



O1 – A2: Definition of Desirable Situations: Report of survey results in Cyprus in SCREEN MODE

MODERation strategies of SCREEN abuse for Generation Y(outh)

Lead Organisation:

Emphasys

CONTEXT

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(*) Action: C = Creation, I = Insert, U = Update, R = Replace, D = Delete

REFERENCED DOCUMENTS

ID	Reference	Title
1	2017-1-UK01-KA205-036208	in SCREEN MODE proposal
2	O1-A1 Deliverable	O1-A1 User models design
3	O1-A2 Deliverable	O1-A2 Definition of desirable situations – Survey questionnaire

4	O1-A2 Deliverable	O1-A2 Definition of desirable situations – Template for reporting Survey results
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Disclaimer

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Table of Contents

1 Executive summary	5
2 Introduction	5
3 Results	6
3.1 Sociodemographic data.....	6
3.2 Personality characteristics	8
3.3 Time spent on specific online applications	10
3.4 Behaviours and feelings experienced due to Internet excessive use	12
3.5 Moderation goals	16
4 Conclusions – Summary of results	19

1 Executive summary

The project aims at empowering young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet or screen abuse, equipping them with the skills and the methodological and engineering tools to modify maladaptive computer behaviour for healthy computer use. Internet addictive behaviour (IAB) or screen abuse is defined as a behavioural pattern characterized by loss of control over Internet use, which potentially leads to isolation and neglect of social, academic, occupational and recreational activities, and personal health.

In order to achieve its goal in SCREEN MODE will create a personal eLearning environment integrating easily use tools (i.e. an Internet Addiction or Problematic Internet Use Genie) that will offer personalized Internet withdrawal or screen reduction plans for each specific user. These plans will be based on personalized user models populated with demographics/situational (i.e. age, educational level, occupation, locality, etc.) and behavioural data (i.e. current Internet or screen use and other coexisting factors responsible for triggering binge behaviour over Internet).

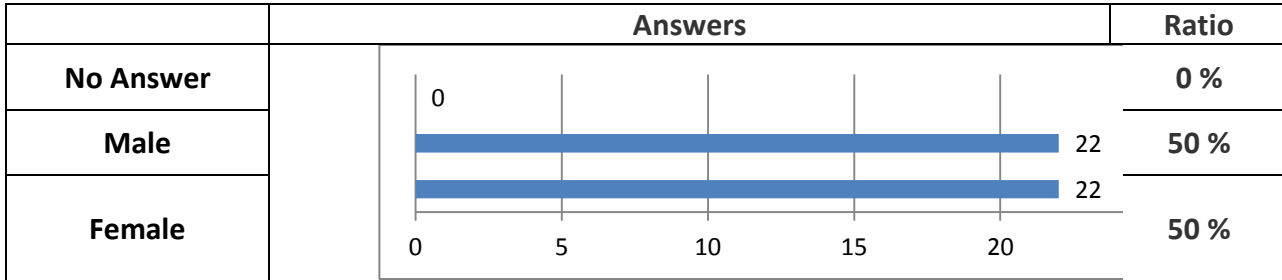
2 Introduction

In order to rationalise the user models design elaborated under O1-A1 and get information about young individuals' (16-25 years old) desirable situations in terms of moderations goals a survey questionnaire was created that was translated in all partnership national languages. In this delevorable the results of the Survey conducted in Cyprus are presented following the template provided to the partners in order to summarize the results for their country.

