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Research Article

Positive psychology and personal strengths in adolescents in the use of icts. A current review. "To a positive technology"

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Abstract

Strengths are positive, universal, measurable, and relatively stable psychological traits, yet they are considered flexible enough to allow for development and training (Peterson & Seligman, 2004). From Positive Psychology tries to empower and train adolescents and young adults to develop their personal strengths, with the aim of making them more autonomous and capable of functioning in the world (Caruana Vañó, 2010). From this point derives a more flexible and optimistic conceptualization of this period of life, as opposed to the reflection of a traumatic image in search of personal growth and vital meaning (Seligman, 1999).

On the other hand, the introduction of new technologies in society has led to important changes in the way of relating to others and the environment (Bernete, 2009). The problematic and dysfunctional use of Internet is a growing problem that interferes with the family and academic

life of adolescents. It may have serious consequences, which would be exacerbated by the emerging health crisis and the confinement derived from Covid-19. (Civic and Cols. 2021).

This paper is a revision of the last seven years of studies in these areas, highlighting the personal variables that influence and converge in a healthy relationship of young people in the use they make with technologies.

Keywords: adolescents; strengths; personal virtues; TICs

Introduction

Adolescence is considered a complex phase, marked by the transition from childhood to adulthood. adulthood (WHO, 2014). The development of human strengths, initially studied by Peterson and Seligman (2004) offer an ideal "breeding ground" for knowing the skills, competencies and capabilities of the teenagers and Adults youths, betting by a paradigm centered in the potentialities and No so much in the vulnerabilities in saying process of transition. Peterson and Seligman (2004) presented a taxonomy that allows identifying 24 strengths originally grouped into six virtues of character: a) virtue of wisdom and knowledge: creativity, curiosity, opening mental, love to the learning and perspective; b) virtue of the courage: honesty and authenticity, courage, perseverance and vitality; c) virtue of the humanity: kindness, love and social intelligence; d) virtue of justice: equity, leadership and work in equipment; e) virtue of temperance: forgiveness, modesty, prudence and self-regulation; f) virtue of the transcendence: appreciation of the beauty and excellence, gratitude, hope, humor, spirituality and religiosity. In some of these studies HE they have addressed explicitly the virtues and strengths psychological, its origin, conceptualization and implications. sayings strengths and virtues,

in balance, are protective factors against the problematic use of ICTs. in adolescents and young adults. In this way, the most predominant strengths in adolescents are of Privacy, Gratitude and Humor (Gimenez, 2010; park & Peterson, 2006). The girls they score further high in the strengths of Kindness, Fairness, Appreciation of Beauty, and Perspective (Ferragut et to the., 2014b; park & Peterson, 2006; Peterson & Seligman, 2004) and the guys in Humor and Optimism (Gimenez, 2010). By consequent, is from the Psychology Positive where HE develop perspectives scientifically informed, about aspects of the condition human that they lead to the happiness, the sense of achievement, the realization and the flowering staff (Fox & Alex, 2011). In adolescence, the construction of identity is also associated with the relationship that is establishes with their peers through ICTs, such as mobile phones, the Internet or networks social. In fact, said independence is established by offering these interconnections more privacy and control over teens' lives and the opportunity to be connected freely and permanently with their peers (Campbell & Park, 2014; Döring, 2014; Lehdonvirta & Räsänen, 2011; Ling, 2005). However, while the use of ICTs increases and facilitates the interaction social, his evil use can

produce consequences negative, of character eminently psychological and emotional in the health of the teenagers (Gomez, Harris, Barreiro, Isorna, & Rial, 2017; Kopecký, 2012; Sadhir,Stockburger, & Omar. (2016). Despite this importance in the construction of identity, promotion of strengths and formation of values in adolescents and young people (Park, 2004; Huebner, Gilman and Furlong, 2009) There are few studies that relate these capabilities to the positive use they make of the ICTs., specifically, he use of the phone mobile and Internet in the was current (Given, Medinaand Tell me, 2022). By so much, the aim of this revision systematic is examine the literature scientific that analyzethe factors that make up personal consistency, focusing attention on studies made in the use and abuse of the ICTs, with population young and Teen, in the last five years.

