



Articles

Outdoor activity among older adults: Exploring the role of informational Internet use

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ABSTRACT

The Internet has the potential to enable older adults to live a socially active and self-determined life. An important facet of active aging is participation in outdoor activity. Previous research has shown that older Internet users participated more frequently in outdoor activities. However, understanding of how Internet use can influence the behavior of going outdoors is still limited. To bridge this gap, the goal of this study was to examine whether informational Internet use specific to opportunities and offerings in the city facilitates participation in outdoor activity. Primary survey data from individuals aged 65+ living in a medium-sized city in Europe ($N = 1,117$) was analyzed. The results show that Internet as an information source predicted community activity for participants living in urban neighborhoods but not in a rural neighborhood. Further, informational Internet use predicted cultural activity for residents living in all three neighborhoods. The results thus emphasize the positive effect of informational Internet use on behavior through providing older adults with useful information about opportunities and offerings available in their neighborhood. Taken together, the findings provide a rationale for the development of digital neighborhood platforms and interventions targeted at older adults' digital skills.