

# THE IMPACT OF TIME SPENT ON SOCIAL MEDIA ON EMOTIONAL INTELLIGENCE OF ADOLESCENTS

## **Abstract:**

*Consuming media has become a daily habit, if not a necessity. Daily morning our eyes open to updates from our friends and family... even those whom we otherwise don't know. We spent a significant amount of our waking time using one or the other form of media, whatever the purpose may be. What we surf on net has a high impact on the person we become, we are influenced by our peers, by celebrities, by viral trends, and what not. It is like the air we breathe in, its presence can neither be denied nor ignored. Emotional Intelligence is the ability to recognize and manage the emotions of self and others, social media gives us better chances to present ourselves and to understand others. The present study is an attempt to explore the impact of social media usage on the emotional intelligence of an individual. A sample of 1200 students was collected from various colleges of the metropolitan city of Delhi. Emotional intelligence of the subjects was assessed by Dr. S.K. Mangal and Mrs. Shubhra Mangal's Mangal Emotional intelligence inventory (MEII) and time spent on social media was taken to be independent variable along with gender. The results showed that there was no significant difference in internet usage of males and females, also no significant difference was found between emotional intelligence of males and females. The impact of social media usage was seen to be significant only on intrapersonal awareness among all other dimensions and overall emotional intelligence.*

**Key Words:** Social media, emotional intelligence, adolescence, gender

## **Introduction**

Social media is the new age of transformation of knowledge, which progressed from print-media to audio-visual (the one way communication modes) to online communication and devoted to information and connection (where communication is a two way process), here we are not restricted to receive the information only but can constantly provide with the feedback, the discussions that involve people and makes them feel more connected and responsive. Social media is understood as a group of new kinds of social media characterized by, participation, openness, conversation, community and connectedness (Mayfield, 2008). To develop the right social media metrics and subsequently construct appropriate dashboards, researchers provide a tool kit consisting of three components viz: theoretical derivation of a holistic framework covering major elements of social media (namely, motives, content, network structure, and social roles & interactions), based on this theoretical framework nine guidelines were suggested that may prove valuable for designing appropriate social media metrics and constructing a sensible social media dashboard, based on the framework and the guidelines managerial implications were derived and an agenda for future research was suggested (Peters, Chen, Kaplan, Ognibeni, & Pauwels, 2013). Not only social media is restricted to fun and communication, it does provide us with technology to seek out information about institutions, form connections with peers, and determine potential fit for getting admissions or for job (Muñoz & Strotmeyer, 2010).

Kruse, Norris & Flinchum (2018), found in their research that people avoid engaging in communicative action typical of the public sphere as they are influenced by three factors, fear of online harassment and workplace surveillance, engagement only with those who are politically similar and characterization of social media as a place for "happy" interactions.

The social media has become a place where people show their happiness despite whatever going on in their lives, they would always like to show their happy side to others. Despite our attempts to hide the negatives, we tend to show our depressive tendencies by the kind of stuff that we post or follow on social media. De Choudhury & Gamon, (2013) found that decrease in social activity and raised negative affect among others may be indicative of onset of depression in individuals.

India has over 12.5 crore internet users and the average usage of internet is 26 minutes a day. With everyday advances in the field social media is no more a luxury, it has transformed into a necessity. It has become necessary like air we breathe in and is omnipresent, with this massive presence of social media the impact it creates on us cannot be overlooked.

Emotional Intelligence can be defined as the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions, (Salovey & Mayer, 1990). This definition was revised by the authors in 1997 as Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional meanings, and to reflectively regulate emotions so as to promote both better emotion and thought. (Mayer & Salovey, 1997). Côté, (2014) understands emotional intelligence by the abilities that constitute it, he evaluates it on the basis of the performance and self-report approaches, he also attempts to review the findings about how EI is associated with work criteria and organizes the findings according to three overarching models: the validity generalization, situation-specific, and moderator models. Ferrara & Yang, (2015) tried to find the dynamics of emotional contagion for a sample of Twitter users and concluded that likelihood of adopting positive emotions is much greater than that of negative emotions. Emotion regulation abilities were found to be related to several indicators of the quality of individuals' social interactions with peers (not talking about the media mediated communication). These abilities were found to be associated with both self-reports and peer nominations of interpersonal sensitivity and prosocial tendencies. (Lopes, Salovey, Côté, & Beers, 2005). Studies done to explore the relationship of internet addiction and emotional intelligence found EI as a moderate to strong predictor of addiction-related behaviors for a group of younger and older adults (Parker, Taylor, Eastabrook, Schell, & Wood, 2008)(Cho & Lee, 2017), Emotional instability was found to have a positive effect on Internet addiction(Sun & Wu, 2011). The present research focuses on the impact of duration of being on social media on emotional intelligence of adolescents.

### Objectives:

1. To explore the gender difference in Emotional intelligence.
2. To explore the difference in emotional intelligence based on duration of Social Media Usages.
3. To find relationship between social media usage and Emotional intelligence of adolescents.

### Hypothesis:

H<sub>0</sub>1: There will be no difference in emotional intelligence of males and females.

H<sub>0</sub>2: There will be no difference in emotional intelligence based on duration of social media usages.

H<sub>0</sub>3: There will be no relation between social media usage and emotional intelligence of adolescents.

### Methodology:

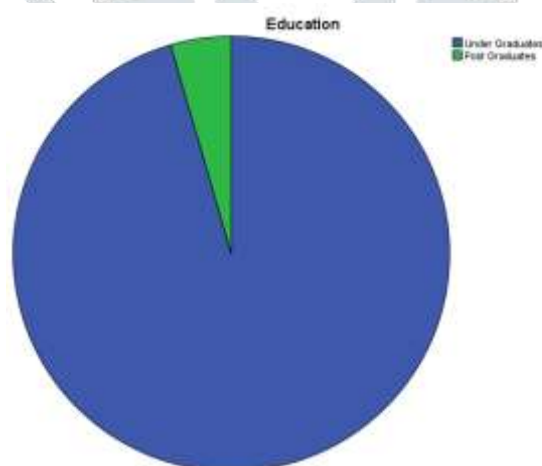
**Sample:** It is a field study in which a sample of 1200 students was selected using Stratified random sampling technique from 4 colleges of New Delhi, India. These 1200 students were further divided into males and females, i.e. 600 males and 600 females were selected for the purpose.

