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Emotional intelligence and problematic mobile phone use in adults

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In recent years, the quick inclusion of smartphones has generated some concern, both in general population, and scientific community about the use that could be made of it. Previous studies suggest that emotional intelligence (EI) could play an important role in addictive behavior with and without substance. The main objective of the study was to analyze the relationship among the self-perceived components of Emotional Intelligence (Attention, Clarity and Repair) using the Spanish version of TMMS-24 depending on the use you made of it (unproblematic use and problematic use), the gender (male and female) and the age (younger than 25 and older than 25 years). The sample consisted of 1990 adult subjects. The results showed significant relationships between the kind of use and EI in all its dimensions, and significant relationship between gender and attention dimension, which was higher in the case of women. The problematic mobile use was associated with higher scores on attention and lower clarity and repair, compared to subjects with unproblematic use. However, the mean scores obtained in both groups are in appropriate EI ranges.