

The Mediating Role of Internet usage on Social Maturity of Young Adults

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Abstract

Social Maturity is the capability to function in an apt and responsible manner. It is an essential facet for the individual as well as society. A socially mature person should be able to make choices, decisions and take proper action in face of challenges. The purpose of this study was to ascertain the mediating role of internet usage on social maturity of male and female young adults. Internet being the most popular source of information, search engine and that it has already surpassed other means of gathering data. Therefore, studying it in current context is very essential in knowing its influence. For the purpose of study, Social Maturity Scale (VSMS) of Nalini Rao (1986) was employed to gather the information. A total of 202 participants were included in the study and analysis was done on the data. Findings suggest the significant role of internet usage on social maturity of male and female young adults.

Key Words: Social Maturity, Choices, Challenges, Internet Usage

Introduction

The Internet is the conclusive innovation of the Information Age, as the electrical motor was the vector of mechanical change of the Industrial Age. This worldwide organization of Personal computer in organizations, to a great extent dependent on foundation of remote correspondence, gives omnipresent limit of multimodal, intelligent correspondence in picked time, rising above space. Moreover, for quite a while the spread of the Internet was restricted by the trouble to spread out land-based media communications framework in the arising nations. This has changed with the blast of remote correspondence in the mid twenty-first century. For sure, in 1991, there were around 16 million endusers

of remote gadgets on the planet, in 2013 they are near 7 billion (in a planet of 7.7 billion individuals). Relying on the family and town employments of cell phones, and thinking about the restricted utilization of these gadgets among kids under five years old, we can say that humanity is presently essentially associated, though with extraordinary degrees of disparity in the data transmission just as in the productivity and cost of the help.

It is a known fact that the present generation of adolescents grows up in a media-saturated world. They invest lot of energy on the web and hence invest less time with real individuals while this utilization of the Internet has essentially improved the level of contact accessible it has created a rift between real and reel life.

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Earlier the means of communication was exclusively by telephone or mail, which required

some investment and cost. This has changed radically with the web as online people group across the world. All things considered, Individuals are investing hours of their energy on internet. But then the upsides of the Internet are self-evident, with the way in which individuals associate themselves across the globe.

Social Maturity

The word, Maturity can be understood in two ways –First in context to behaviour that is constant with the morals and expectations of adults and secondly, in context to appropriate behaviour giving to the age of the person under opinion. Social Maturity is the indication of mastery in social behaviour in terms of human relationship, social techniques and social institutions. Social maturity is a unit of key to handle of social relationship.

It has been found that the term social intelligence is mostly used as early as 1920 by Thorndike (Birknerova et al.2010)¹ Social intelligence or Social knowledge mainly connotes the ethical behaviour (for example the ability to know and relate) when eating, when communicating, the ability to gain people's love, so that all that can be learned, if one aligns with it. This means that socially intelligent are those people who are responsive, who recognize the circumstances. In this sense the social intelligence is social norms (rules, customs), the required need to incorporate into society (community) and the capacity to perform different social roles.

Impact of internet on Young adults

Media play an enormously significant part in the lives of today's youth, who grow up with tablets and smartphones. Mass media is used not only for entertainment purposes, such as listening to music or watching movies, but is also used increasingly for communicating with peers via WhatsApp, Instagram, Snap Chat or Facebook.

Recently, cognitive neuroscience studies have used structural and functional magnetic resonance imaging (fMRI) to examine how the adolescent brain changes over the course of the adolescent years. The results of several studies demonstrate that cognitive and socio-affective development in adolescence is accompanied by extensive changes in the structure and function of the adolescent brain

Significance of this study

Present era is the age of technology more precisely information and communication technology. The reason of conducting this research was to study the influence of internet on the social maturity of young adults.⁵ It's been hypothesized that about 95% of all data accessible has been digitized and made open through the web. The web has likewise prompted a total change in correspondence, accessibility of information just as social association. Be that as it may, similarly as with all major mechanical changes, there are positive and negative impacts of the web on the general public as well.

