Emotional Intelligence and Self-Control at Spread of *Hoax* News on Student *Gadget* Users

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Abstract

Gadgets are technological products that can present various news media, social networks, entertainment, etc. Gadget users with low self-control tend to be easily exposed to hoax news, while a hoax itself is information engineered to cover up accurate information. Self-control can be influenced by one's emotional intelligence to determine and adapt to managing all forms of communication. Research This aims to know if emotional intelligence influences self-control on the spread of hoax news gadget users *at " X " University students* . This research method uses a quantitative approach, with data collection methods by giving a Likert scale to the research sample. The data collection technique used is *purposive sampling,* with samples research as many as 200 students. Data were analyzed using SPSS version 22 with a regression test. The results of this study indicate that the output R² (R Square) is 0.639, which means that emotional intelligence has a 63.9% influence on self-control in the spread of hoax news by gadget users at "X" University students. The conclusion of this study is intelligence emotions affect control themselves in the space of *hoax news* user *gadgets* student University "X." The higher the emotional intelligence , the higher the self-control .

Keywords: Emotional Intelligence; Self-control; *Hoax* News Spread.

Introduction

Technology that develops continuously requires humans to keep up with the times; the goal is to prevent a *lack of technology* . The need for technology at this time makes it one of the primary needs in human life. Technology is currently considered very important because this is the only access to broaden views and insights about the world. Apart from that, the demands of communicating over long distances and offering free access to all information have made gadgets one of the must-have technologies nowadays.

According to the Director General of Information and Public Communication, the number of mobile phone units in Indonesia has now occupied 240 million units, equivalent to 67%. Meanwhile, based on the population census in 2010, the total population in Indonesia was 237 million people.

This shows that the number of mobile phones exceeds the total population in Indonesia. The Director General of Information and Public Communication also stated that at least around 30% to 60% of the people in Indonesia were exposed to hoaxes while accessing and communicating online. The rest, as many as 21% to 36%, can recognize and identify scams. It is also known that hoaxes are dominated by matters related to belief or religion, health, and politics.

A hoax is an information that is engineered to cover up accurate information; in other words, the hoax is defined as an attempt to twist facts using convincing information that cannot be verified; it can also be interpreted as an act of obfuscating actual information by flooding a media with false messages so that can cover up the correct information (Rahadi, 2017). Hoax or fake news is a form of crime that looks simple and easy to do but significantly impacts political, social and community life (Sabrina, 2019). Various social media are means or media for a person or multiple parties to convey the aspirations of their thoughts, opinions or as a place to get multiple information (Septanto, 2018). If social media is used for positive things, then there is no problem. Unfortunately, social media is often used to convey negative things by a person or certain parties for various interests, both personal and other parties' interests (Aflaha & Muslimin, 2020).

Hoaxes are made deliberately to influence the public and become lively because of the most significant stimulant factors, namely politics and SARA (Rahadi, 2017). Efforts after efforts have been made by the government to fight hoaxes in Indonesia, one of which is through the Indonesian broadcasting commission, where through this institution, radio, television broadcasts, and others can be directly monitored by related agencies such as KOMINFO and POLRI, especially the Cyber Crime unit which plays an active role in tackling and anticipating the dangers of hoaxes (Megasari, 2020). In addition, educational institutions also play an active role in providing education to students at school and a higher level, such as students in tertiary institutions, to overcome and anticipate the dangers of hoaxes so that no one will be exposed to toxic information whose truth cannot be verified (Legionosuko & Harnowo, 2017).

Manumpil et al. (2015) stated that the development of technology and information had undergone an exceptionally rapid transformation, marked by the field of information and technology; the Indonesian nation is one of the nations involved in the advancement of information and technology media, one of the products of technological sophistication innovation is gadgets. , as Manumpil et al. (2015) explained, gadgets are sophisticated goods that can present various news media, social networks, hobbies, and even entertainment.

