

EMOTIONAL MATURITY OF ONLINE SOCIAL NETWORK SITES USERS OF UNDERGRADUATE MEDICAL STUDENTS

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Abstract

Background: Online social network sites use has been emerged as a most powerful tool for communication and exchange of information all over the world. More recently the Whats app, Twitter, Face book, Instagram apps have provoked a revolution and unlocked a new dimension in the field of communication and technology; this ongoing digital revolution has touched and turned almost every sphere of life of its users whether its physical, social, emotional, moral or ethical. For Online social network users it is the need of hour to be emotionally mature to manage and monitor their own emotions, to assess the emotional state of others, to deal with the situations accordingly and purposefully. Quite often it has been observed that young online social network users get emotionally involved in this virtual world and Act in that emotional flow which sometimes results in an emotional trauma leaving its impression for long. **Aim and Objectives:** the study emotional Maturity of online Social Network Sites users of undergraduate medical students. **Material and Material:** Results: online social network sites use on the independence and total emotional maturity. Young adolescents who use more online social network sites are not emotionally stable in comparison to who use less online social networks sites. The implications of the study are discussed in light of the adverse effects of using online social network sites in India. **Conclusions:** More online social network site users are emotionally less matured compared to those who use less online social network sites.

Keywords: emotional maturity, online, social network user, UG students

Introduction

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.

A subject of concern for over a century has been the relationship between sleep and cognitive function. In memory consolidations, sleep is believed to play a vital and unique role and provides an important function for memory consolidation which is critical for good academic performance in turn. Lack of sleep has been correlated with low concentration and comprehension, beyond the impact of sleep on memory consolidation. Well-controlled studies of sleep deprivation have shown that not only does lack of sleep increase exhaustion and sleepiness but also worsens cognitive efficiency.[1,2]

A social networking website is an online podium through which the users are allowed to create a public profile and network with other users on the website. It generally poses the user provided information as in their details, input a list of people with whom they share a connection and then allow the people on the list to confirm or deny the connection. Once the connections are established, the new user can search the networks of his associates to widen his connections. A social networking site may also be known as a social website or a social networking website.

Boyd & Ellison (2007) defines Social network as web based services that allows individual to

1. Construct a public or semi-public profile within a bounded system.
2. Articulate a list of other users with whom they share a connection and
3. View and traverse their list of connections and those made by others within the system [3].

Through social network one can share their profile, interest, activities, photos and other background information along with their friends and SNSs also facilitates the establishment of groups through which many users can chat, share information, videos and photos amongst the group members. In India nearly 85% of internet users have SNSs account which made the India the 7th largest market for SNSs. Though it provides diverse application to attract people it has its own impact on the users. Michale (2007) opine that the encroachment of digital communication into our social lives can amplify feeling of isolation . He also describes twittering in the presence of others as "prescription for loneliness," resulting in human heart suffering from lack of authentic interaction and finally effects mental stability. Young adults are more prone to SNSs usage that compared to the aged people. With this context the present paper attempts to study the impact of SNSs usage among adolescent in their Emotional maturity. Since adolescence is a transitional period from childhood to young adult, which is associated with major changes in their Physiology, psychology, Social and cognitive areas, which influences their life style such as interaction with their peer group, family members, significant others, eating habits, role confusion. In addition they also tend to have stress, confusion, fear and uncertainty as well as pressure to succeed and the ability to think about things in new way, influences their problem solving and decision making abilities.

Eijnden *et al.* (2008) has revealed that instant online communication applications such as instant messaging, whats app and messenger generate a higher addictive potential than most other internet applications [4]. Meerkerk *et al.* (2009) reported a serious symptoms of compulsive internet use such as continuation of internet use regardless

of the purpose or yearning to stop or cut down; experiencing unpleasant emotions when internet use is impossible; using the internet to escape from negative feelings; internet use dominating one's cognitions and behaviours; and internet use resulting in conflict with others or in self-conflict [5].