**Table 3.1: College-Wise and Gender wise distribution of respondents**

Sr.No.	Name of college	Female	Male	Total
1	College 1	150	150	300
2	College 2	150	150	300
3	College 3	150	150	300
4	College 4	150	150	300
	Total	600	600	1200

**Table 3.2: Education wise distribution of participants**

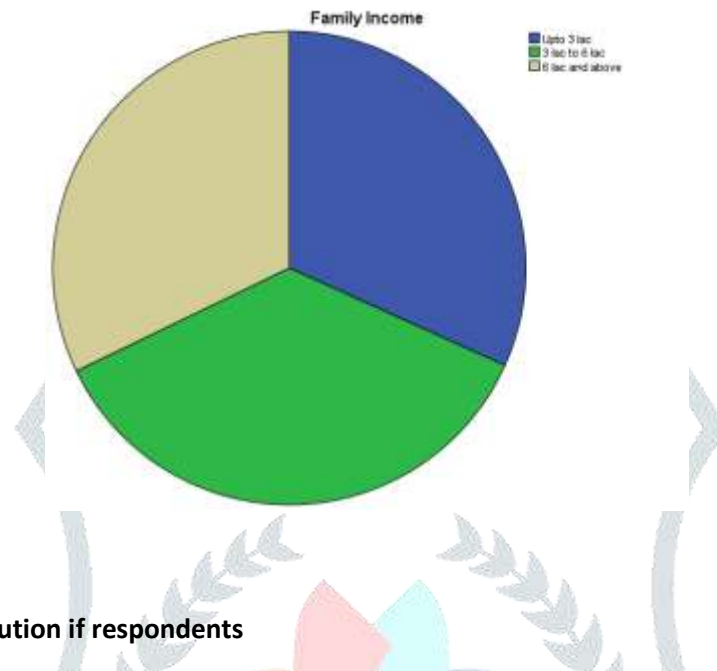
Groups	Frequency	Percent	Valid Percent	Cumulative Percent
Under Graduates	1146	95.5	95.5	95.5
Post Graduates	54	4.5	4.5	100.0
Total	1200	100.0	100.0	



**Table 3.3: Family Income wise distribution of respondents**

Income Groups	Frequency	Percent	Valid Percent	Cumulative Percent
Upto 3 lac	381	31.8	31.8	31.8

3 lac to 6 lac	433	36.1	36.1	67.8
6 lac and above	386	32.2	32.2	100.0
Total	1200	100.0	100.0	



**Table 3.4: Age-Wise distribution of respondents**

Age	Frequency	Percent	Valid	Cumulative
17 Years	16	1.3	1.3	1.3
18 Years	47	3.9	3.9	5.3
19 Years	369	30.8	30.8	36.0
20 Years	482	40.2	40.2	76.2
21 Years	184	15.3	15.3	91.5
22 Years	58	4.8	4.8	96.3
23 Years	27	2.3	2.3	98.6
24 Years	17	1.4	1.4	100.0
Total	1200	100.0	100.0	

Mean Age of the respondents was 19.95years

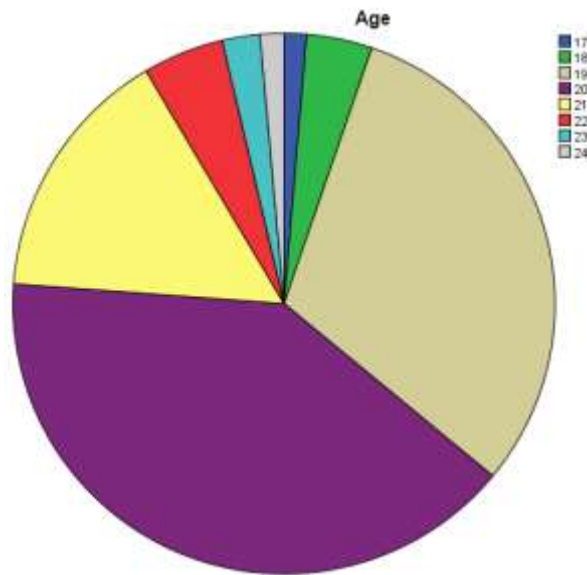


Table 3.5: Hours of time invested by respondents on internet

Time Spent	Frequency	Percent	Valid Percent	Cumulative Percent
0 Hrs	7	.6	.6	.6
1 Hrs	201	16.8	16.8	17.3
2 Hrs	504	42.0	42.0	59.3
3 Hrs	321	26.8	26.8	86.1
.>4 Hrs	167	13.9	13.9	100.0
Total	1200	100.0	100.0	

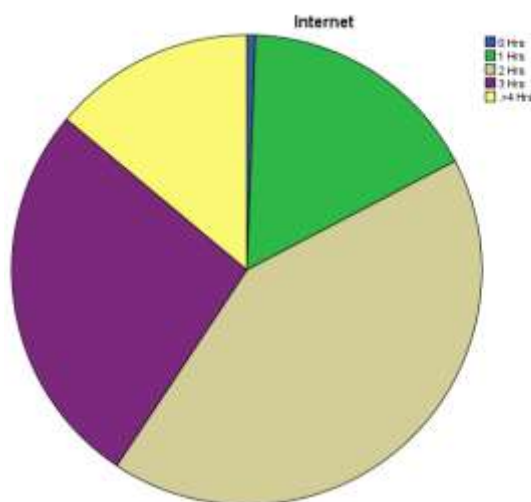
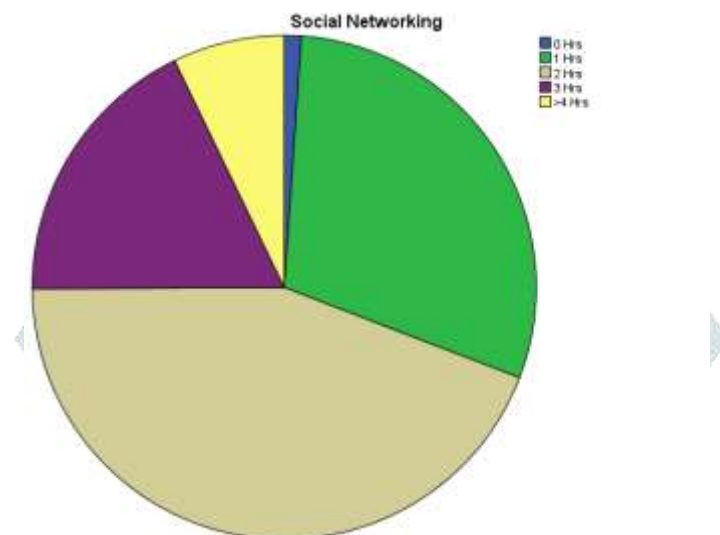


