

RELATIONSHIPS BETWEEN YOUNG PEOPLE’S EXPERIENCE OF LONELINESS AND DIGITAL ADDICTIONS AND EMOTIONAL INTELLIGENCE

S.A. Igumnov¹, V.A. Karpievich²

¹Institute of Psychology, Belarusian State Pedagogical University named after M.Tank, Minsk, Belarus

²Belarusian State Technological University, Minsk, Belarus

The aim of the article is to identify possible correlations between the experienced feeling of loneliness and digital addictions, stress and emotional intelligence in Russian-speaking youth. *Materials and methods.* The basis of this empirical study was the results of online testing of 1833 young people aged 18-31 (mean age M=20.7 years, SD=2.9), including 1153 (57%) girls (M=21.1 years, SD=3.1) and 680 young men (M=20.1 years, SD=2.5). The study used UCLA Loneliness Scale D. Russell, L. Peploe and M. Ferguson, APA questionnaire of video game addiction, short version of the questionnaire of smartphone addiction (author V.P. Sheynov), questionnaire of social network addiction (authors V.P. Sheynov, A.S. Devitsyn), scale of perceived stress-10, diagnostics of emotional intelligence of N. Hall. Statistical analysis was carried out by programs from the SPSS-20 package, the level of statistical significance was accepted $p \leq 0.05$.

Results. Pearson and Kendall correlations indicate positive relationships between loneliness and digital addictions and perceived stress, and negative relationships with gender, emotional intelligence and its components. As follows from Table 1, experienced loneliness among young people is significantly associated with addictions to video games, smartphones and social networks.

Table 1. - Kendall's τ and Pearson's r correlations of loneliness with gender, digital addictions, perceived stress, and emotional intelligence (n=1833)

Correlations	τ	p	r	p
Sex	-0,109	0,000	-0,129	0,000
Video game addiction	0,357	0,000	0,477	0,000
Social media addiction	0,357	0,000	0,501	0,000
Smartphone addiction	0,218	0,000	0,288	0,000
Perceived stress	0,287	0,000	0,421	0,000
Emotional awareness	-0,289	0,000	-0,389	0,000
Managing your emotions	-0,220	0,000	-0,332	0,000
Self-motivation	-0,295	0,000	-0,412	0,000
Empathy	-0,264	0,000	-0,365	0,000
Emotion recognition	-0,294	0,000	-0,403	0,000
Emotional intelligence	-0,342	0,000	-0,473	0,000
Note: Significance: $p \leq 0.001$. Statistically significant correlations are highlighted in bold.				

The negative correlation between experienced loneliness and emotional intelligence and its components suggests that many lonely young people are unable to fully express their emotions and perceive the emotions of others.

Conclusion. The obtained results have important theoretical significance, as they show the importance of digitalization in the lives of young people. The spread and use of digital gadgets, as well as drive for video games and social networks, are strongly associated with the spread of loneliness in young people of both sexes. In turn, there is a connection between digital addictions and perceived stress, which also increases the feeling of loneliness. Emotional intelligence plays an important role in reducing the feeling of experienced loneliness. Loneliness is a prerequisite for socio-psychological maladjustment that occurs under the influence of acute psychotraumatic situations, disruptions in the interaction of an individual with their immediate environment. The latter, in turn, is one of the significant causes of suicidal behavior. Therefore, many programs for the prevention of self-destructive, including suicidal behavior in lonely young people should be created taking into account the results obtained in this study.

Information about the authors:

Igumnov Sergey A. – MD, PhD, Professor (SPIN-code: 1607-8697; ResearcherID: E-7975-2018; ORCID iD: 0000-0003-3582-9751; Scopus Author ID: 6602771038). Place of work and position: Institute of Psychology, Belarusian State Pedagogical University named after M.Tank, Minsk, Belarus

Address: 18, Sovetskaya str., Minsk, Belarus, e-mail: sa.igumnov@gmail.com

Karpievich Viktor A. – Ph.D. Associate Professor, (SPIN-code: 9276-3330; ResearcherID: ABQ-0421-2022; ORCID iD: 0000-0002-6198-618X; Scopus Author ID: 59392133900). Place of work and position: Associate Professor of the Department of Philosophy and Law, Belarusian State Technological University. Address: 13a Sverdlova St., Minsk, Belarus. E-mail: karpievich68@yandex.by

Authors’ contributions:

S.A. Igumnov: writing the text of the manuscript;

V.A. Karpievich: development of research design, writing the text of the manuscript.

Financing: The study was performed without external funding.

Conflict of interest: The authors declare no conflict of interest.