

CONTENTS

Notes on Contributors ix

Preface xvii

PART I

Introduction: What Is Well-Being? 1

1 Media Use and Well-Being: Status Quo and Open Questions 3  
Leonard Reinecke and Mary Beth Oliver

2 An Overview of Hedonic and Eudaimonic Well-Being Concepts 14  
Veronika Huta

3 Time Well-Spent? Motivation for Entertainment Media and Its Eudaimonic Aspects Through the Lens of Self-Determination Theory 34  
C. Scott Rigby and Richard M. Ryan

PART II

Processes: Psychological Mechanisms Connecting Media Use and Well-Being 49

4 The Tie that Binds: Reflecting on Emotion’s Role in the Relationship between Media Use and Subjective Well-Being 51  
Robin L. Nabi and Abby Prestin



5	Mood Management through Selective Media Use for Health and Well-Being <i>Melissa J. Robinson and Silvia Knobloch-Westerwick</i>	65
6	Appreciation of Meaningful Entertainment Experiences and Eudaimonic Well-Being <i>Anne Bartsch and Mary Beth Oliver</i>	80
7	Meaning, Mortality Salience, and Media Use <i>Diana Rieger</i>	93
8	Media Use and Recreation: Media-Induced Recovery as a Link between Media Exposure and Well-Being <i>Leonard Reinecke and Allison Eden</i>	106
9	Identification, TEBOTS, and Vicarious Wisdom of Experience: Narrative and the Self <i>Michael D. Slater and Jonathan Cohen</i>	118
10	Parasocial Interaction, Parasocial Relationships, and Well-Being <i>Tilo Hartmann</i>	131
11	From Moral Corruption to Moral Management: Media's Influence on People's Morality and Well-Being <i>Sven Joeckel and Leyla Dogruel</i>	145
12	Self-Efficacy: Mediated Experiences and Expectations of Making a Difference <i>Christoph Klimmt</i>	157
13	Taking the Good with the Bad: Effects of Facebook Self-Presentation on Emotional Well-Being <i>Catalina L. Toma</i>	170
14	Flow Experiences and Well-Being: A Media Neuroscience Perspective <i>René Weber, Richard Huskey, and Britney Craighead</i>	183
<b>PART III</b>		
<b>Moderators: Intervening Factors Determining the Risks and Benefits of Media Use</b>		<b>197</b>
15	Personality, Media, and Well-Being <i>Alice E. Hall</i>	199



16	Of Sweet Temptations and Bitter Aftertaste: Self-Control as a Moderator of the Effects of Media Use on Well-Being <i>Wilhelm Hofmann, Leonard Reinecke, and Adrian Meier</i>	211
17	Excessive and Addictive Use of the Internet: Prevalence, Related Contents, Predictors, and Psychological Consequences <i>Kai W. Müller, Michael Dreier, and Klaus Wölfling</i>	223
18	Digital Stress: Permanent Connectedness and Multitasking <i>Dorothee Hefner and Peter Vorderer</i>	237
19	Media, Youth, and Well-Being: What Are the Outcomes of Media Literacy Education? <i>Erica Scharrer, Laras Sekarasih, and Christine Olson</i>	250
20	The Role of Parents in Shaping the Influence of Media Exposure on Children's Well-Being <i>Eric E. Rasmussen and Rebecca L. Densley</i>	262
21	A Digital Path to Happiness? Applying Communication Privacy Management Theory to Mediated Interactions <i>Jessica Vitak</i>	274
<b>PART IV</b>		
<b>Contexts: Media Use and Well-Being in Different Spheres of Life</b>		<b>289</b>
22	Political Well-Being and Media Use: An Overview and a Look Ahead <i>Leticia Bode and G. Isaac W. Riddle</i>	291
23	Friends and Lifesavers: How Social Capital and Social Support Received in Media Environments Contribute to Well-Being <i>Sabine Trepte and Michael Scharkow</i>	304
24	Well-Being in the Context of Health Communication and Health Education <i>Matthias R. Hastall</i>	317
25	Media Use and Physical Fitness: From Time Displacement to Exergaming <i>Wei Peng and Tom Day</i>	329
26	Media Use and Well-Being at the Work–Home Interface <i>Sabine Sonnentag and Alexander Pundt</i>	341



27	Spirituality, Media, and Well-Being <i>Sophie H. Janicke and Arthur A. Raney</i>	355
<b>PART V</b>		
	<b>Audiences: Media Use and Well-Being Over the Lifespan and in Different User Populations</b>	<b>369</b>
28	Media Use and Youth Well-Being <i>Xiaojun Sun and Kaveri Subrahmanyam</i>	371
29	Older Adults' Media Use and Well-Being: Media as a Resource in the Process of Successful Aging <i>Matthias Hofer</i>	384
30	Gender Considerations of Media Content, Uses, and Impact on Well-Being <i>Dara Greenwood</i>	396
31	The Role of Media in the Well-Being of Racial and Ethnic Groups <i>Dana Mastro</i>	409
32	LGBT: Media Use and Sexual Identity <i>Bradley J. Bond</i>	422
33	Cultural Differences in Media and Well-Being <i>Jinhee Kim</i>	434
	<i>Index</i>	448