According to Sugiarto (2014), with its massive use, social media has become an almost unlimited power and effective tool for marketing an idea . Social media is a measure of public acceptance of a person, ideas, and information conveyed. Sugiarto's statement (2014) aligns with the phenomena happening in today's society. Many people use social media for communication, self-existence, and various information. The content created is in the form of pictures or photos, written messages, and videos. Information conveyed on social media spreads very quickly, even throughout the world. With these advantages, social media can be used positively, such as a marketing tool and spreading propaganda for specific individuals or groups (Latipah et al., 2021).

Social media can also be used to spread harmful content or news. Hoax news and hate speech are harmful content circulating on social media. Niken Widiastuti as the Director General of Information and the Ministry of Communication and Informatics revealed that social media is widely used to spread negative news, as well as information that is not following reality or hoaxes (Ministry of Communication and Informatics of the Republic of Indonesia, 2018).

The spread of hoax news that contains hate speech on social media significantly impacts the formation of public opinion in society and encourages intolerance (Ministry of Communication and Information of the Republic of Indonesia, 2017). Hate speech triggers the younger generation to become intolerant and discriminatory. Hate speech is easier to do because there are no controls for gadget users. The Criminal Code (KUHP) states that hate speech has a purpose and impacts acts of discrimination, violence, loss of life and social conflict (Kontras, 2015). From a legal perspective, hate speech is prohibited speech, behavior, writing or performance. This can trigger acts of violence and prejudice on the part of perpetrators or victims of these statements. The Republic of Indonesia Police, individuals, or community groups who are the target of hate speech are differentiated from the aspects of ethnicity, religion, ethnicity, gender, people with disabilities, and sexual orientation (Kontras, 2015).

The behavior of spreading hoax news due to excessive use of gadgets can lead to situations that lead to loss of self-control over one's life. Self-control is a higher-order process that allows us to engage in goal-directed behavior and regulate our desires, thoughts, emotions, or behavior so that success in self-control contributes to success in life (Ghufron & Risniwita, 2011). Aspects that fulfill self-control include the ability to control impulsive behavior, the ability to control stimuli, the ability to anticipate an event or events, and the ability to make decisions (Aviyah & Farid, 2014). The spread of hoaxes is known to be related to self-control. This is caused by the constant use of gadgets such as checking devices, especially before going to bed at night and when you wake up in the morning, carrying chargers everywhere, keeping gadgets on for 24 hours, and going to sleep close to the devices (Asih & Fauziah, 2017). Individuals with low self-control are prone to problematic use of gadgets and experience more psychological problems because they cannot control themselves, which can trigger various dishonorable actions, one of which is the spread of hoax news (Aldianita & Maryatmi, 2019). Geng et al. (2021) researched the behavior of students who were prone to excessive use of gadgets and concluded that by using problematic devices, self-control over this behavior tends to be lost.

Good self-control is one way to eliminate excessive use of gadgets, thereby reducing the spread of hoax news. Self-control is the ability of each individual to improve his behavior so that society can accept it. This is related to the opinion of Arini et al. (2021), which says that an individual's ability to control his feelings, thoughts, and behavior can withstand internal and external impulses and makes him able to act well. Self-control is an internal resource that regulates individual behavior (Kesuma et al., 2020).

Then, one of the negative impacts of the Industrial Revolution 4.0 was the spread of hoaxes; Japan then created a concept called Society 5.0. Society 5.0 is an attitude that explains that if we put too much emphasis on technology without thinking about the human side, it can have a dangerous impact. Society 5.0 is a concept where society must humanize humans with technology. In the era of society 5.0, it is more directing how we use technology in its interests, our basis for creating it, and how we can use and live side by side with the technology itself. The achievement of society 5.0 includes the three skills needed, one of which is soft skills. What is meant by soft skills is how the community can communicate, empathize, have a growth mindset and be adaptive. This can certainly be achieved with good emotional intelligence (Warastri, 2021).

