

Study to Assess the Social and Emotional Maturity of Internet Using School Going Adolescents

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Abstract

The evolution of digital era has affected almost every aspect of contemporary life. The internet is now an essential tool for people and it plays a significant role in our daily life, socially, politically, economically, and even emotionally. Adolescents being an integral part of the study, have the higher possibilities of getting affected more. The excessive use of internet leads to health problems such as anxiety, depression, school absenteeism, fatigue, unemployment, decreased job productivity and social isolation. The objectives of this study were to assess the social and emotional maturity of internet using school going adolescents in selected schools of metropolitan & non-metropolitan city and to associate the social and emotional maturity scores with selected demographic variables. Conceptual framework of the present study was based on Early Adolescence Framework proposed by Blum Robert. Review of literature related to assessment of social maturity and emotional maturity of adolescents and internet usage was retrieved. Survey research design with convenient sampling technique was used on 192 school students. Data was collected by using Social and Emotional Maturity Scales (Emotional Maturity Scale by Dr Yashwir Singh & Dr Mahesh Bhargave and Dr Nalini Rao's Social Maturity Scale). The final study was carried out in private and government school in Delhi and Haryana in the month of October 2023. Descriptive and inferential statistics were employed to analyse the data and conclusions were drawn based on findings of the study which indicated that the average social maturity and emotional maturity was 65 percent and 64.3 percent respectively and the study subjects were socially and emotional immature.

Key words: Social maturity, Emotional maturity, Internet using adolescents

According to Worldwide Digital Population January 2024, published by Statistical Statista Research Department and Data Report, as of January 2024, there were 5.35 billion internet users worldwide, which is 66.2 percent of the global population. According to Internet Penetration January 2024, India was home to 462 million social media users equating to 32.2 percent of the total population. A total of 1.12 billion cellular mobile connections were active in India in early 2024, equivalent to 78 percent of the total population. The National Capital Territory of Delhi had the highest internet penetration levels that year, at 69 percent, followed by Kerala at 56 percent. Odisha had the lowest penetration level during the same time period. The number of internet users was estimated to increase in both urban as well as rural regions, indicating a dynamic growth in access to internet. Facebook remained the popular choice among the social media platforms as of January 2024.

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Social-media and youth mental health The US Surgeon General's Advisory 2023, Social Media Use by Youth has nearly universal applicability. Up to 95 percent of youth aged 13–17 were found using a social media platform and more than a third of them stated that they use social media “almost constantly.” The internet can be accessed using Smart-phones, Laptop, Tablet, Computer and Smart Television. Although the internet has made a significant contribution to our daily life, using too much of it will lead to addiction, which will negatively affect our life. A longitudinal cohort study of U.S. adolescents aged 12–15 (n=6,595) that adjusted for baseline mental health status found that adolescents who spent more than 3 hours per day on social media faced double the risk of experiencing poor mental health outcomes including symptoms of depression and anxiety. As of 2021, 8th and 10th graders now spend an average of 3.5 hours per day on social media. In a unique natural experiment that leveraged the staggered introduction of a social media platform across US colleges, the roll-out of the platform was associated with an increase in depression

(9% over baseline) and anxiety (12% over baseline) among college-aged youth (n = 359, 827 observations). The study's co-author also noted that when applied across the entire US college population, the introduction of the social media platform may have contributed to more than 300,000 new cases of depression. The sizable effects occurred in college-aged youth, together with other findings raise serious concerns about the magnitude of possible risk from social media exposure for children and adolescents who are at a more vulnerable stage of brain development. Bahra Norharlina (2016) revealed that males under the age of 24 have the highest internet addiction. People who are using the internet excessively are mostly playing online games and browsing social media. The side effects of the excessive usage led to emotional and social health issues such as low self-esteem, depression, boredom and attention-deficit hyperactive disorder.

Review of Literature

It was organised under sections A and B representing review of literature related to assessment of social maturity and emotional maturity of adolescents with internet usage and their association with socio-demographic variables. World Health Organisation database and government sources such as Social Media and Youth Mental Health: The US Surgeon General's Advisory, 2023 were referred to monitor the impact of excessive internet usage among adolescents.