Table 3.6: Hours of time invested by respondents on Social Networking

	Frequenc v	Percent	Valid Percent	Cumulative Percent
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0 Hrs	13	1.1	1.1	1.1
1 Hrs	357	29.8	29.8	30.8
2 Hrs	529	44.1	44.1	74.9
3 Hrs	215	17.9	17.9	92.8
>4 Hrs	86	7.2	7.2	100.0
Total	1200	100.0	100.0	



**Variables:** Investigator's intention was to measure impact of duration of social media usages among different genders on emotional Intelligence. Here the *independent variable* were gender and duration of social networking sites and *dependent variable* is Emotional Intelligence.

#### Tools:

- Time spent on social media was taken by the participants using 5 categories, viz: 0 hrs, <1 hrs, <2hrs, <3hrs and  $\geq 4$  hrs was taken as a measure .
- Emotional intelligence of the subjects was assessed by Dr. S.K. Mangal and Mrs. Shubhra Mangal's Mangal Emotional intelligence inventory (MEII). Which has been designed for use with Hindi and English knowing students of 16+ years age. It measured emotional intelligence in four areas namely, intra personal awareness (knowing about one's own emotions), inter personal awareness (knowing about other's emotions), intra personal management (managing one's emotions) and inter personal management (managing others emotions) respectively. It has 100 items 25 each from the four areas to be answered in 'yes' or 'no'. The validity for the inventory was calculated to be .437 - .716 and reliability was from .89 to .92. The responses to the items were recorded on two point scale (yes/no), Every yes was scored as 1 and no was given a score of 0.

**Procedure:** data was collected from various UG and PG college students, after taking informed consent from them. Students were asked to fill the questionnaires in completeness and that there were no right or wrong responses to the items of the test, and that they are free to ask questions if any.

**Statistical analysis:** Histograms were plotted for both the variables to see the pattern of distribution of time spent on social media and emotional intelligence. To test the normality Shapiro-Wilk test of Normality was performed. Levene's Test of Homogeneity of Variances was used to establish the assumption of homogeneity. Mann Whitney U test was



conducted to analyze the difference among genders on emotional Intelligence. Analysis of Variance was measured using the Welch’s adjusted F ratio and difference among groups was identified using Games-Howell, were conducted to determine whether the time spent on social media differed significantly.

**Results and Discussions:**

**Shows Emotional Intelligence among males and females.**

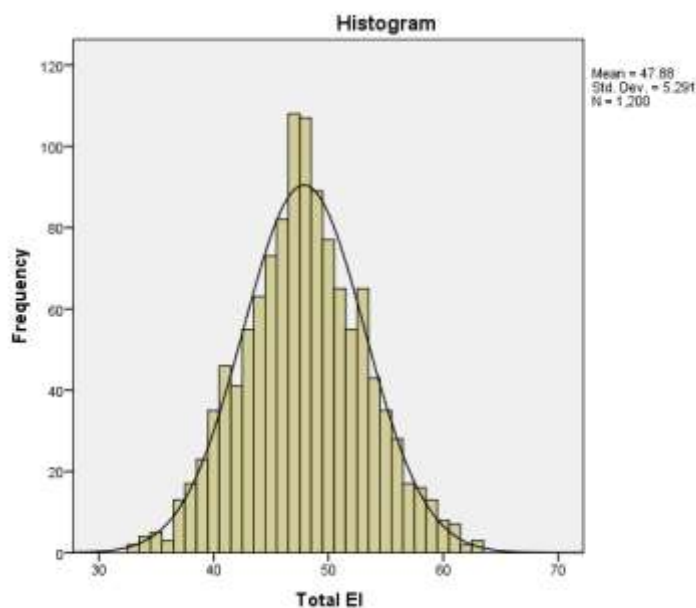


Figure 1: Normality of Emotional Intelligence data

Table 1: Shapiro-Wilk for test of Normality

	Shapiro-Wilk		
	Statistic	Df	Sig.
Intra-Personal Awareness	.988	1200	.000
Inter-Personal Awareness	.985	1200	.000
Intra-Personal Management	.988	1200	.000
Inter-Personal Management	.983	1200	.000
Total EI	.995	1200	.001

Table 2: Leven’s Test for Homogeneity of Variances

	F	df1	df2	Sig.
Intra-Personal Awareness	.170	1	1198	.680
Inter-Personal Awareness	.953	1	1198	.329
Intra-Personal Management	2.743	1	1198	.098
Inter-Personal Management	1.214	1	1198	.271
Total EI	.015	1	1198	.903

