Jugendliche im digitalen Zeitstress

Engl. transl.: Young people and digital stress

# Keywords

* adolescents
* online usage
* smartphone
* time
* stress

# Details

## Year

2019

## Issued

2019

## Language

German

## Authors

saferinternet.at;ispa

## Type

Report and working paper

## Book title

Jugendliche im digitalen Zeitstress

## Publisher

saferinternet.at

## Topics

* Internet usage, practices and engagement
* Social mediation
* Risks and harms
* Digital and socio-cultural environment

## Sample

400 adolescents (11-17), quoted by age, gender, and formal education
3 focus groups
workshops

## Implications For Parents About

## Implications For Educators About

Digital citizenship

## Implications For Stakeholders About

Industry

# Abstract

"More and more people feel stressed by the excessive use of digital devices and the number of "digital detox" offers is increasing. This development does not even stop at young people. A surprising result: 35 percent of young people already perceive digital time stress. Parents, in particular, are strongly challenged here as contact persons. Family rules for everyday life with smartphones co. can help to reduce the pressure. Noteworthy: The first pioneers among young people give practical tips in order to practice a more balanced online consumption in everyday life." (saferinternet.at, 2019, online; translated by the coder)

# Outcome

"More than a third of the respondents (35%) remark that mobile phones and other digital devices sometimes get too much for them. This applies more often to 15-17 year olds (44%) than to 11-14 year olds (27%). There are also differences between girls (40 %) and boys (32 %). 59 percent are annoyed that their friends look too much at their mobile phones when they are out together. Almost as many (55 %) are even annoyed that they themselves look too much at their smartphone. Young people are also critical towards their parents: around one in three respondents (34 %) are annoyed that their parents spend too much time on their mobile phones.60 percent of young people assume that they will receive an answer to messages on WhatsApp, Snapchat Co immediately or at least within a few minutes. At the same time, this expectation is also one of the biggest stress factors for themselves. The study shows that two-thirds (66%) look at their mobile phone for the first time no later than five minutes after waking up. Only four percent wait more than an hour to do so. Therefore, it is not surprising that the mobile phone is in the room of 81 percent of the young people during the night - switched on for 30 percent and in flight mode for 21 percent, in each case in or directly next to the bed and for another 30 percent somewhere in the room. In 62 percent of the families of the young people surveyed, there are or there have been rules concerning the use of digital devices. The most common are a ban on mobile phones when eating together, no mobile phones when doing homework and time limits. At the same time, almost half of the respondents are supposed to be constantly available for the family." (saferinternet.at, 2019, online; translated by the coder)