Methodology

The research approach adopted was quantitative type. Research design was survey-based. Dependent variables were scores of internet-using school-going adolescents and independent variables were social and emotional maturity. The study population was, selected school from metropolitan and non-metropolitan city. The sample size consisted of 192 internet-using school-going adolescents (14-17 years) studying in 9 and 10 standard. Convenient sampling technique was employed for sampling. Data collection technique involved questioning. Standardised tool adopted for study was Emotional Maturity Scale by Dr Yashwir Singh & Dr Mahesh Bhargave and Dr Nalini Rao's social maturity scale.

The Social Maturity Scale consisted of 90 statements covering the three dimensions of social maturity. Its components included Personal adequacy (work orientation, self-direction and ability to take stress), Interpersonal adequacy (communication, enlightened trust and cooperation) and Social adequacy (social commitment, social tolerance and openness to change). Scoring

procedure for items were Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD) for social maturity scale. The most appropriate answer will be marked as 4 and the least appropriate answer will be marked as 0 (zero). The correlation coefficient obtained for the scale was 0.98 at 0.01 level of significance. The raw scores obtained from the statements were converted into Z-scores, which were allotted Grade. Based upon the grade the level of social maturity was evaluated (Table 1).

Table 1: Levels of Social maturity and grade allotment based on Z-scores

S. No.	Z-score	Grade	Levels of Social maturity
1	+2.01 and above	A	Very high level maturity
2	+1.26 to +2.00	B	High level maturity
3	+0.51 to +1.25	C	Above average level maturity
4	-0.50 to +0.50	D	Average level maturity
5	-0.51 to -1.25	E	Below average level maturity
6	-1.26 to -2.00	F	Low level maturity
7	-2.01 and below	G	Very low level maturity

The Emotional maturity scale consisted of five broad factors as emotional stability, emotional progression, social adjustment, personality integration and independence. Scoring procedure for items were Very Much (VM), Much (M), Undecided (UD), Probably (P) and Never (N) for emotional maturity scale. The most appropriate answer will be marked as 5 and the least appropriate answer will be marked as 0 (zero). The correlation coefficient obtained for the scale was 0.98 at 0.01 level of significance. The raw scores obtained from the statements are converted into Z-scores. Based upon the Z-score range, the level of emotional maturity was evaluated (Table2).

Table 2: Levels of emotional maturity determined from Z-scores

S. No.	Z-Score	Levels of emotional maturity
1	+2.01 and above	Extremely high
2	+1.26 to +2.00	High
3	+0.51 to +1.25	Above average
4	-0.50 to +0.50	Average
5	-0.51 to -1.25	Below average
6	-1.26 to -2.00	Low
7	-2.01 and below	Extremely low

The rationale for selecting this setting was the administrative approval, cooperation, availability of adequate samples and the approachable

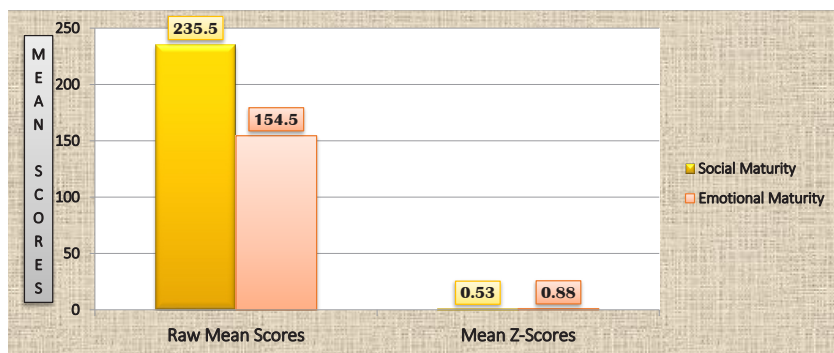


Figure 1: Raw mean scores and mean Z-scores of study subjects

location. The written consent regarding permission to conduct research was taken from the guide and institutional heads. The willingness and ethical clearance were obtained from the school going adolescents.

Results

The analysis and interpretation of data collected from the responses of 192 Internet user adolescents of metropolitan and non-metropolitan schools with the help of structured questionnaire were organised under sections A, B, and C.

