‘Age Matters’: A panel study investigating the influence of communicative and passive smartphone use on well-being

# Details

## Year

2021

## DOI

10.1080/0144929x.2019.1680732

## Issued

2021

## Language

English

## Volume

40

## Issue

2

## Start Page

## End Page

## Authors

Stevic A.;Schmuck D.;Matthes J.;Karsay K.

## Type

Journal article

## Journal

Behaviour Information Technology

## Publisher

Informa UK Limited

## Topics

* Internet usage, practices and engagement
* Wellbeing
* Other

## Sample

We conducted a two-wave panel survey (NT2 = 461) with
a professional research institute in Germany. We collected data at two-time points between March/April
2018 (Time 1, T1) and July/August 2018 (Time 2, T2).
The total number of participants in the first survey
wave reached 833 (54.1% women) and in the second survey wave 461 (53% women), aged from 18 to 65 years
old. In the first wave the mean age was 45.44 and in
the second wave 48.65.

## Implications For Policy Makers About

Stepping up awareness and empowerment

## Implications For Stakeholders About

## Other Stakeholder Implication

Society as a whole

# Abstract

Communicative and passive online use have been shown to affect individuals’ well-being in opposite ways. While communicative use is often associated with beneficial outcomes, passive use may even harm individuals’ well-being. However, existing studies have paid insufficient attention to the influence of age on these associations. Additionally, little evidence is available regarding the impact of communicative and passive smartphone use on individuals’ well-being across the life-span. Drawing upon the theoretical approaches of Socioemotional Selectivity Theory, Social Convoy Model, and Social Compensation Hypothesis, we assumed that particularly communicative smartphone use may be beneficial for older adults’ well-being, helping them to maintain their personal relationships. Results of a two-wave panel survey (NT2 = 461) revealed a significant negative influence of passive smartphone use on well-being irrespective of age. In line with the Socioemotional Selectivity Theory and Social Compensation Hypothesis, communicative smartphone use, however, only had a positive influence on well-being for adults older than 63 years, but not for younger adults. Our findings contribute to a broader understanding of the consequences of different types of smartphone use on well-being across generations in the longitudinal context.

# Outcome

"Results of a two-wave panel survey (NT2 = 461) revealed a significant negative influence of passive smartphone use on well-being irrespective of age. In line with the Socioemotional Selectivity Theory and Social Compensation Hypothesis, communicative smartphone use, however, only had a positive influence on well-being for adults older than 63 years, but not for younger adults. Our findings contribute to a broader understanding of the consequences of different types of smartphone use on well-being across generations in the longitudinal context." (Stevic et al., 2021, 176)