

Associations between physical activity and digital gaming activity among Finnish adolescents

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Background

- Regular PA during adolescents can be protective of non-communicable diseases and poor mental health, yet a staggering decline from 11y to 15y has been evident in Finland.
- Based on the displacement hypothesis, potential time taken away from being physically active is occupied by sedentary behaviours such as digital gaming.
- The 2021 barometer figures outlines 65% of Finns play digital games regularly.
- The aim of this study is to examine the associations between physical activity and gaming activity among Finnish adolescents, and detect differences amongst genres

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Finnish School-age Physical Activity (F-SPA) study is biennial national representative survey for monitoring PA and related behaviours of Finnish adolescents (11y, 13y, 15y old).

2022 survey included self-report measures on

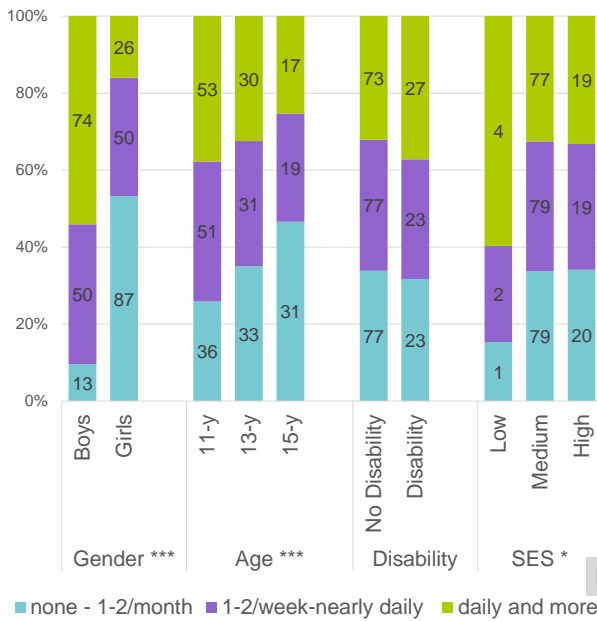
- frequency of digital games (broken down by genres; Esports & Sport Simulations),
- physical activity (0-2 days, 3-4 days, 5-6 days, 7 days),
- confounders (gender, age, disability, SES).

Data were analysed by χ^2 test and multinomial logistic regression analyses (no/low activity as reference categories)

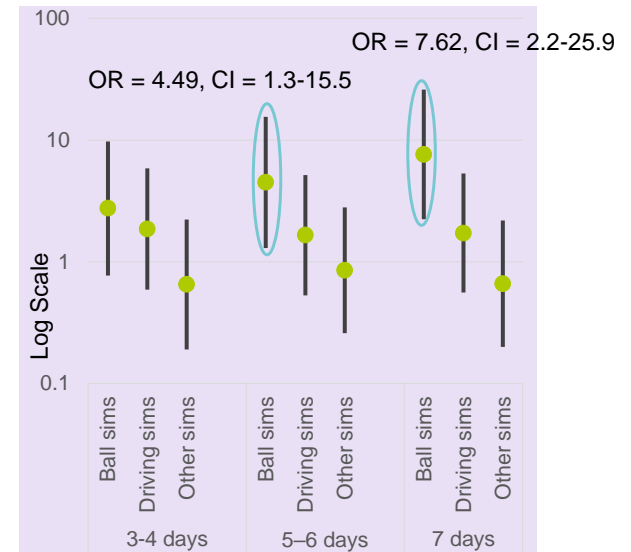
Methods

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Gaming frequency (n = 1979)



Reference: gaming: none; PA: 0-2 days



No association between Esports and PA

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MAIN MESSAGES:

- ❖ Associations between digital gaming and physical activity among young adolescents are genre specific.
- ❖ Frequent playing of digital games were more common among male than females and younger adolescents.



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