Section A: Demographic Characteristics of Study Subjects

This section consisted of 192 internet user school going adolescents from selected schools from

metropolitan and non-metropolitan city. Frequency and percentage were computed for describing the sample characteristics; 54.1 percent study subjects were males and 45.8 percent were females. 89.5 percent of the study samples belonged to Hindu religion, 6.25 percent were Muslim, and 4.16 percent were Sikh. Further, 80.2 percent of the study subjects belonged to rural area where as 19.7 percent to urban area as area of residence. 52 percent of the study subject were studying in private school whereas 47.9 percent were studying in government school. Majority of the subjects (94.2%) were using mobile phones as a source of internet access, 3.12 percent television, 1.56 percent laptop and 1 percent computer.

Section B: Mean scores of social and emotional maturity scores of internet using school going adolescents

Figure 1 represents the mean of raw scores and Z-scores of social and emotional maturity scales of internet user adolescents.

Section C: Association between social and emotional maturity raw scores and selected demographic variables using chi-square

Table 3: Mean and Chi square of internet using adolescent's scores regarding their social and emotional maturity according to selected demographic variables (N=192)

GENDER		Frequency Social maturity Emotional maturity	Scores		Mean (SM)	Mean (EM)	χ^2	df
			Social maturity	Emotional maturity				
a.	Male	104	24345	16091	234	154.7	0.26 ^{NS}	1
b.	Female	88	20883	13574	237.3	154.2		
Religion								
a.	Hindu	172	40549	26562	235.7	154.4	0.4 ^{NS}	3
b.	Muslim	12	2766	1878	230.5	156.5		
c.	Sikh	8	1913	1225	239.1	153.1		
d.	Christian	-	-	-	-	-		
Area of Residence								
a.	Urban area	38	9116	5788	239.8	152.3	0.03 ^{NS}	1
b.	Rural area	154	36112	23877	234.4	155		
Type of School								
a.	Government School	92	21638	14204	235.1	154.3	0.9 ^{NS}	1
b.	Private School	100	23590	15461	235.9	154.6		
Source of Internet Access								
a.	Mobile	181	42702	27908	235.9	154.1	1.8 ^{NS}	3
b.	Laptop	3	648	643	216	154.3		
c.	Computer	2	500	334	250	167		
d.	Television	6	1378	960	229.6	160		

NS= Non-significant at p=0.05 level

Table 3 depicts that the tabled χ^2 value for 1 degree of freedom and 3 degree of freedom was 3.84 and 7.82 respectively at $p=0.05$ level of significance and the calculated χ^2 value is less than the tabled value among all the selected demographic variables and Internet user adolescent's scores regarding their Social and emotional maturity. Hence, the Null hypothesis is accepted i.e. there is no significant relationship of selected demographic variables with scores of internet user adolescents regarding social and emotional maturity in selected schools of metropolitan and non-metropolitan cities. The difference was found to be statistically non-significant in all the cases.

So, it can be inferred that –

- Gender had non-significant relationship with the internet user adolescent's scores regarding their social and emotional maturity.
- Religion had non-significant relationship with the internet user adolescent's scores regarding their social and emotional maturity.
- Area of residence had non-significant relationship with the Internet user adolescent's scores regarding their social and emotional maturity.
- Type of school had non-significant relationship with the internet user adolescent's scores regarding their social and emotional maturity.
- Source of internet access had non-significant relationship with the Internet user adolescent's scores regarding their social and emotional maturity.

Discussion

The internet-using school going adolescent's scores regarding their Social and Emotional maturity was assessed in relation to gender, religion, area of residence, type of school and source of internet access. The study revealed that the mean social maturity raw score was 235.5 and mean emotional maturity raw score was 154.5.

The raw mean scores of –

- i. Social maturity scores were little higher in females compared to males whereas the raw mean scores of emotional maturity scores were almost same in males and females.
- ii. Social maturity scores were higher in Sikhs compared to Hindus and Muslims whereas the raw mean scores of emotional maturity scores were higher in Muslims compared to Hindus and Sikhs

- iii. Social maturity scores were higher in urban area compared to rural area whereas the raw mean scores of emotional maturity scores were higher in rural area compared to urban area.
- iv. Social maturity and emotional maturity scores were little higher in private school students compared to government school students.
- v. Social maturity scores were higher in students who assessed computer as source of internet compared to mobile, television and laptop whereas the raw mean scores of emotional maturity were higher in students who assessed television as source of internet compared to laptop, mobile and computer.