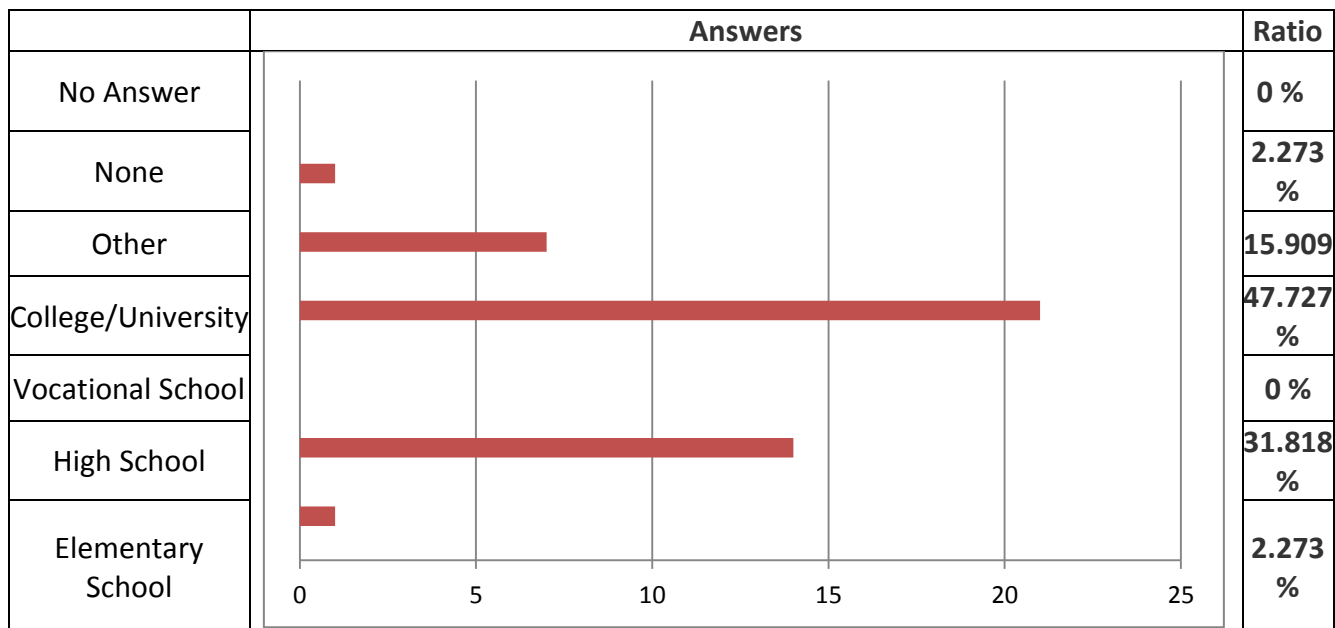
3 Results

3.1 Sociodemographic data

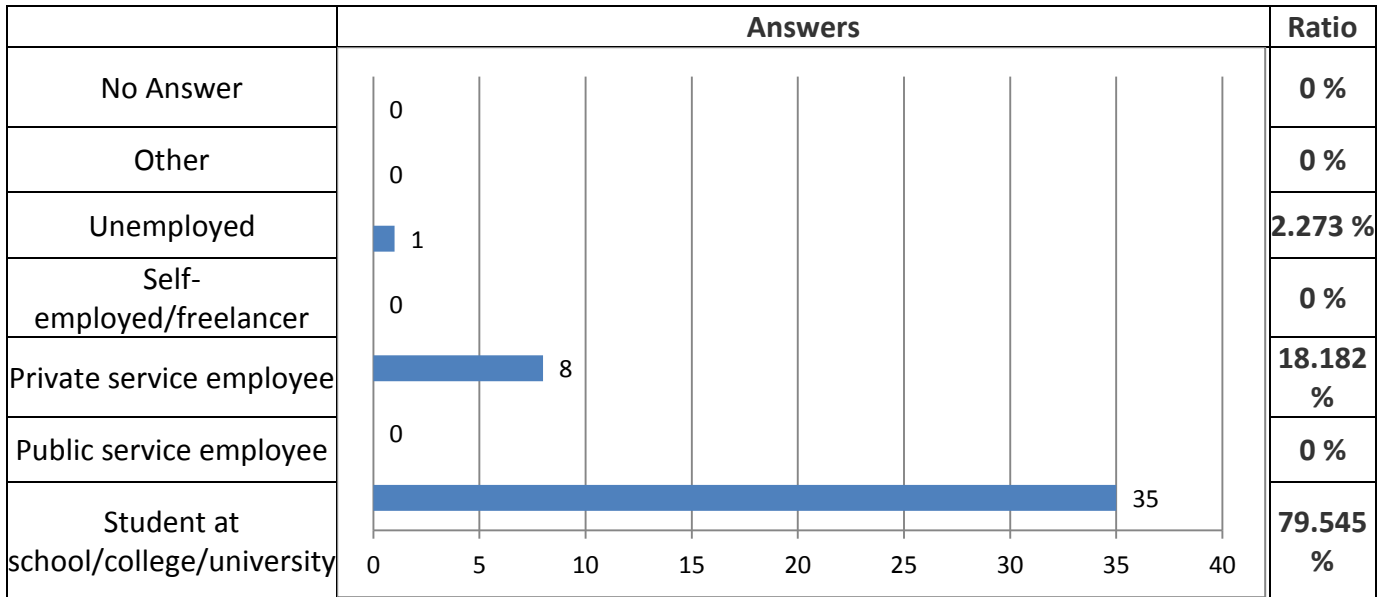
Sex



Education level



Current occupational status

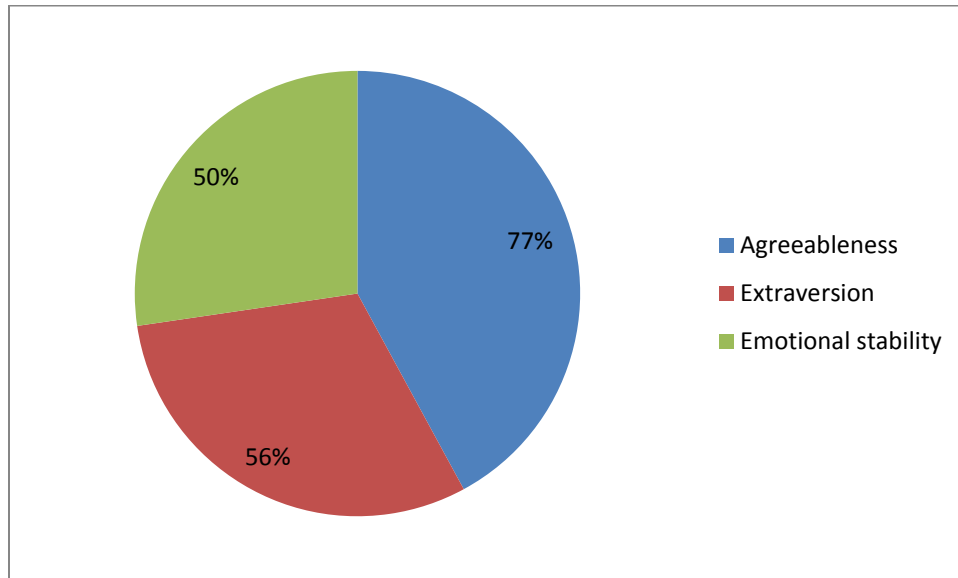


A total number of **44** participants took part in the survey for Cyprus; 22 females and 22 males. 48% of those who participated had completed college or university and 32% had completed High School with no further education. Lastly, 18% had received education in Elementary level or in some other form of educational institutes. All of the participants had attained some form of education and a large percent of the population surveyed had attended university.

