

Social Media Addiction, Emotional Intelligence and Social Anxiety among University Students



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Abstract: Social media addiction consists of communication websites that facilitate relationships between users from diverse backgrounds, resulting in a rich social structure. The present study aims to examine the effect of social media addiction on emotional intelligence and social anxiety among university students. The sample was selected by using a convenient sampling technique. The Sample size was 300 university students (150 boys and 150 girls), aged between 18 and 25 years. The social media addiction scale by CengizŞahin (2018), the Emotional intelligence (EI) scale by Salovey and Mayer (1990), and the social anxiety scale by psychiatrist and researcher Dr Michael R. Liebowitz were used to collect data. The results show that social media addiction has a negative correlation with emotional intelligence and has a strong positive correlation with avoiding social anxiety, fear and social anxiety. The element of emotional intelligence is negatively associated with the rise of social media, and social anxiety is strongly correlated with the avoidance of fear and social anxiety. The independent sample t-test, mean, and standard deviation of the Study variables. Men are more social media addicted than women. It is evident from this study that Internet Addiction is a developing issue in the younger eras. Due to this addiction, emotional behavior is also suffering. They are becoming more and more isolated from social contacts.

Keywords: Social media addiction, Emotional intelligence, Social anxiety.

Introduction

Social media addiction could be information innovation that has entered into each perspective of life as implies of data, exchange, and communication. Although the reason for its introduction was to reach secure, quick, reasonable data and to encourage communication, nowadays it has ended up implies of causing critical changes in people and society. The reality that web utilization takes put autonomously time and space over a virtual

environment leads to changing shapes of communication. And social media, which is an expansion of web innovation, changes communication channels among individuals. In this study, some researcher has separated emotional intelligence into four measurements, which are self-mindfulness, social mindfulness, self-control, and social aptitudes by¹. Meyer and Salovey 1997 describe the EI as comprised of four estimations Thus insight of sentiments, understanding and analyzing sentiments, overseeing sentiments, and enthusiastic

considering. They consider distributed by ² fought that the upsurge of Web 2.0 advancement and user-generated substance has made a gigantic increment in Social media clients. As shown the number of social media clients within the year 2010 was 0.97 and keeps on extending with the normal annual increase of 0.22 billion clients. Within the year 2019, the number of Social media clients come up to 2.95 billion clients and forecasted that the number would increment to 3.08 billion clients in 2020. Our life and even our interpersonal relationships are being influenced by social media. Individuals use social media for a variety of reasons, including socializing, education, entertainment, and many others³.

To this day, logical composing for the addictive features of social systems is rare on the web. Consequently, with this written audit, it is expected that the provision of empirical knowledge in the use of social management and the creation of potential coercion by (1) sketching out social media utilization designs, (2) looking at inspirations for Social media utilized, (3) looking at the identities of social media clients, (4) analyzing negative comes about of social media, (5) examining potential social media habit, and (6) investigating social media compulsion specificity and co dreariness. Agreeing with the show suggested by Nadkarni and Hofman, Facebook is used primarily for two essential social needs: (1) a sense of belonging, and (2) self-presentation. The "need to relate" comes from the drive necessary to gain a relationship and social recognition with others, while the need to present oneself for the impression organization's strategy is credible. These motion drives are present together as usual and can explain the use of Facebook. Numerous statistics and social factors should have a place, although traits such as bigotry, narcissism, shamelessness, self-esteem, and self-esteem are related to the need to present oneself⁴. Being smart isn't as cruel as it used to be, but other than that, it shows how you relate to others. The concept of experiments has evolved over time, but it needs to be more complex and categorized. An important turning point in the experiment was what Gardner

suggested as specific bits of the hypothesis of insight ⁵. In his hypothesis, Gardner brought thinking closer to more than one understanding. There are major types suggested by Gardner and in multiple scattering: logical-mathematical, etymological, melodic, spatial, anatomical, reciprocal, and intrapersonal ⁶. Mutual pieces of knowledge evolved over a period of time, which we now know as emotional experiments, where the examination is characterized as the ability to recognize, evaluate, and control one's emotions, and the feelings of others which are clusters⁷. Elective models of passionate intelligence: These days, the two steady proposal exciting encounters. They could characterize such capacity as appearing to the blended proposal and capacity shows up to see enthusiastic encounters as standard encounters and battles that the improvement meets routine criteria for encounters ⁸. A Shields of the capacity appear degree enthusiastic bits of information like mental capacity between execution evaluations demonstrate rightness (likes, superior to more despicable answers, be chosen to utilize compound record calculations). The blended framework, therefore, bawl since that fuses the capacity formation of character characteristics and ability like positive considering enthusiastic self-efficacy, and enthusiastic self-efficacy self-esteem. Proponents of this view use self-reporting as a limitation of implementation reviews to passionate pieces of information (i.e., self-reporting measures to show people how they perceive utterly anxious expressions). People are asked to decide and report how unusual they are, looking at the emotions of others ⁹. Social uneasiness is related to an extended inclination for social media network-mediated communication and relates to contrasts in the significance of self-disclosure through open (status updates) or private (e.g., messages) communication on social media systems. For individuals with higher levels of social uneasiness, more prominent centrality is set on the prerequisite for diminished social signals and extended controllability of communication. Social uneasiness is the encounter of a genuine burden in social circumstances, coupled with avoiding such circumstances due to fear of being scrutinized by other people. Encounters lie along

