Jugendliche im digitalen Zeitstress - über den Umgang mit der Sogwirkung digitaler Medien, ständiger Erreichbarkeit und Ablenkung

Engl. transl.: Young people and digital stress - dealing with the pull of digital media, constant accessibility and distraction

# Details

## Year

2018

## Scope

National

## Countries

Austria

## Type

Empirical research – Mixed methods

## Methodologies

* Survey
* Focus group
* Other

## Other Methodology

Workshop

## Researched Groups

Children

## Children Ages

## Funder

saferinternet.at; ispa

## Funder Types

* European Union / Commission
* Private industry / Company
* National Government / Ministry

## Informed Consent

Consent not mentioned

## URL

https://www.saferinternet.at/news-detail/studie-immer-mehr-jugendliche-im-digitalen-zeitstress/

## Data Set Availability

Not mentioned

# Goals

"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)