Mediensucht 2020 – Gaming und Social Media in Zeiten von Corona. DAK-Längsschnittstudie: Befragung von Kindern, Jugendlichen (12 – 17 Jahre) und deren Eltern

Engl. transl.: Media Addiction 2020 – Gaming and social media during Corona. DAK-longitudinal study: survey of children, adolescents (12 to 17 years) and their parents

# Keywords

* Media
* Gaming
* Social Media
* Addiction
* Covid-19

# Details

## Year

2020

## Issued

2020

## Language

German

## Authors

DAK-Gesundheit

## Type

Report and working paper

## Topics

Wellbeing

## Sample

n = 1648 (one parent and one of their children ages 10 to 18; therefore n =824 families)

## Implications For Parents About

# Abstract

The insurance company, DAK-Gesundheit, has conducted a longitudinal study with addiction experts of the university hospital Hamburg-Eppendorf (UKE) to research pathological video game and social media usage. For the first time, this study has operationalised the new ICD-11 criteria of the WHO. Additionally, this study aimed to look into the effects of the Covid-19 pandemic. The first preliminary results show that the gaming behaviour of 700.000 children and adolescents is at least risky or pathological. In comparison to fall 2019, the usage times have increased by 75% on weekdays.

# Outcome

Key findings:
- The time online and the frequency of usage (during weekdays and the weekend) has increased compared to fall 2019 (for all age groups and gender)
- Higher education of parents decreases the time children are online
- Boys show a higher degree of risky or pathological gaming behaviour than girls
- 10% of the age group 10 to 17 years show risky gaming behaviour and 2,7% show pathological usage; 8,2% show risky social media behaviour and 3,2% show pathological behaviour
- The media usage times have a strong impact on risky and pathological behaviour