Participant’s occupational status varied between Unemployed, Private sector and almost **80% were students at school, college or university**. Therefore our results present **a mix of opinions which however focus more on students**, which is great for the project as they fit better into the overall projects aims and objectives.

3.2 Personality characteristics

Big five dimensions		Users with low level personality traits	Users with high level personality traits
1. Extraversion vs. introversion		Q13 introverted : 41%	Q17 talkative : 77 %
		Q21 bashful : 30 %	
2. Agreeableness vs. antagonism		Q5 reserved : 48%	Q1: agreeable 68 %
			Q10: helpful 84 %
			Q15: kind 86 %
			Q19: cooperative 73 %
			Q22: pleasant 75 %
			Q28: sympathetic 77 %
3. Conscientiousness vs. lack of direction		Q4: sloppy : 41 %	Q8: careful 61 %
			Q12: organized 45%
			Q25: neat 48 %
			Q16: thorough 43 %
			Q6: deep 57 %
			Q27: systematic 59 %
4. Emotional stability vs. neuroticism		Q3: irritable 27 %	Q9: quiet 50 %
		Q7: nervous 39 %	
		Q11: touchy 32 %	
		Q20: anxious 57 %	
		Q24: fearful 23 %	
		Q29: high-strung 23%	
5. Openness vs. closed to experience		Q26: withdrawn : 21 %	Q2: imaginative : 57%
			Q14: complex 52 %
			Q18: innovative 43%
			Q23: artistic 34 %
			Q30: creative 59%



The identification of these figures shows that participants in the survey have a relative high percentage of agreeableness (**77%**) but a much lower percentage on extraversion (**56%**) and a **lower percentage on emotional stability (50%)** should be considered as an evidence that they may need extra help to cope with negative feelings or disorders related to **anxiety, loneliness, sadness and/or depression, lack of self- confidence, etc. since they are especially at risk of using the Internet in a problematic way.**

3.3 Time spent on specific online applications

9 of the participants used an application for at least one month and used the results to complete the rest of the survey. 35 participants filled out the survey based on their estimations. **75% of those reported their time based on their smart phone or tablet and the remaining 25% based on their desktops or laptops.**

	Answers	Ratio
No Answer		0 %
I have reported actual online use based upon the results of browser add-ons or smartphone/tablet		20.455 %
I have reported online use based on my estimations		79.545 %

App or group of apps	Occasional users (Less than 2 hours – Not relevant to me users)	Frequent user (Between 3-5 hours)	Excessive user (Between 6-9 hours - More than 10 hours)
Online games	52%	23%	25%
Social Network Sites (SNS)	23%	32%	45%
Instagram	41%	25%	34%
Chatting (including	20%	23%	57%

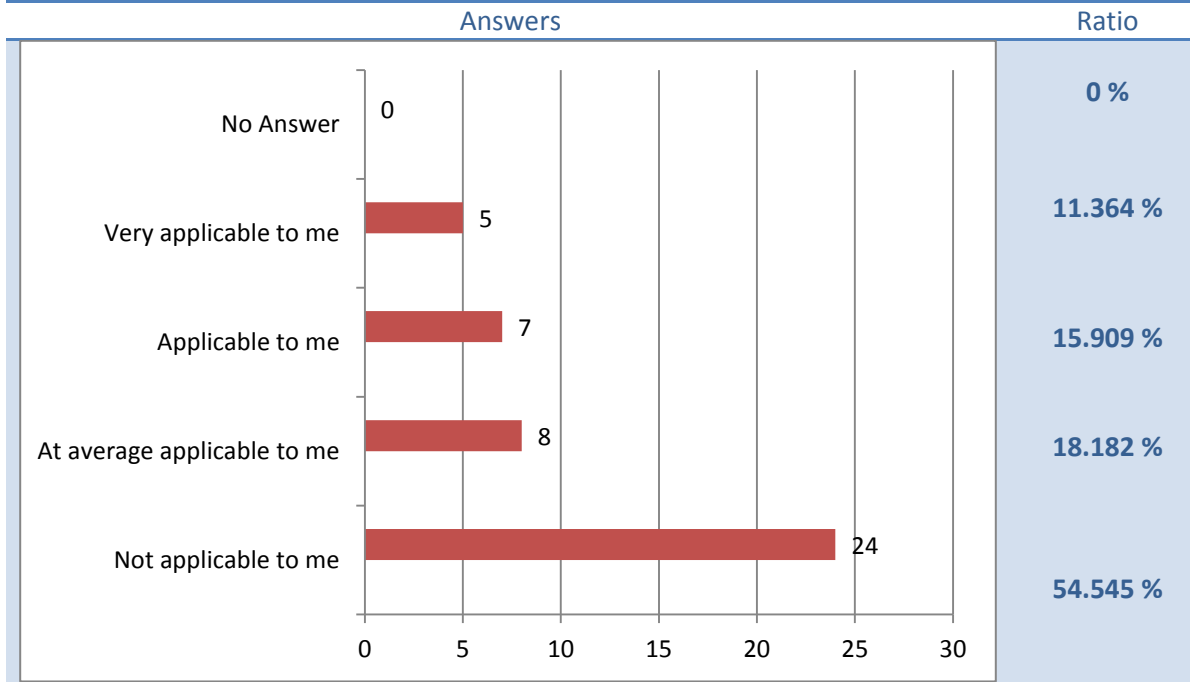
instant messaging			
Emailing	75%	20%	5%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	61%	23%	16%
Video watching	20%	32%	48%
Listening to music	16%	27%	57%
Gambling	91%	2%	7%
Online Shopping	80%	9%	11%
Online dating	93%	7%	0%
Online pornography	82%	4%	14%

