

Emotional competence with reference to internet addicts and non addicts, gender

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ABSTRACT

The aim of present study was to investigate Emotional Competence among internet addicts and non-internet addicts. So, investigator selected two group one is addicts second is type of gender. The random sampling method was used in this study. The total sample consisted 180 addicts' people. Data were collected from Anand and surroundings villages. A long with the respective personal data sheet and Emotional competence scale developed by Dr. H. C. Sharma and Dr. R. L. Bhardwaj (1995) used from data collection. 2x2 factorial design was used and data were analysis by 'F' test verify the hypothesis. Result show, there is a significant difference between type of addiction of Internet addiction and that of Non-Addiction in the area of Emotional Competence. Non-addiction is high Emotional Competence than Internet Addiction. There is a significant difference between gender of Male and that of Female in the area of Emotional Competence. Male are high Emotional Competence than Female. There is no significant interaction between Types of Addiction x Gender of Emotional Competence.

Keywords: *Emotional Competence, Internet Addiction, Non-Addiction, Gender*

Emotional competence refers to a person's ability in expressing or releasing their inner feelings (emotions). It implies an ease around others and determines our ability to effectively and successfully lead and express.

A learned capability based on emotional intelligence those results in outstanding performance at work. Our emotional intelligence determines our potential for learning the practical skills based on the five element- self-awareness, motivation. Self-regulation, empathy, and adeptness in relationships. Our emotional competence shows how much of that potential we have translated into on-the-job capabilities.

Humans are social beings, and emotional competence is an essential social skill. Just as one person might be good in mathematics, one good in music, another good in sports, because we differ in our emotional competence. Some of us might easily recognize an emotion that others don't even notice. Just as studying mathematics increases our math's competence, and

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practice with a musical instrument increases our musical competence, studying emotions and practicing constructive responses can increase our emotional competence. While some people seem to have an aptitude for mathematics, and others have for music, some people may easily attain high levels of emotional competence, even without formal instruction and these people seem to be naturally high in emotional intelligence. But just as most of us don't learn mathematics without careful study, most of us can benefit greatly by studying to improve our emotional competency. The concept of emotional competence is rooted in the understanding of emotions as being normal, useful aspects of being human. Anger is a reaction to aggression and gives a person the strength to repel the aggression.

Objective

1. To study of the effect of Emotional competence among type of addiction, gender.
2. To study of the effect of interaction on Emotional competence among type of addiction and gender.

Hypothesis

1. There is no significant difference between the score on emotional competence among internet addicts and non addicts, male and female.
2. There is no significant interaction effect in score on emotional competence among type of addiction and gender.

METHODOLOGY

Sample

In this present study there are simple random sampling for this purpose Anand and surrounded areas was selected. Sample taken from Internet and Non-Internet used addiction people. The total sample consisted 180 addicts among this study 90 Internet addicts people and 90 Non Internet addicts people respondents randomly selected. Out of which 45 would be male and female respondents.

Tools used

The following tools were used in the present study:

1. **Personal Data sheet:** With the help of this personal data sheet, the information about types of addiction, gender and area of residence was collected.
2. **Emotional Competence:** In this research Emotional Competence, It was constructed and developed by Dr. H. C. Sharma and Dr. R. L. Bhardwaj (1995) used from data collection. These thirty items for five different competencies in the scale.

Statistical analysis

Analysis of 'F' ANOVA statistic techniques was used

RESULT AND DISCUSSION:

A result discussion of present is as below.

