

FORSKNING

Hur påverkas vi av digitalt spelande och sociala medier i en alltmer digitaliserad värld? Vilka fördelar finns och vad behöver fundera på så att det inte påverkar vår vardag negativt. Här har vi samlat forskning just för dig.

SOCIAL MEDIA

Irmer, A., Schmiedek, F. *Associations between youth's daily social media use and well-being are mediated by upward comparisons.* Commun Psychol 1, 12 (2023).

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Castellacci, F., & Tveito, *Internet use and well-being:* Volume 47, Issue 1, 2018, Pages 308-325, <https://doi.org/10.1016/j.respol.2017.11.007>

Mustonen, R.; Torppa, R.; Stolt, S. *Screen Time of Preschool-Aged Children and Their Mothers, and Children's Language Development.* Children 2022, 9, 1577. <https://doi.org/10.3390/children9101577>

Samuelsson, R., Price, S., Jewitt, C., (2022) *How young children's play is shaped through common iPad applications: a study of 2 and 4-5 year-olds.* Learning, Media and Technology [10.1080/17439884.2022.2141252](https://doi.org/10.1080/17439884.2022.2141252).

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Forskning kring påverkan av sociala medier, skärmanvändning samt digitalt spelande fortgår. Dokumentet uppdateras allt efter ny forskning publiceras.

Läs mer på www.pelituki.fi

DIGITALT SPELANDE

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Chaarani, B., Ortigara, J. Yuan, D., et al (2022). *Association of Video Gaming With Cognitive Performance Among Children.* AMA Netw Open. 2022;5(10):e2235721. [doi:10.1001/jamanetworkopen.2022.35721](https://doi.org/10.1001/jamanetworkopen.2022.35721)

Kinnunen, J. Tuomela, M., Mäyrä, F. (2022). *Pelaajabarometri 2022 : Kohti uutta normaalia.* <https://trepo.tuni.fi/handle/10024/144376>

Mekler, E., & Lacovides, I. (2018). *The Role of Gaming During Difficult Life Experiences.* https://www.researchgate.net/publication/331574312_The_Role_of_Gaming_During_Difficult_Life_Experiences

Statens Medieråd (2011). *Våldsamma datorspel och aggression – en forskningsöversikt.* <https://www.statensmedierad.se/rapporter-och-analyser>