It is observed that the main activities on which users spend an excessive amount of time, 6-9 hours and more per day, are **chatting (57%) and listening to music (57%)**. Following closely is **video watching with 48%** and **Social Network Sites and Instagram at 45% and 34%** respectively. It can be concluded that recreational activities are highly overused on a daily basis.

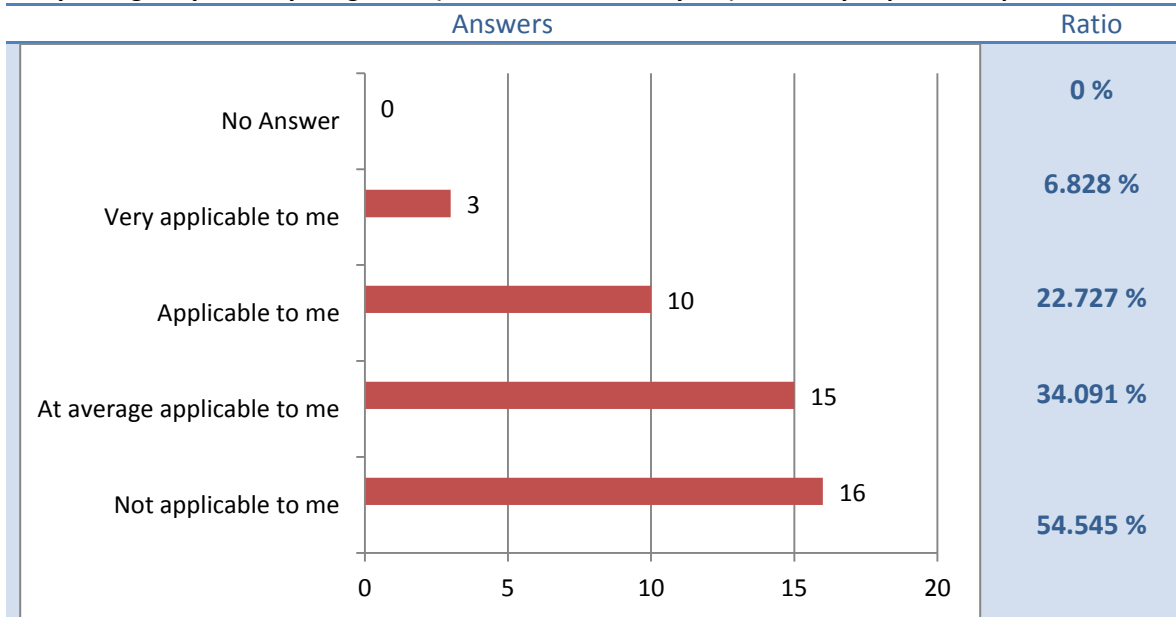
However, it should not be taken lightly that $\frac{1}{4}$ of respondents are engaged excessively with **online gaming** and a lower percentage of them, but still worth mentioning, are occupied frequently and excessively with **online pornography (18%), online shopping (18%) and gambling (9%)**.

3.4 Behaviours and feelings experienced due to Internet excessive use

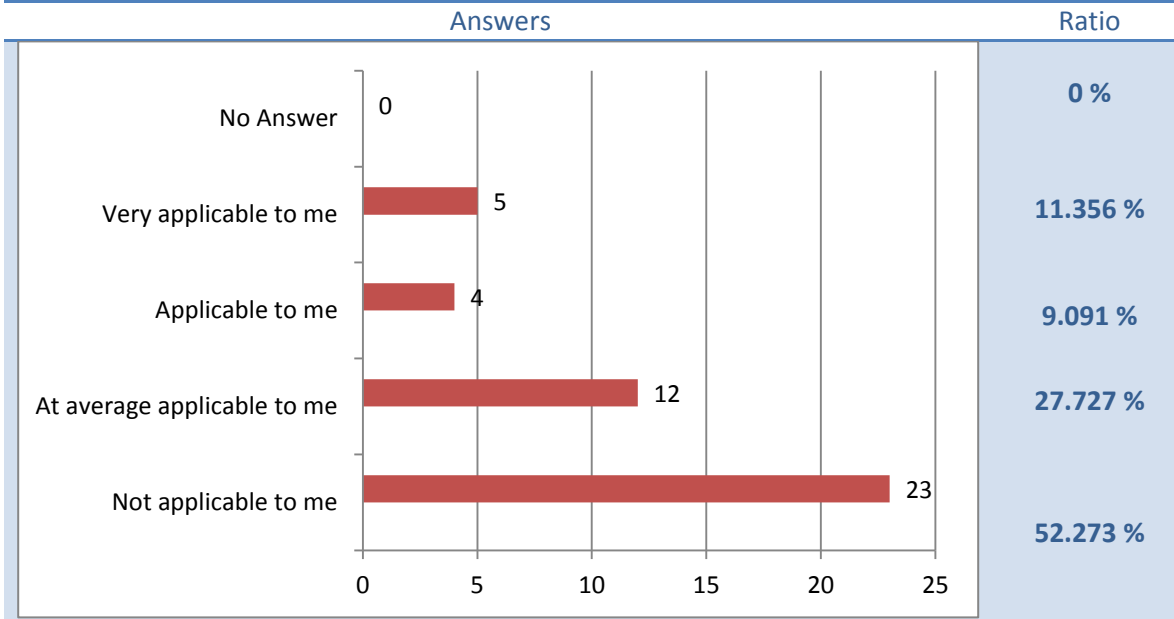
Have you had serious conflicts with your partner, friends, family because of your Internet use?



