

Impact of social network addiction in adolescents. Review

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Abstract: The objective of this review is to analyze the impact of addiction to social networks in adolescents, which means a challenge to adapt to these changes but is currently becoming addictive by the COVID-19 pandemic that is being experienced, therefore, the requirement arises that everyone develop skills and abilities, In order to reduce and even eliminate the disorders caused by the misuse of social networks, some recommendations are offered, such as training in access to the network, application of codes of conduct and codes of good practices and patterns of use. Learning how to use the Internet correctly is one of them, as they are revealing of the individual's daily life, progressively and others in a practical way. Social networks have become in very few years an instrument of influence and communication in all age ranges, where adolescents remain the most vulnerable group because they lack strategies to defend themselves from certain aggressions of this medium.

Keywords: Addiction, social networks, adolescents, Covid-19.

1. Introduction

At present, it is not possible to understand human relations at an interpersonal and global level if virtual social networks do not intervene with their power of communication and dominance, it is an indisputable fact at any age, due to the ease of use and accessibility; Furthermore, virtual spaces have generated a new form of relationship where physical presence is not necessary and where the absence of the identity of the users is possible, which entails total freedom of expression (Jose A. García del Castillo et al. , 2019).

New information technologies, specifically portable devices and social networks, have developed very rapidly in recent years, providing extensive information on different topics, becoming in a few years a reference for communication among young people in their leisure time; In this regard, there is evidence that for every 3 high school students, 2 publish publications related to parties and celebrations (24%), physical and sports practices (20%) and cultural activities (18%) (Martínez-Sanz & Gonzalez Fernández, 2018) . Although, it seems that social networks have ceased to be just a fun option for free time to become an obligation, a necessity; not participating in social networks is equivalent to not having a presence in society (Escurra& Salas, 2014).

Social networks exercise such a powerful dominance in the young population that it is difficult to control, by parents and educators. Indeed, it is increasingly common for minors to use mobile devices with Internet access outside the control of their parents, the effect that the digital divide has today is defined by the distance of knowledge from parents, it is observed that the use excessive and lack of self-control of virtual social networks affects the generation of problematic social relationships, as well as emotional problems, health in general and academic performance; In addition, it can become a determining promoter in the generation of depression in users, with selfish behaviors and losses in social relationships (Jose Antonio García del Castillo et al., 2019).

Adolescents and young people use RSO as a preferred means for their interaction, to expand their relationships, seek information, as fun, as a means of coexistence and for new communication languages; In addition, a first step to determine addiction to virtual social networks would be to differentiate between habit and addiction, users of social networks understand that their use significantly promotes socialization with other users, this fact makes the use become something habitual, the problem can arise when one goes from the automatic habitual to addiction (Prieto Gutierrez & Cámara, 2015).

The Internet is a technology that has especially impacted young people who become obsessed, showing themselves unable to control its use and endangering their relationships. There are specific risk factors for social media abuse among young people, which make a hobby turn into an addiction. The knowledge of Internet addiction has been proposed as an explanation to understand the loss of control and the harmful use of this technology. Symptoms of Internet addiction are comparable to those manifested in other addictions. The emphasis now placed on the effectiveness of higher education requires optimizing students through support measures and more precise scope in studies (Echebur&Sebasti, 2010).

The ease of interaction on social networks has inevitably generated, especially in the emerging profile of the youngest, reductions in the use of fixed and mobile telephony, email and instant messaging, trying to adapt to the

changes that have emerged so far. In social networks, how it is used is more anticipated, which induces us to project ourselves to what extent the dependence of young people through this medium reaches if it is not used appropriately (Prieto Gutierrez & Cámara, 2015). This research aims to carry out a review of the literature in order to analyze the impact of addiction to social networks in adolescents.

2. Method

In this research, a review of the literature was carried out analyzing the impact of addiction to social networks in the educational, family and mental health aspects of adolescents; identifying what is known about the subject, what has already been investigated and the aspects that would be missing to investigate the change that everything that happens produces (María & Díaz, 2016).

