



# Psychosocial (Italian Edition)

*Lorella Nicita*

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## **Psychosocial (Italian Edition)** Lorella Nicita

Il presente ebook presenta gli effetti negativi di tipo psichico e sociale provocati dall'abuso dei social network - abuso inteso nel senso di uso eccessivo o inappropriato.

Nella introduzione dello stesso è presentato il contesto in cui si sono sviluppati i social network, ovvero il Web 2.0; sono quindi definite le caratteristiche fondamentali dei social network; ed è presentato il social network di maggiore diffusione: Facebook.

Il capitolo I tratta degli effetti di tipo psichico. Si fa cenno a cambiamenti come riduzione della capacità di concentrazione, nuovo modo di recepire le informazioni, nuova modalità di lettura e di pensiero (non più “lineare” ma “reticolare”), multitasking, non adeguato sviluppo di competenze interpersonali e di valori etici e sociali. Vengono, quindi, trattati cambiamenti psichici che sono più direttamente determinati dall'abuso dei social network e che sono delle vere e proprie patologie come dipendenza da social network, distacco dalla realtà esviluppo anormale del cervello di adolescenti affetti da dipendenza da Internet.

Il Capitolo II si concentra sugli effetti sociali. Vengono analizzati il narcisismo, il cyberstalking, il cyberbullying, e la violazione della privacy nei social network. Tra questi il tema della violazione della privacy è quello più ampiamente trattato.

Si conclude affermando che i social network sono realtà ineludibili della società odierna e che bisogna imparare a farne un uso appropriato e responsabile al fine di massimizzare i benefici e ridurre i rischi.

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