

JONGEREN, HUN MOBIELTJE EN MENTAAL WELZIJN

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JONGEREN, HUN MOBIELTJE EN MENTAAL WELZIJN

1. Wat is het probleem?

2. Hoe kunnen we het probleem begrijpen?

3. Hoe kunnen we het probleem oplossen?

More Time on Technology, Less Happiness? Associations Between Digital-Media Use and Psychological Well-Being

Jean M. Twenge 

Department of Psychology, San Diego State University

Abstract

Studies using large samples consistently find that more frequent users of digital media are lower in psychological well-being than less frequent users; even data sets used as evidence for weak effects show that twice as many heavy users (vs. light users) are low in well-being. Differences in perspective may stem from the statistics used; I argue that comparing well-being across levels of digital-media use is more useful than the percentage of variance explained, as most studies on digital-media use do not measure other influences on well-being (e.g., genetics, trauma), and these other influences, unlike frequency of digital-media use, are rarely controllable. Nonusers are generally lower in well-being than light users of digital media, however, suggesting that limited use may be beneficial. Longitudinal and experimental studies suggest that at least some of the causation moves from digital-media use to lower well-being. Mechanisms may include the displacement of activities more beneficial to well-being (sleep, face-to-face social interaction), upward social comparison, and cyberbullying.

Keywords

digital media, well-being, happiness, depression, social media, electronic devices

Have Smartphones Destroyed
A Generation?

More comfortable online than out partying, people have
been. But they're on the brink of a mental-health crisis.

Empirical Article

Increase
Suicide-
Rates A
and Lin
Time

Jean M. Twenge
Gabrielle N.
¹San Diego State Un

Abstract

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and adolescents
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Keywords

depression, soc

Received 4/25/17; 1

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and Martin (C

Yaakov Ophir^{1,2},
Hananel Rosenberg
¹Seymour Fox School of Educati
and Management, Technion – Is

Abstract

In this commentary, we r
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and inadequate statistical
between screen activities ;
away to nil among boys
symptoms are attributed to
results and could be misle

Short Communication/Commentary

Considering All of the Data on
Digital-Media Use and Depressive
Symptoms: Response to Ophir,
Lipshits-Braziler, and Rosenberg (2020)

Jean M. Twenge¹, Thomas E. Joiner², Megan L. Rogers²,
and Gabrielle N. Martin¹

¹Department of Psychology, San Diego State University, and ²Department of Psychology, Florida State University

Abstract

We have documented increases since 2012 in depressive symptoms, suicide-related outcomes, and suicide and identified associations between digital-media use and depressive symptoms and suicide-related outcomes across two data sets: Monitoring the Future (MtF) and the Youth Risk Behavior Surveillance System (YRBSS). Ophir, Lipshits-Braziler, and Rosenberg’s criticisms of the MtF data (this issue; pp. 374–378) are addressed by the YRBSS data, which included a measure of digital-media use in hours. Ophir et al. assumed that the displacement of nonscreen activities by screen activities occurs only at the individual level, whereas in fact, time displacement at the group or cohort level may be more important. Some discrepancies in the literature can be traced to the use of percentage variance explained; in fact, heavy (vs. light) digital-media users are considerably more likely (often twice as likely) to be depressed or low in well-being across several large data sets.

Keywords

depression, mass media, well-being, adolescent peer relations

Underestimating digital media harm

Amy Orben^{1,2} and Andrew K. Przybylski^{3,4}

Jean M. Twenge¹, Jonathan Haidt², T...

REPLYING TO J. M. Twenge et al. *Nature Human Behaviour* <https://doi.org/10.1038/s41562-020-0839-4> (2020)

Research Article

Screens, Teens, and Well-Being: Time-Use-Diary



Amy Orben¹ and Andrew K. Przybylski^{3,4}

¹Department of Experimental Psychology, University of Cambridge

Abstract

The notion that digital technology use is harmful to well-being, and most psychological self-report measures of digital technology use are based on large-scale data sets from time-use-diary designs to introduce methodological biases. Little evidence for substantial harm, particularly before bedtime.

Keywords

large-scale social data, digital technology use, adolescents, well-being, time-use diary, specification-curve analysis, open materials, preregistered

Our findings contribute to a growing scholarly consensus that time spent on smartphones tells us little about young people's well-being. (Bradley & Howard, 2021)

Results are consistent with trivial effects detected in large cross-sectional research, and call into question the causal relationship between social media and well-being on the daily level. (Hall et al., 2021)

Our analyses do not establish causality and the small effect sizes observed suggest that increased screen time is unlikely to be directly harmful to 9-and-10-year-old children. (Paulich et al., 2021)

The authors conclude that the association of screen time with well-being is negative but "too small to warrant policy change." Orben and Przybylski made six analytical decisions that reduced effect sizes, and their conclusions are in stark contrast to the practically important differences identified in other analyses of the same datasets, especially for social media use among young people. For example, Kelly et al.² used the Millennium Cohort Study to find that screen time predicted depressive symptoms as well as standard demographic controls, linear $r=0.06$ (or 0.36% of the variance), but

information of the original paper, we re-ran our analyses by providing additional analyses based on the study data.

