

Role Of Social Media In Affecting The Emotional Maturity Level

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ABSTRACT

Emotional development in female internet users is higher than that of male users. Due to advancement of the technology; a person not only needs to be from any external attack but the emotional attack which can take place in our social network. Hence, one should be aware of chatting to any unknown person online.

Most of things presented on social media are not real. But, it needs to have a maturity level to judge these things. Hence, a social media user should test the statements pointing out in social media before believing in that.

A number of fake profiles are found in social media. And their soft targets are teenagers who have low maturity level. Sometimes, it is found that the content on social media is so cheap that is not appropriate for users specially children of age between 10 to 15. *The*

current paper highlights the role of social media in affecting the emotional maturity level.

KEYWORDS:

Emotional, Maturity, Social media

INTRODUCTION

School going internet users are less emotional mature than those go to college for higher studies. Hence, the possibility of students of age between 10 to 15 to be affected from content of social media is more as compared to latter.

As compared to males, females prefer online chatting for communication. The level of emotional maturity is found lower in females as compared to the males. The reason behind is that the male person has a good mind to judge the outer and virtual world as compared to females.

The use of social media distracts a teenager from study and a lack of concentration is observed in the teenagers who use the social sites at a very large scale.

Social media is proved to be a critical factor of depression among users. Sometimes, a user gets some kind of inappropriate messages that causes stress to them.

There should be some kind of restriction on the content of social media. It should be examined by the experts before publishing as any unsuitable content may affect the emotional maturity of the users.

Parents should be aware about the activities of their children as the threat of social media is such that it can't be said what content may affect the emotional maturity of the children.

A number of fake profiles are registered on social networking websites. The aim of most of these profiles is to distract the teenagers. In some cases, they ask some confidential information from user which affects them in future.

According to a report female users are less emotional mature as compared to males one. The reason can be the fact that most of the females are emotional by nature.

The challenges of cyber crime have also increases with time. Sometimes it becomes a matter of great concern when this emotional attachment leads them to a state of emotional dilemma and results in higher level of mental and emotional trauma.

Virtual spaces become places where these youths can experiment with different options without taking the risk of punishment, social exclusion, or even ostracism.

ROLE OF SOCIAL MEDIA IN AFFECTING THE EMOTIONAL MATURITY LEVEL

Adolescence is a very challenging developmental stage it has been frequently portrayed as a period of storm and stress. Youth definition has been reported by the united nation as: "the young people with the age ranging between 15 to 24 years old". Thus in this paper the word youth and adolescence will be used interchangeably. There are many positive aspects for Youth and adolescence as they succeed in school, are attached to their families, and survive serious troubles as substance abuse.

Generally speaking, the use of media is seen as a double edged sword having both positive and negative impacts on this group. It makes the youth and adolescents weak in real life skills, takes them away from reality, helps living in fantasy, decreases interpersonal interactions, diminishes outdoor activities, creates violence in their mind due to violent games, increases anxiety levels wanting to achieve game targets, distracts them from study, alters their lifestyle, time management and eating habits, causes addiction and psychiatric disorders as depression, bipolar disorder, obsessive compulsive disorder and attention deficit disorder.

On the other hand, media use improves strategic thinking and investigating skills, creativity. It makes learning a more fun experience and it helps sitting in one place for a period of time which may be

beneficial for some degree of hyperactive adolescents. It also maintains eye-hand-mental coordination, improves engineering skills, builds positive attitudes towards life obstacles as they learn they can be overcome, facilitates social networking and global interconnectedness. In addition, it improves cognitive thinking and multitask mastering.

Studies have shown that joining social networks creates an ongoing reward to continue their application by causing feelings such as self-satisfaction and self-efficacy. On the other hand, researchers believe that those who have little ability to establish social interactions tend to use social networks more than others in order to relieve the dysthymic state. This type of use is actually a defense mechanism to cope with stress, loneliness and depression. Excessive use of social networks with the aim of removing undesirable states causes some problems such as the risk of social isolation, increased psychological dependence on these networks, ignoring real-life relationships and work and training challenges.

