EMOTIONAL INTELLIGENCE FACETS AS PROTECTIVE FACTORS FOR PROBLEMATIC DIGITAL TECHNOLOGY USAGE IN SPANISH ADOLESCENTS

Arrivillaga, Christiane; Rey, Lourdes; Extremera, Natalio.

Universidad de Málaga
Digital technologies bring numerous advantages to our daily lives.

Inadequate usage may lead to negative psychological, social, and educational consequences.

Adolescents are considered a vulnerable population.

Aim of the study: to examine the potential protective role of emotional intelligence facets in problematic Internet and smartphone users.
Some definitions...

Problematic Internet use (PIU)

Problematic smartphone use (PSU)

Emotional intelligence (EI)

Self-emotion appraisal (SEA)

Other-emotion appraisal (OEA)

Use of emotion (UOE)

Regulation of emotion (ROE)
Methods

Participants

2197 adolescents (45.9% male, 54.1% female), aged 12 to 19 years old ($M = 14.6$, $SD = 1.65$).

Measures

- Internet Addiction Test (IAT: Fernández-Villa et al., 2015; Young, 1998).
- Wong & Law Emotional Intelligence Scale (WLEIS: Extremera et al., 2019; Wong & Law, 2002).

Procedure

- Study protocol was assessed by the Ethics Committee (Universidad de Málaga).
- Paper-based questionnaires in school setting.

Data analyses

Logistic regression analyses.
- Predictors: self-emotion appraisal, other-emotion appraisal, use of emotion and emotion regulation.
- Covariates: age and sex.
- Outcome variable: PIU/PSU.
## Results

### Problematic Internet use

<table>
<thead>
<tr>
<th>Variables</th>
<th>B</th>
<th>SE</th>
<th>Wald</th>
<th>p</th>
<th>OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.134</td>
<td>.028</td>
<td>22.930</td>
<td>.000</td>
<td>1.143</td>
</tr>
<tr>
<td>Sex</td>
<td>-.151</td>
<td>.096</td>
<td>2.482</td>
<td>.115</td>
<td>.860</td>
</tr>
<tr>
<td>Self-emotion appraisal</td>
<td>-.047</td>
<td>.051</td>
<td>.851</td>
<td>.356</td>
<td>.954</td>
</tr>
<tr>
<td>Other-emotion appraisal</td>
<td>.181</td>
<td>.046</td>
<td>15.511</td>
<td>.000</td>
<td>1.199</td>
</tr>
<tr>
<td>Use of emotion</td>
<td>-.203</td>
<td>.045</td>
<td>20.401</td>
<td>.000</td>
<td>.816</td>
</tr>
<tr>
<td>Emotion regulation</td>
<td>-.162</td>
<td>.047</td>
<td>11.761</td>
<td>.001</td>
<td>.851</td>
</tr>
</tbody>
</table>

Dependent variable: Problematic Internet use. $\chi^2 (6) = 118.483, p < .001$. Cox & Snell’s $R^2 = .054$, Nagelkerke’s $R^2 = .073$. 
### Results

**Problematic smartphone use**

<table>
<thead>
<tr>
<th>Variables</th>
<th>B</th>
<th>SE</th>
<th>Wald</th>
<th>p</th>
<th>OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>.226</td>
<td>.031</td>
<td>54.513</td>
<td>.000</td>
<td>1.254</td>
</tr>
<tr>
<td>Sex</td>
<td>.230</td>
<td>.104</td>
<td>4.870</td>
<td>.027</td>
<td>1.259</td>
</tr>
<tr>
<td>Self-emotion appraisal</td>
<td>-0.012</td>
<td>.054</td>
<td>.047</td>
<td>.828</td>
<td>.988</td>
</tr>
<tr>
<td>Other-emotion appraisal</td>
<td>.155</td>
<td>.049</td>
<td>10.084</td>
<td>.001</td>
<td>1.167</td>
</tr>
<tr>
<td>Use of emotion</td>
<td>-0.096</td>
<td>.047</td>
<td>4.113</td>
<td>.043</td>
<td>.909</td>
</tr>
<tr>
<td>Emotion regulation</td>
<td>-0.201</td>
<td>.050</td>
<td>16.301</td>
<td>.000</td>
<td>.818</td>
</tr>
</tbody>
</table>

Dependent variable: Problematic smartphone use. $\chi^2_{(6)} = 134.556$, $p < .001$. Cox & Snell’s $R^2 = .061$, Nagelkerke’s $R^2 = .087$. 
Concluding remarks

Three of the facets of EI help predict PIU and PSU profiles:

- **Higher other-emotion appraisal**: increased social sensitivity?
- **Lower use of emotion and regulation of emotion**: maladaptive coping?
- **Older age** was also a significant predictor: higher exposition to technology?
- **Being female** was a risk factor for PSU: more socially aware?

Training EI facets may help adolescents in managing emotional situations effectively and, thus, prevent a problematic use of technology.
References


EMOTIONAL INTELLIGENCE FACETS AS PROTECTIVE FACTORS FOR PROBLEMATIC DIGITAL TECHNOLOGY USAGE IN SPANISH ADOLESCENTS

Arrivillaga, Christiane; Rey, Lourdes; Extremera, Natalio.

carrivillagad@uma.es

Universidad de Málaga