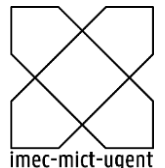
Twenge et al.¹ rightly identified that specification curve analysis (SCA)³ is a powerful tool for exploratory research. SCA highlights how seemingly inconsequential, albeit equally valid, decisions taken during secondary data analysis can yield divergent results⁴; its value is rooted in providing transparency and context. That being said, in their critique, Twenge et al. incorrectly concluded that the small

However, these measures were included in an alternate SCA, which indicates, we re-ran our SCA (see Methods). The results (Fig. 1 and Table 1) show that the median association and effect size ($\beta=-0.051$ (95% confidence interval: -0.072 to -0.031), percentage variance explained=0.3% (0.2–0.6%)) are not significantly different from those in our original SCA (median $\beta=-0.032$, percentage variance explained=0.4%). Wearing glasses was still more negatively associated with well-being in adolescents than use of digital technology use predicted nearly 0.5% of the variance of girls. Furthermore, the measure did not produce a significantly more negative association than males (females, median $\beta=-0.065$; males, median $\beta=-0.037$ (-0.041 to -0.033)).

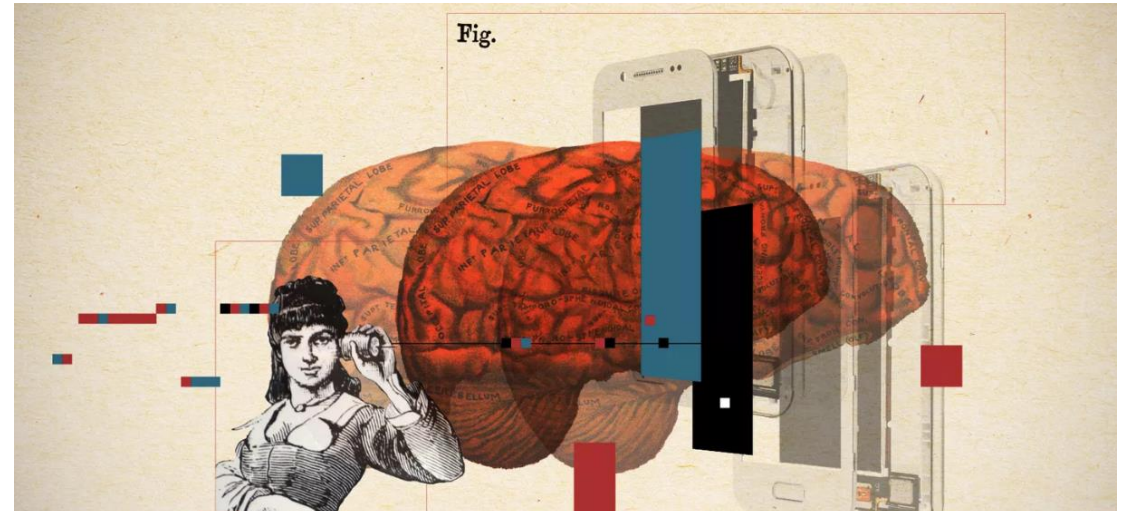
furthermore, by applying nonlinear modelling methodology as suggested by Twenge et al.¹ (Table 1), we found that the average association between the use of digital technology and well-being was slightly positive for low-intensity users (median effect=0.018,

Przybylski? Kelly et al.² used the standard, validated measure of depressive symptoms as well as standard demographic controls, linear $r=0.06$ (or 0.36% of the variance), but

pre, they questioned our selection of a wide range and combination of outcome variables. Supplementary Table 6 of ref. ² demonstrates that doing so is prudent because researchers (including the commentators⁶) routinely treat novel combinations of individual survey



~~Technologie is goed~~
~~Technologie is slecht~~
Onze relatie met
technologie is
complex
en ambivalent