On the Instagram account @tukangkritikormawa, there is provocative content making narratives and photos of student organization leaders who, during their tenure, had nothing to do. However, it is still being determined who created the account, thus causing audiences who wish to nominate themselves or want to be active in internal organizations to be affected by this content. This follows the opinion of Aflaha & Muslimin (2020) that the damaging information made by the owner is not known, so this information is only to make hate speech.

One of the exciting aspects of social media is the speed of news and information updates; new posts from information content providers compete with each other to create prominent headlines that can be digested quickly before moving on to other news (Bronstein et al., 2019). This format is particularly suitable for users who wish to be presented with new content that reflects their attitudes, fears, and implicit prejudices and takes advantage of existing emotional connections to a particular topic, such as political affiliation (Long, 2012). Conversely, this type of news platform differs from the kind of critical thinking and analytical reasoning required to judge the truthfulness of content (Zakaria & Priyatni, 2021). Therefore, it is not surprising that emotionally salient content is more likely to interest users given their brief focus of attention, bias, or confirmation of their opinions as intended on hoax news (Nickerson, 1998).

Blanchette & Richards (2010) explained that assessing higher cognitive processes has shown that emotions affect decision-making, the formation of judgments, and the perception of risk.

Individuals with higher emotional intelligence in their awareness regulate emotions and understand the feelings of others. This individual is believed to be able to detect hoax news. Individuals with better emotional intelligence can also remove content that is too emotional, including part of most hoax news. Therefore, these people focus more on the content's integrity. Goleman (2009) defines emotional intelligence as a person's ability which consists of various skills to be able to motivate oneself, survive frustration, control impulsive needs or impulses, not exaggerate pleasures or distress, be able to regulate reactive conditions, keep free of stress, not paralyze the ability to think and the ability to empathize with others, as well as the principle of trying while praying. This will affect and determine self-control and self-adjustment in managing all forms of information.

Indeed, humans tend to trust information that can strengthen their opinions or attitudes about specific groups, residents or policies (Respati, 2017). Therefore, when someone receives data that is in accordance with their beliefs, the intention to find out the truth will decrease (Respati, 2017). In addition, everyone has the risk of becoming a victim of hoax news. The high or low risk of someone becoming a victim of hoax news is due to the ability to think critically and self-control over the information received (Respati, 2017).

One important variable that plays a role in self-control is emotional intelligence. Imanuddin's research (2017) results explain that emotional intelligence plays a vital role in self-control. Students with low emotional intelligence and difficulty controlling emotions such as anger, rebellion, and crying tend to have less self-control, so the surrounding environment easily influences them. In line with this research, Akbar (2019) also found that emotional intelligence has a positive correlation with self-control because emotional intelligence is an invisible mental skill. However, it is very influential and decisive in information news.

Self-control also needs to be balanced with good emotional management. Each individual has a different level of emotional intelligence, so it will also differentiate how the individual controls himself. Goleman (2009) argues that people who have emotional intelligence can put their emotions in the right portion, sort out satisfaction and regulate moods. Mood coordination is the essence of good social relations. Cassini (2007) explains that emotional intelligence is a person's ability to control his own and other people's emotions, distinguish one emotion from another and use that information to guide one's thinking and behavior. A person is said to have low emotional intelligence if that person does not have emotional balance, is selfish, or self-oriented. Unable to adjust to the burden being faced, always restless. Selfishness causes a person to be less able to get along with the people around him. Having no self-mastery tends to become a slave to lust and anger. It's easy to give up and sink into depression (Goleman, 2016).

Kholisin (2014) explains that someone who has high emotional intelligence, then that person has a calm demeanor in dealing with something, is not worried, is not easily afraid, and is not quick to act on something. This is in line with Hidayanti's opinion that emotional intelligence is related to the effectiveness of one's self-control. Emotional intelligence makes a person more able to control his emotions and control himself, is steadfast in facing difficulties, and can adapt to his environment.

