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**Problematic internet use: diagnosis, scale of the
phenomenon, prevention**

Giovedì 23 Aprile

Ore 14.30-16.30

Aula Ponzo (III piano)

Collegamento online: <https://meet.google.com/zis-pwrx-str>

Abstract: This lecture focuses on Problematic Internet Use (PUI) as a multidimensional phenomenon situated at the intersection of media education, the prevention of risky behaviour, and research into how young people function in the digital environment. The presentation outlines key theoretical and terminological approaches related to PUI and presents the results of research conducted among adolescents in Poland, the Czech Republic and Bosnia and Herzegovina, covering, amongst other things, FOMO, problematic use of social media, phubbing and screen time. Attention is paid to the relationships between patterns of digital media use and socio-demographic variables, the family environment, parental control, and the psychosocial well-being of young people. In conclusion, the lecture highlights the need to move away from simplistic, stigmatizing interpretations of 'internet addiction' in favour of a more nuanced analytical framework that integrates diagnostic, educational and preventive perspectives.

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