O1 – A2: Definition of Desirable Situations: Report of survey results in Greece

in SCREEN MODE

MODEration strategies of SCREEN abuse for Generation Y(outh)

Lead Organisation:

CCS

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

Disclaimer

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Table of Contents

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 deleverable the results of the Survey conducted in Greece 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

		Answers	Ratio
Female		**20**	**76,923%**
Male		**6**	**23,077%**
No Answer		**0**	**0,000%**

Education Level achieved

		Answers	Ratio
Basic school/Elementary school		**0**	**0,000%**
High school		**7**	**26,923%**
Vocational school		**0**	**0,000%**
College/University		**17**	**65,385%**
Other		**1**	**3,846%**
None		**1**	**3,846%**

Current occupational status

		Answers	Ratio
Student at school/college/university		**13**	**50,000%**

Public service employee		▮	1	3,846%
Private company employee		▬▬	6	23,077%
Self-employed/freelancer		▬	4	15,385%
Unemployed		▪	2	7,692%

A total number of **26 participants** took part in the survey in Greece. The repsondents were in the vast majority females (20 females - **77%**) and 6 males (**23%**). This finding may indicate that girls may care more than boys about their online activity and might be more interested in taking steps towards measuring their online behaviour and/or moderating their time spent on the web.

65% of those participants declared that they had attended **college or university**, **27%** had completed high school, and **4%** had achieved a different educational title/level. Therefore, the majority had received some form of education with the huge majority being further educated after High School. This finding may also indicate that people with a higher educational level have an increased problem awareness of their online activity.

The participants' occupational status varied; half of the participants (**50%**) were still students at school, college or university, **23%** was private company employees, **15%** self-employed, and **15%** unemployed. Therefore, while the results from Greece present a mix of opinions and online activities, reflect at a more solid basis high school and university/college students**' online behaviours and activities**.

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: **29%**	Q17 **talkative**: **56%**
	Q21 **bashful: 30%**	
2. **Agreeableness vs. antagonism**	Q5 reserved: **53%**	Q1: **agreeable 74%**
		Q10: **helpful 96%**
		Q15: **kind 96%**
		Q19:**cooperative 92%**
		Q22: **pleasant 81%**
		Q28: **sympathetic 94%**
3. **Conscientiousness vs. lack of direction**	Q4: **sloppy: 48%**	Q8: **careful 76%**
		Q12: **organized 76%**
		Q25: **neat 69%**
		Q16: **thorough 77%**
		Q6: **deep 76%**
		Q27: **systematic 65%**
4. **Emotional stability vs. neuroticism**	Q3: **irritable 41%**	Q9: **quiet 54%**
	Q7: **nervous 41%**	
	Q11: **touchy 38%**	
	Q20: **anxious 53%**	
	Q24: **fearful 15%**	
	Q29: **high-strung 17%**	
5. **Openness vs. closed to experience**	Q26: **withdrawn: 17%**	Q2: **imaginative 69%**
		Q14: **Complex 65%**
		Q18: **innovative 62%**
		Q23: **artistic 42%**
		Q30: **creative 58%**

With regards to the Big five dimensions of personality characteristics, the results showed:
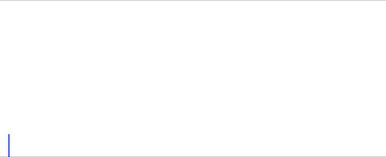
- **Extraversion vs. introversion:** low percentages of participants showing introversion and high percentages of those showing extraversion
- **Agreeableness vs. antagonism:** high percentages on agreeableness and lower on antagonism, but this percentage is still high **(53%)**
- **Conscientiousness vs. lack of direction:** high percentages on conscientiousness and lower on lack of direction, but this percentage is still high **(48%).**
- **Emotional stability vs. neuroticism: higher percentages on neuroticism.**
- **Openness vs. closed to experience: high percentages on openness.**

