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The Effect of Emotional Intelligence on the Quality of Social Media use among Adolescent

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ABSTRACT

Emotional development in adolescents is still very unstable because it is in a transitional period, so when on social media, they are sometimes not able to control what they access, of course, in the current era of globalization social media behavior cannot be separated from life. This study discusses the influence of adolescent emotional intelligence on the quality of social media use among adolescents in class XI of SMAN 1 Cisarua. This study aims to analyze how emotional intelligence affects a person in using social media. A quantitative method is used in this study with a correlation approach to measure the relationship between two variables. The results show that there is a relationship between emotional intelligence to social media behavior, the higher the emotional intelligence, the better the quality of social media use.

KATA KUNCI

Media sosial;
Kecerdasan
emosional;
Remaja

ABSTRAK

Perkembangan emosi pada remaja masih sangat labil dikarenakan berada dalam masa transisi, sehingga ketika dalam bermedia sosial, mereka kadang belum mampu mengendalikan apa yang mereka akses di dalamnya, dan tentunya di era globalisasi saat ini perilaku bermedia sosial tidakbisa dipisahkan dari kehidupan. Penelitian ini membahas bagaimana pengaruh kecerdasan emosional remaja terhadap kualitas penggunaan media sosialnya di kalangan remaja kelas XI SMAN 1 Cisarua. Dalam penelitian ini bertujuan untuk menganalisis bagaimana kecerdasan emosi mempengaruhi seseorang dalam menggunakan media sosialnya. Metode Kuantitatif digunakan dalam penelitian ini dengan pendekatan korelasi untuk mengukur hubungan antar dua variabel. Hasil menunjukkan bahwa terdapat hubungan dari kecerdasan emosional terhadap perilaku bermedia sosial, semakin tinggi kecerdasan emosionalnya maka semakin baik kualitas penggunaan media sosialnya.

INTRODUCTION

The result of the development of human knowledge today is the development of Information Technology (Palupi, 2020). The rapid development of technology today makes human life easier, but there are also negative impacts from the use of technology today. Social media is one of the results of current technological developments. Social media provides many conveniences for humans with its facilities for current human activities (Doni & Faqih, 2017). In social media, a person can express themselves without worry, and comment freely both positive and negative comments. In social media, a person can fake his identity, so that a person can post or comment without fear of anything.

Social media is one of the influences of globalization, especially on adolescents (Lestari & Eriza, 2021). Adolescence is a transitional period between 13-21 years where rapid changes occur (Setyoningsih, 2018). These changes create shocks in the lives of adolescents. Among adolescent, social media is like daily food because it is very addictive and cannot be released because there is no day without social media, even if it is just to see other people's

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lives. Adolescent use social media to post their personal lives, photos of togetherness with friends or family, and a place to pour out their hearts.

Adolescent are carried away by technological advances, one of which is social media, they have a life in cyberspace and sometimes ignore the real world or the surrounding environment (Setyoningsih, 2018). As a result, today's adolescent lack character and morals (Prayogi et al., 2023). Adolescent are unstable and impressionable creatures and also humans who have high curiosity as a result adolescent easily imitate what they see both in the real world and on social media. Adolescent like to imitate or act without thinking about the risks they will receive in the future.

The formation of adolescent character in the current era of technological progress is a big challenge (Utomo et al., 2022). The cultivation of character values is given not only to teach knowledge about how to behave properly and correctly but more than that, namely as a process of instilling and developing noble values through culture and dignity (Utomo et al., 2022). Currently, there is a lot of moral character deterioration among adolescents during their search for identity (Ningrum, 2015). Adolescents already know what acceptable behavior is and what is not, but adolescents ignore this. They fail to develop control over their actions even though they already know whether the behavior is acceptable or not (Nisya & Sofiah, 2012).

Adolescent in the current era lack control over their behavior when using social media, as indicated by the inappropriate content they share on social media. According to Havigurst in Panuju (2006), adolescents should be able to control their behavior in a social environment and be accountable for it.

Emotions are an important part of humans. People who have good emotions will know how to act or do something well. Emotional intelligence is how someone manages their feelings (Yantiek, 2014). This ability is a person's ability that can be called Emotional Intelligence. Emotional intelligence is an important part of a person's life because emotional intelligence is related to how humans control themselves from negative things for an action.