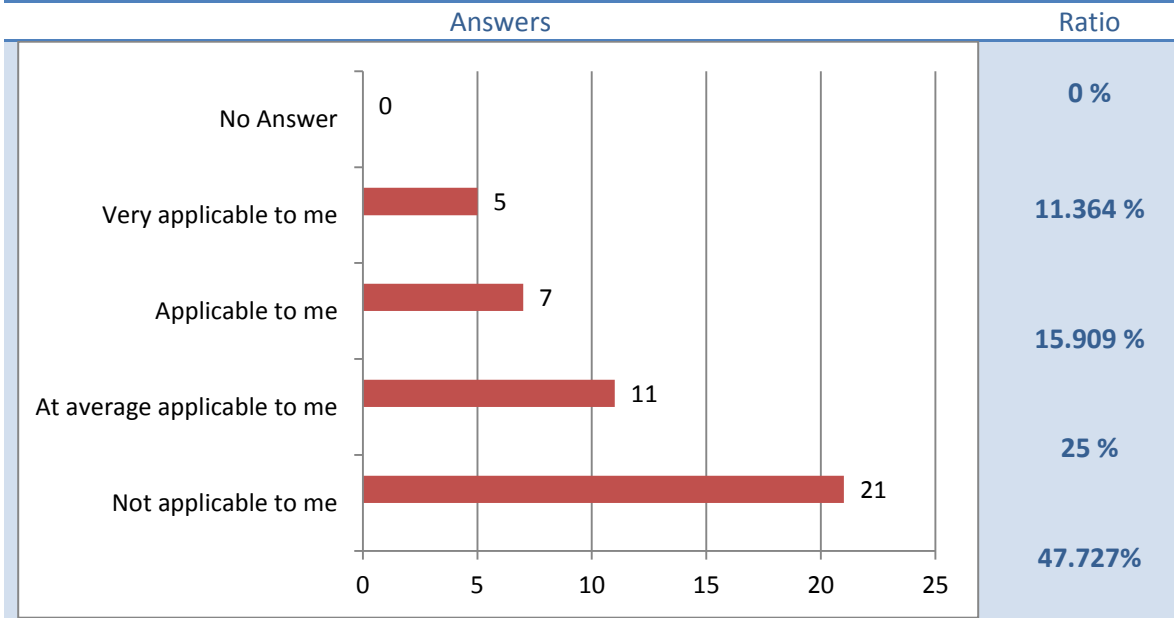
Do you neglect your daily obligations (work, school or family life) because you prefer to spend time online?



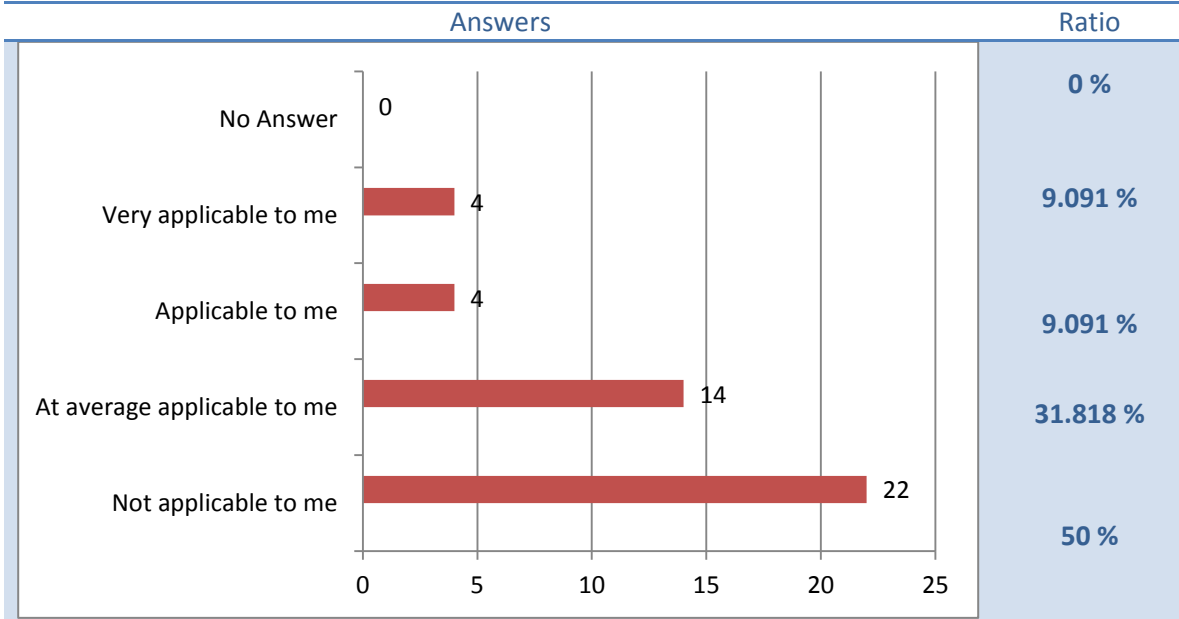
Do you prefer to go online instead of participating in sports or other recreational activities?