The identification of these figures shows that participants in the survey have a high percentage of agreeableness (88%) but a lower percentage on extraversion (76%). The **low percentage on emotional stability (56%) 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**.
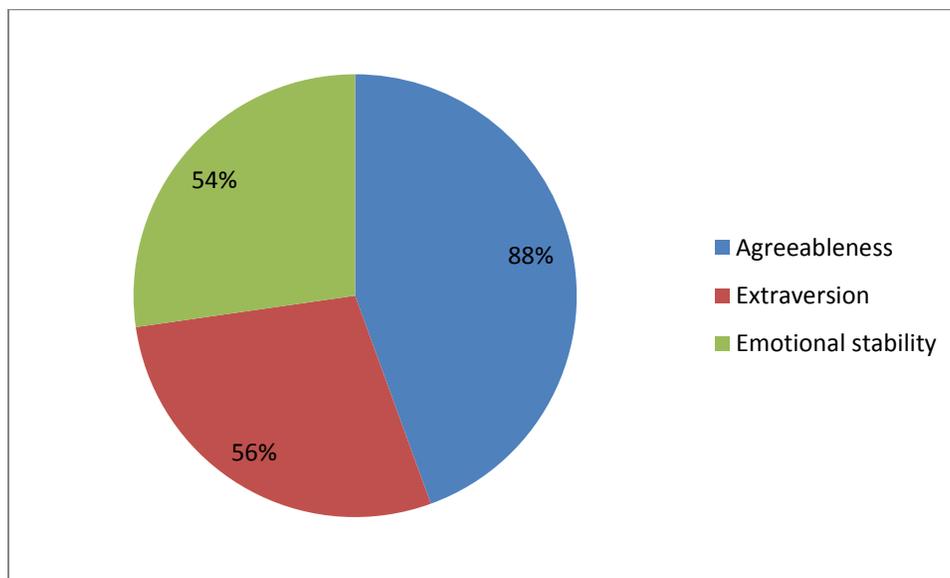
3.3 Time spent on specific online applications

Actual time vs. self-declared time

		Answers	Ratio
I have reported actual online use based upon the results of browser add-ons or smartphone/tablet applications		0	0,000%
I have reported online use based on my estimations		26	100,000%

		Answers	Ratio
desktop or laptop		10	38,462%
smartphone or tablet		16	61,538%

All participants filled out the survey were based on their own estimations when declared time spent online, having used none of the applications suggested. Therefore, we should be cautious about considering their self-declarations on their time spent online as sufficiently accurate or realistic.

Devices based on reporting time

		Answers	Ratio
desktop or laptop		10	38,462%
smartphone or tablet		16	61,538%

61% of the repsondents reported their time based on their smart phone or tablet and only **38%** reported based on their desktop or laptop.

Users' groups based on time spent daily per each application

App or group of apps	Occasional users (Less than 2 hours – Not relevant to me users)	Frequent users (Between 3-5 hours)	Excessive users *(Between 6-9 hours - More than 10 hours)*
Online games	**70%**	**20%**	**10%**
Social Network Sites (SNS)	**30%**	**42%**	**28%**
Instagram	**64%**	**16%**	**20%**
Chatting (including instant messaging	**30%**	**27%**	**43%**
Emailing	**67%**	**11%**	**22%**
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	**54%**	**12%**	**36%**
Video watching	**60%**	**30%**	**10%**
Listening to music	**54%**	**12%**	**34%**
Gambling	**100%**	**0%**	**0%**
Online Shopping	**84%**	**8%**	**8%**
Online dating	**96%**	**0%**	**4%**

Online pornography	92%	4%	4%

The highest percentages of **frequent users (spending 3-5 hours on a day to day basis)** and **excessive users (spending more than 6 hours)** were identified for the following higher risk activities with an addictive potential:

- **Chatting**: An extremely high percentage **43%** reported that they spend more than 6 hours on chatting and **27%** said that they spend around 3-5 hours on the same activity. This amounts to a total percentage **70%,** which is an extremely high percentage, if it is taken into consideration that chatting is considered a high risk activity for addiction.
- **SNS: 42%** reported that they spend around 3-5 hours on a daily basis on **SNS** (Instagram not included) and **28%** that they spend on SNS around 6-9 hours and more. This amounts to a total percentage **70%,** which is an extremely high percentage.

30% of repondetns noted that they spend around 3-5 hours on video watching and 10% more than 6 hours.

Therefore, a high percentage of participants can be considered frequent and excessive users on high risk applications such as **chatting and SNS**.

Percentages of frequent and excessive users on other high risk applications such as **Online gaming**, **Instagram**, **Online pornography**, **Online shopping and Gambling** distributed between:

- higher percentages on Instagram **36%** and Online gaming **30%,**
- lower percentages on Online shopping (**16%**) and Online pornography (**8%**), and
- zero engagement with **Gambling.**

Percentages of frequent and excessive users of low risk applications such as **Emailing**, **Accessing general information like news, Listening to music** and **Online dating** distributed between:

- **General surfing: 36%** reported that they spend more than 6 hours daily **and 12%** that they spend **around 3-5 hours** on the same activity. This amounts to a total percentage **48%.**
- **Listening to music: 34%** spend more than 6 hours on listening to music **and 12%** around 3-5 hours. This amounts to a total percentage **46%.**
- **Lower percentages on Emailing: 22%** spend more than 6 hours on this activity **and 11%** around 3-5 hours. This amounts to a total percentage **33%.**

- **Almost zero engagement with Online dating:** Only **4% reported that they spend time on online dating for more than 6 hours on a daily basis.**

3.4 Behaviours and feelings experienced due to Internet excessive use

Loss of control - Serious conflict with partner, friends, family

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

		Answers	Ratio
Not applicable to me		21	80,769%
At average applicable to me		3	11,538%
Applicable to me		1	3,846%
Very applicable to me		1	3,846%

Sacrificing other activities - Neglect of daily obligations

Do you neglect your daily obligations (work, school, or family life) because you prefer to go on the Internet?

