

CYBERBULLYING Y SALUD MENTAL EN ADOLESCENTES: UNA REVISIÓN DE AVANCES INVESTIGATIVOS

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RESUMEN

El ciberacoso o cyberbullying es un fenómeno cada vez más prevalente en la era digital, se define como el uso de tecnologías de comunicación, como internet y teléfonos móviles, para acosar, intimidar o humillar a otros. Este comportamiento puede incluir la difusión de rumores maliciosos, la publicación de contenido humillante o la manipulación de imágenes con el objetivo de causar daño psicológico y emocional a la víctima. En la adolescencia, una etapa crucial para el desarrollo personal y social, el impacto del ciberacoso puede ser

especialmente perjudicial, ya que, la exposición constante a mensajes de odio, amenazas o exclusión en plataformas digitales puede llevar a problemas graves de salud mental en esta etapa vital. El objetivo de esta monografía fue identificar los hallazgos de investigación sobre el ciberbullying y sus efectos en la salud mental de los adolescentes. Se llevó a cabo una búsqueda exhaustiva en la base de datos electrónica internacional PubMed utilizando una ecuación booleana. Los criterios de inclusión y exclusión fueron establecidos para seleccionar estudios relevantes, considerando artículos publicados en inglés y español entre los años 2018 y 2023. En total se incluyeron 54 artículos que cumplieron con los criterios estipulados. Se evidenció que el ciberacoso puede provocar problemas de salud mental como ansiedad, estrés postraumático, depresión, especialmente en aquellos con dificultades emocionales afectando significativamente la calidad de vida de las víctimas. Además, se ha encontrado que el acoso cibernético se asocia con pensamientos suicidas y problemas de salud físico. Por otro lado, aspectos como la resiliencia, el perdón, el mindfulness emergieron como factores de protección frente a la experimentación de ciberacoso. Es necesario también, proporcionar medidas que conlleven a garantías de parte de todos los actores participantes en este tema; salud pública (políticas), educación y familia y finalmente mitigar el ciberbullying desde una edad temprana y no esperar a la adolescencia, cuando el impacto negativo es más marcado en la salud mental.

Palabras clave: Cyberbullying, Factores de riesgo, Adolescentes, Acoso Escolar, Salud Mental.

ABSTRACT

Cyberbullying is an increasingly prevalent phenomenon in the digital age, defined as the use of communication technologies, such as the internet and mobile phones, to harass, intimidate, or humiliate others. This behavior can include the spreading of malicious rumors, posting humiliating content, or manipulating images with the aim of causing psychological and emotional harm to the victim. During adolescence, a crucial stage for personal and social development, the impact of cyberbullying can be especially harmful, as constant exposure to hate messages, threats, or exclusion on digital platforms can lead to serious mental health issues during this vital period. The objective of this paper was to identify research findings on cyberbullying and its effects on the mental health of adolescents. A comprehensive search was conducted in the international electronic database PubMed using a Boolean equation. Inclusion and exclusion criteria were established to select relevant studies, considering articles published in English and Spanish between 2018 and 2023. A total of 54 articles that met the stipulated criteria were included. It was found that cyberbullying can lead to mental health problems such as anxiety, post-traumatic stress, and depression, especially in those with emotional difficulties, significantly affecting the victims' quality of life. Furthermore, cyberbullying has been associated with suicidal thoughts and physical health problems. On the other hand, factors such as resilience, forgiveness, and mindfulness emerged as protective elements against the experience of cyberbullying. It is also necessary to implement measures that

involve guarantees from all stakeholders in this issue: public health (policies), education, and family. Finally, it is essential to mitigate cyberbullying from an early age and not to wait until adolescence, when the negative impact on mental health is more pronounced.

Key Words: Cyberbullying, Risk Factors, Adolescents, School Harassment, Mental Health.

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