Adolescent experience a decline in their emotional management when they are preoccupied with social media (Waya and Siti, 2017). Adolescent are now inseparable from social media, even they find it easier to express their emotions through social media without thinking about the risks that will be received (Daniel in Waya et al., 2017). Previous research from Samia and Irvia states that there is a negative relationship between social media behavior for adolescent emotional intelligence in their research at SMPN 28 Bekasi. So the higher the emotional intelligence, the lower the social media. From the above problems, this study aims to determine how adolescent emotional intelligence affects the quality of their social media use.

METHOD

Quantitative methods are data that are numerical and processed by statistical methods (Yuliani & Supriatna, 2023). Quantitative methods with a relational approach were used in this study to measure the relationship between two or more variables (Muhson, 2006). The sample of this study consisted of 40 students of class XI of Senior High School (SMAN) and 1 Cisarua.

The participants' emotional intelligence was measured through The Emotional Competence Inventory (ECI) which is a tool to assess individual and organizational emotional competence. While to measure the quality of social media use refers to the duration, frequency, features, and content of social media. The emotional intelligence attitude scale consisting of 15 items has 14 valid items and 1 item that is canceled. The reliability is 7.44 (reliable). The social media usage scale consisting of 26 items is 17 valid items and 9 items fall with a reliability of 7.17 (reliable).

RESULT AND DISCUSSION

Results

Table 1. Normality Test

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
X	,191	40	,001	,939	40	,031
Y	,129	40	,094	,947	40	,060

a. Lilliefors Significance Correction

The requirement for normality is to be at > 0.05, from the data above it can be seen that variable X has a significance of 0.031 which means < 0.05, and is said to be not normally distributed. In variable Y the significance number is 0.060 which means > 0.05 and is said to be normally distributed.

Because one of the variables is not normally distributed, a non-parametric correlation calculation is used, namely Spearman.

Table 2. Correlation Test

Correlations			X	Y
Spearman's rho	X	Correlation Coefficient	1,000	,515**
		Sig. (2-tailed)	.	,001
		N	40	40
	Y	Correlation Coefficient	,515**	1,000
		Sig. (2-tailed)	,001	.
		N	40	40

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the correlation test output table above, the correlation coefficient value between variables X and Y is 0.515**, which means that there is a correlation relationship between variable X and variable Y. And the significance value is at 0.001, which means < 0.05, which can be concluded that emotional intelligence can affect adolescents in the quality of social media use.

Discussion

Adolescent are unstable human beings so their emotional intelligence must be considered and developed. Emotions that occur in adolescents are the result of adolescent changes because they are experiencing a transition period (Nur & Ekasari, 2008). Many changes occur to adolescents due to their mass transition from childhood to adulthood so there are shocks to their lives. Especially in their emotions, adolescents who are still unstable cannot understand what they are doing to the impact they will receive.

Social media is one of the instant media today because it is very easy for us to connect with the outside world with social media (Zubaedi et al., 2021). Most adolescent access social media only to post personal lives, and upload photos of togetherness with friends or family, and not a few pour out their hearts on social media. This is in line with research conducted by Janny and Sapta (2022), namely social media behavior is carried out to seek pleasure and entertainment alone.

Poor use of social media can have an impact on a person's character development (Utomo et al., 2022; Utomo & Pahlevi, 2022; Utomo & Prayogi, 2021). Research from Samia and Irvia (2021) on students at SMPN 28 Bekasi shows a negative relationship between emotional intelligence and social media behavior. Emotional intelligence is how a person can understand their emotions, and control their own emotions and others. Emotional intelligence is important for individuals to solve a problem with the best solution (Khairunnisa & Alfaruqy, 2022).

From the research that has been conducted at SMAN 1 Cisarua, the results show that there is an influence of emotional intelligence on how a teenager uses social media seen from the quality of 40 respondents at SMAN 1 Cisarua. So it can be concluded from the results of this study that the higher the social media, the better the quality of what is accessed from social media.

Previous research conducted by Beranuy (2009) showed that there is a significant relationship between social media behavior psychological stress and perceptions of emotional intelligence. It shows that individuals who have good emotional intelligence will minimize the use of social media which is less wise (Hidayat & Kristiana, 2017).

CONCLUSION

Based on the results that have been presented, there is a relationship between emotional intelligence and the quality of social media use among adolescent at SMAN 1 Cisarua. The higher the emotional intelligence, the wiser the use of social media. But on the contrary, the lower the emotional intelligence, the lower the quality of social media use.

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