



# **O1 – A2: Definition of Desirable Situations: Report of survey results in United Kingdom in SCREEN MODE**

MODERation strategies of SCREEN abuse for Generation Y(outh)

**Lead Organisation:**

**GCA**

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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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## 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.

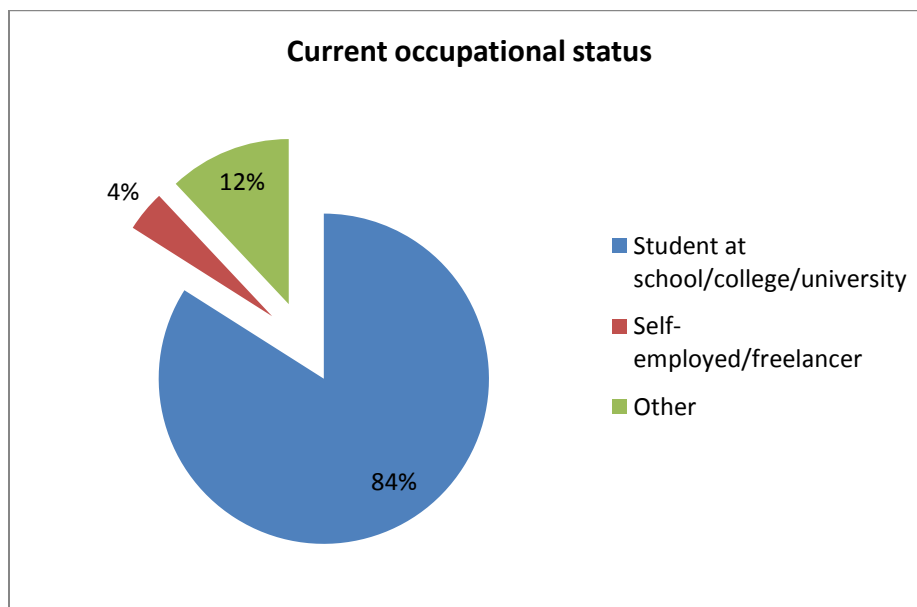
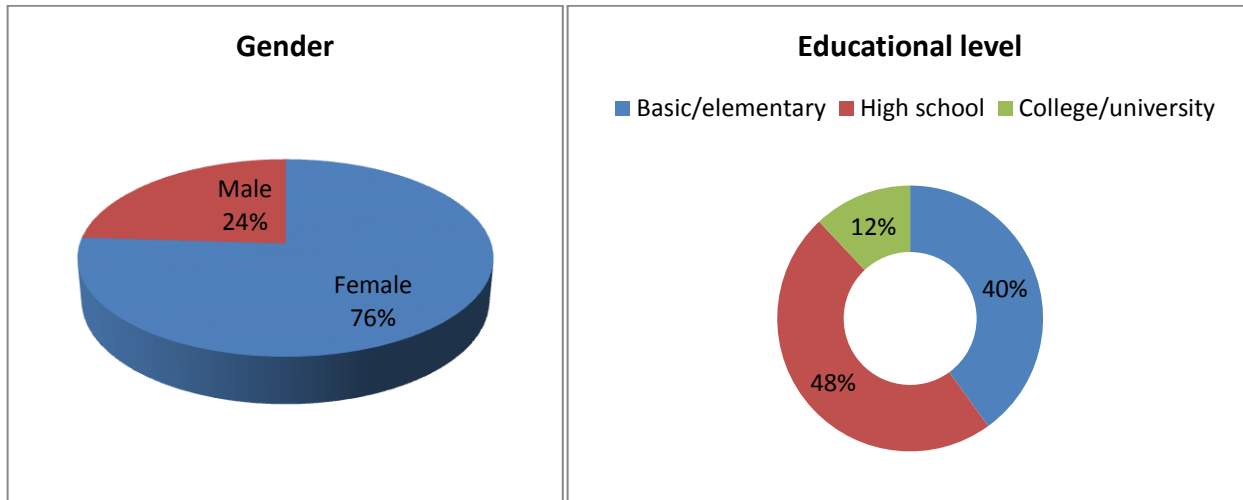
In order to achieve its goal in SCREEN MODE will create a personal eLearning environment integrating easily use tools (i.e. an Internet Addiction or Problematic Internet Use Genie) that will offer personalized Internet withdrawal or screen reduction plans for each specific user. These plans will be based 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 deliverable the results of the Survey conducted in Lithuania are presented following the template provided to the partners in order to summarize the results for their country.

