1. Introduction

The practice of intergenerational digital leisure generates high levels of well-being, favors a higher development of creativity, and reduces the digital generation gap.

2. Method

Participants

153 grandparents of 10- to 12-year-old children who reside in Northern Spain

Procedure

1. Questionnaire (153 participants)
2. Recording of responses carried out by expert researchers
3. Personal interviews of about 30-45 minutes

3. Results

General outcome: As a result of the pandemic, a radical change has taken place in the practice of digital leisure shared by grandparents and grandchildren.

REASONS: confinement, need to use social media, ensuring communication with relatives and friends

TECHNOLOGY: Internet browsing, digital games, social media, videoconferencing

BENEFITS: shared leisure and interests, acquisition of new skills, social and family interactions, creativity development, active aging

BARRIERS: Checking if shared digital leisure activity increases minors’ level of well-being.

4. Conclusions

Digital Leisure: An Opportunity for Intergenerational Well-being in Times of Pandemic?


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