Review of Literature

Ahmed, M.N and Ghosh (2018) studied the social responsibility on the internet. This article examines the marvels of cyberbullying particularly among youngsters.² The conversation, in view of an interdisciplinary examination in the fields of cerebrum considers, kid advancement, brain science, social approach, exploitation and Internet contemplates, tests the upsetting wonder of cyberbullying which may bring about self-destruction. It is contended that youths are more helpless than grown-ups on the grounds that they need development concerning limits, for example, thrill chasing, drive control, peer pressure, reward affectability, intellectual handling, sane dynamic and long haul arranging. The article recommends solutions for counter online social ills and contends for dependable participation between

guardians, schools, governments, Non-Governmental Organizations (NGOs) and informal communication destinations.

Talluri (2018) The current examination was intended to contemplate the degree of Social Maturity of Government and Private Secondary School Students.³ The examination was led on an example of 576 optional school understudies concentrating in ninth class of Guntur area, Andhra Pradesh. For information assortment the agent has utilized Social Maturity scale built and normalized by Dr.Nalini Rao. The information gathered was exposed to measurable examination, for example, Mean, S.D. what's more, "t" values. The aftereffects of the examination demonstrated that there is no critical contrast in Social- development of auxiliary school understudies according to their sex and sort of the executives) studied the social maturity level of government and private secondary school students.

Arora & Sharma (2018) studied the social maturity of senior secondary school students in relation to their psychological well- being and emotional intelligence. The finish of the 20th century and start of the twenty first century¹ has seen an exceptional upsurge in exercises spinning around the teen pre-adulthood understudies. ¹It is the desperate need of great importance that as teen youth understudies, we ought to have legitimate enthusiastic advancement to appropriately utilize our human feelings. So, our human brain has something crucial to do with human feelings to get mingled. The investigation was led on 100 understudies, were chosen through straightforward arbitrary testing strategy from the Jalandhar city of Punjab state, India. The age scope of the example is 14 to 16 years. Social development scale created by Dr.Nalini Rao (1971), Psychological Well-Being Scale by Dr.Devender Singh Sisodia and Miss Pooja Choudhary (1971), Emotional insight

scale created by Dr.Sarabjit Kaur were managed to the example. Information was breaking down utilizing mean, SD and 'two route examination of change. Results uncovered that Emotional Intelligence is needed to comprehend the idea of social world they live inside. There exists critical cooperation impact between mental prosperity and Emotional knowledge on the score of Social Maturity. High mental prosperity is fundamental for Social Commitment, Social Tolerance, and Openness to change. Passionate insight is significant for Work Orientation, Self-Direction, and Ability to take pressure, Communication, Enlightened Trust, Cooperation, Social Commitment, Social Tolerance, and Openness to Change. There is huge distinction in Personal sufficiency and social amplexity of Senior Secondary school understudies corresponding to Psychological Well-Being and Emotional Intelligence.

Sani et al., (2017) researched on surveying the Relationship between Addiction to Social Networks and Emotional Maturity in Students. Informal organizations give a climate to virtual correspondence and assume a key and truly filling part in nature of emotional wellness. Passionate development is a key compelling component of feelings control, conduct, and improvement of psychological wellness. ¹² The current paper is pointed toward looking over the connection between dependence on informal communities and enthusiastic development of understudies. An enlightening logical investigation was conveyed with cooperation of 181 understudies in the Faculty of Medical.

Perloff (2014) conducted a study on social media effects on young women's body image concerns.⁹ Despite the fact that there is a voluminous writing on broad communications consequences for self-perception worries of youthful grown-up ladies in the U.S., there has been moderately little hypothetically determined exploration on cycles and

impacts of online media on youthful ladies' self-perception and self-discernments. However given the weighty online presence of youthful grown-ups, especially ladies, and their dependence via web-based media, it is critical to value ways that web-based media can impact view of self-perception and self-perception unsettling influence. Drawing on correspondence and social mental speculations, the current article expresses a progression of thoughts and a system to control research via web-based media consequences for self-perception worries of youthful grown-up ladies. The intuitive organization and substance highlights of web-based media, for example, the solid companion presence and trade of a huge number of visual pictures, recommend that web-based media, working by means of negative social examinations, transportation, and peer standardizing measures, can altogether impact self-perception concerns. A model is recommended that accentuates the effect of inclining singular weakness qualities, online media utilizes, and interceding mental cycles on body disappointment and dietary problems. Examination based thoughts regarding online media impacts on male self-perception, convergences with identity, and ameliorative procedures are moreover talked about.