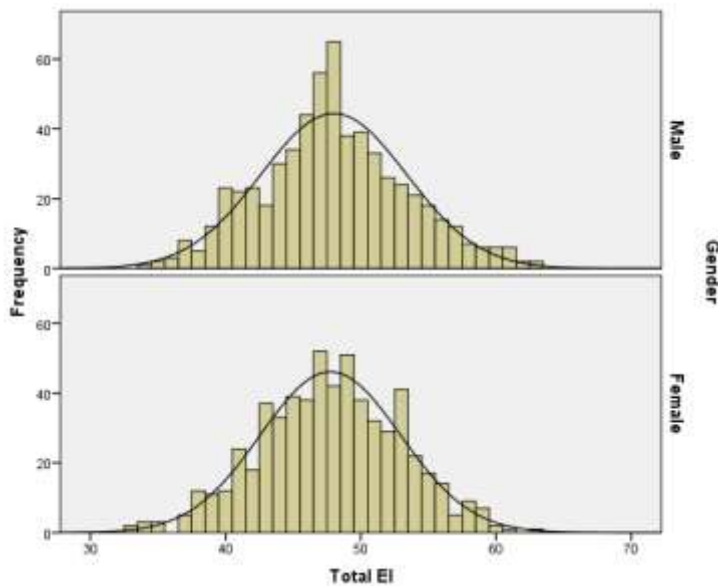


Figure 2: Homogeneity of variance among males and females

Table 3: Shows Mann-Whitney-U for Emotional Intelligence among males and females

Dimension	Gender	N	Median	Mean Rank	Sum of Ranks	U	Z	Effect Size r	Asymp. Sig. (2-tailed)
Intra-Personal Awareness	Male	600	10	596.86	358117.50	177817.5	-0.365	-0.0003	0.715
	Female	600	10	604.14	362482.50				
Inter-Personal Awareness	Male	600	11	612.05	367232.50	173067.5	-1.164	-0.0010	0.244
	Female	600	11	588.95	353367.50				
Intra-Personal Management	Male	600	15	615.33	369195.50	171104.5	-1.489	-0.0012	0.136
	Female	600	15	585.67	351404.50				
Inter-Personal Management	Male	600	12	593.68	356209.00	175909	-0.688	-0.0006	0.491
	Female	600	12	607.32	364391.00				
Total EI	Male	600	48	604.74	362841.00	177459	-0.424	-0.0004	0.672
	Female	600	48	596.27	357759.00				

Prior to conduct test for determining significant difference between independent groups the assumption of normality for Emotional Intelligence was evaluated and determined using Shapiro-Wilk for test of Normality, since the  $p (.000) < (.05)$  for all the measures thus null hypothesis that the data is normal was rejected and alternative hypothesis the data is not normal is accepted.

The assumption of homogeneity was met, because  $p (.680), (.392), (.098), (.271), (.903) > (.05)$ . This is indicated by the Levene’s Test of Homogeneity of Variances,  $F (1, 1198) = .170, p = .680, .953, p = .392, 2.743, p = .098, 1.214, p = .271, .051, p = .903$ . With an alpha level of .05,  $p (.680), (.392), (.098), (.271), (.903) > \alpha (.05)$ , which indicates



significance, the null hypothesis (no variance difference) is accepted – as such, indicating that the assumption of homogeneity of variance is met.

Results of Mann-Whitney-U shows that Intra-Personal Awareness of males ( $Mdn=10$ ) did not differ significantly from females ( $Mdn=10$ ),  $U=177817.5$ ,  $z = -0.365$ ,  $ns$ ,  $r = -0.0003$ , similarly Inter-Personal Awareness of males ( $Mdn=11$ ) did not differ significantly from females ( $Mdn=11$ ),  $U=173067.5$ ,  $z = -1.164$ ,  $ns$ ,  $r = -0.0010$ . Intra-Personal Management of males ( $Mdn=15$ ) did not differ significantly from females ( $Mdn=15$ ),  $U=171104.5$ ,  $z = -1.489$ ,  $ns$ ,  $r = -0.0012$ . Inter-Personal Management of males ( $Mdn=12$ ) did not differ significantly from females ( $Mdn=12$ ),  $U=175909$ ,  $z = -0.688$ ,  $ns$ ,  $r = -0.0006$ . Overall Emotional Intelligence of males ( $Mdn=48$ ) did not differ significantly from females ( $Mdn=48$ ),  $U=177459$ ,  $z = -.424$ ,  $ns$ ,  $r = -0.0004$ . As the sample was selected from the various university students of metropolitan cities and both males and females have equal access to internet and smartphones and higher education in their day to day lifestyle. As it is more a necessity than luxury to them.

**Emotional Intelligence and its sub-dimensions among individuals based on time spend on social networking sites.**

***Intra-personal Awareness among individuals based on time spend on social networking sites.***

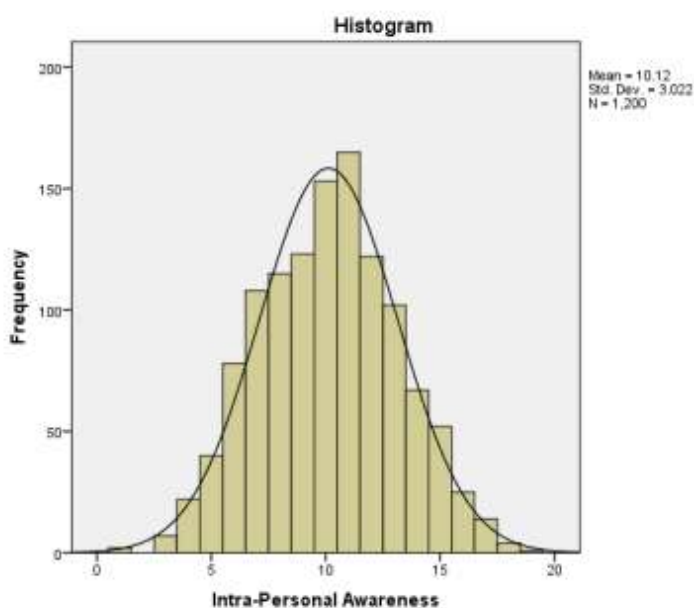


Figure 3: Shows Homogeneity of variance on measures of Intra personal awareness based on duration of social networking sites used.

**Table 4: Shapiro-Wilk for test of Normality**

	Shapiro-Wilk		
	Statistic	df	Sig.
<b><i>Intra-Personal Awareness</i></b>	.988	1200	.000

**Table 5: Levene Test of Homogeneity of Variances**

Levene's Test			
F	df1	df2	Sig.
.165	4	1195	.956

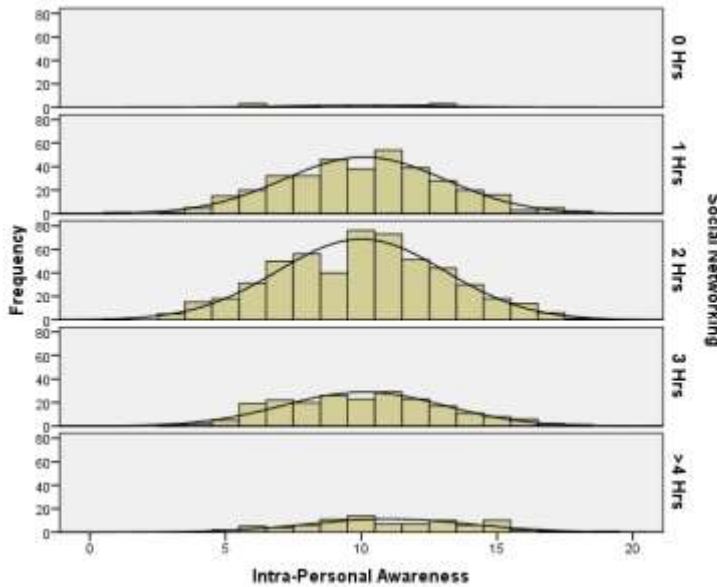


Figure 4: Shows Homogeneity of variance on measures of Intra-personal Awareness based on duration of social networking sites used.