a continuum from transient trouble to utilitarian inability¹⁰. Overwhelming hypothetical models of social uneasiness emphasize how cognitive mutilations and shirking behaviors contribute to the advancement and back of social uneasiness side effects^{11, 12}. In any case, afterward, proof recommends a contributing portion of exaggerated negative excited reactions, choked positive enthusiastic reactions, and feeling course troubles in creating valuable disability¹³. Social anxiety disorder is one of the most common mental health problems in a (painful) life span (8.6% spread)¹⁴. The age of onset of pitiful is common among early adolescents (onset age 13 longer) although adults with pitiful reported a normal social feeling of superiority¹⁵.

METHODOLOGY

This idea refers to the design of social media use among college students. Another negative effect on students is that they are spending more time in social spaces, and less time being socialized as individuals. Physical gestures, in addition to other non-verbal gestures, require accents and accent counts in the case of social organizational places. After the approval of the research topic and research tools from the university board, official work for data collection was started. In the present study, for information gathering, the convenience sampling technique will use. Data will be collected from the University of Lahore. Scales will be used as permitted by the Authors for the research purpose. The Performa was filled out by male and female students. 150 males and 150 females participated in the study. The age range for participation in the study was 18 to 25. Participants will be requested to participate voluntarily. They will give a short wordy description of the research and will request to give a read to the informed consent too for better and detailed comprehension. The objectives of the think about were clarified to all tests and

RESULTS

Table 1

Correlation, Mean and Standard Deviation of Social Media Addiction, Emotional Intelligence Scale, and Social Anxiety.

after that the information shapes were given to them to be total. The information frame were collected after the completion. Information were analyzed by 21th frame of the Quantifiable Bundle for Social Sciences (SPSS Inc., Chicago, IL, USA) and two levels of clear and inferential estimations. The data conventionality was to begin with assessed utilizing Kol T- test, which illustrated an unordinary dispersal of variables of social organizing enslavement. Spearman's relationship coefficient was utilized to see at the relationship between the social organizing. To compare the social organizing compulsion scores in terms of ostensible subjective components (such as sex), the Mann-Whitney U test was utilized, and in terms of ordinal quantitative components (such as instruction level and school) and quantitative factors (such as age and accumulate), Kruskal-Wallis H test was utilized. p-value of less than 0.05 was considered a noteworthy level. A significant correlation between three variables of the Social media addiction scale consisting of 29 items with .91 Cronbach's Alpha. The emotional Intelligence scale consisted of 33 items with .82 Cronbach's Alpha. The Liebowitz Social Anxiety scale consisted of 24 Fear Anxiety items with Cronbach's Alpha .80. The Liebowitz Social Anxiety scale consisted of 24 Avoidance items with .85 Cronbach's Alpha.

STATISTICAL ANALYSIS

SPSS 21 version was used for analysis. A frequency distribution test was conducted. The communication research design was arranged to find the relationship between the study variables. Numerous unethical regression analyses were applied to find predictive variables. T-Test analysis and ANOVA analysis were performed to differentiate between groups. The significance level $p \leq 0.05$ was considered.

Variables **Table 1**
Correlation, Mean and Standard Deviation of Social Media Addiction, Emotional Intelligence Scale, and Social Anxiety.