Emotional maturity is the process of controlling impulses with the mediation of “ego” and includes the person’s ability to deal with reality appropriately. Emotional maturity means a person’s ability to control disturbing emotions and have a balanced character which is actually caused by thinking and learning. Studies have shown that emotional

maturity is effective on making proper decisions and better choices, having less stress, increasing self-esteem, having a sense of worth and belonging, intimacy, empathy, assertiveness, emotional stability, independence, mental balance and ability to observe emotional categories.

Various investigations have mutually studied the relationship between the impact of using Internet and social networks on the growth, characteristics and different dimensions of the character, as well as various aspects of mental health. It has affected physical, social, emotional, mental and moral aspects of users' lives. According to social networks users' access to others emotional, intellectual and social situation, it is essential that these people become matured in different fields to be able to manage their thoughts and feelings if necessary and act purposefully. Therefore, according to the importance of the subject, the researchers aimed to examine the relationship between addiction to social networks and students' emotional maturity.

The research results showed that the rate of people's addiction to social networks has a reverse relationship with their emotional maturity. However, it is not clear that whether low emotional maturity leads to increased tendency to social networks by affecting behavior or overuse of social networks causes insufficient emotional growth by

influencing healthy and effective social communications. Today, people are faced with different problems in their daily lives. Lack of emotional maturity reduces people's ability to deal with anxiety, stress and frustration and causes problems such as psychosomatic disorders. Therefore, study about emotional life of people as an emerging descriptive science is on the rise. On the other hand, the growing use of social networks forms a part of people's normal everyday life in different ages and places.

DISCUSSION

The role of emotions in each and every individual's life is an important as life itself. The term emotions refer to feelings and its distinctive thoughts, psychological and biological states and range of propensities to act. The concept mature emotional behavior at any level is that which reflects the outcome of emotional development.

If a person is truly emotionally mature, he or she has and acts with integrity. If a person has integrity, his or her attitudes and behaviors are emotionally mature. Emotional maturity is the ability to understand reality and facts and the quality of response to a situation by detaching from the pulls and pushes of pleasant and unpleasant feelings.

The new generation which is growing up with these new technologies can work more effectively with these technologies than the old generation. The youth are highly engaged in using internet. There are many reasons for which internet and other digital technologies are used, but communication is still the number one. With the emergence and increased usage of web 2.0 tools and social networking sites its effect on various aspects of individual's personality. Although as all other things internet use also has positive and negative effects sometimes it can be used as stress busters but on the contrary use of internet to the addictive level can cause various health disorder.

Honest and emotionally intelligent individuals seem to understand the negative implications of disclosing inappropriate social network content. Emotional maturity and stability of today's young generation internet users is also one of the important issues we should be concerned about but not much researched.

Virtual spaces become places where these youths can experiment with different options without taking the risk of punishment, social exclusion, or even ostracism. This all shows that when young generation frequently use internet they starts traveling in the sky of virtual world which take them away from real world and attach themselves emotionally with their virtual friends. Sometimes it becomes a matter of great concern when this emotional attachment

leads them to a state of emotional dilemma and results in higher level of mental and emotional trauma.

Although female internet users who use emailing along with chatting are more emotionally stable in comparison to males. These young internet users take advantage of the Internet's ability to interact virtually with anyone around the world. As visual, touch, and voice modalities become prevalent and instantaneous language translation becomes a reality, there will be even more and diverse opportunities to learn social interaction skills. E-mail and instant message systems also allow children and teenagers to maintain long-distance relationships if they move or when students go away to different schools and colleges. However, recent studies show that the Internet is causing many people to spend less time with friends and family.

CONCLUSION

This study concluded that emotional intelligence is related to the type of device used and not to the total time spent using media. However, the total time spent using media was related to the type of stressors the nursing students have faced and their way of dealing with stressors. This study adds to the existing body of knowledge about emotional intelligence and use of media among nursing students. Thus it is recommended that in the faculty, efforts should be directed

firstly towards decreasing stressors imposed on the students. Secondly, workshops should be done to tackle two areas; the improvement of emotional intelligence, the benefits and risks of using media. In future studies, it is essential to increase sample sizes to detect age related changes concerning the studied variables and/or to use longitudinal designs.

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