Table 6: Shows Welch ANOVA

	N	Mean	Std. Deviation
0 Hrs	13	10.08	2.722
1 Hrs	357	10.11	2.963
2 Hrs	529	10.00	3.075
3 Hrs	215	10.07	2.965
>4 Hrs	86	11.02	3.037
Total	1200	10.12	3.022

	Statistic <sup>a</sup>	df1	df2	Sig.
Welch	2.063	4	83.006	.093

a. Asymptotically F distributed.

Assumption of normality for time spent on social media was evaluated and determined using Shapiro-Wilk for test of Normality, since the  $p (.000) < (.05)$  thus null hypothesis that the data is normal was rejected and alternative hypothesis the data is not normal is accepted.

The assumption of homogeneity was met, because  $p (.956) > (.05)$ . This is indicated by the Levene's Test of Homogeneity of Variances,  $F (4, 1195) = .165, p = .956$ . With an alpha level of .05,  $p (.956) > \alpha (.05)$ , which indicates non-significance, the null hypothesis (no variance difference) is accepted – as such, indicating that the assumption of homogeneity of variance met.

Since the assumption of normality of data was not met for this data, we used the obtained Welch's adjusted F ratio (9.576), which was significant at the .01 alpha level ( $p$  shown as .000, that is  $p < .001$ ) and adjusted omega squared was found to be .034, reported as Welch's  $F(4, 83.006) = 2.063, p = .093$  (or,  $p > .05$ ),  $\omega^2 = .034$ , we can conclude that at least the five groups do not differ significantly internet usages based on the average duration of use of social networking sites and 3.4% of variance in the dependent variable emotional Intelligence is accounted for by (5 different duration of social networking site usages).

Post hoc comparisons, using the Games-Howell post hoc procedure, were conducted to determine which pairs of the five categories of duration spent on internet means differed significantly. These results given in table 7 indicate that emotional intelligence of individual using social networking site for 2 hr. ( $M=10.00, SD=3.075$ ) has significantly average lower score than individual using for 4 hrs. ( $M=11.02, SD=3.037$ ). The effect size for the significant effect was .334, which are medium effect size. This is because the students who are spending more time on social networking sites are more aware about self as they are devoting more time to capture awareness

**Table 7: Post Hoc test Games-Howell**

Time Spent on Social Networking sites	Mean	Mean Difference ( $\bar{X}_i - \bar{X}_j$ )				
		Effect size ( <i>Cohen's d</i> ) in indicated in Parentheses				
		0 Hrs	1hr	2hrs	3hrs	4hrs
0hrs	10.08	--				
1hr	10.11	-.030	--			
2hrs	10.00	.075	.105	--		
3hrs	10.07	.003	.032	-.073	--	
4hrs	11.02	-.946	-.917	-1.021*	-.949	--
				(.334)		

\*. The mean difference is significant at the 0.05 level.

**Inter-personal Awareness among individuals based on time spend on social networking sites.**

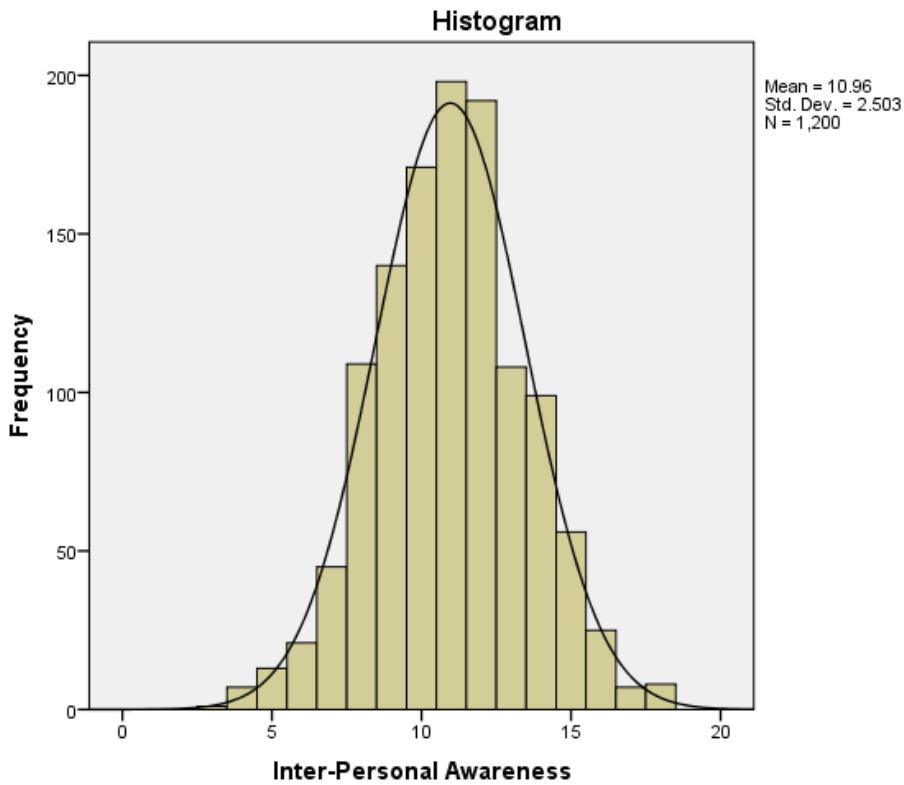


Figure 5: Shows Homogeneity of variance on measures of Inter-Personal Awareness based on duration of social networking sites used.

