



Internet Addiction, Emotional Intelligence and Social Adjustment among Adolescents

• Yousra Iqbal • Maryam Iqbal • Shambhavi
• Sister M. Reema A.C.

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Corresponding Author: Sister M. Reema A.C.

Abstract: The present study was conducted to measure the extent to which emotional intelligence and social adjustment are related to internet use among adolescents. In this study six hypotheses were formulated: 1) Internet addiction and emotional intelligence of adolescents would be negatively correlated. 2) There would be significant positive correlation between emotional intelligence and social adjustment of adolescents. 3) Internet addiction and social adjustment of adolescents would be negatively correlated. 4) There would be

significant gender difference in internet addiction of adolescents. 5) There would be significant gender difference in emotional intelligence of adolescents. 6) There would be significant gender difference in social adjustment of adolescents. A sample of 150 students from St. Xavier's High School, Patna was selected through incidental-cum-purposive sampling method. Internet Addiction Test by Young (1998), Emotional Intelligence Scale by Singh & Narain (2014) and Deva's Social Adjustment Inventory by Deva (2004) were taken as research tools. Mean, median, standard deviation, t-ratio and coefficient of correlation were chosen as statistical tools. The obtained result revealed that internet addiction and emotional intelligence are negatively correlated, no significant positive correlation between emotional intelligence and social adjustment, and internet addiction and social adjustment of adolescents are negatively correlated. There is no significant gender difference in internet addiction and social adjustment of adolescents but there is significant gender difference in emotional intelligence of adolescents.

Keywords: Internet Addiction, Emotional Intelligence, Social Adjustment, Adolescents.

Yousra Iqbal

B.A. III year, Psychology (Hons.), Session: 2015-2018,
Patna Women's College, Patna University, Patna,
Bihar, India

Maryam Iqbal

B.A. III year, Psychology (Hons.), Session: 2015-2018,
Patna Women's College, Patna University, Patna,
Bihar, India

Shambhavi

B.A. III year, Psychology (Hons.), Session: 2015-2018,
Patna Women's College, Patna University, Patna,
Bihar, India

Sister M. Reema A.C.

Assistant Professor, Deptt. of Psychology,
Patna Women's College, Bailey Road,
Patna-800 001, Bihar, India
E-mail : reemarosyprecilla@yahoo.com