The analysis-synthesis method was used, which allows a study of the scientific evidence found and synthesize the relevant information to show how the study was carried out. The search was carried out in English and Spanish, between 2015-2021, mainly in the database of: Scopus, EBSCO and Scielo and the search equations were, in Spanish: “adicción a las redes sociales en adolescentes” and “redes sociales AND adolescentes”, “redes sociales AND adicción”, “adicción AND adolescentes” and in English: “Social networks AND addiction AND adolescents”, “Social networks AND adolescents”, “Social networks AND addiction”, “addiction AND adolescents”. The search results yielded a total of 582 documents, of which 120 were excluded due to duplicates and 430 due to considering that the title, abstract and keywords did not fit our review line and also because they were not articles; Finally, 32 investigations were selected from the total of those reviewed, of which they were: 16 in Spanish and 16 in English (María & Díaz, 2016).

3. Results

The results allowed us to identify the importance of the care and attention that we must give to adolescents immersed in social networks, giving them adequate hours so as not to enter into the exaggeration of being connected to the internet for a long time if it is not necessary; Likewise, it was found that there is a significant inverse relationship between the risk of addiction to social networks with self-esteem and self-control ($r = -, 287$; $p = .001$ and $r = -, 288$; $p = .001$ respectively) in students 4th and 5th year of secondary school, confirming the hypothesis raised. That is, the lower the self-esteem and self-control, the greater the risk of addiction to social networks and vice versa, in this context it is important to note that students with low self-esteem tend to use social networks mostly to interact with their environment, since their Insecurity and social self-consciousness due to fear of rejection prevents them from doing so directly, in this sense they are more prone to addiction to social networks, where young people addicted to Facebook are more likely to have fewer social skills and show low self-esteem (ChallcoHuaytalla et al., 2016).

In this regard, this work presents some of the results obtained in a broader investigation on important aspects of "adolescents and new technologies" in the sample (96%), who use social networks to be in contact with their friends. But we find around 15% of the sample that tell us that they use these networks to “meet new people” (359 cases) and 14.5% (334 cases) to “flirt” (Del Barrio Fernández & Ruiz Fernández, 2016).

More studies are needed to confirm the high prevalence of factors associated with addiction in samples with characteristics similar to ours, the associations between this dependence, depressive disorders and the types of content accessed are a warning about the existence of these important relationships and illustrate the importance of studying them further (HandaGustiawan, 2019).

This study demonstrated the successes that more than a third of the respondents show signs of problems with social networks, online activities improved the model that explains the behavior of students with problems with the excessive use of social networks. Therefore, student tutors must be aware of the correct use of the internet to fit components that regulate the use of latently addictive online actions and promote the responsible use of the Internet (Asrese & Muche, 2020).

The excessive use of new technologies is reflected in a survey carried out by the Association for Media Research, in which 25% of the 43,942 people surveyed admit that the time spent sleeping has decreased; 13.8%, the time dedicated to the study; 10.1%, the time spent going out with friends, and 6.1% say that Internet use has decreased working time (Domínguez Vergara & Ybañez Carranza, 2016).

This research shows that the results of the study where social networks are used for many hours of the day by students, have a negative impact on their academic performance, decreased appetite, also reduces the quality of sleep and increases anxiety to be connected in internet to see their social networks (Salazar, 2018).

This study revealed cases of families using self-control strategies, some reactive and others proactive, the study identified the most used and the most difficult to enact support strategies for the proper use of social networks, with the effect through the habit of use convenient of this, on the severity of addiction symptoms that can lead to excess (Brevers&Turel, 2019).

This research was significantly positively related to the successive factors: electronic messaging, social network services, Internet games; While difficulty had a negative correlation with Internet use, age at which they used the Internet, and sleep duration, age was not related to difficulty among participants who use electronic messages excessively (ElSalhy et al., 2019).