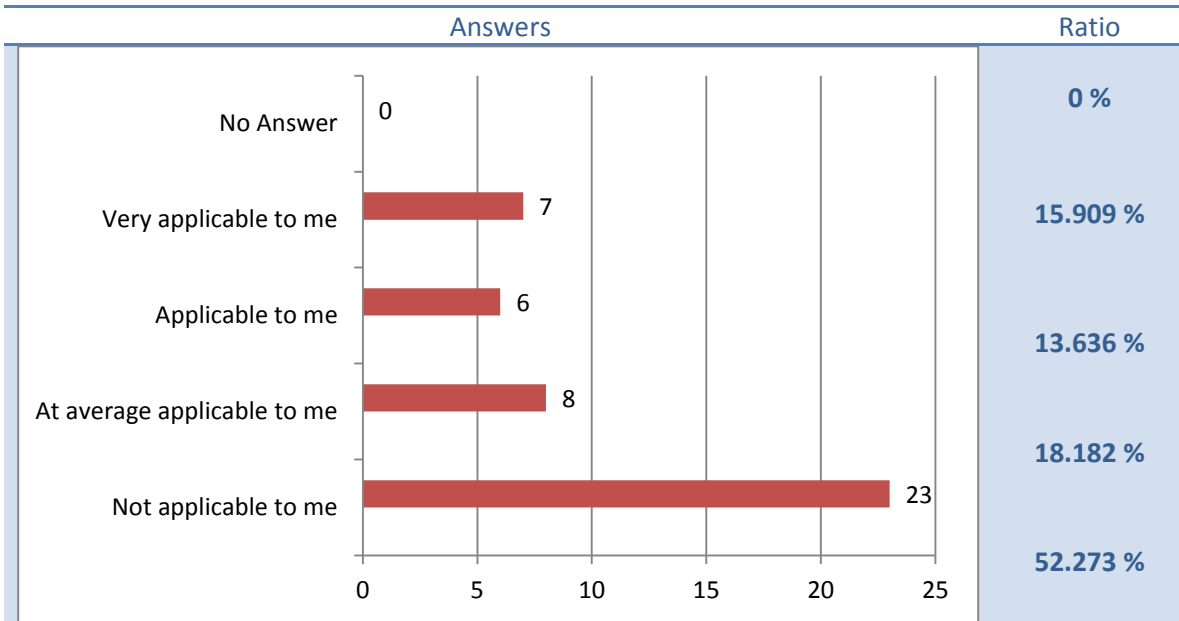
Do you continue to use the Internet despite serious performance problems experienced at school or at work as a result of spending too much time online?



Do you feel worried, nervous, panicky, tense, keyed up or anxious when you cannot use the Internet?



Do you feel bored, fatigued, low on energy, hard to get motivated, or lie down a lot when you cannot use the Internet?



It can be concluded that in Cyprus, excessive use of the Internet and its various services has a significant impact on the participants, both physically and mentally. A large percentage of the participants, **45%, were led to conflict between family, friends and loved ones** due to their excessive internet use. More precisely, this statement was very applicable to 11% and applicable and at average applicable to 16% and 18% respectively. This data presents an alarming amount of arguments being caused by the lack of control over internet use.

