

AGRUPAMENTO DE ESCOLAS DE VILELA

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SPO – Serviço de Psicologia e Orientação

## Digital Mentors

## Digital Identity(ies)

Internet and the identity construction in adolescence

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Internet and the identity construction in adolescence

I wanted to know who I am  
What I'm doing here

EXPERIMENTAL Lab

# Digital Identity(ies)

Internet and the identity construction in adolescence

“The internet is a laboratory full of characters, audiences and holders to our experiences ”Wallace (2001)

# ADOLESCENCE

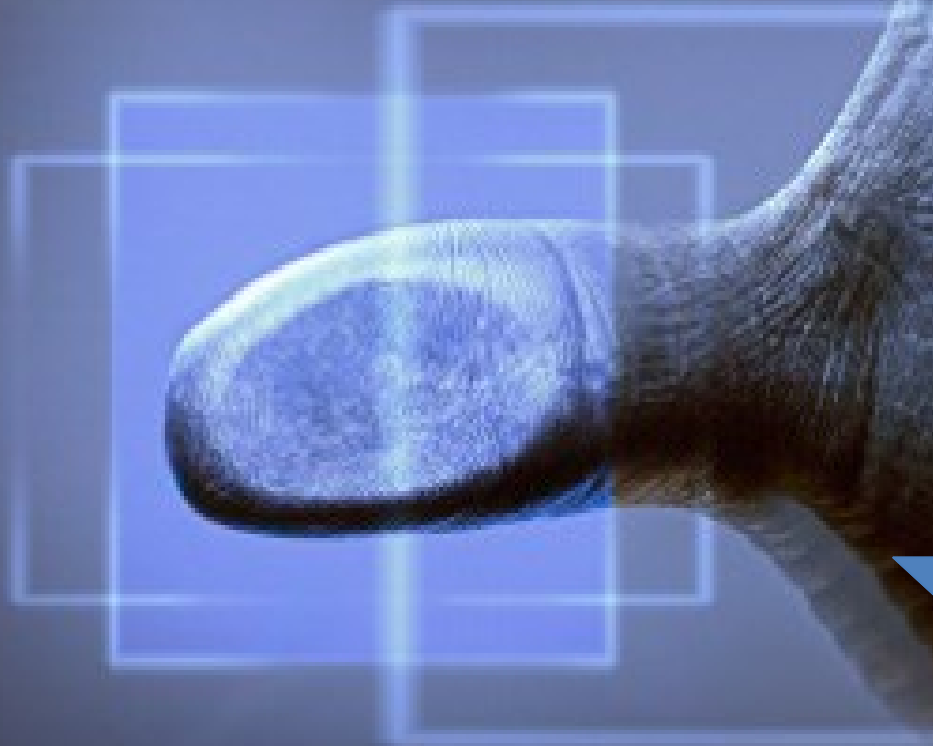
Biological

Psychological

Cultural

Social

Spiritual



# ADOLESCENCE

## Historical Process

Parents and Educators' Concerns

Books

Radio

Television

Videogames

Internet

# Adolescence

Sadness, Loneliness, Insecurity.

Relationships beyond social and geographical boundaries.

Escape from negative emotions.

# Adolescence

```
graph TD; A[Adolescence] --> B[Erik Erikson (1968) - 5th estate (12 - 18 years)]; B --> C[Uncertainty of roles to take / concern about what the others think.]; C --> D[IDENTITY CRISIS];
```

Erik Erikson (1968) - 5th estate  
(12 – 18 years)

Uncertainty of roles to take / concern about  
what the others think.

IDENTITY CRISIS

# ADOLESCENCE




Elkind (1978)

Imaginary audience.



Adolescents' concerns resulting from self-centeredness: overvaluation of other people's evaluation and glances.





# ADOLESCENCE




Erik Erikson (1968)

Institutionalized moratorium.



Psychosocial moratorium period - period of experimentation and adjustment of different social roles.



Erik Erikson (1968)  
Institutionalized moratorium.