In the present study, the difference was found to be statistically non-significant among all selected demographic variables with scores of internet user adolescents regarding social and emotional maturity in selected schools of metropolitan and non-metropolitan cities. These findings were supported by Yadav (2021) who intended to see the effect of social media on emotional maturity among adolescents. A sample of 300 school students (150 males and females each, age range 16-19 years), were selected from 11th and 12th classes of different schools of Meerut city by Stratified Random Sampling method. Data were collected by Emotional maturity scale, developed by Roma Pal. The data was analysed through t-test and two-way ANOVA. The study revealed that there was no significant gender difference in emotional maturity among adolescents while use of social media is negatively affecting emotional maturity of adolescents i.e., higher the use of social media more will be the emotional instability.

In a study conducted on 200 adolescents (Meena & Paliwal, 2021) age 13 to 18 years using Emotional maturity scale (EMS) by Singh and Bhargava, random sampling method was used for the sampling selection. Findings showed that the adolescents who had social media addiction were not emotionally mature. Resting on data analysis, the consequences designate that the adolescents whom social media addicted were interpreted as extremely emotionally immature in Emotional maturity scale.

Jobson Mridula C. (2020) conducted a study to determine the level of emotional maturity among adolescents and factors influencing them. The study was performed with 100 participants, including 53 girls and 47 boys of age group

between 17 and 18. Data was collected using the emotional maturity scale by Singh Bhargava. The collected data was analysed with statistical package for social sciences (SPSS). According to results, 74 percent of the participants were found to be extremely emotionally immature. Factors such as age, gender of the participants, type of family and sibling had no association with emotional maturity of the participants. This study helped to understand the level of emotional maturity among adolescents which creates awareness to provide focus on adolescent with unstable emotional maturity.

Pathan T I & Chothani K (2019) aimed to know the social maturity among the internet addict and internet non-addict adolescents. It also aimed to explore the social maturity with reference to gender and residential area. The Rao's Social Maturity Scale (RSMS) (Form B) prepared by Dr Nalini Rao (2002) was used. The sample consisted total 120 adolescents from Ahmedabad city out of which 60 were from internet addict adolescents (30 urban area and 30 rural area) and 60 from internet non-addict adolescents (30 urban area and 30 rural area). The data was scored, analysed manually. 'F' test was calculated. The result showed that there is significant difference in the mean score of social maturity among the adolescents of urban and rural areas. The adolescents of rural area group were having higher social maturity than adolescents of urban area group but there was no significant difference in the mean score of social maturity among the internet addict and internet non-addict adolescents and also, no significant difference in the interactive effect of the mean scores of social maturity with regards to the type of adolescents and residential area.

Conclusion

The present study was conducted to assess the social and emotional maturity of internet using school going adolescents in selected schools of metropolitan and non-metropolitan cities. Survey research design was used in the study using

convenient sampling technique with sample size of 192. Data was collected by using Social and Emotional Maturity Scales (Emotional Maturity Scale by Dr Yashvir Singh & Dr Mahesh Bhargava and Dr Nalini Rao's Social Maturity Scale). Conceptual framework of the present study was based health early adolescence proposed by Blum Robert W, Astone Nan Marie, Decker Michele R, et al (2014). To sum up, a school health nurse plays an important role in the academic journey of student focusing on various aspects of health including physical, mental and social aspects. Assessment of school students must be done for the symptoms of internet addiction and its management through treatment, counselling and follow-up sessions.

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इंटरनेट वरदान है, इसे अभिशाप न बनने दें

तरक्की के लिए जो भी चाहिए - मंजिल पाने की ललक, कौतुहल, जिंदादिली, प्रयोगधर्मिता, ज्ञान व कौशल हासिल करने की क्षमताएं - युवाओं में आला दर्जे की होती है; गर्मजोशी व कल्पनाशीलता भी सातवें आसमान पर। अफसोस है कि इंटरनेट की चकाचौंध में जकड़ कर बहुतेरे अपना जीवन नरक बना देते हैं। आज देश, समाज को कौशल संपन्न व्यक्तियों की अत्यंत आवश्यकता है। अपना बहुमूल्य समय गेमिंग या सोशल मीडिया में न गवां कर किसी कौशल में पारंगत होने में लगाएं तो उन्हें स्वयं, समाज, और राष्ट्र के अनेक हित सध जाएंगे।