

Digital Device Use and Personal Well-being: a longitudinal study of Spanish youth



Javier García-Manglano; Charo Sádaba-Chalezquer; Claudia López-Madrigal; Aurelio Fernández-Zampico; Cecilia Serrano-Núñez



The
British
Psychological
Society

Cyberpsychology Virtual Conference
6-7th July 2021



Universidad
de Navarra



About our Research Group

“YOUTH IN TRANSITION” RESEARCH GROUP

Aims at gaining a deeper understanding of
the challenges faced by today's youth

www.unav.edu/ics

WISE PROJECT

[**W**ell-being in the use of **I**nternet, **S**ocial media
and digital **E**ntertainment]

Two main studies:

- 4-year study with a representative sample of Spanish youth (18-23 years old)
- Screens and digital well-being during the Covid-19 pandemic in 11 hispanic countries

medium.com/proyectowise

A Longitudinal Study of Spanish Youth

The purpose of a longitudinal study

1. The literature available is **far from conclusive**.
2. The vast majority of research is **cross-sectional**.
3. Digital use is a **complex** and constantly **evolving** reality.
4. Mostly **focused on screen time**; it is not necessarily indicative of well-being outcomes.
5. Literature more focused on **problematic use** often skewing results towards negative outcomes.

Framework

| ANTECEDENTS | DEVICE USE | OUTCOMES |
|--|--|--|
| <p>1. Individual factors</p> <ul style="list-style-type: none"> • Sociodemographics • Personality (TIPI) • Leisure activities <p>2. Contextual factors</p> <ul style="list-style-type: none"> • Attachment Styles (SRAS) • Satisfaction with Family and Friends • Parental support | <p>3. Amount of Use</p> <ul style="list-style-type: none"> • Screen Time (subjective measure) • Problematic Use (SAS-SV) • Mobile Control Perception (subjective measure) <p>4. Quality of Use</p> <ul style="list-style-type: none"> • Types and Motivations for Use (subjective measure) | <p>5. Mental health</p> <ul style="list-style-type: none"> • Anxiety, Depression & Stress (DASS-21) <p>6. Personal Well-being</p> <ul style="list-style-type: none"> • Flourishing (FS) • Global Happiness (subjective measure) |

7. Pathways

Self-esteem (SES)
Impulsivity (ISSS)

6
—x—
Details



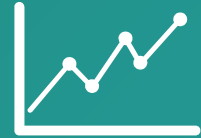
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Foundation