According to Goleman (2017), emotional intelligence is a person's ability to regulate emotions, maintain emotional harmony and express it through self-awareness skills, self-control, self-motivation, empathy and social skills. Emotional intelligence can shape better individual attitudes and character. This is because individuals with emotional intelligence can recognize their emotions, motivate themselves, have empathy, and are sensitive to their social environment (Asna Andriani, 2014).

Self-control is essential for gadget users in a high-speed information age. Self-control is the ability to control behavior according to rules (Kail & Cavanaugh, 2010). This is in line with research. According to Ghufron & Risniwita (2011), self-control is influenced by several factors, namely internal factors and external factors.

Internal factors that play an essential role in self-control are age and maturity. Psychologically mature individuals will be able to control their behavior; this is in line with Aroma & Sumara's research (2012), which showed a negative correlation between self-control and the tendency for juvenile delinquency behavior. The higher the self-control, the lower the tendency for adolescent delinquency behavior; conversely, the lower the self-control, the higher the juvenile delinquency.

Then the external factor of self-control is the family environment. According to Nasichah (in Ghufron & Rini Risnawita, 2011), adolescents who have perceptions of the application of discipline applied by their parents will be followed by a level of self-control ability. Based on the various research results described earlier, there is a relationship between emotional intelligence and self-control which is positively and significantly related to each other. Therefore, the researcher is interested in conducting research entitled "The Influence of Emotional Intelligence on Self-Control in the Dissemination of Hoax News by Gadget Users at University X."

Literature Review
Emotional Intelligence

Goleman (2009) states that emotional intelligence is a dynamic ability that includes the ability to control oneself, have endurance when facing a problem, control impulses, motivate oneself, regulate moods, and empathize and build relationships with others.

According to Goleman (2009), in general, the characteristics of a person having emotional intelligence are being able to motivate oneself, endure frustration, control impulses and not exaggerate pleasure, regulate moods, and keep stress from crippling the ability to think and empathize. Continue Goleman's (2009) Aspects of emotional intelligence as follows: 1). Recognizing one's own emotions , an individual's ability to monitor feelings from time to time to pay close attention to the feelings that arise. 2). Managing emotions, the ability to entertain oneself, release anxiety, moodiness, or resentment, and the consequences of failure of basic emotional skills. 3). Motivate yourself; the ability to regulate emotions is a tool to achieve goals and is very important for motivation and self-mastery. 4). Recognizing the emotions of others, this ability is often called empathy, which is an ability that depends on emotional self-awareness; this ability is an essential social skill; and 5). Fostering relationships, the art of fostering social connections, is the skill of managing other people's emotions.

Self-control

Self-control is an individual's skill in being sensitive to reading one's situation and environment and controlling and managing behavioral factors according to problems and conditions to present oneself in socializing. The ability to control behavior, the tendency to attract attention, the desire to change behavior to suit others, and always being comfortable with others, closes feelings Ghufron & Risniwita (2011).

Aspects of self-control put forward by Ghufron & Risniwita (2011) are as follows: 1). Behavioral control is the readiness or availability of a response that can directly affect or modify an unpleasant situation. 2) Cognitive control is an individual's ability to manage unwanted information by interpreting, assessing, or combining an event in a cognitive framework as a psychological adaptation or to reduce pressure; and 3). Decisional control is a person's ability to choose or take action based on something he believes or agrees with.

Method

The research method used is quantitative. The research sample uses the technique *of purposive sampling* with as many research samples as 200 students. As for this study, the criteria for the research sample were: Bhayangkara Jakarta Raya University students, 18-25 years old, active on social media, functional using gadgets, and involved in intra-campus organizations—data analysis technique using regression analysis. Data were analyzed using SPSS version 26.

