Supportive communication with parents moderates the negative effects of electronic media use on life satisfaction during adolescence

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## Topics

## Sample

Data were drawn from the cross-national (HBSC) study, collected in nine regions: Canada, England, Germany, Hungary, Israel, Italy, The Netherlands, Poland and Scotland. There were 53,973 students aged 11, 13, and 15 years who participated in the study. 4,135 Israeli students participated in the current study

# Abstract

To examine the impact of electronic media (EM) use on teenagers’ life satisfaction (LS) and to assess
the potential moderating effect of supportive communication with parents (SCP). Methods Data were drawn from the cross-national Health Behaviour in School-aged Children (HBSC) study (2009/
2010) in Canada, England, Germany, Hungary, Italy, Israel, The Netherlands, Poland and Scotland. Sample size: 53,973 students aged 11–15 years.
Results More hours per day spent on the computer were associated with lower LS; more EM communication with friends with higher LS. This relationship became negative if EM use reached and exceeded a certain threshold. SCP moderated the effect of EM communication with friends, but not computer use for the total sample. SCP seems to be more important than computer use or EM communication
with friends for LS and it seems to buffer negative effects of EM use.
Conclusions Communication with parents seems to buffer the negative effects of EM use on LS during
adolescence. Higher computer use was related to lower LS, but ‘‘optimal’’ frequency of EM communication with friends was country specific

# Outcome

The results revealed that in all included countries a higher amount of computer use was consistently associated with lower Life satisfaction (LS) (Boniel-Nissim et ali., 2014). The results demonstrated greater variation for electronic media (EMC) with friends. supportive parent-adolescent communication is an important resource for LS during adolescence. In addition, supportive communication with parents (SCP) seemed to be more important for LS than EMC with friends.