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**Role of Social Media in Emotional Intelligence and Anxiety among  
College Students**

Authored By

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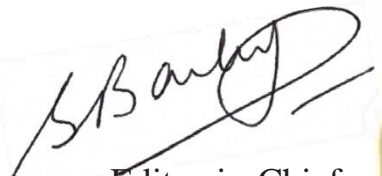
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## **Role of Social Media in Emotional Intelligence and Anxiety among College Students**

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### **Abstract**

Objectives of the study- To find out the role 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 Yeola Tahsil, Nashik-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 regarded a famous assemble and is accountable for success in each component of a character life. Goleman (1995) theorized that emotional brain offers the base for emotional capabilities that promote social and non-public capabilities in men and women for higher overall performance at work places. Those who have excessive competency can understand feelings and impact others feelings, as in contrast to these who have much less capability. They normalize their thoughts and are capable to operate higher in organization.

Generally speaking, the use of media is viewed as a double edged sword having each advantageous and terrible affects on this group. It makes the childhood and young people vulnerable in actual lifestyles skills, takes them away from reality, helps dwelling in fantasy, decreases interpersonal interactions, diminishes out of doors activities, creates violence in their idea due to violent games, will increase nervousness ranges looking to reap sport targets, distracts them from study, alters their lifestyle, time administration and consuming habits, reasons addiction and psychiatric issues as depression, bipolar disorder, obsessive compulsive disease and interest deficit sickness (Muduli, 2014).

A learn about in Chicago had pronounced that the childhood use social networking websites like Facebook, Twitter and Instagram to brag about violence, make threats, recruit gang contributors and to diagram crook

recreation recognised as Internet banging (Patton, Eschmann, Elsaesser, & Bocanegra, 2016). Other literature had mentioned that teenagers who used social media extra and these who had been greater emotionally invested in social media skilled poorer sleep quality, decrease shallowness and greater ranges of anxiousness and melancholy (Woods & Scott).

Salovey and Mayer (1990) had described emotion brain as "a kind of social Genius that includes the potential to reveal one's personal and other's emotions, to discriminate amongst them, and to use this data to information one's questioning and actions" (Salovey P, Mayor JD, & D, 2002). Ionnidou (2008) referred to it as the capability to manipulate one's needs and to put off their fulfillment, to adjust others' mood, to isolate feeling from thinking, to region you into another's footwear and to hope. Simply, it is the manner of regulating each emotions and expressions (Ioannidou & Konstantikaki, 2008).

Emotional Genius is a idea symbolized with the aid of the abbreviation EQ (Emotional Intelligence Quotient). It consists of capabilities such as being in a position to manage the impulse, to curb the impatience, to suitable alter temper and to stop the frustration, to stifle the capability to think, to have empathy and hope (Petrides & Furnham, 2000). The reachable literature suggests a relationship between emotional Genius and coping. For occasion A systematic evaluate suggested that emotion talent is related with higher coping techniques (Resurreccion, Salguero, & Ruiz-Aranda, 2014). It used to be additionally mentioned that emotional Genius is related to and can predict coping amongst college college students (Moradi, Pishva, Ehsan, Hadadi, & pouladi).

Additionally a find out about suggested that emotional Genius used to be associated to coping patterns targeted on fixing the problem, nice reassessment, avoidance, and looking for social help as religion. The relationship between coping and media was once additionally investigated. One find out about suggested that children motel to digital media to adapt with negative sleep or as a sleep resource (Yaqoot Fatima, 2017).

Another learn about located that social media use by means of youth has additionally been discovered to make a contribution to adolescent-parent conflicts main to exchange in interactional patterns and on occasion to suicide (Shah, Chauhan, Gupta, & Sen, 2016). Only one find out about investigated the relationship between emotion brain and media. This learn about published that men and women with distinct EI stages have the most dispositions to interactive media and they have the least inclinations to non-interactive media (Mallekian & Khazae, 2012).