## 3 Results

### 3.1 Sociodemographic data



Overall, 25 respondents (19 female and 6 male) took part in the survey in Lithuania. Regarding the educational level of the respondents, 40% of them have so far completed elementary or basic education, 48% of the respondents have already completed high school. 12% of the respondents marked that they already have college or university degree.

Regarding the current occupational status, 84% Lithuanian respondents study at school, college or university. 1 respondent marked themselves as self-employed. Among those who marked their occupational status as “Other” (3 respondents) the following answers were provided:

- Study at the university and work in the public sector at the same time (1);
- Study at the university and work in the private sector at the same time (1);
- Work in an NGO sector (1).

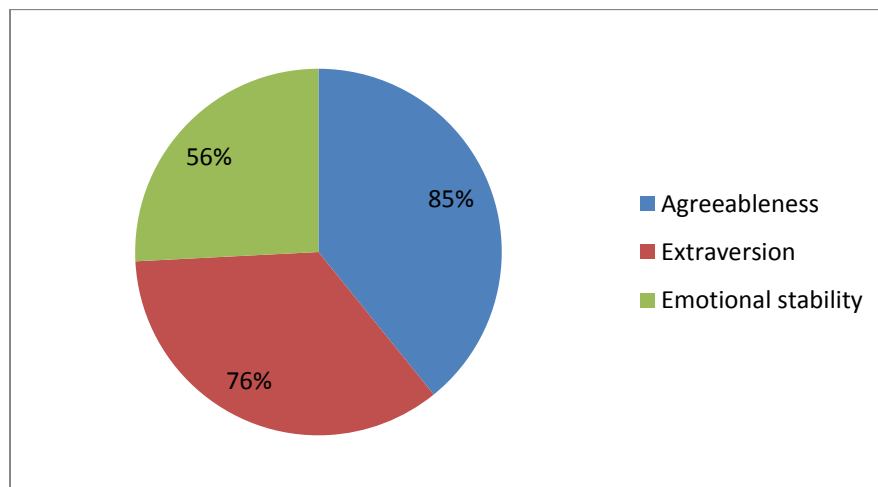
Taking into account the sociodemographic data of respondents who took part in the survey, we can conclude that the results of the survey in Lithuania will be mainly based **on the views and characteristics of those young people who are a part of the educational system.**

### 3.2 Personality characteristics

Big five dimensions	Users with low level personality traits	Users with high level personality traits
1. Extraversion vs. introversion	Q13 <b>introverted</b> : 40%	Q17 <b>talkative</b> : 76%
	Q21 <b>bashful</b> : 24%	
2. Agreeableness vs. antagonism	Q5 <b>reserved</b> : 48%	Q1: <b>agreeable</b> : 52 %
		Q10: <b>helpful</b> : 92%
		Q15: <b>kind</b> 84%
		Q19: <b>cooperative</b> 96%
		Q22: <b>pleasant</b> 100%
		Q28: <b>sympathetic</b> 88%
3. Conscientiousness vs. lack of direction	Q4: <b>sloppy</b> : 16%	Q8: <b>careful</b> : 68%
		Q12: <b>organized</b> : 76%
		Q25: <b>neat</b> 56%
		Q16: <b>thorough</b> 68%
		Q6: <b>deep</b> : 84%
		Q27: <b>systematic</b> 52%

Big five dimensions	Users with low level personality traits	Users with high level personality traits
4. Emotional stability vs. neuroticism	Q3: irritable 32%	Q9: quiet: 56%
	Q7: nervous: 24%	
	Q11: touchy: 32%	
	Q20: anxious 28%	
	Q24: fearful 12%	
	Q29: high-strung 48%	
5. Openness vs. closed to experience	Q26: withdrawn: 16%	Q2: imaginative: 76%
		Q14: complex: 24%
		Q18: innovative: 56%
		Q23: artistic 48%
		Q30: creative 76%

