Gesellschaftspolitik / Jugend: Computer, Smartphone und Fernsehen fressen die Bewegung

Engl. transl.: Social policy / Youth: Computers, smartphones and television prevent physical activity

# Keywords

* media
* health
* youth
* sports

# Details

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Journal article

## Journal

Aktuelle demoskopische Studien zu Wirtschaft Gesellschaft

## Topics

* Internet usage, practices and engagement
* Wellbeing
* Risks and harms

## Sample

n=1031, Austrian population aged 16 and over

## Implications For Policy Makers About

## Other PolicyMaker Implication

Awareness for health issues

## Implications For Stakeholders About

Healthcare

# Abstract

Do children and young people exercise enough sports?
What are the reasons that children and adolescents do not exercise and do sport enough nowadays?
What would promote exercise among children and young people?
A major reason is the gain in importance of mediated communication and games.

# Outcome

Only 28% agree, that children and adolescents exercise sufficient sports. 27% are not sure about their opinion, but 45% disagree. Mediated communication and video games are named the main reasons for a lack of physical activities:
35% Computer, PC
30% Mobilephone, Smartphone
28% TV
19% Internet
14% Video games, PlayStation, online games
5% Electronic devices in general
5% Social media, Facebook, Instagram