2.- Materials and Method:

2.1.- Strategies search and selection.

The strategy of search was of agreement with he system PRISM (Preferred Reporting Items for Systematic reviews and Meta-Analyses). HE proceeded to carry out a revision systematic of theliterature scientific combining the words clue: "adolescence", "use and abuse ICTs", "psychology positive", strengths and virtues personal", "addiction to the technologies", "use problematic of technologies", "personality", "mobile,

"networks", "information" and "internet", mostly. Articles were searched, in English and Spanish, until December 2022, in the following bases of data: PubMed, Science Direct (Elsevier), Cochrane Library, PsycINFO, Library of the University International of Rioja, Google Academic and Base of data bibliographic from college Official of the psychology of Madrid (Psychodoc). Next, the original full-text documents were selected, with the in order to examine the adequacy of the present study with respect to the inclusion elements and exclusion established. The studies included only adolescents and young adults, both nationally and international, excluding works of more than ten years and those aimed at prevention of the symptoms, perception to the exposure and by ende aftermath psychological and traumas relational.

3.- Results

3.1.- Selection of studies

HE they reviewed 203 studies published in relationship with he use of Internet and he mobile and he study ofcharacteristics personal (strengths) and personal virtues).

Of these, he 94.15% were Rejected by No achieve with the criteria of inclusion. TO continuation, The PRISMA diagram is shown (figure 1), with the sequence of the process of search performed.
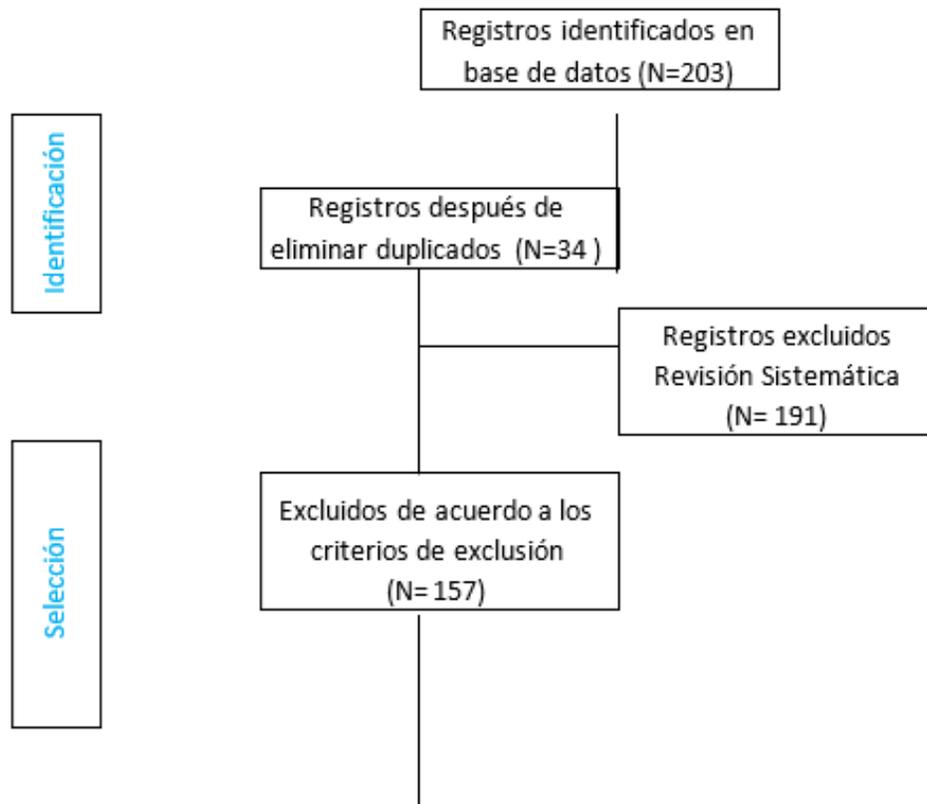

Figure 1. Diagram Prism

A time made the search of the articles, HE they extracted and analyzed the main variables, which are show in the Board 1.