The identification of these figures shows that participants in the survey have a high percentage of agreeableness (85%) and a high percentage of extraversion (76%), therefore they may prove **beneficial with regards to prevention actions. A lower percentage of emotional stability should be considered as an indication that they may need extra help to cope with feelings of anxiety, nervousness or lack of self-confidence.**





### 3.3 Time spent on specific online applications

All respondents of the survey in Lithuania reported the online use based on their own estimations. 7 of them (28%) reported their time for the use of desktop or laptop computers, while the other 18 (72%) reported their time spent on smartphones or tablets.

The time spent online by the respondents in Lithuania was reported as follows:

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	76% (40)	12%	12%
Social Network Sites (SNS)	40%	44%	16%
Instagram	68% (52)	16%	16%
Chatting (including instant messaging)	64% (32)	16%	20%
Emailing	88% (76)	8%	4%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	88% (60)	8%	4%
Video watching	76% (56)	8%	16%
Listening to music	44%	36%	20%
Gambling	100% (4)	-	-
Online Shopping	88% (32)	8%	4%
Online dating	96% (4)	4%	-
Online pornography	100% (16)	-	-

To summarise the results of the reporting of time spent online by the respondents in Lithuania, it becomes clear that most of the respondents of the survey can be called occasional users of the online tools. Furthermore, quite a huge percentage of respondents falling into this category of users reported that they do not use some of the applications at all:

- Online games – 9 respondents (36%);
- Instagram – 4 respondents (16%);

- Chatting – 8 respondents (32%);
- Emailing – 3 respondents (12%);
- Accessing general information and news – 7 respondents (28%);
- Video watching – 5 respondents (20%);
- Gambling – 24 respondents (96%);
- Online shopping – 14 respondents (56%);
- Online dating – 23 respondents (92%);
- Online pornography – 21 respondents (84%).

The survey showed that the top 6 applications used by the respondents in Lithuania occasionally (less than 2 hours a day) are **emailing, accessing general information and news, video watching, Instagram, social network sites and online games.**

The 2 tools that are being used by a significant number of respondents frequently (3-5 hours a day) are **social network sites** and the **tools for listening to music.** The 2 applications that have been reported as being used excessively by 20% of the respondents are **chatting** and **listening to music.**

### 3.4 Behaviours and feelings experienced due to Internet excessive use

The results of the responses by the Lithuanian respondents regarding their behaviours and feelings experienced due to the excessive use of the internet is summarized in the following table:

	Not applicable to me	At average applicable to me	Applicable to me	Very applicable to me
Have you had serious conflict with your partner, friends, family because of your Internet use?	68%	24%	8%	-
Do you neglect your daily obligations (work, school, or family life) because you prefer to go on the Internet?	40%	40%	4%	16%
Do you prefer to go on the Internet instead participating in sports or recreational activities?	56%	36%	8%	-
Do you continue to use the Internet despite serious performance problems experienced at school or at work as a result of spending too much	64%	16%	20%	-

	Not applicable to me	At average applicable to me	Applicable to me	Very applicable to me
time on Internet?				
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?	96%	-	4%	-
Do you feel worried, nervous, panicky, tense, keyed up or anxious when you cannot use the Internet?	72%	24%	4%	-
Do you feel bored, fatigued, low in energy, hard to get motivated, or lie down a lot when you cannot use the Internet?	52%	40%	8%	-

It needs to be noted that quite a significant amount of respondents in Lithuania prefer going on the Internet instead of other activities:

- **60% of the respondents noted that neglecting their daily obligations are applicable to them (average to very applicable);**
- **44% of respondents noted they prefer going on the Internet instead of participating in sports or recreational activities.**

It also needs to be noted that a significant part of respondents in Lithuania keep using the Internet excessively although it has negative consequences to their lives. **36% of the respondents mentioned they did not change their behaviour over the use of the Internet even despite serious performance problems experienced at school or at work** as a result of spending too much time on the Internet. Moreover, 1 respondent noted that they did not change the behaviour even after the loss of the friendship/relationship.

