

CHRONOTYPE IS RELATED TO CYBERBULLYING, SMARTPHONE ADDICTION, SLEEP QUALITY, AND EMOTIONAL INTELLIGENCE IN ADOLESCENTS

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INTRODUCTION

Recent studies have shown that, compared to morning-type, evening-type chronotype adolescents show increased aggressive behaviors (Wang et al., 2023). Positive relationships between evening-type and cyberbullying perpetration have been also reported (Tosuntas et al., 2020). Here, we aim to explore chronotype differences in cyberbullying victimization and perpetration, sleep quality, insomnia, problematic use of internet, and emotional intelligence in adolescents.

METHOD

304 adolescents aged 12-18 years from two public high schools from Málaga, Spain completed the Spanish versions of the following questionnaires: Pittsburg Sleep Quality Index (PSQI), Insomnia Severity Index (ISI), Composite Scale of Morningness (CSM), Cyberbullying Intervention Project Questionnaire (ECIPQ), Bergen Social Media Addiction Scale (BSMAS), Addiction Internet Test (IAT), Smartphone Addiction Scale (SAS-SV), and Wong and Law's Emotional Intelligence Scale (WLEIS). Descriptive statistics, Pearson correlations and ANOVA test were conducted using SPSS v.28.

RESULTS

In evening-type chronotype adolescents cyberbullying victimization was significantly correlated with problematic internet use ($r=.32, p<.05$) and poorer sleep quality ($r=.37, p<.05$), whereas cyberbullying perpetration was significantly correlated with internet addiction ($r=.40, p<.01$), smartphone addiction ($r=.33, p<.05$), social media addiction ($r=.37, p<.01$), poorer sleep quality ($r=.40, p<.01$). Moreover, in evening-type chronotype adolescents lower emotional regulation and lower emotional intelligence were associated with social media addiction ($r=-.32, p<.05$) ($r=-.34, p<.05$) and sleep quality ($r=-.36, p<.01$) ($r=-.48, p<.01$). In morning-type chronotype adolescents no significant correlations with any of the variables studied were observed. ANOVA tests revealed statistical differences for evening-type and morning-type adolescents, reporting lower emotional regulation ($p<.001$), higher smartphone addiction ($p<.001$), higher insomnia scores ($p<.001$) and poorer sleep quality ($p<.001$) than morning-type chronotype adolescents.

CONCLUSION

Evening-type adolescents exhibit problematic use of smartphones, social media and internet, cyberbullying, lower emotional regulation, and poorer sleep quality. Efforts should be conducted to develop a good circadian rhythm, sleep habits, reducing problematic use of electronic devices and enhancing emotional intelligence.

REFERENCES

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