Variables	SMA	EI	SAF	SAA
SMA	---	-.179**	.234**	.240**
EI	---	----	-.346**	-.355**
SAF	----	----	----	.793**
SAA	----	----	----	----
<i>M</i>	96.77	110.96	31.43	30.83
<i>SD</i>	21.974	12.228	12.228	12.33

Note. SMA=Social Media Addiction, EI=Emotional Intelligence, SAF= Social Anxiety (Fear), SAA= Social Anxiety (Avoidance),

Note. SMA=Social Media Addiction, EI=Emotional Intelligence, SAF= Social Anxiety (Fear), SAA= Social Anxiety (Avoidance),

This table illustrates the participant's correlation among university students regarding Social media addiction, Emotional Intelligence, and Social Anxiety. The findings indicate that Social media addiction has a negative correlation with Emotional Intelligence and a strong positive correlation with Social Anxiety Fear and Social Anxiety Avoidance. The emotional intelligence factor has a negative correlation with Social Media addiction and a strong positive correlation with Social Anxiety Fear and Social Anxiety Avoidance. Social Anxiety Fear has a

strong Positive correlation with social media addiction, Social Anxiety Fear, and a negative correlation with emotional intelligence. Social Anxiety Avoidance strong correlation with social media addiction, Social Anxiety Avoidance, and a negative correlation with emotional intelligence. The hours of use of social media are directly and significantly correlated with the level of social media addiction. It means that the longer time of use, the higher the level of social addiction

Table 2
Linear Regression Analysis for Social Media Addiction, Emotional Intelligence and Social Anxiety

Independent Variables	Dependant Variables	B	SEB	β	t	P
SMA	EI	-.121	.039	-.179	-3.136	.002
	SA	.264	.059	.250	4.453	.000

Note: B=Beta, SEB=Standard Error of beta, P=Significance

The above table has shown the role of social media addiction, Emotional Intelligence, and social anxiety among university students. The value of R square is 19.825 which is a 1,982.5%

variance. $F_{298} = 19.825, p < .01$ beta is -.179 which indicates the negative prediction of emotional intelligence with Social media addition.

Table 3
Independent Sample T-Test for Gender on Social Media Addiction, Emotional Intelligence, and Social Anxiety.

Variable	Gender	M	SD	T	P	95% LL UL	Cohen's d
SMA	Men	98.95	22.92	2.075	.039	.275	0.24
	Women	93.63	20.22			10.372	
EI	Men	112.15	14.33	1668	.096	-.521	0.20
	Women	109.25	15.49			6.322	
SA	Men	61.28	24.14	-861	.390	-7.728	0.09
	Women	63.63	21.97			3.025	

Note: SMA= Social Media Addiction, EI= Emotional Intelligence, SA= Social Anxiety, M=Mean, SD=standard deviation, p=Significance,

The above table shows the independent sample t-test, mean, and standard deviation of the Study variables. Results indicate that there were significant differences in the basis of gender on social media addiction, emotional intelligence, and social anxiety among university students. Men are more social media addicted than women.

DISCUSSION

The study developed a research model based on previous students' involvement in literature and social media, emotional intelligence, and social anxiety among university students. The results confirm a direct and indirect link between social intelligence and emotional intelligence in university students. This study showed a significant correlation between the three variables.

The relationship between social media addiction, emotional intelligence, and social anxiety among university students. The results show that social media addiction has a negative correlation with emotional intelligence and a strong positive correlation with avoiding social anxiety, fear, and social anxiety. The element of emotional intelligence is negatively associated with the rise of social media, and social anxiety is strongly correlated with the avoidance of fear and social anxiety. Fear of social anxiety has a strong positive relationship with social media addiction, fear of social anxiety, and a negative relationship with emotional intelligence. Avoiding Social Anxiety Strong Relationship with Social Media Addiction, Avoiding Social Anxiety, and Negative Relationship with Emotional Intelligence (Zhang, 2020)

The study measured social media addiction, emotional intelligence, and social anxiety in university students. The results indicate that social media addiction has a direct and important relationship with social anxiety, fear, and avoidance of social anxiety. The current study revealed the negative prediction of emotional intelligence with social media addiction. Gender is correlated with social media addiction and

Emotional Intelligence. Results indicate that there were significant differences based on gender in social media addiction, emotional intelligence, and social anxiety among university students. Men are very addicted to social media than women. This means that gender affects the level of social media addiction. The purpose of using social media is directly and significantly correlated with social media addiction. The hours of use social is directly and significantly correlated with the level of social media addiction. It means that the longer time of use, the higher the level of social addiction (Shuhaiber, 2021).

Conclusion

It is evident from this inquiry and other research that Internet Addiction could be a developing issue, not as it were understudies, but also in the younger eras. Since the tall exposure and simple get to social media adolescents are getting to be the soft target of its negative impacts. Due to this addiction, their emotional behavior is also suffering. They are becoming more and more isolated from social contacts.

Implications of the Study

This study could be beneficial for the students to understand the role of social media addiction and how it affects emotional intelligence and

then social anxiety among university students. Secondly, this research will be helpful for the understudies who spend as well much time on social media and can endure destitute rest, eye weakness, negative body picture, discouragement, uneasiness, cyberbullying, and more they can plan different counselling sessions and strategies to manage up these issues.

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