014), expenditure to boot a great deal moment in time in social media is dangerous together physically along with mentally. Thus the above contradictory research findings indicate the need for more research in terms of the use of online Social media addiction on emotional maturity among adolescents, Hence this study aimed to find out whether social media addiction has an impact on emotionalmaturity in adolescents.

### Aims & Objective

To study the relationship between social media addicted on emotional maturity of adolescents.

To study the relationship between low social media addicted adolescents and high social media addicted adolescents on emotional maturity.

### Hypothesis

There will be no significant difference between low social media addicted adolescents and high social media addicted adolescents on emotional maturity.

### Variables

Independent variable

1. Social media: a) low social media addicted adolescents b) High social media addicted adolescents

Dependent variable

### 1. Emotional Maturity

Sample

The questionnaire method was used for data collection in the study. A sample comprised of 200 adolescents (100 male & 100 female) out of which 100 males (50) & females (50) whom low social media addicted adolescents and 100 males (50) & females (50) whom high social media addicted adolescents wasdrowned randomly selected from the different schools of Udaipur district in the age range between 13 to 18 years.

### Tool

Emotional maturity scale (1999). EMS by Dr. Yashvir Singh and Dr. Mahesh Bhargava Measures emotional maturity, it contained 48 items under the five categories such as emotional instability, emotional regression, social maladjustment, personal disintegration, and lack of independence.

### Procedure

The Emotional Maturity Scale was administered as a group test on the sample selected. The nature of the inventories was explained to the subjects. Items pertaining to difficulty in comprehending were explained and doubts were clarified, on average 25 to 30 minutes were taken for completing the inventories.

Statistical analysis

In this study intended for analyzing the composed data, mean, standard deviation as well as t-test were usedalong with on the way to observe the social media addiction on the emotional maturity of adolescents who low social media addicted and high social media addicted.

### Results and discussion

Table 1

The Mean, SD and t ratio on scores of Emotional maturity scale of low and high social media addicted adolescents

Groups	N	MEAN	S.D.	S.E.M.	t	P
Low addicted SMA	100	53.52	11.3845	0.805	2.385	0.0005



High addicted SMA	100	58.935	11.2865	0.798		
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Table 1 shows the mean, Standard deviation, and t ratio of two groups on Emotional maturity scores of low and high social media addicted adolescents. As the table shows, adolescents who were found that high social media addiction reported a lower level of emotional maturity (M=58.935, SD=11.2865) compared to the group who found to be low social media addiction (M=53.52, SD=11.3845), There was a significant effect for social media addicted adolescents on the emotional maturity,  $t(199) = 2.385, p < 0.0005$ .

The finding of the study showed that high social media addicted adolescents are less emotionally matured comparing to those whom low social media addicted adolescents. This discovery is supported by more than a few studies conducted by Kuss & Griffiths (2011), Hofmann, Vohs, & Baumeister, (2012), and Meerkerk et al., (2009). The probable explanations used for the findings of the current study is the lack or else complexity in self-regulation as well as receptiveness to peer pressure makes adolescents exposed to such ills as Face book depression, sexting, in addition to cyber bullying, which are sensible threats. Additional troubles such the same as social media addiction induced obesity, Internet addiction, and sleep deprivation are issues that go on with to be under intense inquiry for the conflicting results that have been obtained in an assortment of studies. One of the most important unenthusiastic consequences of depending resting on social media addiction such at the same time as via Facebook is Face book depression, It is defined at the same time as an emotional disorder that develops when preteens, as well as adolescence, spend a great deal of time on social media sites, is now an extremely real difficulty.

Adolescence is the time to extend wings, in addition, to take the hesitant first escape out into the globe, as well as parents as well as caregivers, must be composed of the progression. In the sphere of social networking, this entails parents becoming educated about the advantages as well as disadvantages of via social networking sites and themselves joining social network sites, not to float, but to be awake of the behavior of their adolescent wards. It is indispensable that parents are alert of and monitors the space to yourself settings and online profiles of their wards. Open deliberations about social network protocols and etiquettes would go a long mode in establishing global digital citizenship and healthy behavior.

### Conclusion

More high social media addicted adolescents are emotionally less matured compared to those whom low social media addicted adolescents. So we can say that our hypothesis is that there will be no significant difference between low social media addicted adolescents and high social media addicted adolescents on emotional maturity is discarded.

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