**Have smartphones really
destroyed a generation? We
don't know.**

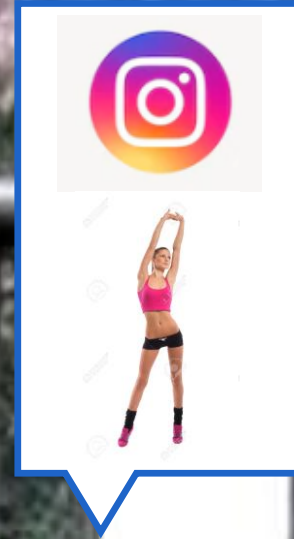
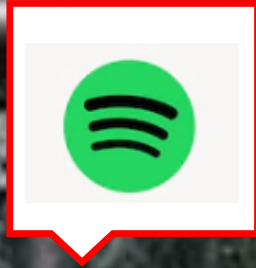
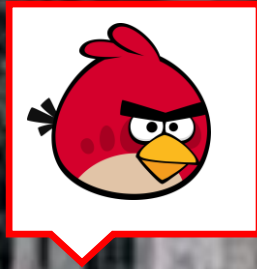
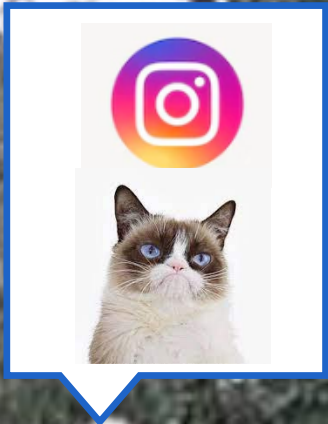
But here's how to find out: Scientists need to ask better questions — and big tech needs to help.

By Brian Resnick | @B_resnick | brian@vox.com | Updated May 16, 2019, 12:22pm EDT

JONGEREN, HUN MOBIELTJE EN MENTAAL WELZIJN

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- 2. Hoe kunnen we het probleem begrijpen?**
3. Hoe kunnen we het probleem oplossen?

'DE SMARTPHONE' BESTAAT NIET



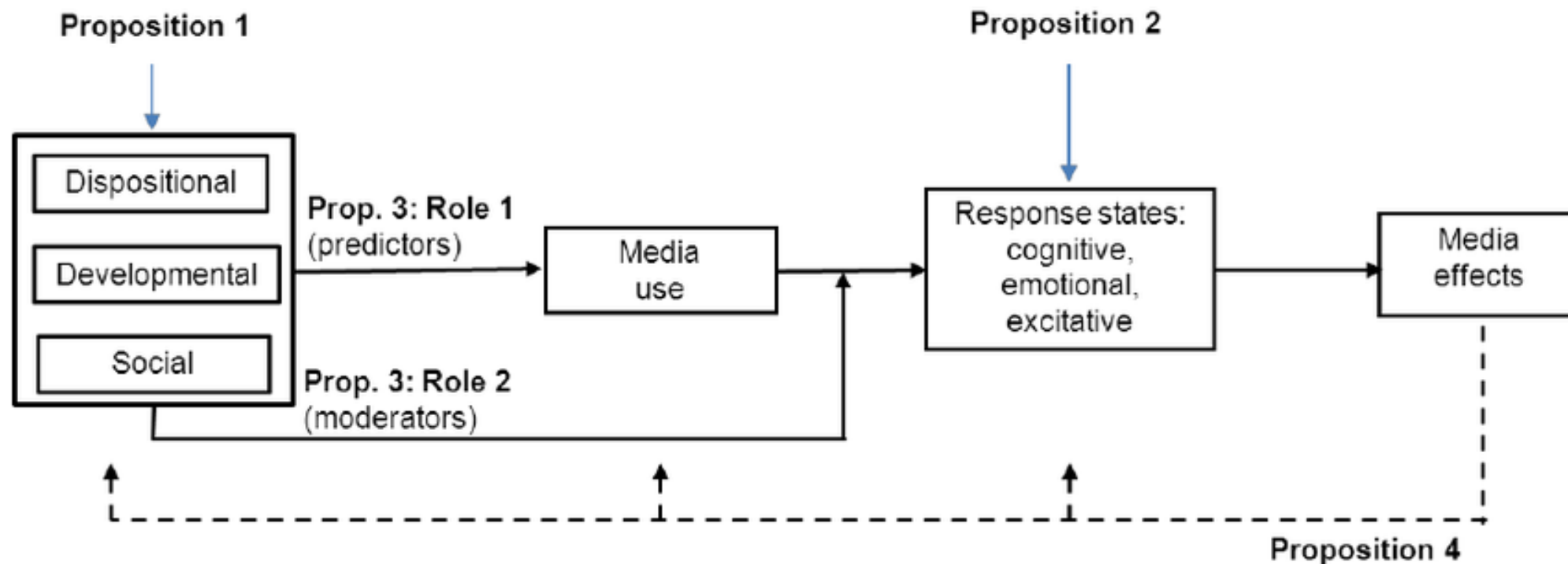
TOESTEL

KANAAL

INHOUD

INTERACTIE

'DE JONGERE' BESTAAT NIET



Proposition 1: Media effects depend on three types of susceptibility.