This research occurs with participants who were classified into four groups: pleasure seeking (class 1), internal use (class 2), problematic use (class 3) and pathological use (class 4). The pleasure-seeking group (8.11%) revealed low tendencies in general and adequate control. The internal use group (17.63%) showed significant increases in cognitive enhancement with strong internal desires. The problematic use group (37.28%) had no obstruction with the role; however, there is the difficulty of constant use despite the negative consequences. The pathological use group (36.98%) obtained the highest rating in all these items, giving a rigorous deterioration compared to the other groups, obtaining the highest levels of depression, daily stress and the lowest levels of happiness (Jo et al., 2020)

The results showed that depression and anxiety with the relationship between perceived stress and unsafe use of social networks, were moderated by psychological resilience; specifically, the mediating effects of depression and anxiety were stronger for individuals with lower levels of psychological resilience, compared to those with higher levels, and the mediating effects were not sober for social support, although this was negatively related to depression and anxiety, this study may contribute to a better understanding of how and when perceived stress increases the risk of excessive use of social networks (Hou et al., 2019).

This study shows the 3-class model that was selected using several criteria, the participants were classified into groups of low risk (36.4%), medium risk (50.4%) and high risk (13.2%). The highest risk group was considered as cases and the rest as non-cases, using the chronic as the model in the analysis, which identifies an optimal cut-off point of 23 (sensitivity: 97.2%). The cut-off point was used to classify the participants into positive (probable case: 17%) and negative groups according to their scores. The positive group (probable cases) reported a greater permanence in the use of online social networks and greater addiction to the Internet than the negative group (Li et al., 2020).

4. Discussion

Without a doubt, addiction to social networks has affected the lives of adolescents, but not only in the current moments with virtual classes, but in its future consequences that will be reflected in the different instances, especially in education. It is evident that adolescents have faced and are facing various difficulties now due to virtual classes that make them immersed for many hours on the internet, since today we do not conceive of our existence without WhatsApp, social networks, or search engines, We live in the digital age, therefore, the students of the current Secondary Education and Baccalaureate, have to acquire a high digital competence, because they are going to live in a digital world (Prieto Gutierrez &Cámara, 2015).

In the same way, the excessive use of social networks can cause wrong effects in adolescents: social isolation, distortion between the real and virtual world, lack of attention to other activities, depression, anxiety, health problems and school failure. aspect, it is important to offer information on social networks from an educational perspective, achieving favorable results in coping with personal conflicts (Valencia-Ortiz et al., 2021). Similarly, in the category of social networks, it was found that the virtual social network most visited by adolescents is Facebook (42%), followed by Google + (22%) and in third place is Twitter (18%). Regarding the frequency of access to RSV, a significant percentage of the adolescents surveyed (62%) indicate that they enter daily, while 26% indicate that they access weekly. In each connection, 45% indicate that they dedicate an hour or less, followed by 41% that they specify that they are more than one hour and less than 3 hours (Ángel-Franco &Alzate-Marín, 2015).

Addiction to social networks alters the work of the family, causing problems in daily life and relationships, being the group most vulnerable to this type of dependency adolescents, due to the slow maturity of the area involved in the control of the behavior causing alteration of their psychosocial development: in addition, adolescents with family dysfunction are those who especially used social networks, having a greater probability of showing internet addiction (Aponte Rueda et al., 2017).

When analyzing the responses of the respondents, the importance of the problem of excessive use of the Internet in young people is similar and the observations on this phenomenon, young people emphasize that the

vast majority of their relatives show symptoms when it comes to using mobile phones Internet, according to the respondents, excessive use of the computer is less intense among their relatives and about half have problems with online games (Tomczyk et al., 2020).

When examining the group of non-addicts who had considerably more control over their smartphone use than the group of addicts in four dimensions of enhancement, tolerance, withdrawal, and behavioral addiction scam, this consequently gives us the This study's main finding, providing good support for the component model of behavioral addiction to smartphones (Jameel et al., 2019).