## **Research Method**

### **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.
- 2) High Social Media user of college students will be significantly high anxiety than the Low Social Media user of college students.

### **Sample s**

The present study 120 college students were selected from Yeola Tahshil, Nashik-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.

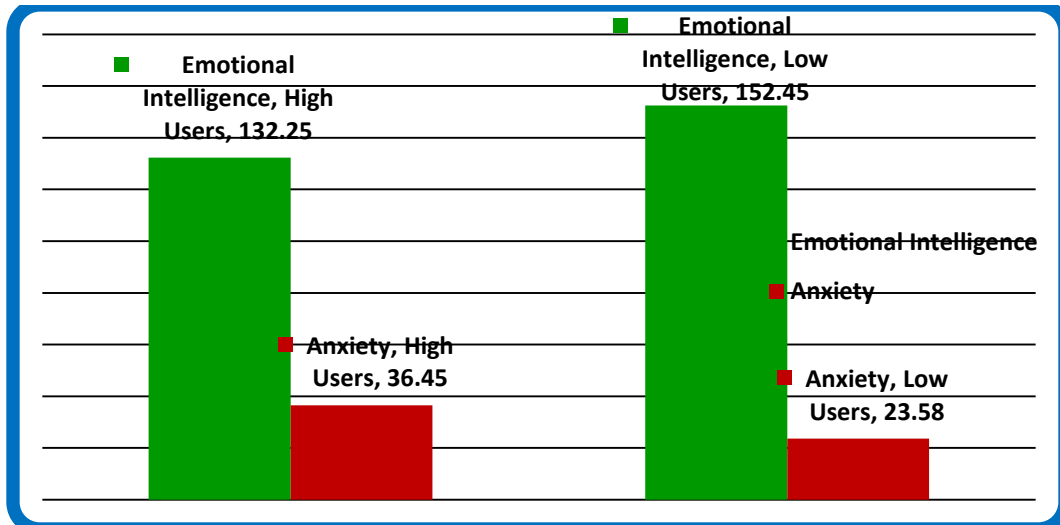
### **2) Shinha's Comprehensive Anxiety Test**

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.

An person is at a increased chance of Internet addiction if man or woman go through from nervousness that is the individual makes use of net to distract oneself from your concerns and fears. Anxiety sickness like obsessive-compulsive disease might also additionally make a contribution to an immoderate checking of emails and compulsive use of internet, one may additionally be depressed and at that time net can be an break out from emotions of depression, stress, isolation and loneliness or to get social help from digital world which is lacking in actual world. Signs and signs and symptoms of Internet dependancy varies from individual to person. For example, there are no set numbers of hours per day which point out Internet addiction. But right here are some common warning symptoms that may also exhibit that web use might also have grow to be a problem. This might also encompass dropping song of time whilst being online, having hassle completing duties at domestic or work, isolation from household and friends, Feelings of having a experience of euphoria whilst worried in Internet things to do and feeling responsible or shielding about your Internet use.

Internet dependancy can additionally lead to bodily discomforts like dry eyes or strained vision, carpal tunnel syndrome (pain and numbness in arms and wrists), sleep disturbances, reported weight loss or weight attain and neck aches and returned aches and extreme headaches. When used responsibly, the Internet can be a notable place to have interaction socially, meet new people, and even begin romantic relationships. However, on line relationships can regularly be extra excessive than these in actual life. Our fantasies are given free reign and the thinking of being with our on line love can exceed all sensible expectations.

Since few real-life relationships can compete with these wild, myth relationships, the Internet addict will decide on to spend extra and extra time with their on line friends. Another trouble is that about 50% of human

beings on line lie about their age, weight, job, marital status, or gender. When on-line buddies meet and the real-life character fails to suit the on line persona, it can create profound emotional disappointment.

### **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 users of college students have significantly high anxiety than the Low Social Media user of college students.

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