Methodology

Aim

To investigate the mediating role of internet usage on Social Maturity of Young Adults

Objectives

- To study the Social Maturity of Young Adult internet users.
- To compare the Social Maturity of male and female young adult internet users

Hypothesis

There will be a significant difference in the levels of Social Maturity among males and females Young Adults internet users.

Sample

The sample comprised of 202 respondents with 106 females and 95 males. University and College going students were selected for this study. The Purposive cum incidental sampling technique was used.

Description of the tool:

Social Maturity Scale by Nalini Rao (1986)

This scale is for primary, secondary and pre-university grade students. It consists of 90 items, three dimensions and nine sub-dimensions in total.

They are as below:

1. Personal adequacy-

- Work orientation- manifest in the perception of work-related skills and development of proper attitude towards work in terms of knowledge of standards of competence in performing task, capacity for experiencing pleasure in work leading to self-sufficiency.

- Self -direction- manifest in one's capacity to independently act and exercise control over one's action. This also involves the initiative an individual takes in directing himself and his actions with a feeling of security and full faith in one's effort.

- Ability to take stress- is an ability to exhibit appropriate emotional stability and react without embarrassing either himself or the group he is in; it also involves ability to undertake challenging task with assurance.

2. Interpersonal adequacy-

- Communication- It involves an ability to

understand, write to communication and make clear meaningful speech and gesture. The ability also involves empathy which sensitizes the individual to the affective domain.

- Enlightened trust- includes general belief that is acceptable to rely or depend on others when need arises, it involves clear functioning of enlightened decision about whom, when and how much to trust.

- Cooperation- it is an altruistic tendency to join others in their efforts in order to reach a mutually desirable goal, it involves ability to regard rules and practises more as reciprocal social agreement rather than a rigid, unchangeable law.

3. Social adequacy-

- Social commitment-involves a feeling of oneness with others, willingness to modify or relinquish personal goals in the interest of societal goals and also a readiness to invest in long term social goals

- Social tolerance- involves a person's willingness to interact with individuals and groups, who differ from him, sensitivity to the rights of individual and groups who differ from him thus accepting the difference as a means of building up the out- group loyalties.

- Openness to change-involves willingness to accept changes in the social setting and adapt oneself to the demand of the changes.

Procedure

The information was gathered utilizing the scale of Social Maturity by Nalini Rao (1986). The participants rated their response on a four-point scale from Strongly Agree to Strongly Disagree along with some demographic information like age, gender and internet usage category which they fall into. This category was on the basis of researches done and the category was hence defined in the tabular format which is as follows: -