15 minute
questionnaire

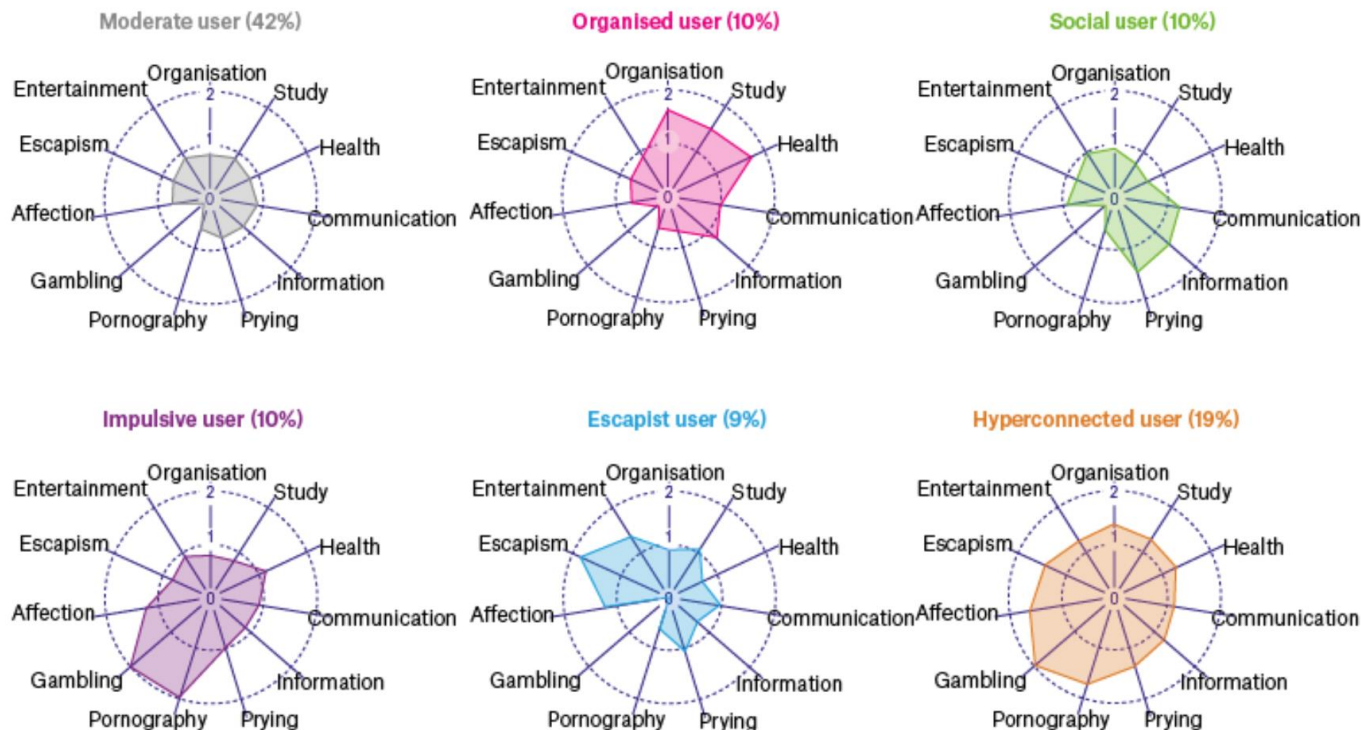


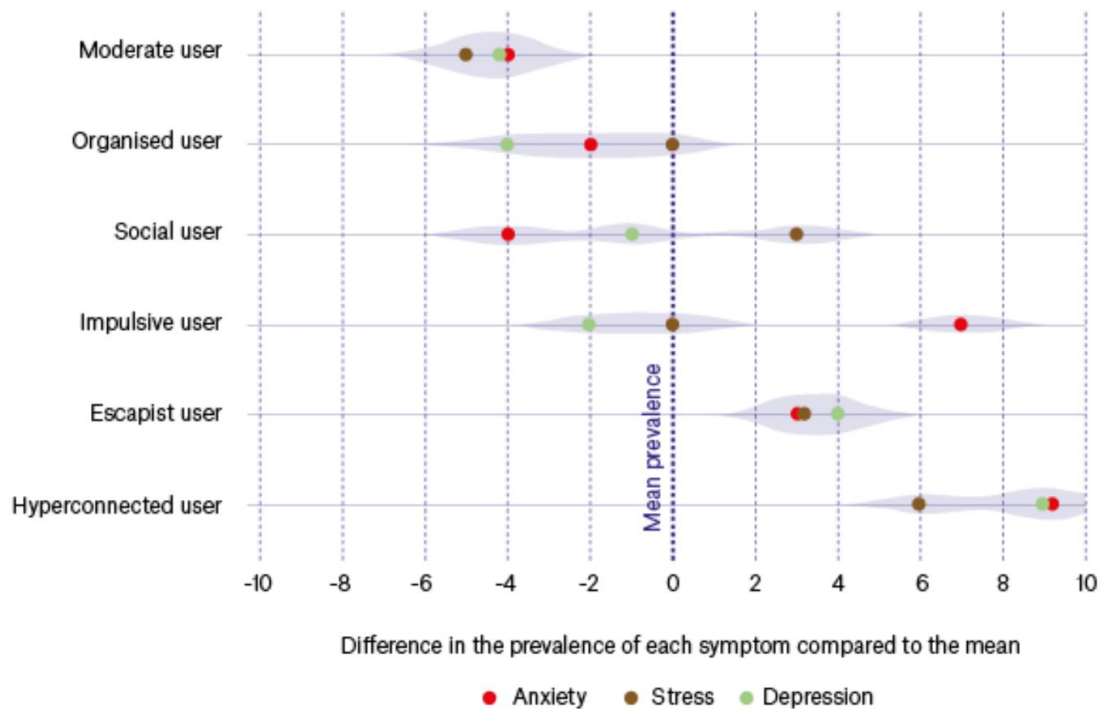
N= 1.200
18 – 22 years
old

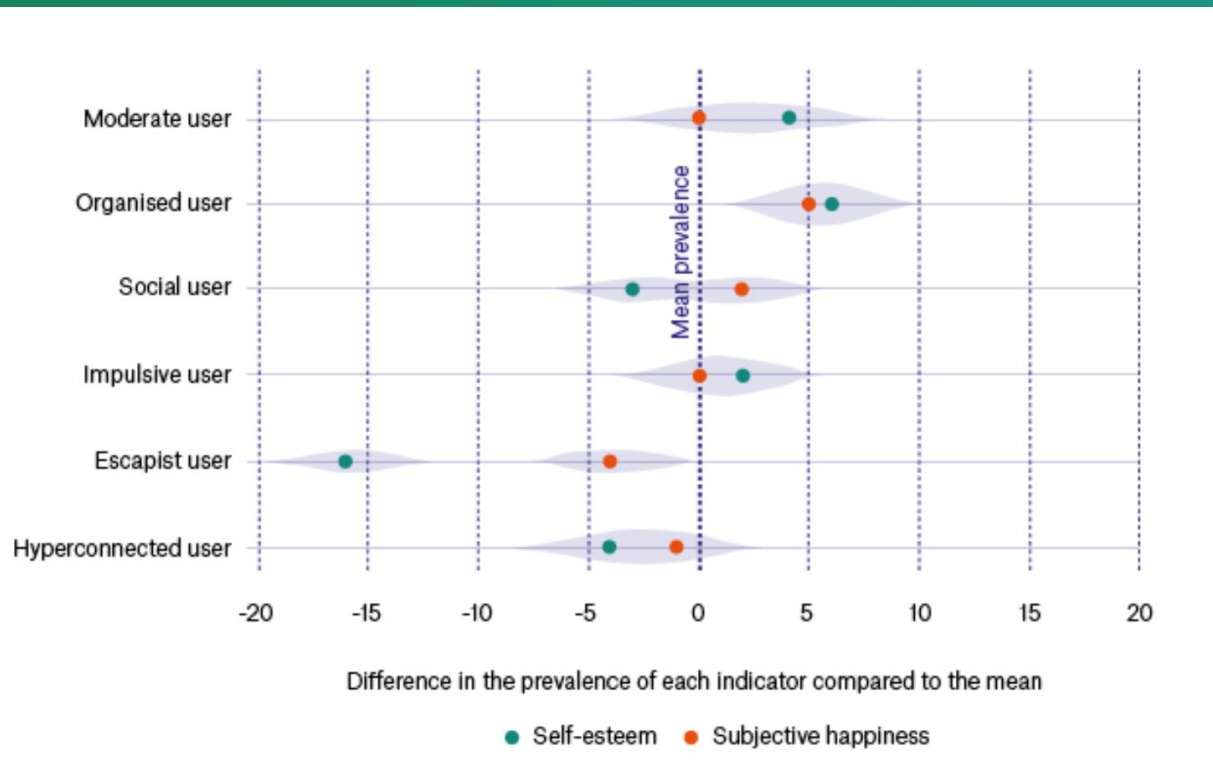


4 years
(W1, W2)

W1 Preliminary Findings







www.observatoriosociallacaixa.org

TheSocialObservatory
A place for debate and reflection

Subject areas



Barometer



Contents



Calls

The Observatory



Articles



June 2021



From moderate to hyperconnected users: six smartphone use profiles and their impact on personal well-being



Young adults' well-being depends not only on how much they use technology, but also on what they use it for

Charo Sádaba, Javier García-Manglano, Aurelio Fernández, Claudia López and Cecilia Serrano, Jóvenes en Transición research group, Instituto Cultura y Sociedad, Universidad de Navarra

Classification

Tags

new technologies, youth, internet, mental health

Subject areas

Science

Related content

Article

Gambling addiction in adolescence: betting, technologies and drug use

Main contributions

1. We explore the **motivations** behind young people's use of digital devices.
2. We use a nationally **representative** Spanish **sample** of 1,200 youth ages 18-22.
3. We will follow (as we incorporate Waves 2, 3, 4) our sample longitudinally, tracking **between and within changes** in screen time, smartphone use motivations, and well-being over time.
4. We track both **negative and positive outcomes**.



Special thanks



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