(Mehroof & Griffiths, 2010) research findings also revealed that adolescent Internet addicts score significantly lower on extraversion compared to non-addicted adolescents (Huang *et al.*, 2010), have low emotional stability, low extraversion, and low agreeableness (van der Aa *et al.*, 2009). In opposing to above, there is also certain research studies such as MorahanMartin & Schumaker, (2003) indicated positive side of Internet use like study found that lonely Internet users were more likely than the non-lonely to seek emotional support online, find more satisfaction with online opposed to offline friends [6]. Park (2010) found that SNSs use among college students had positive correlation with face-to-face interaction with friends [7] and acquaintances, and Sheldon (2008) found that college students who were more willing to communicate offline had more online friendships [8].

Thus the above contradictory research findings indicates the need of more research in terms of the use of online Social network sites on emotional maturity among adolescents, Hence this study aimed at examining whether more online social network sites use influence on the emotional maturity among adolescents.

Material and method

Type of study:- Descriptive analytical and prospective study

Place of study:- Department of Physiology, Index Medical College Hospital & Research centre, Indore

Samples size: The study contained 450 participants. For this analysis, the cluster random sampling technique was used. All of the participants were split into three classes. Fair social network site users (group-1) have 150 members, moderate social network site users (group-2) have 150 members, and heavy social network site users (group-3) have 150 members.

Group 1. Fair social network sites users contains 150 participants.

Group 2. Moderate social network sites users contains 150 participants.

Group 3. Heavy social network sites users contain 1500 participants.

Sample and sampling method

The Index Medical College, Hospital, and Research Centre in Indore, Madhya Pradesh, conducted this cross-sectional observational analysis. All undergraduate medical students was invited to participate. The students were informed about the study's goals and procedure. A self-administered questionnaire was provided to all 450 students in the College of Medicine. Who were able to participate in the study

and complete all questionnaires were included in the study population. A stratified random sampling method was used.

INCLUSION CRITERIA:

Many who attend college on a daily basis and use social networking sites were included.

EXCLUSION CRITERIA: Students who are physically challenged are excluded for the present study.

Study questionnaire

The questionnaire is based on the study's objectives and previously published survey instruments, and it is used to evaluate:

- (i) Study population demographics;
- (ii) Social media usage;
- (iii) Sleep quality
- (iv) Sleep pattern
- (v) Academic performance.

Measures

Information Schedule: This schedule was intend to provide detailed information regarding age, gender, class, place of birth, order of birth, and scholastic records which was collected with the help of class teachers and other demographic details.

OBSERVATIONS AND RESULTS

In this study, impact of digital media on sleep pattern, sleep quality and academic performance of college students

A total of 450 people were precipitated in this report. All of the participants were split into three groups. Fair social network site users (group-1) have 150 members, moderate social network site users (group-2) have 150 members, and heavy social network site users (group-3) have 150 members.

STATISTICAL TECHNIQUE:

Normal statistical techniques were used to conduct the statistical analysis (SPSS software version 20). The probability of an outcome variable, as well as its 95 percent confidence limits, were determined. The descriptive statistics were used to learn about the characteristics and characteristics of the subjects, while the inferential statistics were used to measure the validity of the observations made from the collected data.

The use of Mean SD provided results on continuous measures, but the effects on categorical measurements were provided in numbers or percentages. The meaning of the mean difference in age and sex of three groups is determined using one-way ANOVA of variance

Table no.1 Distribution of sex of total study participants

Variable	Gender				
	Male		Female		
	N	%	N	%	
Fair social network sites users	150	60	40	90	60
Moderate social network sites users	150	85	56.67	65	43.33
Heavy social network sites users	200	105	70	45	30
Total	450	250	55.56	200	44.44

Table no. 1 show the distribution of sex of total study participants (450). The participants of sample groups belongs to fair social network sites users, moderate social network sites users and heavy social network sites users. Were 55.56% of study subjects were males and 44.44% were females.