Different forms of socialization

Resolution of the identity crisis

CURRENT SOCIETY

INTERNET  
(institutionalized moratorium)

INTERNET  
Computer

A diagram with a light blue background. On the left, a light blue box contains the text 'INTERNET' underlined and 'Computer' below it. Two large, thick blue arrows originate from this box. One arrow curves downwards and to the right, pointing to a light blue box containing the text 'Means of communication'. The other arrow curves downwards and then horizontally to the right, pointing to a light blue box containing the text 'Feeling of power and freedom.'. The background features a faint image of a globe and a hand holding a pen.

Means of  
communication

Feeling of power and  
freedom.

# INTERNET – *(Altered Notions)*

Time

Space

Promptness  
Urgency  
No waiting time

Space  
(LIMITED TO THE  
COMPUTER'S MEMORY)



# ANONYMITY



It influences people's behaviour by decreasing the degree of inhibition.

Decrease in normal social behaviour constraints.

# Virtual Reality

A hand holding a VR controller is shown in the top right corner. A large blue arrow originates from the top left and points downwards towards the text boxes. The background features a dark, textured surface with a glowing blue oval and several overlapping, semi-transparent blue squares.

Relationship with the world by  
simulating the REAL.

Countless possibilities to fulfill  
one's desire.

Absence of temporal and  
geographical boundaries.

# CAUSE OR CONSEQUENCE



- Knowledge that leads to the individual's progress;
- Faster access to information;

# CAUSE OR CONSEQUENCE



- Loss of pleasure and dedication in/to other activities;
- School performance;
- Sleeping disorders;
- Excitability;
- Greater vulnerability to anxiety; depression and other psychological problems;
- Anti-social Behavior;
- Fixations;
- Aggressive tendencies.



# Digital Identity(ies)

Internet and the identity construction in adolescence

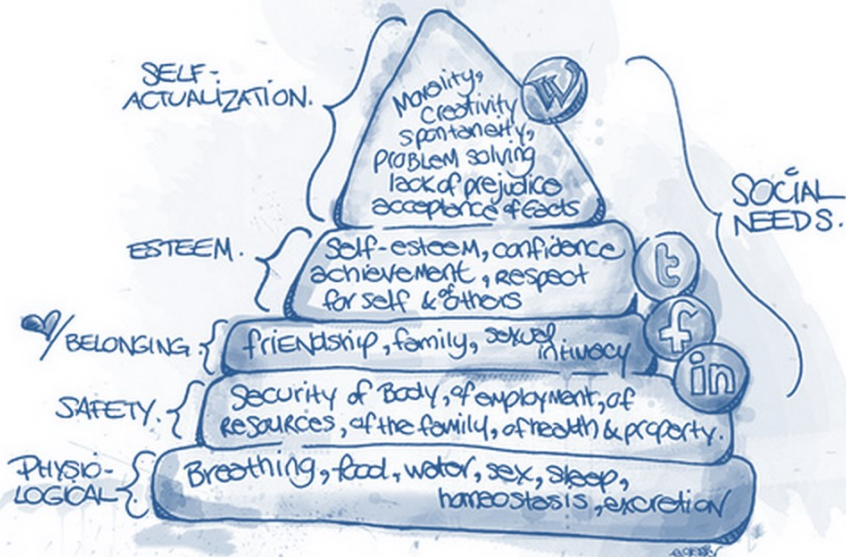
While technology is capable of bringing people closer it simultaneously separates and inhibits socialization.

Émile Durkeim started from the principle that man was just a wild animal that only turned into a human being because it became sociable, ie he was able to learn typical habits and customs of its social group, and to communicate in-between it.

# Paradigm (Re)construction

## MASLOW'S HIERARCHY OF NEEDS\*

\*AND THE SOCIAL MEDIA THAT FULFILL 'EM.



# Digital Identity(ies)

Internet and the identity construction in adolescence

The Farewell  
The feeling of being  
alone.

(SOS)