Uso desadaptativo de las TIC en adolescentes: Perfiles, supervisión y estrés tecnológico

Engl. transl.: Maladaptive use of ICT in adolescence: Profiles, supervision and technological stress

# Keywords

* ICT abuse
* adolescence
* family control
* technological stress
* video games
* mobile
* behavioral problems
* secondary school

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## Authors

Díaz-López A.; Maquilón-Sánchez J J.;Mirete-Ruiz A.B.

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## Topics

* Social mediation
* Internet usage, practices and engagement
* Wellbeing
* Access, inequalities and vulnerabilities

## Sample

he sample was comprised of a total of 1,101 participants, from which 47.8% were boys and 52.2% girls in the 1st year of Compulsory Secondary Education (ESO for its initials in Spanish) (32.4%), 2nd year of ESO (22.3%), 3rd year of ESO (24.3%), and 4th year of ESO (21%), with age ranges between 11 and 18 (17% between 11 and 12; 46.1% between 13 and 14, and 36.2% between 15 and 18). This sample, with a 95% confidence interval and a 5% margin of error, was obtained by probability sampling selecting 10 public centres among the 9 regions that make up the Region of Murcia. Because of the nature of this study, the establishment of exclusion criteria was not required.

## Implications For Parents About

* Parental practices / parental mediation
* Parental digital literacy
* Parenting guidance / support
* Other

## Other Parent Implication

parental risk perception; parental risk awarness; parental media literacy trainings to guide their children´s Internet use responsibly

## Implications For Policy Makers About

## Other PolicyMaker Implication

Improving parents digital skills, development and implementation of digital literacy policies for families

## Implications For Stakeholders About

Researchers

# Abstract

ICT use during adolescence is now commonplace. Its power of attraction and the vulnerable condition of adolescents are giving rise to growing concern, aggravated by the imminent consequences of such synergy. In order to deepen understanding of this relationship, the following research objectives were formulated: a) Analyze the frequency of ICT use; b) Examine family supervision; c) Identify stress associated with the use of ICTs; d) Establish profiles of ICT use. The sample consisted of 1,101 adolescents of 10 educational centers in Southeastern Spain. A descriptive analysis was performed and contingency tables, Chi Square, Cramer V, hierarchical cluster analysis and one-factor ANOVA were used. The results show that more than 60% of adolescents use ICTs without supervision and that 1 out of 3 feel stressed in the absence of the Internet. In addition, statistically significant relationships were found between the frequency of ICT use and stress, as well as with family supervision. A solution of three groups or profiles of use was obtained. 45% of the subjects display maladaptive use or signs of it. The study concludes by stressing that the relationship between adolescents and ICTs is far from ideal and warns of the urgent need to train adolescents and parents in the responsible use of ICTs.

# Outcome

The authors remark that according to results it can be concluded that girls have a more problematic use of mobile phones, whereas boys have higher incidence of problems when using gaming consoles. The frequency of use of mobile phones increases progressively with the study year, something that does not occur with gaming consoles. Three profiles of use of ICTs, have been identified by the authors who remark that "half of the students have a maladaptive use of ICTs or show a dangerous number of signs of a maladaptive use, a particularly alarming finding because of the problems it entails" (Díaz-López, Maquilón-Sánchez Mirete-Ruiz, 2020: 35).
It has been proven that the relation between teenagers and ICTs is far from desirable, and this study reveals a worrisome situation in which a high number of teenagers use technologies at all times, without any training or control from adults. Additionally, the authors highlight that "those adolescents who use ICTs more frequently are also those who show higher levels of stress because of continuous use or lack of access. The creation of preventive strategies and interventions to promote adequate use of the Internet and to train teenagers in responsible and safe ICT use is urgently needed" (Díaz-López, Maquilón-Sánchez Mirete-Ruiz, 2020: 35). The authors claim families as the main figures that should be involved in these challenges, pointing out the need to intervene to make children and adults aware of the dangers of extended use of ICTs, and of the acceptance of threats such as contacting strangers or accessing inappropriate content, plus the negative impact on educational, personal and social elements of one´s life.