The Internet Network offers advantages utilized by society as a whole; nevertheless, it can also entail some drawbacks and be the cause of exclusion for information access.

Generation "Z" born after 1992 and known as digital natives who have coexisted with the Internet and the extension of ICT use from a very young age.

Method

The smartphone stands out as the electronic device most widely used by all the population due to its multiple functionalities, including the connection to the Internet anytime and anywhere.

The findings reveal that more friendships are established online than in physical conversation, which results in an increasingly ephemeral personal relationship.

Factors to measure the motivations behind the use of technologies:

- motivation of ritualized use that involves the dimensions of evasion, hobby, relaxation and entertainment
- motivation of instrumental use that attends to the dimensions of daily life, commercial information, news, work and learning

Banning the Internet would not be a good option; networked research should be regulated and promoted as an academic contribution resource instead.

It becomes essential to apply educational measures to promote responsible Internet use.

Discussion

"The results provided evidence that Internet use is increasing constantly, and this use affects the personal and professional life of students. Internet addiction is a problem that affects people of different ages, mainly young people."

The results emphasize that the Internet is not only a tool for communication and information, but also a source of entertainment and social control, which makes it necessary to regulate its use and promote responsible Internet use.

Conclusion

"It becomes essential to apply educational measures to promote responsible and regulated use of the Internet."