This study consists of independent variables , *namely* emotional intelligence, and *the dependent variable* , which is self-control. The scale used for data collection is the Self-Control scale based on the aspects put forward (Ghufron & Risnawita, 2011), which includes behavioral control (*behavioral control*), cognitive control (*cognitive control*), and control satisfaction (*decisional supervision).*

The emotional intelligence scale is based on the aspects put forward by Goleman (2009), including recognizing one's own emotions, managing emotions, motivating oneself, recognizing other people's feelings, and building relationships

Results

and reliability test of the research variables is as follows:

validity

Items received are items that have different power above 0.30. Meanwhile, items with a differential power of less than 0.30 are aborted because they show that the item is invalid. The self-control scale validity test results showed that 11 items were dropped from the previous 30 items, so the total valid items after the trial were 19.

The results of the Emotional Intelligence scale validity test showed that 14 items were dropped from the previous 30 items, so the total valid items after the trial were 16.

Reliability

The reliability coefficient value obtained on the self-control scale is 0.761, and the emotional intelligence scale is 0.778. The self-control and reliability dynamic intelligence scales are accepted because they score more than 0.7.

1.1 Assumption Test

Test normality is done using the technique test *product Pearson moment* with assumption mark p.s < 0.05. You can see the table below:

Table 1. Assumption Test

Variable	Normality	Linearity	Homogeneity
Self-control	0.200	0.740	0.811
Emotional Intelligence	0.078	0.740	0.886

The result's significance is significant at 0.200 And 0.078 because the value p.s < 0.05, so it canstate that the data is distributed normally.

1.2 Categorization Test

1.2.1 Self-Control Categorization

Categorization was carried out to determine the level of the respondent's condition on the high, medium, and low self-control variable. You can see the table below:

Table 2. Self-Control Categorization Test

Value Limit	Category	Response	Percentage
<44	Low	0	0%
44-70	Currently	100	50%
>70	Tall	100	50%

The results of the 0% self-control categorization with 0 respondents can be said to be included in the low categorization, then also obtained as much as 50% with 100 respondents can be said to be included in the medium categorization, and then for the last one it was found that 50% with 100 respondents entered into the high categorization.

1.2.2 Emotional Intelligence Categorization Test

Categorization was done to determine the level of the respondent's condition on the emotional intelligence variable consisting of high, medium, and low. You can see the table below:

Table 3. Emotional Intelligence Categorization Test

Value Limit	Category	Response	Percentage
<37	Low	3	1.5%
37-59	Currently	123	61.5%
>59	Tall	74	37%

The results of the categorization of emotional intelligence were obtained by 1.5% with three respondents which could be said to be included in the low category, then also got as much as 61.5% with 123 respondents who could be said to be included in the medium category, and then for the last one it was obtained 37 % with 74 respondents entering into high categorization.

1.3 Hypothesis testing

The regression analysis was carried out using the ANOVA test. Can be seen in the table below:

Table 4. ANOVA

Model		Sum of Squares	df	MeanSquare	F	Sig.
1	Regression	12198.378	1	12198,378	349,796	,000
	residual	6904,817	198	34,873		
	Total	19103,195	199			

The results of the correlation test using ANOVA obtained an F value of 349.796 with a significance value of 0.000 (p <0.01), so H0 was rejected and Ha was accepted; this shows that emotional intelligence influences self-control.

After carrying out the Anova test, to see the strength of the correlation coefficient and to find out how much influence emotional intelligence has on self-control can be seen in the Model Summary table column below:

Table 5. Model Summary

Model	R	R Square	Adjusted R Square	std. The error of the Estimate
1	0.799	0.63 9 _ _	0.637	5,905

Based on the table above, to find out the value of the correlation coefficient can be seen in the output column R which is equal to 0.799, meaning that emotional intelligence and self-control have a strong correlation and a relationship. The correlation in this study is a positive relationship, which means that the higher the emotional intelligence, the higher the self-control in spreading hoax news users of "X" University student gadgets, and conversely, the lower emotional intelligence, the higher self-control in spreading hoax news users. "X" University student gadgets.