Table 8: Shapiro-Wilk for test of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
<b>Intra-Personal Awareness</b>	.985	1200	.000

Table 9: Levene Test of Homogeneity of Variances

Levene's Test			
F	df1	df2	Sig.
.771	4	1195	.544

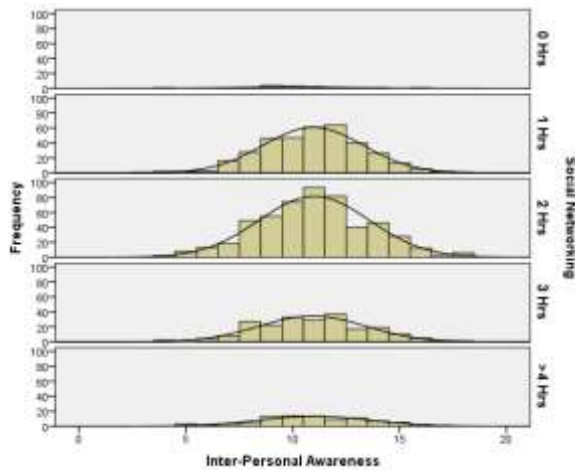


Figure 6: Shows Homogeneity of variance on measures of Inter-personal Awareness based on duration of social networking sites used.

Table 10: Shows Welch ANOVA

	N	Mean	Std.
0 Hrs	13	10.00	2.858
1 Hrs	357	10.95	2.346
2 Hrs	529	11.00	2.589
3 Hrs	215	10.92	2.497
>4 Hrs	86	11.01	2.578
Total	1200	10.96	2.503

	Statistic <sup>a</sup>	df1	df2	Sig.
Welch	.421	4	82.262	.793
a. Asymptotically F distributed.				

Assumption of normality for interpersonal awareness was evaluated and determined using Shapiro-Wilk for test of Normality, since the  $p (.000) < (.05)$  thus null hypothesis that the data is normal was rejected and alternative hypothesis the data is not normal is accepted.

The assumption of homogeneity was met, because  $p (.544) > (.05)$ . This is indicated by the Levene’s Test of Homogeneity of Variances,  $F (4, 1195) = .771, p = .544$ . With an alpha level of .05,  $p (.544) > \alpha (.05)$ , which indicates non-significance, the null hypothesis (no variance difference) is accepted – as such, indicating that the assumption of homogeneity of variance met.

Since the assumption of normality of data was not met for this data, we used the obtained Welch’s adjusted F ratio (.465), which was not significant at the .05 alpha level ( $p$  shown as .793, that is  $p > .05$ ) and adjusted omega squared was found to be .013, reported as Welch’s  $F(4, 82.262) = .465, p = .793$  (or,  $p > .05$ ),  $\omega^2 = .013$ , we can conclude that the five groups do not differs significantly internet usages based on the average duration of use of social networking sites and 1.3% of variance in the dependent variable Inter-personal Awareness is accounted for by (5 different duration of social networking site usages).

**Intra-Personal Management among individuals based on time spend on social networking sites.**

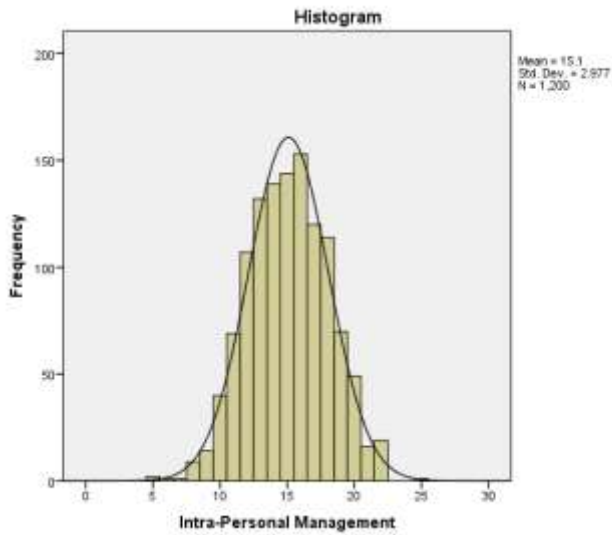


Figure 7: Shows Homogeneity of variance on measures of Intra-Personal Management based on duration of social networking sites used.

**Table 11: Shapiro-Wilk for test of Normality**

	Shapiro-Wilk		
	Statistic	df	Sig.
<b>Intra-Personal Management</b>	.988	1200	.000

**Table 12: Levene Test of Homogeneity of Variances**

Levene's Test			
F	df1	df2	Sig.
.155	4	1195	.961



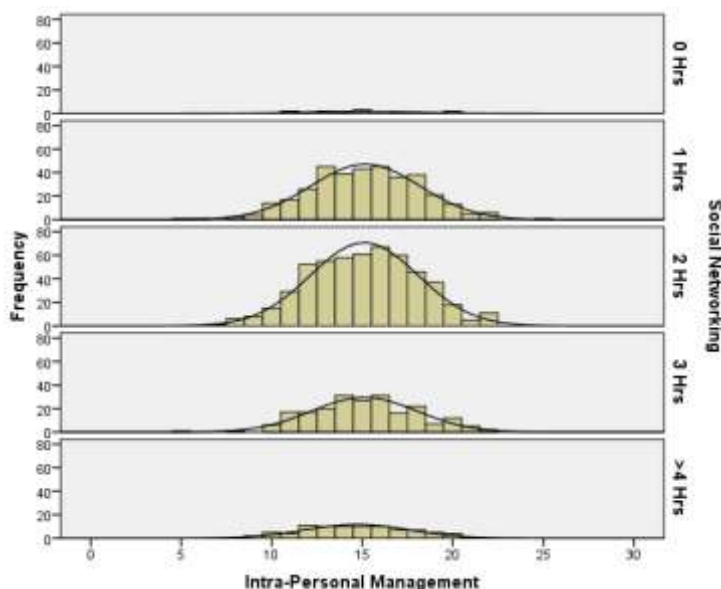


Figure 8: Shows Homogeneity of variance on measures of Intra-Personal Management based on duration of social networking sites used.

