

# Internet skills of seniors after computer lessons

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## Experiences of Internet-based activities among adults over 65 after a computer course

### Background

Over the past decade, rapid digitalization has changed areas such as finance, services, and access to information and social networks. This development has been challenging for many seniors, who may struggle with digital technology and full participation in society.

### Aim

This study examined older adults' experiences with digital participation after computer training.

### Method

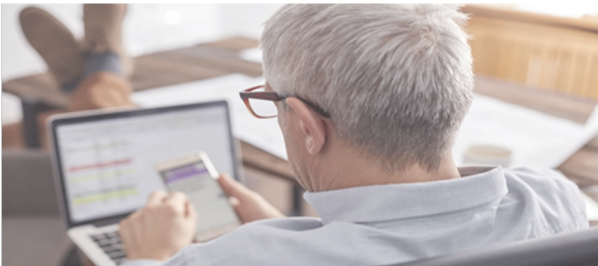
A qualitative study, Semi-structured interviews. The analysis was guided by interpretative phenomenological analysis.

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**Participants:** Seven participants aged 65-81 years. Female: 4 / Men: 3

## Results and Practice Implications

- **Mastering:** Mastering new skills makes technology engaging, with utility, a sense of accomplishment, knowledge, and skill being central.
- **Forced:** The world doesn't stop, highlighting alienation, communication, relationships, and curiosity.
- **Support:** Treading water, emphasizing the impact of teaching or support groups.



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*I don't really have a choice — I can't say, "Stop the world, I want to get off."*



## Contribution to the Occupational Therapy Profession

- The study found that older adults increased their digital engagement after computer training, particularly when activities were perceived as relevant and aligned with personal interests.
- Participants emphasized the importance of technical support, social belonging, and ongoing guidance.