

# Americans Feel Overwhelmed by the News. Here's How They Adapt. | Knight Foundation

By Helen Stubbs

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Americans often feel overwhelmed by the volume of news, saying they are frequently unable to sort out the facts and discern what is important, most commonly as a result of the nature of online news. They adapt in a variety of ways — from picking a few news sources to focus on, to abandoning the effort and disengaging from the news entirely.

These findings are based on the latest Gallup/Knight Foundation study, American Views 2020: Trust, Media and Democracy, which includes more than 20,000 interviews collected between November 2019 and February 2020.

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