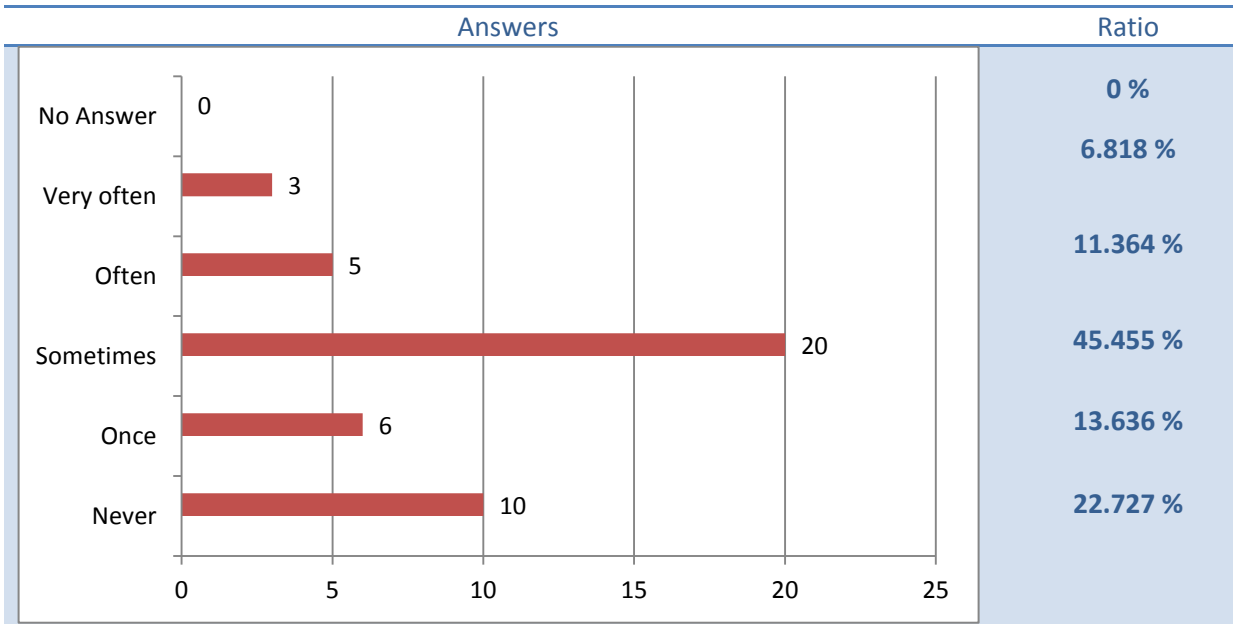
More than half of the participants have also stated that due to excessive internet use **they neglected their daily obligations, like school, work or family life**, and as an after effect this caused various performance issues on various levels. Maybe one of the most serious issues brought to light by the survey, as actions leading to people not receiving proper education and not performing as they should at their work, can be detrimental both for them as well as to the society.

47% also noted that they would prefer to go on the internet than participate in recreational activities. In **Cyprus obesity** is an issue recently brought to attention, due to studies presenting that obesity is on the rise and closing on EU levels. The internet and its services are preventing people, pulling them away, from activities which are required for the human body to function healthily and normally.

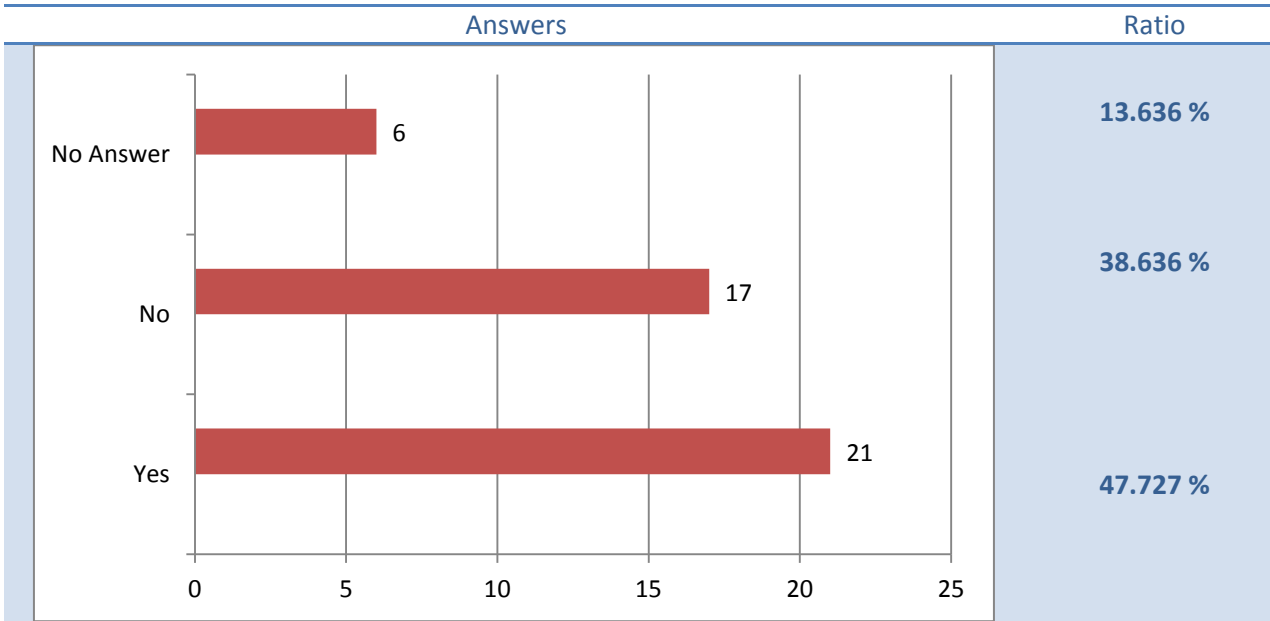
Lastly, **almost half of the participants** stated that they feel worried, panicky, tense, keyed up or anxious if they cannot access the internet. **47% said that they feel bored**, fatigued, low in energy and hard to get motivated or lie down and relax when they can't use the internet. These figures are particularly high, and it seems that the internet has become a necessity for people to function.

3.5 Moderation goals

Have you ever tried to moderate the time spend on your favourite online activities and applications?



Did you manage to meet your goals?



