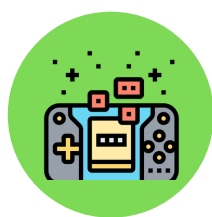


# MALADAPTIVE USE OF ICT IN ADOLESCENCE: PROFILES, SUPERVISION AND TECHNOLOGICAL STRESS

Adoración Díaz-López, Murcia (España)  
Dr. Javier-Jerónimo Maquilón-Sánchez, Murcia (España)  
Dr. Ana-Belén Mirete-Ruiz, Murcia (España)

<https://doi.org/10.3916/C64-2020-03>

## INTRODUCTION



«Generation Z», post-Millennial generation, is the first generation born within a completely technological society



Maladaptive uses of ICTs as actions such as abandoning personal, family, educational and social obligations to spend time online.



A deeper study on the use of ICTs among young people is needed, paying special attention to family supervision as well as to the indicators of pathologies.

## OBJECTIVES AND METHODOLOGY



- a) Analyze frequency of use of ICTs
- b) Examine family supervision
- c) Describe states of anxiety associated with the use of ICTs
- d) Identify group profiles of ICT use

Questionnaire Ud-TIC  
maladaptive use of ICTs



## RESULTS

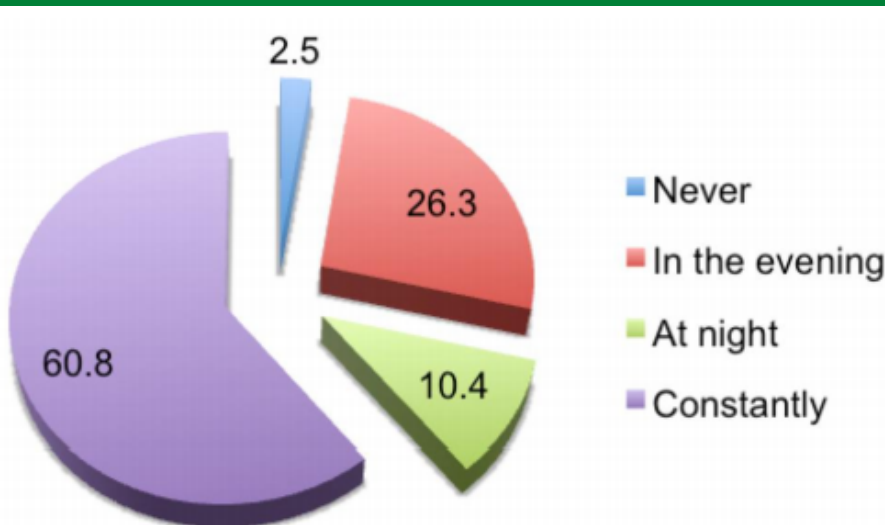


Figure 1. Timetable to access the Internet

- More than 60% of adolescents use ICTs without supervision
- 1 out of 3 feel stressed in the absence of the Internet
- Statistically significant relationships were found between the frequency of ICT use and stress, as well as with family supervision
- 45% of the subjects display maladaptive use or signs of it

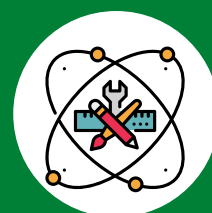
## CONCLUSIONS



The relationship between adolescents and ICTs is far from ideal.



Urgent need to train adolescents and parents in the responsible use of ICTs.



Creation of preventive strategies and interventions to promote adequate use of the Internet is needed.

# Comunicar

[www.comunicarjournal.com](http://www.comunicarjournal.com)