(On)gezond gamegedrag van Nederlandse jongeren

Engl. transl.: (Un)healthy gaming behavior of Dutch adolescents

# Keywords

* adolescents
* problematic gaming
* mental health
* physical health

# Details

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## Sample

'The data used comes from three studies: the Health Behaviour in School-aged children-project (www.hbsc.org, 2017), the European School Survey Project on Alcohol and Other Drugs (ESPAD, www.espad.org, 2015), and the Digital Youth-research (DIYO, Universiteit Utrecht, 2018). Each of these studies focused on Dutch youth at secondary education.'(van Rooij et al., 2020, p. 45). '(translated by the coder)'

## Implications For Stakeholders About

Other

## Other Stakeholder Implication

Professionals

# Abstract

Playing belongs to a healthy life; digital playing as well. The analysis in this aricle shows that gaming - even frequently gaming - is not associated with mental or physical health problems. On the contrary; hobbygamers smoke, blow, and drink less than non-gaming adolescents - they play about 14 hours a week and experience few problems. About 7% of the boys belong to the group of risky gaming. This group shows five times as much physical and mental health problems and games around 23 hours a week. The advice to professionals is to be aware of extreme gaming behavior, especially if this is associated with other problems.

# Outcome

Gaming - even frequently gaming - is not associated with mental or physical health problems. On the contrary; hobbygamers smoke, blow, and drink less than non-gaming adolescents. Gaming adolescents, who do not experience a lot of problems in important areas, spend around 14 hours a week on gaming. Time consuming games are mostly played by boys. About 7% of them belong to the group of risky gaming. This group shows five times as much physical and mental health problems. '(translated by the coder)'