77% of participants said that they had tried to moderate the time spent online and 47% said that they managed to meet their goal, however this also includes the percentage of people not really trying to reduce their time online, so the actual number of people meeting their goal is much smaller. This provides the evidence that about three quarters of the participants are aware that they are spending too much time on the internet and have tried to reduce this but were unsuccessful, proving they need some extra guidance.

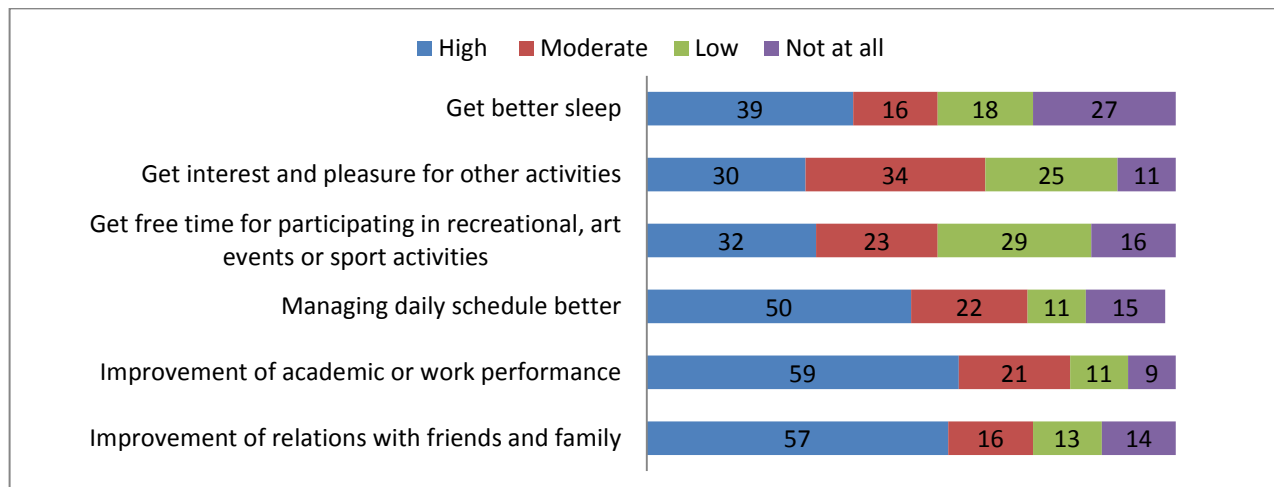
App or group of apps	Low reduction (1-2 hours less)	High reduction (3-5 hours)	Stop using at all	No reduction
Online games	26%	2%	2%	70%
Social Network Sites (SNS)	36%	16%	0%	48%
Instagram	36%	7%	0%	57%
Chatting (including instant messaging)	30%	20%	0%	50%
Emailing	14%	5%	0%	81%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	20%	5%	0%	75%
Video watching	41%	9%	0%	50%
Listening to music	11%	5%	0%	84%
Gambling	5%	0%	9%	86%
Online Shopping	14%	2%	2%	82%

Online dating	9%	0%	5%	86%
Online pornography	7%	7%	9%	77%

The Top 4 applications that the respondents in Cyprus consider being happy with the amount of time spent on using them are listening to music (84%), emailing (81%), accessing to general information and news (75%), video watching (50%).

According to the respondents in Cyprus, the moderation of time is mostly desired for the use of Social Network Sites, Instagram, chatting and videowatching.

The survey results in Cyprus showed that **improvement of interpersonal relations, academic or work performance and managing daily schedule are considered as the three most important aspects for the respondents in the context of the Internet use.** The summary of their responses regarding the importance of different aspects of their life is provided in the following chart:



4 Conclusions – Summary of results

The participants in the survey in Cyprus are evenly distributed between girls and boys. All of the participants had attained some form of education and a large percent of the population surveyed had attended university. Although the results present **a mix of opinions which however focus more on students**, which is great for the project as they fit better into the overall projects aims and objectives.

As to personality characteristics, respondents showed a relative high percentage of agreeableness (77%) but a much lower percentage on extraversion (56%) and a **lower percentage on emotional stability (50%). This should be considered as an evidence that they may need extra help to cope with negative feelings or disorders related to anxiety, loneliness, sadness and/or depression, lack of self-confidence, etc. since they are especially at risk of using the Internet in a problematic way.**

It is observed that the main activities on which users spend an excessive amount of time, 6-9 hours and more per day, are **chatting (57%) and listening to music (57%)**, followed closely by **video watching with 48%** and **Social Network Sites at 45%**. However, it should not be taken lightly that ¼ of respondents are engaged excessively with **online gaming** and a lower percentage of them, but still worth mentioning, are occupied frequently and excessively with **online pornography (18%), online shopping (18%) and gambling (9%)**.

Overall, excessive use of the Internet and its various activities has a significant impact on the participants at physical, mental and social dimensions of their life. A large percentage **were led to conflict between family, friends and loved ones, more than half of the them neglect their daily obligations, like school, work or family life, and 47% don't participate in recreational activities**. Lastly, **almost half of the participants** they are seized by negative feelings such as panic, anxiety, tension when they cannot access the internet, and almost 50% feel fatigue and demotivation.

A high percentage of participants (77%) said that they had tried to moderate the time spent online and much less than the half of them they managed to meet their goal. This provides the evidence that about three quarters of the participants are aware that they are spending too much time on the internet and have tried to reduce this but were unsuccessful, proving they need some extra guidance.

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