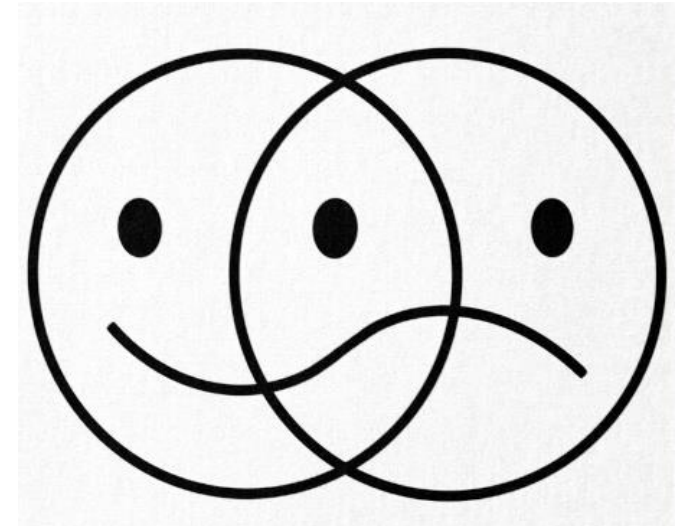
Proposition 2: Three media response states mediate the relationship between media use and effects.

Proposition 3: The differential susceptibility variables have two roles; they act as predictors and moderators.

Proposition 4: Media effects are transactional.

Patti M. Valkenburg, Jochen Peter, The Differential Susceptibility to Media Effects Model, *Journal of Communication*, Volume 63, Issue 2, April 2013, Pages 221–243, <https://doi.org/10.1111/jcom.12024>

'HET MEDIA EFFECT' BESTAAT NIET



JONGEREN, HUN MOBIELTJE EN MENTAAL WELZIJN

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Photo by [Shayna Douglas](#) on [Unsplash](#)

ZOOM-IN

WIE is kwetsbaar?
WELK gedrag is risicovol?
WAT zijn de uitkomsten?
WAAROM?
WANNEER?

More Time on Technology, Less Happiness? Associations Between Digital-Media Use and Psychological Well-Being

Jean M. Twenge 
Department of Psychology, San Diego State University

Abstract

Studies using large samples consistently find that more frequent users of digital media are lower in psychological well-being than less frequent users; even data sets used as evidence for weak effects show that twice as many heavy users (vs. light users) are low in well-being. Differences in perspective may stem from the statistics used; I argue that comparing well-being across levels of digital-media use is more useful than the percentage of variance explained, as most studies on digital-media use do not measure other influences on well-being (e.g., genetics, trauma), and these other influences, unlike frequency of digital-media use, are rarely controllable. Nonusers are generally lower in well-being than light users of digital media, however, suggesting that limited use may be beneficial. Longitudinal and experimental studies suggest that at least some of the causation moves from digital-media use to lower well-being. Mechanisms may include the displacement of activities more beneficial to well-being (sleep, face-to-face social interaction), upward social comparison, and cyberbullying.

Keywords






digital media, well-being, happiness, depression, social media, electronic devices



SCIENTIFIC
REPORTS
nature research

 Check for updates

OPEN The effect of social media on well-being differs from adolescent to adolescent

Ine Beyens ^{1,2}, J. Loes Pouwels ¹, Irene I. van Driel ¹, Loes Keijsers ² &
Patti M. Valkenburg ¹

The question whether social media use benefits or undermines adolescents' well-being is an important societal concern. Previous empirical studies have mostly established across-the-board effects among (sub)populations of adolescents. As a result, it is still an open question whether the effects are unique for each individual adolescent. We sampled adolescents' experiences six times per day for one week to quantify differences in their susceptibility to the effects of social media on their momentary affective well-being. Rigorous analyses of 2,155 real-time assessments showed that the association between social media use and affective well-being differs strongly across adolescents: While 44% did not feel better or worse after passive social media use, 46% felt better, and 10% felt worse. Our results imply that person-specific effects can no longer be ignored in research, as well as in prevention and intervention programs.

ZOOM-OUT

Wat is de ruimere CONTEXT?

If I text you at
10:30, I expect a
reply at 10:29



Cultuur van 24/7
Connectiviteit



Commodificatie
van aandacht



Acceleratie &
Responsabilisering

BEDANKT!

Meer lezen?

Digitale Media & Tieners

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