merz | medien + erziehung | Arnulfstraße 205 | 80634 München
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| ISSN 0176-9418

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ZEITSCHRIFT FÜR MEDIENPÄDAGOGIK

Diana Raufelder, Danilo Jagenow und Angela Ittel: Mediennutzung, Freizeitverhalten und Körperzufriedenheit in der früh-pubertären Entwicklungsphase

Beitrag aus Heft »2011/06: Medien und Gesundheitsförderung«

In der vorliegenden Studie wurden mittels einer querschnittlichen Fragebogenstudie geschlechtsabhängige Zusammenhänge zwischen Körperzufriedenheit, Freizeit- und Mediennutzungsverhalten und Faktoren der psychosozialen Anpassung bei Grundschulkindern untersucht. Die Befunde legen nahe, dass dieses Zusammenspiel auch in nicht-klinischen Stichproben in der früh-adoleszenten Phase an Bedeutung gewinnt und starke geschlechtsspezifische Unterschiede existieren.

The current study examined the gender specific associations between body satisfaction, media use, spare time behaviour, and aspects of psychosocial adjustment of students of elementary school. The results of the quantitative survey suggest an increasing significance of these associations even in non-clinical samples in early adolescence. Furthermore, the findings point to high gender specific differences.

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