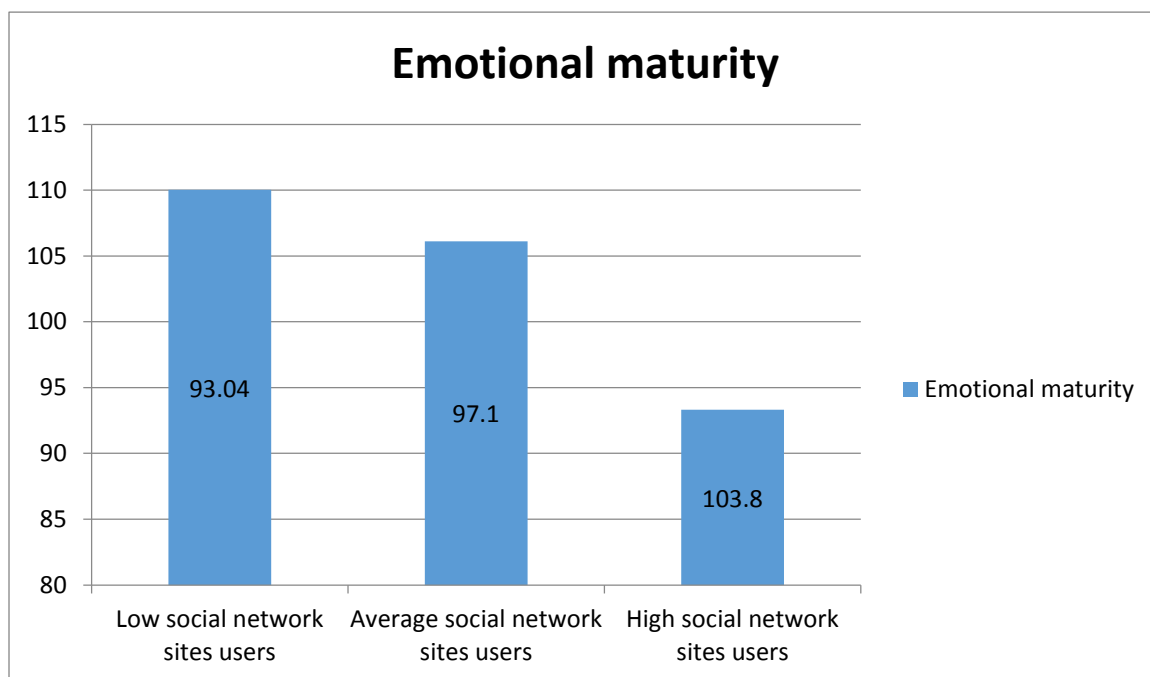
Table no. 2: Emotional maturity among sample groups

Variable	Emotional maturity			
	N	Mean ± SD	F	p-value
Low social network sites users	150	93.04± 5.87		
Average social network sites users	150	97.1 ± 12.36	283.79	0.000
High social network sites users	150	103.8 ± 16.34		

Table no. 2: shows the mean and standard deviation of emotional maturity among sample groups belonging to fair, moderate, and heavy social networking site users. The heavy social network sites users group scored fair on emotional maturity (103.8 ± 16.34) than the moderate social network sites users group (97.1 ± 12.36), while the fair social network sites users group scored higher (93.04± 5.87) than the moderate social network sites users group. ANOVA is used to compare significant mean differences between groups, and the result is F (2,447) =283.79, p- 0.000, indicating that there is a significant difference in emotional maturity between three groups of SNS users.

The use of social networking sites had a huge impact on emotional maturity, according to a one-way ANOVA statistic. We can deduce from the above definition that the moderate SNS user group has a lower degree of emotional maturity than the fair SNS user group. As compared to the fair SNS user and moderate SNS user classes, the study of heavy SNS users showed a lower degree of emotional maturity. It was discovered that increasing the usage of online social networking sites has negative implications for adolescent emotional maturity.

Figure 1: Emotional maturity among three groups



Shows the mean scores on emotional maturity among three groups belong to Low social network sites users, Average social network sites users and high social network sites users

Table no.3 Using the post-hoc Tukey's HSD test, several comparisons of three groups on emotional maturity are shown

HSD	Multiple comparison		
	Mean difference	Std Error	p-value
Fair SNS users	4.06	1.005	0.012
Moderate SNS users	10.76	1.005	1.299
Heavy SNS users	6.7	1.005	0.000

Given the statistical significance of the omnibus ANOVA test, post-hoc tests were carried out, with Tukey's HSD test applied to all possible pairwise contrasts. The following groups were discovered to be substantially different ($p.01$). fair SNS user group (93.04 ± 5.87), moderate SNS user group (97.1 ± 12.36), and heavy SNS user group (103.8 ± 16.34). To put it another way, low SNS users had a statistically significant higher degree of emotional maturity than average and heavy SNS users. The importance of the following pairs of groups was determined to be important ($p.05$). Group 2 (moderate SNS user group) and Group 3 (Heavy SNS user group). The high SNS user group had a statistically significant lower level of emotional maturity than the average SNS group, and it was statistically different on the level of emotional maturity than the moderate SNS user group.

