

Another step is to build resilience through strong public institutions. First of all, invest in communication skills across government and public bodies to ensure that the public has access to, understands and trusts the evidence that is used to make decisions. Then, give public institutions a clear mandate to inform the public, and consider the roles of other bodies. It is also very important to establish a public-facing Centre of Excellence to provide a research function that can support and evaluate the provision of high-quality information in a public debate and provide a clear understanding of the scale of the problem of misinformation.

Work connected with future-proof misinformation policy needs to be done. Mainly for setting a clear intellectual framework for understanding the harms, players and functionalities, but also the principles at stake before any attempt is made to introduce regulation.

Bibliography and sources

News consumption in the UK. [online]. [2019-02-03]. Available at: <<https://www.ofcom.org.uk/research-and-data/tv-radio-and-on-demand/news-media/news-consumption>>.

Tackling Misinformation in an Open Society. London : Full Fact - UK's independent factchecking charity, 2018. [online]. [2019-02-01]. Available at: <https://fullfact.org/media/uploads/full_fact_tackling_misinformation_in_an_open_society.pdf>.

Lubica Bôtošová

Report of Pew Research Center about How Teens and Parents Navigate Screen Time and Device Distractions

ABSTRACT

54% of U.S. teens say they spend too much time on their cellphones and two-thirds of parents express concern over their teen's screen time. However parents face their own challenges of device-related distraction. Pew Research Center is a nonpartisan fact tank that informs the public about the issues, attitudes and trends shaping America and the world. It does not take policy positions. It conducts public opinion polling, demographic research, content analysis and other data-driven social science research. The Center studies U.S. politics and policy; journalism and media; internet, science and technology; religion and public life; Hispanic trends; global attitudes and trends; and U.S. social and demographic trends. Amid rolling debates about the impact of screen time on teenagers, roughly half of those ages 13 to 17 are themselves worried they spend too much time on their cellphones. Some 52% of U.S. teens report taking steps to cut back on their mobile phone use, and a similar percentage have tried to limit their use of social media (57%) or video games (58%), a new Pew Research Center survey finds

KEY WORDS

Teens. Parents. Cellphones. Report. Time.

Teens and time spent with cellphones

Teens' sometimes hyperconnected relationship with their devices is also evident in other findings from the Center. Fully 72% of teens say they often or sometimes check for messages or notifications as soon as they wake up, while roughly four-in-ten say they feel anxious when they do not have their cellphone with them. Overall, 56% of teens associate the absence of their cellphone with at least one of these three emotions: loneliness, being upset or feeling anxious. Additionally, girls are more likely than boys to feel anxious or lonely without their cellphone.

Parents, too, are anxious about the effects of screen time on their children, a separate survey shows. Roughly two-thirds of parents say they are concerned about their teen spending too much time in front of screens, and 57% report setting screen time restrictions for their teen in one way or another.

At the same time, some parents of teens admit they also struggle with the allure of screens: 36% say they themselves spend too much time on their cellphone. And 51% of teens say they often or sometimes find their parent or caregiver to be distracted by their own cellphone when they are trying to have a conversation with them.

Additionally, 15% of parents say they often lose focus at work because they are distracted by their phone. That is nearly double the share of teens (8%) who say they often lose focus in school due to their own cellphones.

These are some of the main findings of the Center's survey of 743 U.S. teens and 1,058 U.S. parents of teens conducted between March 7-April 10, 2018. Throughout the report, „teens“ refers to those aged 13 to 17, and „parents“ refers to parents of at least one child aged 13 to 17.

Teens and new technology

Teen life is suffused with technology. The vast majority of teens in the United States have access to a smartphone, and 45% are online on a near constant basis. The ubiquity of social media and cellphones and other devices in teens' lives has fuelled heated discussions over the effects of excessive screen time and parents' roles in limiting teens' screen exposure. In recent months, many major technology companies, including Google and Apple, have announced new products aimed at helping adults and teens monitor and manage their online usage.

When it comes to evaluating their own online habits, teens express mixed views about whether or not they themselves spend too much time on various screens. Roughly half (54%) believe they spend too much time on their cellphone, while 41% say they spend too much time on social media. By contrast, only around one-quarter (26%) believe they spend too much time playing video games – comparable to the portion (22%) who say they spend *too little* time gaming. Meanwhile, roughly four-in-ten teens say they spend about the right amount of time on social media or gaming.

Boys and girls have differing perceptions of the amount of time they spend using various technologies. Girls are somewhat more likely than boys to say they spend too much time on social media (47% vs. 35%). By contrast, boys are roughly four times as likely to say they spend too much time playing video games (41% of boys and 11% of girls say this). There are no notable statistically significant differences by race, ethnicity or household income.