		Answers	Ratio
Not applicable to me		16	61,538%
At average applicable to me		8	30,769%
Applicable to me		2	7,692%
Very applicable to me		0	0,000%

Sacrificing other activities - Internet use instead participating in sport or recreational activities

Do you prefer to go on the Internet instead participating in sport or recreational activities?

		Answers	Ratio
Not applicable to me		18	69,231%
At average applicable to me		8	30,769%
Applicable to me		0	0,000%
Very applicable to me		0	0,000%

Continuing the use despite negative consequences - Internet use despite serious performance problems experienced at school or at work as a result of spending too much time on Internet

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 on Internet?

		Answers	Ratio
Not applicable to me		21	80,769%
At average applicable to me		5	19,231%
Applicable to me		0	0,000%
Very applicable to me		0	0,000%

Continuing the use despite negative consequences - Internet use despite the loss of an important friendship or relationship

Do you continue to use the Internet despite the loss of an important friendship or relationship because you were spending too much time on Internet?

14

		Answers	Ratio
Not applicable to me		24	92,308%
At average applicable to me		1	3,846%
Applicable to me		1	3,846%
Very applicable to me		0	0,000%

Impairment or distress - Worried, nervous, panicky, tense, keyed up or anxious

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

		Answers	Ratio
Not applicable to me		12	46,154%
At average applicable to me		9	34,615%
Applicable to me		3	11,538%
Very applicable to me		2	7,692%

Impairment or distress - Bored, fatigued, low in energy, hard to get motivated

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

		Answers	Ratio
Not applicable to me		14	53,846%
At average applicable to me		8	30,769%

Applicable to me		3	11,538%
Very applicable to me		1	3,846%

It can be concluded that in Greece, excessive internet use impact on participants' behaviours and feelings varies:

1. **Loss of control**: The huge majority (81%) had <u>never a serious conflict with family</u> and friends due to excessive Internet use. However, for a 16% the conflict with the family and social context was very applicable and applicable and for a 13% to some extent applicable.
2. **Sacrificing daily obligations**: A high percentage **(62%) noted that excessive internet use hasn't caused them to neglect daily obligations like work or school leading to performance issues.** However, **37%** (above one third) noted that excessive internet use has caused them to neglect daily obligations like work or school leading to performance issues at some extend or very often.
3. **Sacrificing sport or recreational obligations: 30% also noted that at some extent** they would prefer to go on the internet than participate in sport recreational activities.
4. **Persistence to use the Internet despite negative consequences (problems in school performance or loss of friendships or important relationships:** Only 19% and 3% reported that they choose continuing Internet use despite its negative consequences to school performance or loss of human relationships.

The most worrying results of all is that **54%** of participants noted that they feel worried, panicky, tense, keyed up or anxious when they cannot access the internet. **47%** reponded 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 these people to function**.

3.5 Moderation goals

Previous attempts for moderation

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

		Answers	Ratio
Never		8	30,769%
Once		3	11,538%
Sometimes		11	42,308%
Often		2	7,692%
Very often		2	7,692%

Moderation goals met

Did you manage to meet your goals?

		Answers	Ratio
Yes		12	46,154%
No		9	34,615%
No Answer		5	19,231%

70% of participants responded that they had tried to moderate the time spent online and 46%, surprisingly said that they managed to meet their goal. This provides the evidence that a vast majority of the participants are aware that they are spending too much time on the Internet and have tried to reduce this. Almost 50% reported that they were successful, proving that they need some extra guidance, while half of them either were unsuccessful or didn't provide any answer.

Desirable moderation in terms of time spent on each app or activity

App or group of apps	Low reduction (1-2 hours less)	High reduction (3-5 hours)	Stop using at all	No reduction
Online games	15%	0%	4%	26%
Social Network Sites (SNS)	25%	20%	8%	35%
Instagram	39%	16%	0%	24%
Chatting (including instant messaging	34%	8%	4%	50%
Emailing	20%	12%	0%	65%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	16%	0%	0%	80%
Video watching	16%	4%	0%	70%
Listening to music	8%	0%	0%	80%
Gambling	0%	0%	0%	8%
Online Shopping	11%	0%	0%	26%
Online dating	0%	0%	0%	12%
Online pornography	4%	0%	0%	27%

Highest desirable reduction rates were noticed for participants engaged with:

- **Instagram (54%)** against 35% who they are not keen to reduce their time spent
- **Chatting (46%)** against 50% who want to continue this activity reporting no willingness to reduce it.
- **SNS (45%)** against 35% who they are happy with the time spent on this activity and they don't want to reduce their engagement with SNS.