Table No.1 ANOVA of Emotional Competence to 2x2x2 Scores(N=180)

Source of Variance	Sum of Square	Df	Sum of Square	F
Types of Addiction	2282.67	1	2282.67	18.36 **
Gender	1041.61	1	1041.61	8.38 **
Types of Addiction x Gender	144.006	1	144.006	1.16 **
SSW (Error)	21880.67	176	124.32	
SST	25348.95	179		

** = Significant Difference, NS = Not Significant

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Table No.2 Difference between mean score of overall Emotional Competence (N=180)

Independent variable	N	Mean (M)	Difference between Mean
Internet addicts	90	100.46	7.12
Non addicts	90	107.58	
Male	90	106.42	4.81
Female	90	101.61	

Emotional competence with reference to type of addiction

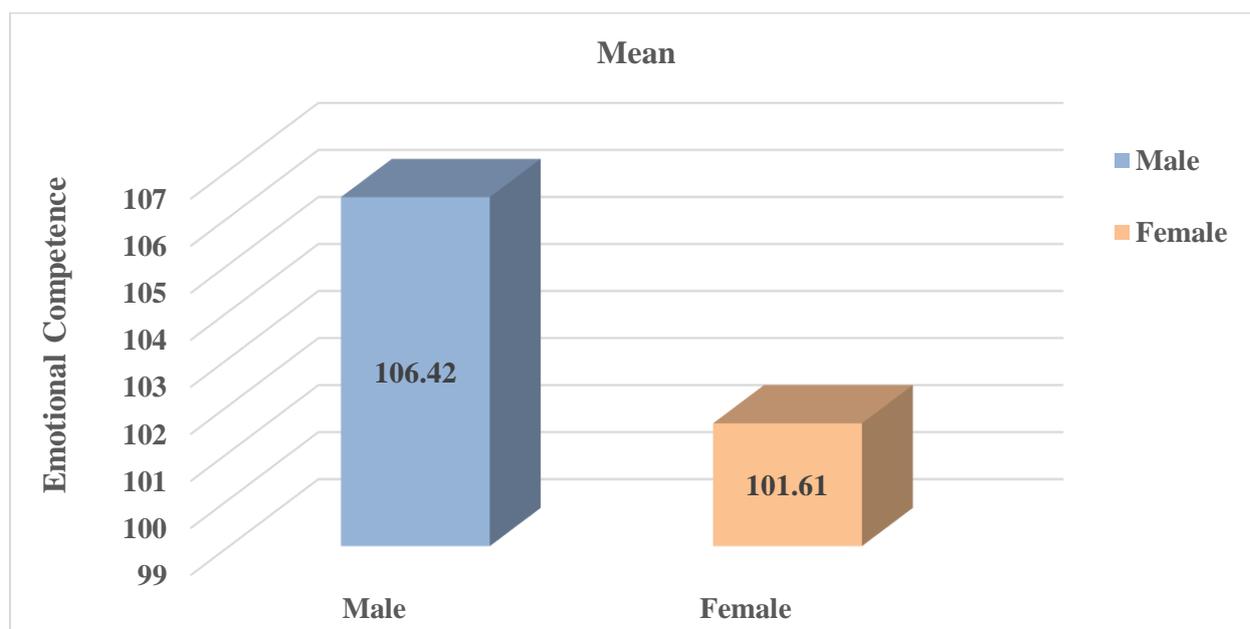
As per Table No.1, an attempt is made to find out the difference between Internet addiction and Non-addiction on Emotional Competence with the ANOVA Test. The F – ratio of addiction is 18.36 which are significant. It means Internet addiction and Non-addiction group differ significantly on Emotional Competence score. So, we can say that Addiction effects on their Emotional Competence.

As regards the addiction of instruction variable, the mean score on the two groups, Internet Addiction (M = 100.46) and Non-Addiction (M = 107.58) and as given in Table No.2 the overall difference was found significant (F = 18.36, sign.) It means Internet addiction and Non-addiction group differ significantly on Emotional Competence. So, we can say that addiction of instruction effects on their Emotional Competence.

Column No.1

Bar Chart Showing Mean Score of types of addiction with Reference to Emotional Competence

X = Types of addiction (Internet Addicts A1, Non-Addicts A2)
 Y = 1.00cm = 1 average score



Emotional competence with reference to Gender

As per Table No.1, an attempt is made to find out the difference between Male and Female on Emotional Competence with the ANOVA Test. The F – ratio of addiction is 8.38 which are significant. It means Male and Female group differ significantly on Emotional Competence score. So, we can say that Gender effects on their Emotional Competence.