Board 1.- Studies reviewed

Qualification Study	Year	Authors	Sample	Issue (Summary)	Variables studied	Results obtained
Technologies of the Information and the Communication (ICT): use problem , video games, mobile phones, Messenger service snapshot and networks social through he MULTICAGE-TIC.	2018	Eduardo J. Pedrero-Perez; José Maria Ruiz-Sanchez of Lion; Glory Red-Speck; frames Llanero-Luque,Jara Pedrero-Aguilar; Sarah Morales-Alonso and Carmen Puerta-García	1,276 subjects	He study aims to study the issues that affect the people of all the ages in he control of the use of are ICTs and Yeah are related with issues mental health, stress and difficulties in he control superior of behavior and personality.	.- Age differences .- Sex differences .- Incidence Mental disorder .- Predispositions individual: personality, values, meaning vital and goal.	The data of the present study inform of the high frequency issues associates to the use and excessive immersion in the called Technologies of the Information and the Communication (TIC), being this made widespread in different count ries, in both sexes, in all the ages and in all the levels cultural. This use excessive HE relates with difficulties for he control behavioral, emotional And so cial in activities of life _ daily, as well as symptoms of risk for develop issues of mental healthyla experimentation of greater levels of stress
						He gender female

Addiction to Internet, video game and phones mobiles in children and teenagers: A study of cases and controls.	2 0 2 2	TO. Menendez-Garcia, TO. Jiménez-Arroyo, M. Rodrigo-Yanguas, M. Marín-Vila, F. Sánchez-Sanchez, AND. Roman-Riechmann, H. Blasco-Fontecilla	112 subjects	He use of the new technologies HE has generalized to level world. There is a growing worry regard of the "disorder of addiction to Internet" (TAI), he "disorder of game in Internet" (TJI) and the « mobile phone addiction» (ATM). Study naturalist of cases and controls	.- Sex differences .- ADHD, factor of risk .- Adjustment social .- Activity physical	this associated with ATM, while that he gender male this associated with he TJI. He ADHD is a factor of risk for he development of the TAI and he TJI. He ADHD/C and he ADHD/HI are each one associated with he TJI. A good adjustment social protects again st Development of TJI.
Use Problematic of the TIC in teenagers.	2019	Diaz- TO., Vicario, Merchant, c. and Gairín, J	906 subjects	The investigation analyzes the habits of use of the TIC by part of the teenagers Spanish people of between 12 and 17 years, identifying the applications problematic in the areas academic, social and familiar	.- Differences between sexes. .- Difference age .- Importance of the dimension socio-relational: conflicts family and friends. .- Isolation social .- Low performance academic .- Importance of the education	In how much to the applications problematic in the field , confirms thatlasTIC can generate distractions in class and propitiate the decrease of the time dedicated to the study. The TIC they can affect negatively the dimension socio-relational of the youths, so much in he around social and familiar as of leisure. HE they have

Addiction to the mobile and Internet in teenagers and his relationship with issues psychopathol ogical and variables protective.	2019	Jose Vicente - Luis Squire, Pedro Saura- Garre, Concepción López- To usually do, Antonia Martinez and mavi Alcantara	269 subject s	This study analyzed the relationship between psychopathology and abuse of the mobile and Internet in teenagers, besides, HE analyzed Yeah certain protective variables psychopathology protect also of the abuse of the mobile and Internet and HE they calculated the points of court two questionnaires that measure he abuse of are technology	.- Difference age .- Difference sex .- Factor of belonging, as protection. .- Relations of communication and friends. .- Autonomy staff .- Adaptation and relationship suitable with the world.	detected as variable protectors as the belonging to organizations, autonomy staff, the relationship with the parents and he performance in mathematics.The belong to the less to a organization in the that the minors participate, have personal autonomy unwrap good in he world, a suitable relationship with the parents and a good performance in math, are keys for decrease he abuse of are new technologies. Other studies have identified also as protective of the abuse of internet andmobile intelligence emotional.

3.2.- Results of the study.