Discussion

While the use of social networking sites is undeniably advantageous in terms of expanding social networks and gaining technological skills, as well as improving innovative thinking, its dangers must not be ignored. Average SNS user group has a lower degree of emotional maturity than the low SNS user group. As compared to the low SNS user and average SNS user classes, the study of high SNS users showed a lower degree of emotional maturity. It was discovered that increasing the usage of online social networking sites has negative implications for adolescent emotional maturity. According to the results of the report, those who use online social networking sites regularly are less emotionally mature than those who use them infrequently.

Our studies shown that the mean and standard deviation of emotional maturity among sample groups belonging to fair, moderate, and heavy social networking site users. The heavy social network sites users group scored fair on emotional maturity (103.8 ± 16.34) than the moderate social network sites users group (97.1 ± 12.36), while the fair social network sites users group scored higher (93.04 ± 5.87) than the moderate social network sites users group. ANOVA is used to compare significant mean differences between groups, and the result is $F(2,447) = 283.79$, $p = 0.000$, indicating that there is a significant difference in emotional maturity between three groups of SNS users.

The use of social networking sites had a huge impact on emotional maturity, according to a one-way ANOVA statistic. We can deduce from the above definition that the moderate SNS user group has a lower degree of emotional maturity than the fair SNS user group. As compared to the fair SNS user and moderate SNS user classes, the study of heavy SNS users showed a lower degree of emotional maturity. It was discovered that increasing the usage of online social networking sites has negative implications for adolescent emotional maturity. A number of reports supports this conclusion up-

Mamatha et al., (2016) showed that more gadget users had high emotional intelligence and slightly higher reasoning ability than low gadget users. This study helped us to better understand the trend of gadget usage among college students in Karnataka, as well as its effect on cognitive abilities and emotional maturity [9].

Dangwal et al., (2016) found that emotional maturity was affected by internet usage, because those who were elevated social network users had less emotional maturity, and further researchers examined that female internet users were better than male internet users in displaying emotional maturity [10].

While social networking undoubtedly plays a vital role in broadening social connections and learning technical skills, its risks cannot be overlooked. The finding of the study showed that young online social networking sites users are less emotionally matured comparing to those who use online social networking sites less. This finding is supported by the several studies conducted by Kuss & Griffiths (2011), Leung & Lee (2012), Meerkerk *et al.*, (2009), Van den Eijnden *et al.*, (2008), Hofmann, Vohs, & Baumeister, (2012), and Huang *et al.*, (2010). In contrast to the findings of the present study Morahan-Martin & Schumaker,[11] found that lonely internet users were more likely than the non-lonely to seek emotional support online, find more satisfaction with online opposed to offline friends and Park (2010) found that SNSs use among college students had positive correlation with face-to-face interaction with friends and acquaintances[12] , and Sheldon [13] found that college students who were more willing to communicate offline had more online friendships. Which asserts that online social network sites use have positive consequences on self expression and their emotional regulation. Whereas, these findings are not representing the overall emotional maturity, these studies focused mainly on communication and self-disclosure rather than over all emotional maturity. The possible explanations for the findings of the present study is the lack or difficulty in self-regulation and susceptibility to peer pressure makes adolescents vulnerable to such evils as Face book depression, sexting, and cyber bullying, which are realistic threats. Other problems such as social network-induced obesity, Internet addiction and sleep deprivation are issues that continue to be under intense scrutiny for the contradictory results that have been obtained in various studies. One of the major negative consequences of depending on social networking sites such as using face book is Face book depression, It is defined as emotional disturbance that develops when preteens and teens spend a great deal of time on social media sites, is now a very real malady. Recent studies have shown that comparisons are the main cause of Face book depression; the study showed that down-comparison (comparing with inferiors) was just as likely to cause depression as up-comparison (comparing with people better than oneself). However, there are contradictory reports as well. Given that our brains are wired to connect, it seems logical to expect that social networks, by enabling sharing, could cause a self-reinforcing sense of psychological dissatisfaction. Other risks of extensive social networking among youth are loss of privacy, sharing too much information, and disconnect from reality. The digital footprint is a permanent trail that users of social media, indeed of the Internet itself, leave the moment they sign into any service. The digital footprint, by its permanence, can have serious repercussions in future, in both professional and personal areas of life. It is important to know that every activity online - posts on social media accounts, comments left on various sites, tweets, re tweets and +1s through years can contribute to the digital footprint. Another serious risk is the amount of information shared on social network sites. What is more worrying is the fact that 44 percent of them believed that the information they posted on sites like Facebook, Linked In or MySpace were being used against them.