Waking up with a cellphone

Cellphones are deeply embedded in the everyday experiences of most U.S. teens. Most notably, 72% of teens say they at least sometimes check for messages or notifications as soon as they wake up (with 44% saying they often do this). 57% feel they often or sometimes have to respond

to messages from other people immediately. Meanwhile, 31% of teens say they lose focus in class because they are checking their cellphone – though just 8% say this often happens to them, and 38% say it never does.

Teens across a range of demographic groups respond in similar ways to these questions about their cellphone use. However, teens aged 15 to 17 are particularly likely to say they check for messages as soon as they wake up – 49% say they often do this, compared with 37% of teens aged 13 to 14.

Parents and their time spent with cellphones

Along with asking teens about their views of screen time and distractions due to technology in their lives, the Center also fielded a separate survey in which parents of teenagers shared their views about a subset of these issues. At a broad level, this survey finds that parents are somewhat less concerned about their own technology use than teens are about theirs. Around one-third of parents (36%) say they spend too much time on their cellphone, and 23% say the same about their social media use. Slightly more than half of parents (55% in each case) believe they spend the right amount of time on their cellphone or on social media. For the most part, parents of different genders, races and ethnicities, and income levels report similar levels of concerns about their own technology use.

When asked to reflect on their teen's cellphone use, a majority of parents (72%) feel their teens are at least sometimes distracted by their cellphone when they are trying to have a conversation with them. Indeed, 30% of parents say their teen often does this. At the same time, this sense of distraction caused by cellphones is not an entirely teen-specific phenomenon. When asked this question about their parent's behaviour, half of teens say their parent is distracted by their own phone at least sometimes during conversations between them (51%), with 14% of teens reporting that their parent is often distracted in this way.

Comparing teens and parents

When responding to questions related to their cellphone use, parents and teens diverge in some ways but not in others. Teens are much more likely than parents to say they often check their cellphone for messages or notifications as soon as they wake up (44% vs. 26%). However similar levels of parents and teens often feel as if they have to respond to others' messages immediately (18% of teens and 20% of parents say this). Also parents are actually more likely than teens to report out-of-home distractions due to their cellphone. Some 15% of parents say they often lose focus at work because they are checking their cellphone – double the share of teens (8%) who say they often lose focus in class for that reason.

Conclusions

While teens' opinions about whether they spend too much time on technologies vary, parents largely agree that too much screen time for their teen is an area of concern. Overall, around two-thirds of parents (65%) say they worry to some extent about their teen spending too much time in front of screens, with one-third saying this worries them a lot. Additionally, more than half of parents (57%) say they limit when or how long their teen can go online or use their cellphone, including about a quarter who say they often do this. Using a somewhat different question wording, a 2014-2015 Pew Research Center survey of parents found that a similar number of parents said they never set screen time restrictions for their teen.

Interestingly, parents who express heightened worries about their teen's screen exposure are more likely to say they set screen time restrictions than those who do not. Some 63% of parents who worry a lot or to some degree about their teen's screen time say they at least sometimes set limits on that behaviour, but that number falls to 47% among parents who worry not too much or not at all. Not only do the majority of parents take actions to limit their teen's screen time, but most parents are at least somewhat confident that they know how much screen time is appropriate for their child (86%). This pattern holds true across multiple demographic groups such as gender, race and ethnicity, and educational attainment. In fact, four-in-ten parents are very confident about the right amount of screen time for their teen.

Bibliography and sources

JINGJING. J.: *How Teens and parents navigate screen time and device distractions*. Washington, DC : Pew Research Center, 2018. [online]. [2019-03-01]. Available at: <http://www.pewinternet.org/wp-content/uploads/sites/9/2018/08/PI_2018.08.22_teens-screentime_FINAL.pdf>.

Slávka Gracová

Research Report of Project VEGA 1/0192/18 Formation of Attitudes of Generation Y in the V4 Geographic Area to the Issue of Migrants Through Digital Communication on Social Networks

ABSTRACT

The refugee crisis and the rising number of asylum seekers is one of the primary concerns of the EU. Political discussions reflect humanitarian, social and economic implications of the constant influx of new asylum seekers coming mainly from Syria. Within the political sphere in the V4 countries it is possible to observe negative attitudes. In this context, it is very important to emphasize that we are living in a democratic society, where media represent the role of democracy guardians. On the other hand, social media offer space for expression to the general public opinions, and their potential is also fully exploited by political leaders. The potential of social media must be perceived also against the backdrop of risks stemming mainly from disinformation and manipulative tendencies. In order to identify and clarify the presence of manipulative techniques in the communication of political and social groups to the attitudes of Generation Y in the sphere of migrant tolerance we present some introductory findings under the scope of project VEGA 1/0192/18.

KEY WORDS

Social change. Democracy. Social media. Refugee crisis. Migration.