Regarding the results found, they follow the same line as systematic reviews made with anteriority, highlighting the review of Spanish empirical studies about internet and mobile addiction (Carbonell et al. 2012), where twelve empirical studies were reviewed published, in relationship with the personality I symptoms psychopathological through quantitative instruments and whose results observe a positive correspondence between the hours of Connection in he use of Internet and communication interpersonal and factors of consumption of tobacco, alcohol and depression with the rates of prevalence in the use of the telephone mobile. Other study of revision in this same line is he that makes Aguilar, S. (2016), where the author reviews published research (between 2006 and 2016) about problematic use of Internet in teenagers for know his prevalence, the factors of risk and their consequences in it

development staff and social. Their data concludes that the risk of problematic Internet use is greater in adolescents with issues emotional, relatives and schoolchildren, and entails consequences psychological, manifestation of mental disorders, problems of sleep), physical (headaches, overweight), functional (decrease of the performance) and social (isolation), besides of introduce some Symptoms of abstinence and of increase of the probability of consume of substances. Although they are not decisive, both studies confirm the need for control and emotional balance in adolescents and young people, as well as the development of adequate interpersonal communication as positive relational factors in the problematic use of ICTs. A study also determinant in how much to the importance of the personality and development of strengths in adolescents, as positive aspects, is the theoretical review carried out by Arab and Days (2014), where HE stands out the importance of the education and he knowledge of the traits of personality of youths and

teenagers, the which are items important in the planning of an intervention to level school and suitable family. Along these same lines, Yepez et al. (2020) relate the personal strengths and virtues of the younger, obtaining a significant correlation with data on resilience, satisfaction with life and well-being. Likewise, the study by Ferragut (2014) carried out in adolescents centered in analyze the variables strengths and virtues, sample the appearance of the strenghts and virtues as relatively stable over time from 12 to 14 years, with a increase light in humanity and justice, observing as the girls show elderly proportion of the six virtues analyzed that boys and these trends do not vary according they comply years. It is established that in most studies there is a differential relationship between sex and age concrete of the subjects studied, So HE do patents in the studies of Pedrero-Perez and cols. (2018), Diaz Vicar and cols. (2019), Squire and cols. (2019), where HE sample that, to elderly age, elderly prevalence use mobile and Internet, being further frequent in men, as difference of gender and that is also they confirm in sayings studies. In the present, the attention to the strengths personal in youths and teenagers is considered a tool essential of management staff No only as ability that enables he development comprehensive of the guys and girls that it possess, but that HE converts in a shape of promote and consolidate changes predominant between teenagers and youths, converting them in more personalities resilient and safe (Giménez, Hervás and Vázquez, 2010). The factors protectors and emotional intelligence, as the main protective factor, are the predominant ones In various studies such as that of Alshakhsi et al. (2022) and its importance in the development of skills social forehead to use of the technologies. Likewise, in relation to psychological well-being, García-Álvarez et al. (2020), presented a study where strengths are predicted with the psychological well-being of adolescents and its dimensions, likewise, a positive relationship is established with life satisfaction and health. mental, besides of performance and perception positive in he ambit school, all they variables consistent with attributes such as persistence, teamwork, prudence and self-regulation, data that HE they repeat and HE present in he study of Perez and Deudelis (2021) where HE establishes the importance of a stable emotional pattern and an important element such as satisfaction with life in relational use with the mobile phone. Likewise, the study of Lacunza and cols (2022), in this same line, establish factors of effort and success as factors of coping in behaviors vulnerable in he use of networks social and Internet. He study done by Arias and cols, (2020), contributes to establish the variables positive in the students, in relation to their educational results, therefore contributing to their well-being. With this, these authors contemplate a model of generic competencies that influence the development of skills and abilities, guiding the put in practice of the knowledge acquired. The results found by sayings authors contribute to show attitudes of commitment, control and challenge in their learning processes, but also in the control of situations that affect to a attitude constructive and stable in view of a world changing. Comparing with the studies presented, the results are repeated and in this way the study done by Bravoy cols (2021) they underline the correlation positive between he performance academic, attitudes of challenge related with he sport and he use of phone mobile and Internet in students of secondary. The results obtained by Garcia and Canton (2019), HE channel along these same lines, highlighting academic performance as a positive factor in the use that perform technology students. Finally, the study by León et al. (2022) shows both the importance of intelligence emotional in the use of mobile phones, such as the functioning of said emotional understanding, that act in pro achievements academics. One of the aspects that are changing the most quickly and transformatively are the experiences that adolescents develop in relation to leisure, establishing themselves within ten years a totally technological leisure, constituting relationships of multipurpose devices to through of the connectivity total (Nueno and Ricarte, 2010). In this context, for the teenagers, these supports technological are especially attractive, in principle for its ease of access and interaction, as well as in the development of the communicative flows and multiple possibility of