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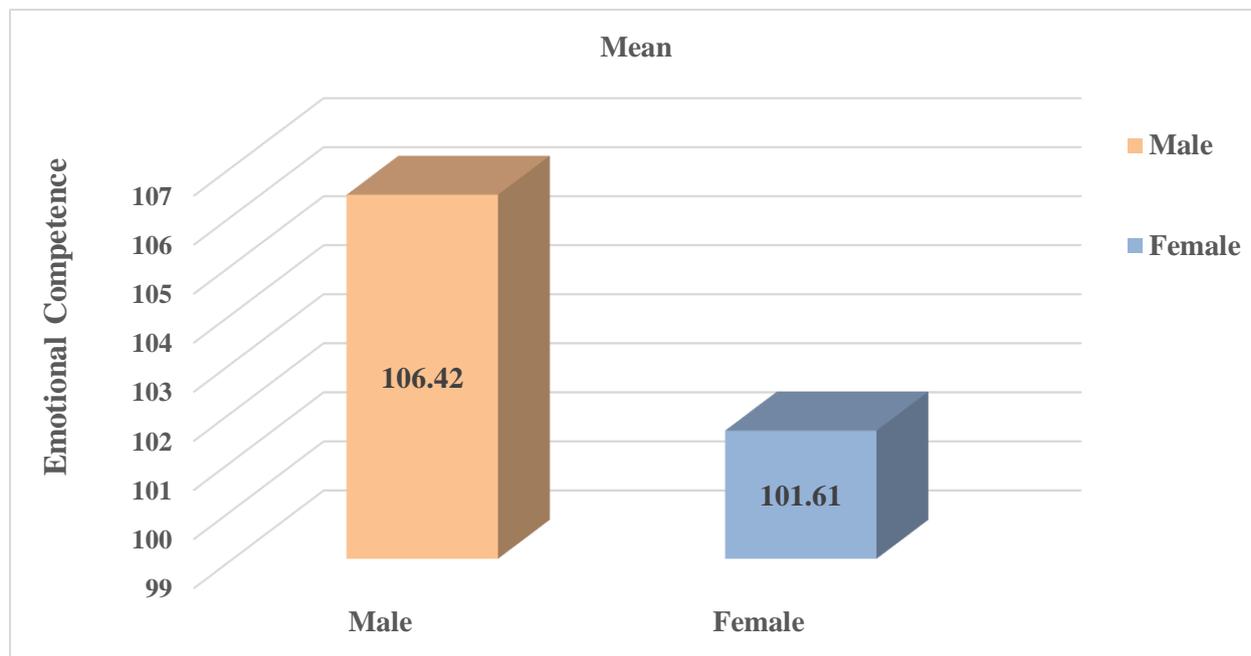
As regards the gender of instruction variable, the mean score on the two groups, Male (M = 106.42 and Female (M = 101.61) and as given in Table No.2 the overall difference was found significant (F = 8.38, sign.) It means Male and Female group differ significantly on Emotional Competence. So, we can say that gender of instruction effects on their Emotional Competence.

Column No.2

Bar Chart Showing Mean Score of gender with Reference to Emotional Competence

X = Gender (MaleB1, Female B2)

Y = 1.00cm = 1 average score



Emotional competence with reference to interaction effect of types of Addiction and Gender

Table No. 1, Shows the F – ratio of Types of Addiction x Gender of instruction is 1.16, which is insignificant. It means there is no significant interaction between Types of Addiction x Gender of instruction. Types of Addiction x Gender of instruction do not effect on Emotional Competence.

CONCLUSION

1. There is a significant difference between type of addiction of Internet addiction and that of Non-Addiction in the area of Emotional Competence. Non-addiction are high Emotional Competence than Internet Addiction. It means type of addiction of Non-Addiction have higher Emotional Competence.
2. There is a significant difference between gender of Male and that of Female in the area of Emotional Competence. Male are high Emotional Competence than Female. It means gender of Male have higher Emotional Competence.
3. There is no significant interaction between Types of Addiction x Gender of instruction.

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Conflict of Interest

The author declared no conflict of interest.

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