Table 13: Shows Welch ANOVA

	N	Mean	Std.
0 Hrs	13	14.92	3.068
1 Hrs	357	15.17	3.023
2 Hrs	529	15.11	2.986
3 Hrs	215	15.11	2.913
>4 Hrs	86	14.71	2.910
Total	1200	15.10	2.977

	Statistic <sup>a</sup>	df1	df2	Sig.
Welch	.434	4	82.637	.784
a. Asymptotically F distributed.				

Assumption of normality for intrapersonal management was evaluated and determined using Shapiro-Wilk for test of Normality, since the  $p (.000) < (.05)$  thus null hypothesis that the data is normal was rejected and alternative hypothesis the data is not normal is accepted.

The assumption of homogeneity was met, because  $p (.961) > (.05)$ . This is indicated by the Levene’s Test of Homogeneity of Variances,  $F (4, 1195) = .155, p = .961$ . With an alpha level of .05,  $p (.961) > \alpha (.05)$ , which indicates non-significance, the null hypothesis (no variance difference) is accepted – as such, indicating that the assumption of homogeneity of variance met.

Since the assumption of normality of data was not met for this data, we used the Welch’s adjusted F ratio (.434), which was not significant at the .05 alpha level ( $p$  shown as .784, that is  $p > .05$ ) and adjusted omega squared was found to be .001, reported as Welch’s  $F(4, 82.262) = .434, p = .784$  (or,  $p > .05$ ),  $\omega^2 = .001$ , we can conclude that the five groups do not differs significantly on internet usages based on the average duration of use of social networking sites and .1% of variance in the dependent variable Intra-personal Management is accounted for by (5 different duration of social networking site usages).

*Inter-Personal Management among individuals based on time spend on social networking sites.*

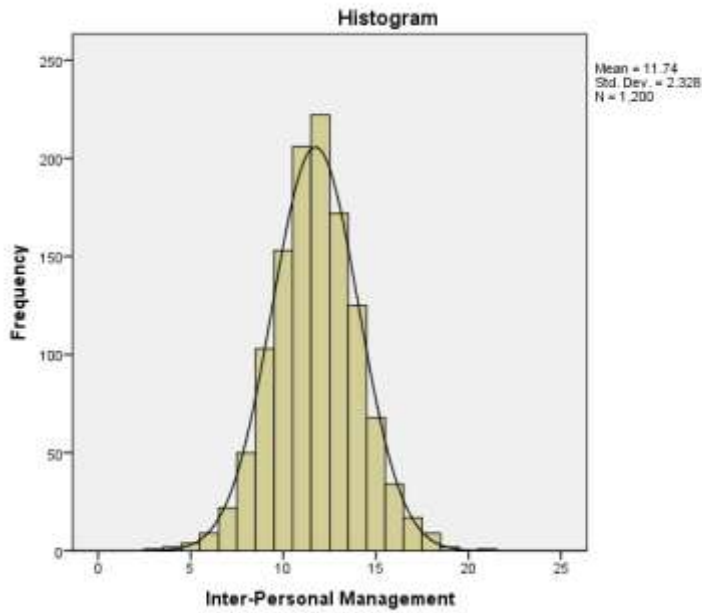


Figure 9: Shows Homogeneity of variance on measures of Inter-Personal Management based on duration of social networking sites used.

**Table 14: Shapiro-Wilk for test of Normality**

	Shapiro-Wilk		
	Statistic	df	Sig.
<b>Inter-Personal Management</b>	.983	1200	.000

**Table 15: Levene Test of Homogeneity of Variances**

Levene's Test			
F	df1	df2	Sig.
.387	4	1195	.818

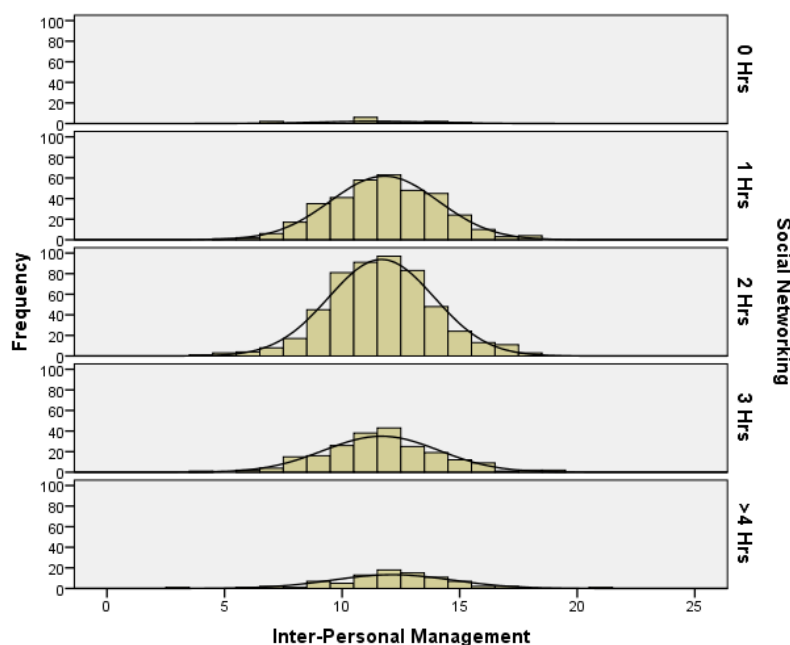


Figure 10: Shows Homogeneity of variance on measures of Inter-Personal Management based on duration of social networking sites used.

Table 16: Shows Welch ANOVA

	N	Mean	Std.
0 Hrs	13	11.38	2.399
1 Hrs	357	11.80	2.303
2 Hrs	529	11.67	2.250
3 Hrs	215	11.67	2.451
>4 Hrs	86	12.14	2.572
Total	1200	11.74	2.328

	Statistic <sup>a</sup>	df1	df2	Sig.
Welch	.788	4	82.236	.536
a. Asymptotically F distributed.				

Assumption of normality for interpersonal management was evaluated and determined using Shapiro-Wilk for test of Normality, since the  $p (.000) < (.05)$  thus null hypothesis that the data is normal was rejected and alternative hypothesis the data is not normal is accepted.

The assumption of homogeneity was met, because  $p (.818) > (.05)$ . This is indicated by the Levene’s Test of Homogeneity of Variances,  $F (4, 1195) = .387, p = .818$ . With an alpha level of .05,  $p (.818) > \alpha (.05)$ , which indicates non-significance, the null hypothesis (no variance difference) is accepted – as such, indicating that the assumption of homogeneity of variance met.