Adolescence is the time to spread wings and take the tentative first flight out into the world, and parents and caregivers must be part of the process. In the domain of social networking, this entails parents becoming educated about the advantages and disadvantages of using social networking sites and themselves joining social network sites, not to hover, but to be aware of the activities of their teenage wards. It is essential that parents are aware of and monitor privacy settings and online profiles of their wards. Open discussions about social network protocols and etiquette would go a long way in establishing global digital citizenship and healthy behaviour.

It's time for students to spread their wings and take their first tentative steps out into the world, and parents and caregivers must be involved. In the case of social networking, this involves parents not only being knowledgeable about the benefits and drawbacks of using social networking sites and joining them themselves, but also becoming aware of their teenage children's activities. Parents must be mindful of and control their children's privacy settings and online profiles. Open debates about social media protocols and ethics will go a long way toward creating global digital citizenship and safe conduct.

Lack of or trouble with self-regulation, as well as vulnerability to peer pressure, render teenagers susceptible to such evils as Facebook depression, sexting, and cyberbullying, among others, which are real threats. Other topics, such as social media-induced obesity, internet addiction, and sleep deprivation, are also being closely scrutinized due to the conflicting findings obtained in different studies. Since they lacked adequate decision-making skills and information sources, teenagers were ill-equipped to cope with the increasing opportunities for sexual interaction. These concerns are still significant today.

Users of online social networking sites must be emotionally mature in order to control and track their own emotions, evaluate the emotional condition of others, and react appropriately and purposefully to situations. Young SNS users are often witnessed being emotionally active in this virtual world and acting in that emotional flow, which can result in an emotional distress that lasts a long time.

Face book depression, which is described as emotional disturbance that occurs when preteens and teens spend a great deal of time on social media sites, is now a very real malady as a result of relying on social networking sites such as Facebook. Latest research has found that comparisons are the leading cause of Facebook depression; the study found that down-comparison (comparing with inferiors) is just as likely to cause depression as up-comparison (comparing with superiors) (comparing with people better than oneself). However, there are several accounts that contradict each other. Given that our brains are designed to communicate, it seems reasonable to assume that social networks, by allowing us to share, would trigger a self-reinforcing sense of psychological dissatisfaction.

Loss of privacy, sharing too much information, and detachment from reality are all risks associated with extensive use of internet social networking sites among students. The digital footprint is a permanent trace that users of social media, and the Internet in

general, leave when they sign up for some service. Because of its permanence, the digital footprint will have serious consequences in the future, both professionally and personally. It's important to recognize that any online activity, including posts on social media pages, comments on different blogs, tweets, retweets, and +1s over time, will add to one's digital footprint. The amount of knowledge exchanged on social networking sites is also a serious danger. What's more concerning is that 44% of them claimed that details they shared on social media sites like Facebook, LinkedIn, and MySpace was being used against them. As a result of all of these factors, teenagers who use more online social networking sites have lower emotional maturity than those who use less SNSs.

Students' academic success, sleep efficiency, and emotional intelligence are all negatively impacted by their use of internet social networking sites. It has been discovered that learning to strike a balance between using social networking platforms for the betterment of their academics and managing their emotional status is important. The use of internet social networking sites was also discovered to have a positive impact on students' artistic abilities. Online gaming is more common among students who use more internet social networking sites than among students who use fewer internet social networking sites.

Finally, the findings of this study indicate that using social networking sites has its own effect on students and adolescents. As the saying goes, you reap what you sow, Technology exists to assist us, but how we use it is crucial. If we use it constructively, it aids our development; but, if we get addicted to it and do not use it properly, it hinders our progress.

Conclusion

More online social network site users are emotionally less matured compared to those who use less online social network sites.

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