



VI Congreso Internacional  
en **Contextos Psicológicos,**  
**Educativos** y de la **Salud**

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

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- 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).
- Smartphone Addiction Scale (**SAS-SV**: Kwon et al., 2013; Lopez-Fernandez, 2017).
- 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

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

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

Variables	B	SE	Wald	<i>p</i>	OR
Age	.226	.031	54.513	.000	1.254
Sex	.230	.104	4.870	.027	1.259
Self-emotion appraisal	-.012	.054	.047	.828	.988
Other-emotion appraisal	.155	.049	10.084	.001	1.167
Use of emotion	-.096	.047	4.113	.043	.909
Emotion regulation	-.201	.050	16.301	.000	.818

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.

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