The output R^2 (R Squere) yields 0.639, meaning that emotional intelligence has a 63.9% influence on self-control in spreading hoax news using gadgets for "X" University students.

Discussion

Based on the results of hypothesis testing on the two variables, namely emotional intelligence and self-control, they obtained an F value of 349.796 with a significance value of 0.000 (p <0.01) so H0 was rejected and Ha was accepted. This shows that

emotional intelligence influences self-control. In the correlation coefficient value results, the R-value is 0.799, which means that emotional intelligence and self-control have a strong correlation and a positive relationship. So, this study has a pattern of unidirectional relationship between the variables of emotional intelligence and self-control, or the higher the emotional intelligence, the higher the self-control in the spread of hoax news gadget users at University "X."

This research also aligns with previous research (Cahyani & Siswati, 2020). that the direction of the relationship between the two is positive, and that high emotional intelligence means high self-control. Emotional intelligence is the ability to understand one's own emotions and distinguish the feelings of others, and use information to direct one's thoughts and actions. This is also explained by the results of previous research that high emotional intelligence can be used as information to guide thoughts and actions so that it influences the mood in carrying out activities.

Furthermore, the output R^2 (R Squere) obtained was 0.639, meaning that emotional intelligence has a 63.9% influence on self-control in spreading hoax news using gadgets for "X" University students.

The results of the categorization of the dependent variable, namely self-control, the majority of respondents fall into the medium and high categories because each has 100 respondents or a 50% percentage result. In addition, from the results of the categorization of independent variables, namely emotional intelligence, the majority of respondents were included in the medium category, namely 123 respondents or 61.5%. In comparison, the other respondents were included in the high class and only three were included in the low sort.

Referring to the results described above in the categorization section, results are obtained that place respondents in the medium and high categorization. Self-control with moderate and high levels means that most students at "X" University already have good cognitive control and can control their behavior and satisfaction. According to (Fasilita, 2012) that the older a person is, the better his self-control will be; psychologically mature individuals will also be able to control their behavior because they have been able to consider what is good and what is not good for them.

The majority of emotional intelligence variable respondent is at categorization currently, Then followed categorization Which tall. Intelligence is emotional with level Which currently with say another student / I Which enter mature beginning own understanding self Which Good from every information Which accepted, can think positive of any data, have a sense Spirit Which Good For know information, have a good sense of empathy for fellow friends, and have good relationships with friends. students with emotional intelligence are considered able to adapt quickly to the environment after correcting the information received and do not have anti-social traits. According to Verisa and Eddy (in Cahyani & Siswati, 2020), someone with high emotional intelligence abilities will be able to know themselves.

This research cannot be said to be perfect research, because this research still has many limitations and weaknesses. Some of the disadvantages include that there are few research references to previous research journals. therefore researchers cannot collect data directly because the campus is still undergoing *hybrid activities,* so researchers cannot ascertain whether the subjects who are respondents in this study fill following the conditions experienced or not.

Conclusion

In conclusion study is intelligence emotion affects controlof the spread of user *hoax newsgadgets* student University "X." The higher the emotional intelligence , the higher the self-control . Emotional intelligence has a 63.9 % influence on self-control in the spread of *hoax* news using *gadgets* for "X" University students , as indicated by R² (R Squere) obtaining 0.639 .

Declaration

Author contribution statement

All authors actively collaborated in carrying out this research, from determining research phenomena, and making research implementation strategies to collecting data in the field, processing data, and drawing conclusions.

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This research was carried out using personal funds from the authors themselves.

Data availability statement

Data and various matters related to this research can be provided by the author via correspondence at email ferdy.muzzamil@dsn.ubharajaya.ac.id.

Declaration of interest statement

We can ensure that there is no conflict of interest in this research, in terms of research design, data collection, and analysis of research results.

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