Given that the respective activities are the most popular across young population in Greece, and at the same time with a higher potential for addiction this evidence for willingness on the part of the young population to reduction, it's worth noticing, showing even a first level of understanding of the addiction patterns related to social media, Instagram and chatting.

Highest rates for participants showing resistance to reduce their online engagement were identified for the following activities:

- Accessing general information (**80%),** namely participants who use the Internet either for recreation or administration
- Listening to music (**80%)**
- Video watching **(70%),** and
- Emailing **(65%)**

Evidence was noted that in the above mentioned activities that are considered mostly as the recreational alternatives of real life activities, young individuals cannot see any risk, thus showing no intention or willingness to reduce.

Improvement of relations with friends and family

		Answers	Ratio
High		9	34,615%
Moderate		7	26,923%
Low		4	15,385%
Not at all		6	23,077%

Improvement of academic or work performance

		Answers	Ratio
High		13	50,000%

		Answers	Ratio
Moderate		4	15,385%
Low		6	23,077%
Not at all		3	11,538%

Managing daily schedule better

		Answers	Ratio
High		11	42,308%
Moderate		9	34,615%
Low		2	7,692%
Not at all		4	15,385%

Get free time for participating in recreational, art events or sport activities

		Answers	Ratio
High		8	30,769%
Moderate		7	26,923%
Low		5	19,231%
Not at all		6	23,077%

Get interest and pleasure for other activities

		Answers	Ratio
High		8	30,769%
Moderate		7	26,923%
Low		7	26,923%
Not at all		4	15,385%

Get better sleep

		Answers	Ratio
High		9	34,615%
Moderate		5	19,231%
Low		6	23,077%
Not at all		6	23,077%

Highest percentages for improvement have noticed for:

- **Managing daily schedule better (76%)**
- **Improving academic work or school performance (66%)**
- **Improvement of relations with friends and family (62%)**

However, only half of the participants noted that they consider important in the context of Internet use to get better sleep (**55%**), get free time for participating in recreational, art events or sport activities **(57%),** and get interest and pleasure for other activities (**57%**).

Therefore, **it can be concluded that in Greece participants care more about managing their daily program, improving their academic work and their familial and social context** than getting more free time for recreation and sport activities if they are to reduce time spent online.

4 Conclusions – Summary of results

The 2/3 of participants in the survey in Greece are girls. This finding may indicate that females may care more than males about their online activity and might be more interested in taking steps towards measuring their online behaviour and/or moderating their time spent on web, or as indicated by other empirical studies this might be indicative of their increased problem awareness relative to boys.

As to personality traits, Greek respondents showed a medium percentage on extraversion (76%) and a more **low percentage on emotional stability (56%).** These figures may 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**.

The highest percentages of **frequent users (spending 3-5 hours on a day to day basis)** and **excessive users (spending more than 6 hours)** were identified for the following higher risk activities with an addictive potential: **Chatting and SNS**.

With regards to their behavioural situation due to heavy Internet use **54%** of respondents noted that they feel worried, panicky, tense, keyed up or anxious when they cannot access the Internet and **around half of them** noted that 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 these people to function**.

Erasmus+

A high percentage of Greek respondents noted that have tried in the past less or more intensively to to moderate the time spent online and surprisingly, half of them noted that did it succesfully. According to these figures it seems that a vast majority of the **participants are aware that they are spending too much time on the Internet** and that they need extra guidance on how to accomplish this.

Highest desirable reduction rates were noticed for participants engaged **with Instagam, chatting and SNS**. Given that the respective activities are the most popular across young population in Greece, and at the same time with a higher potential for addiction this evidence for willingness to reduction, it's worth noticing, showing even a first level of understanding of the addiction patterns related to social media, Instagram and chatting. Therefore, we are expecting that moderation plans should provide them with guidance on how to deal with actions that suggest ways on how to cut down use of these activities or how to mindfully use these media.

Acccording to their repsonses, highest percentages for improvement have noticed for **managing their daily programme, improving their academic work and school performance** and **develop better and more meaningful interpersonal relations with people.** These can provide evidence that moderation strategies would include suggestions **on how to control their daily use of Internet** and **how to work in get in touch activities to improve their socialisation with more meaignful and effective ways.**