We found a negative correlation between score and performance among participants who spend too much time on social media; Since, the results show that excessive use by social networks, where users can make bolder decisions during their use, shows social implications. The excessive use of social networks continues to grow, which will probably result in more people showing a gargantuan and problematic use, meanwhile, companies continue to develop platforms to make them even more attractive, taking this into account what draws the attention of the online users, causing addictive behavior disorders (Meshi et al., 2019).

The addictive use of social networks can be manifested by excessive interaction on the Internet and its anxiety symptoms, there are more and more people who feel negative consequences such as loss of control and nervousness due to excessive use of the Internet and its online applications ; since the effects can be anxiety and depression; therefore, the expectations of Internet use seem to be crucial for individual competencies in managing the Internet in an inappropriate way (Wegmann et al., 2015).

The intention of this study is to recognize the effect of sleep in the relationship between academic stress and addiction to social networking services among adolescents, the data collected was analyzed using a regression analysis, the direct effect of academic stress on the tendency to addiction to social networks and the indirect effect of academic stress mediated with sleep quality on the tendency to addiction to social networks were statistically significant (Bae et al., 2020).

As we can see, there are significant contrasts between young people and adolescents from the various countries surveyed; in delimited, the most significant differences, concentrating on the scale scores, these have been made with those of the Dominican Republic in relation to those of Chile, Colombia, Spain and Mexico; and those of Chile, which have been developed with those of Colombia, Spain, Peru and the Dominican Republic to contrast addiction to online social networks (Almenara et al., 2020).

5. Conclusions

Undoubtedly, the abusive use of social networks and the internet by young people can result in the appearance of health, emotional, psychological and academic problems, which is why it is necessary that educational institutions take actions in other directions and on different representatives: students, teachers and parents (de Ávila et al., 2020).

Likewise, internet addiction in our setting was higher than that found in other countries, however, severe addiction registered similar values; In addition, adolescents with family dysfunction, from small families, from the middle socioeconomic stratum, use social networks more, revealed a higher danger of presenting internet addiction, the same occurs in adolescents with low levels of affectivity and communication (Crescenzi Lanna et al., 2019).

On the other hand, it was shown that virtual space, especially chat and social networks, give people a new psychosocial area of life change, as well as disperse personal aspects; Likewise, it allows young people to establish communication with each other, the difference is possibly due to the fact that much of the research described so far on addiction to social networks presents methodological difficulties from the network itself (Cash et al., 2012).

In this way, the addictive potential of different Internet applications is examined, distancing between male and female consumers; In addition, the different uses that are given to the internet, chat and social networks are investigated, with excessive use of chat in women, while games were the strongest factor in men. In addition to Internet gambling disorder, future studies should focus on other highly addictive Internet applications, such as chat or social networks, in relation to the mechanisms of problematic Internet use (Rosenkranz et al., 2017).

In addition, our children must be educated, so that they can protect themselves from dangers in the real world, this has always been a concern for responsible parents; Also so that they can protect themselves in cyberspace, social networks disseminate a lot of information that can harm minors who are exposed at certain times alone, we have child pornography, harassment are some social risks that exist in cyberspace, we must educate them in cybersecurity in the use of responsible social networks with the guidance of an adult (Astorga-

Aguilar & Schmidt-Fonseca, 2019).

Finally, it is important to emphasize that there are not enough studies that address the fears that adolescents have suffered in their health due to addiction, since, with this new regulation of virtual classes, they were also affected with ailments, among others as a consequence of being connected to the internet for so long. Likewise, it should be investigated how it affects the lives of relatives in terms of the impact on their emotional state when seeing a relative immersed in this addiction; Since, as a result of this situation, they are forced to implement support strategies with a specialist, such as: having an adequate space, monitoring the use of social networks and maintaining a schedule for them to carry out other activities at home outside of their classes virtual.

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