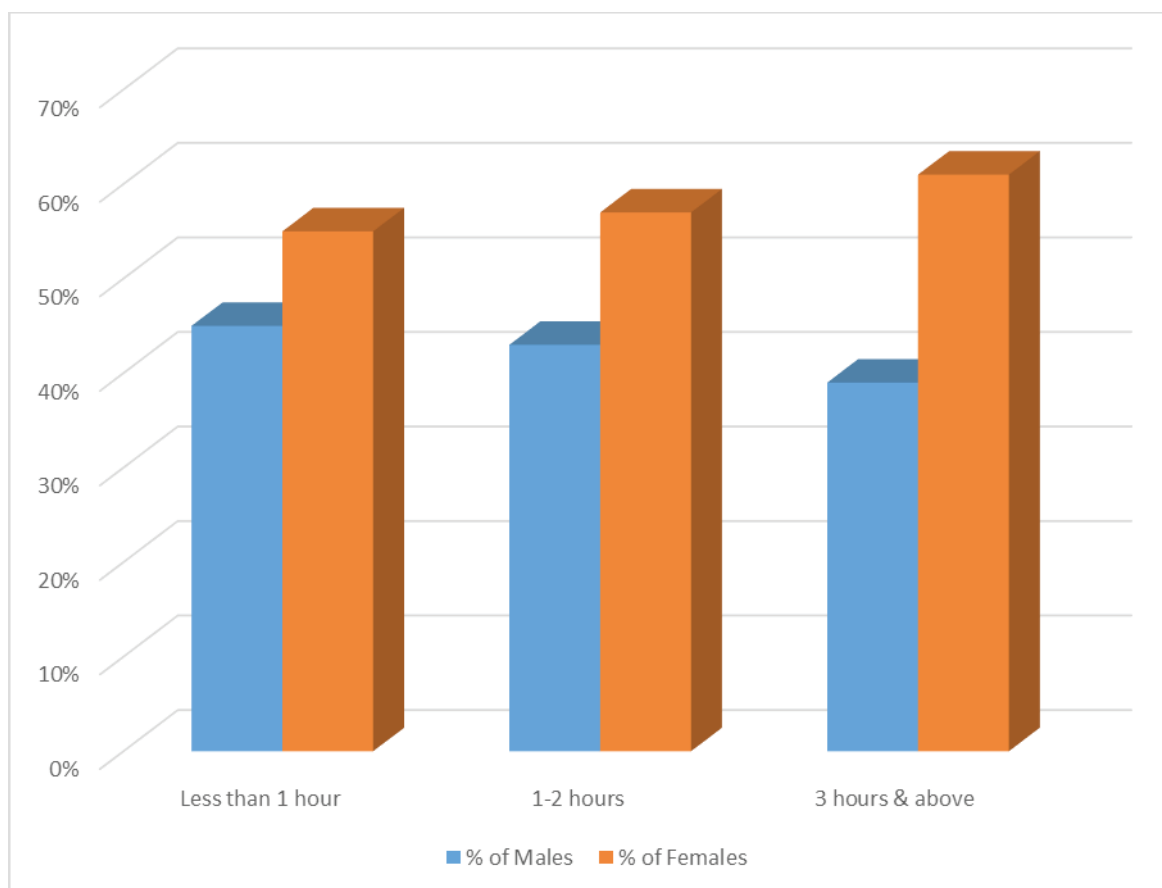
Internet used in a day	Category
Less than 1 hour	Low Internet Usage
1-2 hours	Average Internet Usage
3 hours & above	High Internet Usage

Results & Analysis

Table 1: The following table shows the percentage of internet usage by males and females.

Internet usage in a day	Percentage of Males	Percentage of Females
Less than 1 hour	45%	55%
1-2 hours	43%	57%
3 hours & above	39%	61%

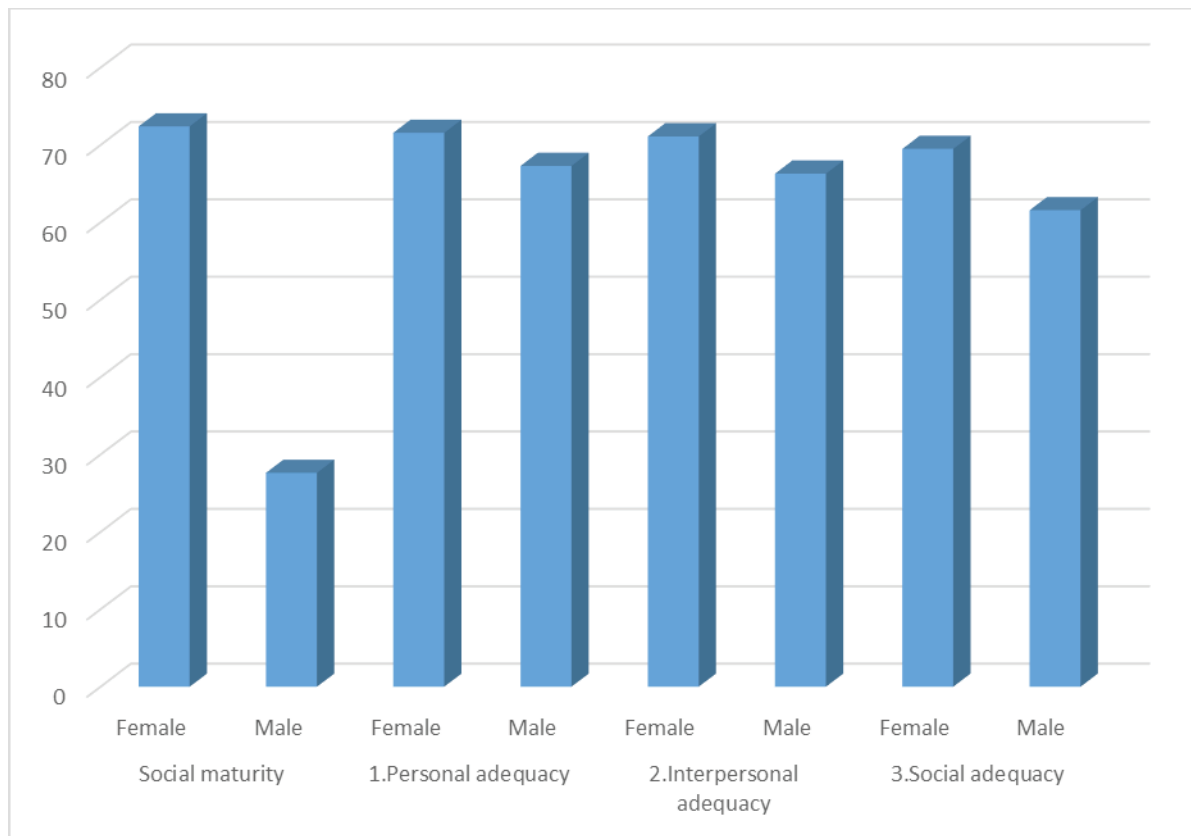
On analysing the internet usage of males and females, percentage of females were found to be high in comparison to males and their social maturity was also found to be more in comparison to males



