Uso saludable de Internet: „ una revisión bibliográfica».

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USO SALUDABLE DE INTERNET:
"UNA REVISIÓN BIBLIOGRÁFICA"

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RESUMEN

En la actualidad, se estima que los usuarios de Internet representan alrededor del 51% de la población mundial y los sitios de redes sociales (SNS) se han convertido en un una actividad esencial de la vida cotidiana, utilizándose para fines educativos y/o laborales y convirtiéndose en un medio popular para las interacciones sociales. Estos datos han propiciado el interés de los investigadores sobre los diversos usos de los SNS, siendo la mayoría de los estudios centrados en los aspectos patológicos del mismo y aplicadas a la red social "Facebook ". Hace algunos años los investigadores han comenzado a examinar cómo afectan los SNS al bienestar psicológico del usuario, habiendo arrojado resultados mixtos y siendo difusas las pautas y operacionalizaciones claras sobre del uso saludable de Internet. Algunos estudios informan asociaciones positivas entre el uso de SNS y bienestar, mientras que otros informan lo contrario. El objetivo del trabajo, consiste en una revisión bibliográfica acerca del uso saludable de internet, articuladas a variables previamente relacionadas como: "integración Off line- On line";"uso activo de internet" y "comparación social". Para tal fin se han consultado revistas y artículos científicos, tanto en inglés como español y bases de datos de uso académico.

Palabras clave

Integración on/off line - Uso activo de internet - Comparación social - Uso saludable de internet

ABSTRACT

BIBLIOGRAPHIC REVIEW ON THE "HEALTHY USE OF THE INTERNET"
Currently, it is estimated that internet users represent around 51% of the world's population and social networking sites (SNS) have become an essential activity of daily life, being used for educational and / or work purposes and becoming a popular medium for social interactions. These data have prompted the interest of researchers on the various uses of the SNS, with most of the studies focused on pathological aspects and applied to the social network "Facebook" Researchers have begun to examine how the SNS affect the psychological well-being of the user, having yielded mixed results and the clear guidelines and operationalizations on healthy Internet use being diffuse. Some studies report positive associations between SNS use and well-being, while others report the opposite The objective of the work consists of a bibliographic review about the healthy use of the internet, articulated to previously related variables such as: "offline-on-line integration," "active use of the internet" and "social comparison". For this purpose, scientific journals and articles have been consulted, both in English and Spanish, and databases for academic use.

Keywords

Healthy internet use - Active internet use - Offline-online integration - Social comparison

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