Parental Mediation of Children's Television and Video Game use in Germany: Active and Embedded in Family Processes

# Details

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## Sample

158 parent – child dyads. “Children were 9 – 13 years old (M = 11.07, SD = 0.08, Md = 11).” Violetta K. Shaan André Melzer, 2015, page 61. The gender was evenly distributed (46.2% boys and 53.8% girls)

## Implications For Parents About

Parental practices / parental mediation

# Abstract

In a survey study, 158 dyads of German parents and their 9 to 12-year-old children reported on their television and video game (VG) consumption, parental mediation strategies, and family climate.
Parents also reported their beliefs concerning media effects. We found that mediation strategies differ from acknowledged media usage conceptions in that parents play a more active role than previously assumed. Restrictive mediation comprises rules and restrictions, but also parents’ educative explanations that media do not reflect reality. Patronizing mediation includes shared media consumption, but also parents commenting on media contents. Pointing out and emphasizing socio-emotional features in the media (e.g., empathy) characterize active-emotional co-use (AEC). Regression analyses revealed that parental fear of negative media effects predicted both AEC and restrictive mediation. Children and parents’ congruent perceptions of family interactions predicted AEC and patronizing VG mediation. Overall, positive ratings of family interactions were associated with children using media less frequently.

# Outcome

“On average, children watched TV for about 93 min (SD = 75.61) on weekdays and 145 min (SD = 62.13) on weekends. VGs were played significantly less. On average, children played 35 min (SD = 50.83) on weekdays, t(157) = 11.96, p