Graph 1: The following graph shows the percentage of male and female internet usage

Table 2:: The following table shows the mean and t score of three dimensionsof Social Maturity and overall Social Maturity among male and female young adult internet users.

Social Maturity subscales		Mean	t score
Social maturity	Female	72.41	0.504
	Male	27.64	
1.Personal adequacy	Female	71.58	-3.208
	Male	67.31	
2.Interpersonal adequacy	Female	71.12	-2.66
	Male	66.32	
3.Social adequacy	Female	69.51	-3.57
	Male	61.58	



Graph 2: The following graph shows the mean of Social maturity and its dimensions among males and females.

Discussion

The aim of the study was to investigate the Social Maturity of Young Adult internet users and to compare the Social Maturity of males and females. Accordingly, hypothesis was formed that there will be a significant difference in the levels of Social Maturity among males and females Young Adults. This has been proven to be true as the overall social maturity were found to be high in females than males in spite of their high internet usage.

Though many researches have reported that high usage of internet leads to social blockage but this does not hold true in this context. It has also been reported that high internet usage establishes negative connection between web dependence and social capability. It influences youths a lot as their social fitness is high but physical fitness is on decline. All

may unarguably agree that internet has become a vital part of each of our lives. With the swelling use of the Internet, especially among youth it is indispensable part of our daily routine. Researches have analysed the impact of psychological characteristics on individuals due to its increased use. Also, internet is being linked with depression and anxiety.

Ali et al., (2019) identified the role of social networks on the personal and social life of people⁶. It plays significant role by making the ground in order to exchange a huge amount of information wherever required. Further people who are high on social networking their social maturity was found to be high. As Social maturity also demonstrates age-appropriate behaviours in line with society's standards and expectations.

Similarly, Devi et al., (2018)⁷ were of opinion that internet is primarily an outstanding innovation within the history of world. They wanted to assess the effect of Internet Use on Emotional Maturity and General Well Being among adolescence. The study results show that students of Perceived Impact of Internet Use on Emotional Maturity level had 56% high emotional maturity, 44% average emotional maturity and it also shows that 0.5% serious well-being, 26% Distress Well-being, 68% stress problem well-being, 3% Marginal well-being, 2% low positive well-being & 0.5% positive well-being in General Well Being of students.

Summary and Conclusion

Thus Internet usage is a boon as well as bane. It does not always have an adverse effect on social and psychological aspects of one's wellbeing but also has positive effects. More research is needed to examine the generalizability of these findings, to identify mediating mechanisms other than Internet usage which influences the social maturity of young adults in order to develop and evaluate interventions.

Ethical Clearance: Not Applicable

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Conflicts of Interest: Nil

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