responses (Bringue and Sádaba, 2009), but it is important to take into account the need for social interaction, crucial for the identity of the Teen. Is by it, that he use excessive of the screens presents of beforehand a scenery (Lara et al. 2009) full of dysfunctional consequences in relation to the mental health of these guys. By other side, the cause of the greater misfortunes in the countries industrialized No is the poverty. What gives rise to the greatest suffering are mental health problems, being the virtues and potentialities human the better solution to sayings issues (Guillen and cols., 2017; layard, 2005) Pedrero-Perez and cols. (2018) manifest the incidence to the issues of health mental in the further young people, to be isolated and lack of a model of meaning full vital. The need of lend attention to all these factors positive ha proven function as protective factor from the impact that negative events and potentially help prevent the development of a psychological disorder (Wood and Tarrier, 2010). A science that highlights human potentialities and virtues helps the useful use of technology promotes a elderly welfare learning to use it in pro of the progress of the species human, from there The importance of the socio-relational dimension (Díaz-Vicario and Gairín, 2019). The results of the present study show relationship between the symptomatology psychopathological and the satisfaction that adolescents feel (Pérez and Deudelis, 2021). This result is in line of other studies (Heras et al., 2011), which show that students who perceive a dynamic familiar in the that HE them It allows participate and involve of a manner further active, do one use more functional and healthy of ICT. Other evidence that strengthens this confidence was obtained by Carbonell et al. (2012), whose objective was to establish a differentiating line between the healthy use of the pathological in ICTs. After a review of studies along these lines, they confirmed that the abuse of cell phones and Internet, are a source of psychological discomfort, there being a relationship between said discomfort and the problematic use of technology, among them the possibility of suffering from insomnia and irritability. With all this, they conclude that utilitarian and problematic access to networks and the Internet No only alters the perception and identity of the child that the uses, to the create a false reality, but that There are also alterations on a psychological level that can be foreseen from the consolidation of strengths as the communication and factors prosocial and that in our study HE establish with the line carried to cape by Munoz and cols. (2018) setting the lack of control and addictive behaviors in he use problematic of the Technologies.

4.- Discussion.

The review carried out in this work in young people and young adults allows us to verify that the results obtained converge in the same line of the made with anteriority by others authors. This way, we highlight: The older you are, the greater the prevalence of mobile and internet use, with the inherent risks that this causes, there is also a greater risk and negative consequences in the use of technologies, in men. A positive correlation is found with academic performance in healthy, functional and appropriate of the technologies. Strengths and virtues, linked to resilience, well-being and satisfaction with life, converge in a elderly welfare and HE erect as factors protectors in view of he use that HE makes of the themselves. Intelligence, awareness, control and emotional regulation are essential factors in the use and development of technologies, by the youngest. A stable personality implies likewise a better relationship with the technologies.

5.- Conclusion

The results of the present study they put of manifest the need of develop programs and preventive actions, especially in primary prevention, that affect the aspects that constitute factors of risk for he evil use of the technology. In this sense, the training of parents and teachers in the use of the Internet and its risks will allow the problem to be detected as as soon as possible to launch social and leisure skills development programs alternatives in he period Teen. The lack of consensus in the criteria

diagnoses No only makes it difficult to estimate the problem, but also makes it difficult to develop actions preventive and the choice of the treatment further appropriate for address it, although is clear that a treatment therapeutic for he use pathological I would be different to the of any other addiction, well he objective not is to make disappear the use, but that person be able to self-regulate. The realization of reviews of the literature about the addictions to the technologies can suppose important and necessary progress in his investigation, well are each time further present in the lives of people, for the that it would be better to prevent the evil use from ages early. In this line, HE does necessary enlarge this revision with studies that analyze the applications and habits of consumption of the technology from first years.

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