Introduction

The diffusion of the Internet has made it become a part of daily life and has changed our lifestyle, which has caused the danger of addictions to the Internet, especially in teenagers-youngsters. Internet addiction is a phenomenon that acquires more and more strength every day. Amongst its multiple effects, addiction to the Internet may entail reduction of control, distortion of personal, family and professional objectives, emotional instability and introversion.

Literary review

The results provide evidence that Internet use is increasingly constant, and this use affects the personal and academic life of teenagers, youngsters and adults. 60.2% of the population under study maintains a controlled Internet use level and 36.6% keeps a medium–advanced level. 73% of the specified sample maintains an advanced rate concerning loss of control and interference with life. A good correlation exists between Internet use and loss of control and interference with life amongst students of public schools in the region.

Qualitative approach

The research was conducted through an experimental design in result analysis. Participants

773 students of tertiary education corresponding to ISCED 6 (International Standard Classification of Education, UNESCO, 2011) in seven schools of the province of Santo Domingo de los Tsáchilas - Ecuador, to the last grade of baccalaureate. 414 men (53.6%) and 359 women (46.4%).

Discussion

The results produced evidence that Internet use is increasingly constant, and this use affects the personal and professional life of students. The phenomenon is widespread and affects all students, both men and women. Many students spend more time online than with family and friends. They also tend to use the Internet in everyday life, such as commerce, education, entertainment, and mobility.

Conclusions

It becomes essential to apply educational measures to promote responsible Internet use. Digital media behavior of school students: abusive use of the Internet


Criterion which permit to deduce if a person has a physical or psychological dependence on some activity or element:

• Constant desire or feeling of need about a substance or activity
• Not being able to control the action or consumption
• Attempt to abstain in order to reduce the addictive action
• Constantly abandoning interests over other people: family or friends
• Persistence in the use of the substance or activity

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Sampling type

random non-probabilistic

Data analysis techniques:

– bibliographic analysis
– statistical analysis
– measurement of results

Instrument

the 20-item scale Internet Addiction Test with two dimensions: 1) Internet use; and 2) loss of control and interference with life

Procedure

administration of the questionnaire in Google Forms for two and a half months

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34% frequently prefer to spend more time with their friends online than their real life, and 33% often make person-to-person friendships online.

It becomes essential to apply educational measures to promote responsible Internet use.