Since the assumption of normality of data was not met and assumption of homogeneity was met for this data, we used the Welch’s adjusted F ratio (.788), which was not significant at the .05 alpha level ( $p$  shown as .536, that is  $p > .05$ ) and adjusted omega squared was found to be .003, reported as Welch’s  $F(4, 82.236) = .788, p = .536$  (or,  $p > .05$ ),  $\omega^2 = .003$ , we can conclude that the five groups do not differ significantly on internet usages based on the average duration of use of social networking sites and .3% of variance in the dependent variable Intra-personal Management is accounted for by (5 different duration of social networking site usages).

*Emotional Intelligence among individuals based on time spend on social networking sites.*

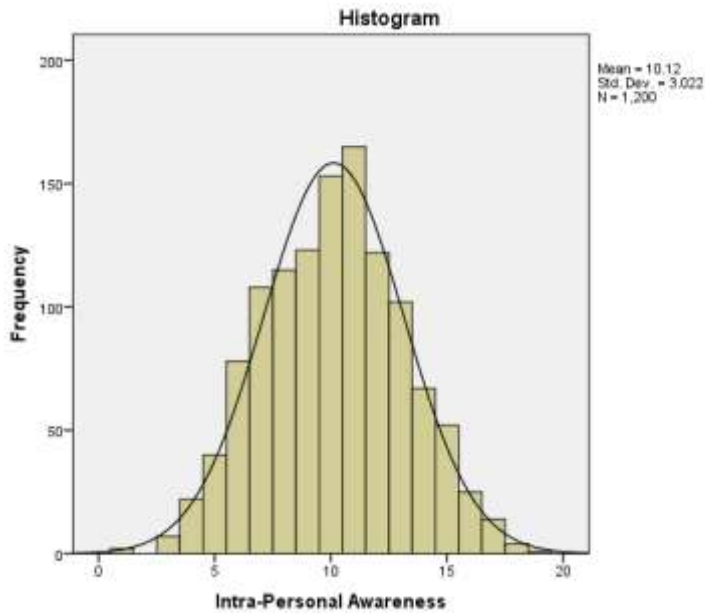


Figure 11: Histogram for Normality of Data for Emotional Intelligence

Table 17: Shapiro-Wilk for test of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
Total EI	.995	1200	.001

Table 18: Levene Test of Homogeneity of Variances

Levene Statistic	df1	df2	Sig.
.754	4	1195	.556

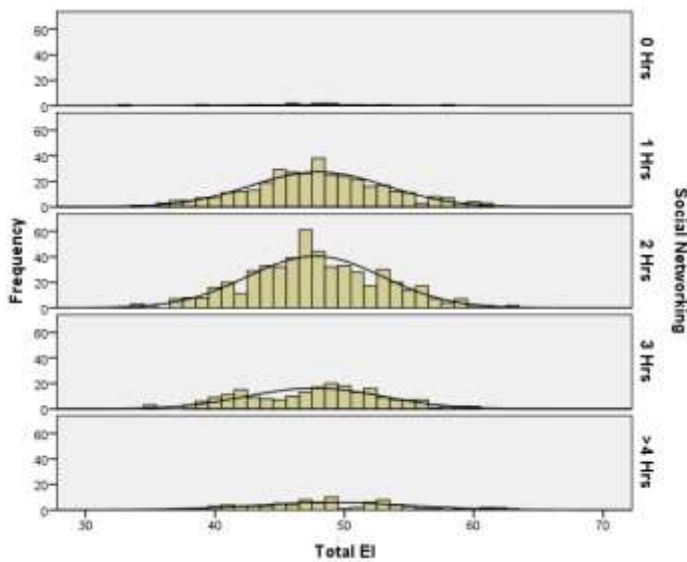


Figure 12: Shows Homogeneity of variance on measures of Emotional Intelligence based on duration of social networking sites used.

Table 19: Shows Welch ANOVA

Descriptives			
	N	Mean	Std. Deviation
0 Hrs	13	47.15	6.256
1 Hrs	357	47.97	5.217
2 Hrs	529	47.73	5.220
3 Hrs	215	47.69	5.269
>4 Hrs	86	49.00	5.885
Total	1200	47.88	5.291

	Statistic <sup>a</sup>	df1	df2	Sig.
Welch	1.005	4	81.987	.410
a. Asymptotically F distributed.				

Assumption of normality for Emotional intelligence was evaluated and determined using Shapiro-Wilk for test of Normality, since the  $p (.001) < (.05)$  thus null hypothesis that the data is normal was rejected and alternative hypothesis the data is not normal is accepted.

The assumption of homogeneity was met, because  $p (.246) > (.05)$ . This is indicated by the Levene’s Test of Homogeneity of Variances,  $F (4, 1195) = .754, p = .556$ . With an alpha level of .05,  $p (.556) > \alpha (.05)$ , which indicates significance, the null hypothesis (no variance difference) is accepted – as such, indicating that the assumption of homogeneity of variance met.

Since the assumption of normality of data was not met for this data, we used the obtained Welch's adjusted F ratio (1.005), which was not significant at the .05 alpha level ( $p$  shown as .410, that is  $p < .001$ ) reported as Welch's  $F(4, 81.987) = 1.005, p > .05$  (or,  $p > .05$ ), we can conclude that at least the five groups do not differ significantly in internet usages based on the average duration of use of social networking sites.

### Conclusion:

Conclusively it may be said that social media is an important platform to share and gain information, to get awareness of the surroundings, to make people know more about you, to showcase your feelings, your achievements, your life and the impact it creates on us can not be neglected. In the present research we did not find a significant difference in the usage pattern of males and females, neither was a difference in emotional intelligence was found in males and females. No impact of duration of time spent on social media was found on overall emotional intelligence of adolescents', neither with its components. The results given in table 7 indicate that emotional intelligence of individual using social networking site for two hours has significantly average lower score than individual using for four hours. The effect size for the significant effect was .334, which are medium effect size. This is because the students who are spending more time on social networking sites are more aware about self as they are devoting more time to spread awareness about their own thoughts and views and lives and hence they in turn get better awareness about their own self.

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