The results of the survey showed a frightening trend related to the impact of the use of the Internet to the emotional well-being of young people. Quite a significant part of the survey participants (28%) responded that they feel worried, nervous, panicky, tense, keyed up or anxious when they cannot use the Internet. Moreover, 48% of the respondents say they feel bored, fatigued, low in energy, dis-motivated if they cannot go on the Internet.

### 3.5 Moderation goals

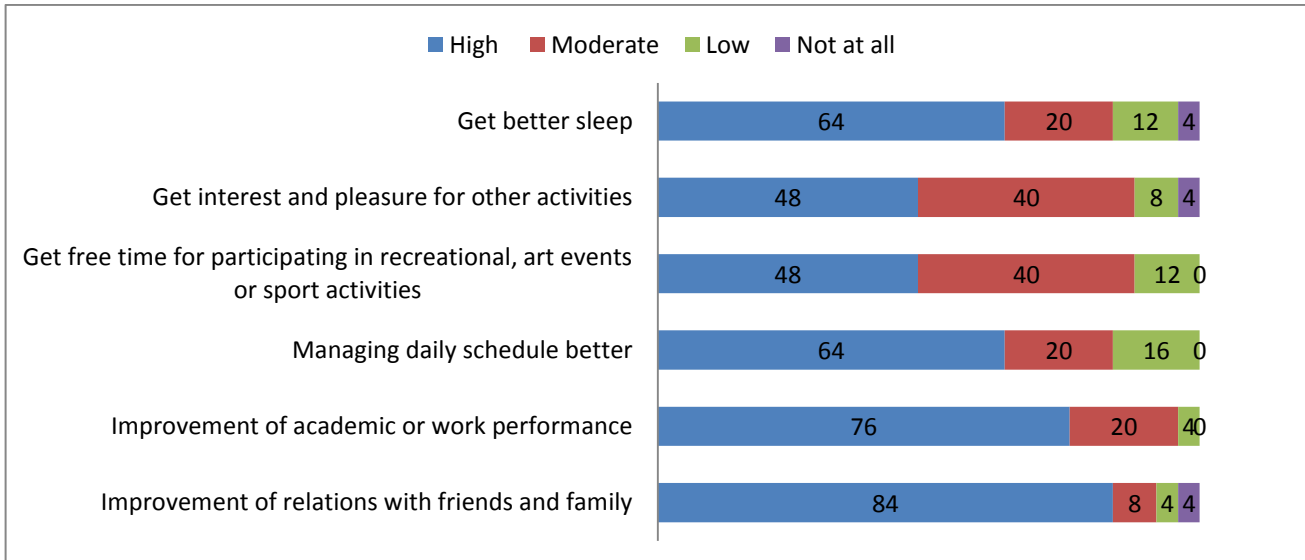
The responses of the survey participants in Lithuania on their willingness to reduce their time on the Internet are summarised in the following table:

App or group of apps	Low reduction (1-2 hours less)	High reduction (3-5 hours)	Stop using at all	No reduction
Online games	24%	8%	4%	24%
Social Network Sites (SNS)	76%	4%	4%	16%
Instagram	52%	4%	4%	24%
Chatting (including instant messaging)	20%	-	-	48%
Emailing	24%	-	-	64%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	24%	-	-	48%
Video watching	32%	4%	4%	44%
Listening to music	24%	-	-	68%
Gambling	-	-	-	-
Online Shopping	24%	-	-	24%
Online dating	8%	-	-	-
Online pornography	4%	-	4%	8%

The Top 5 applications that the Lithuanian respondents consider being happy with the amount of time spent on using them are listening to music (68%), emailing (64%), chatting (48%), accessing to general information and news (48%) and video watching (44%).

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

The survey results in Lithuania showed that **improvement of interpersonal relations and academic or work performance are considered as the two most important aspects for the Lithuanian 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 2/3 of participants in the survey in Lithuania are girls. As it has been indicated by empirical studies in the IA field with regards to the gender variable, a higher percentage of girls reports excessive usage behaviours, which might be indicative of their increased problem awareness relative to boys.

With regards to their psychological constitution, participants showed a high percentage of agreeableness (85%) and a high percentage of extraversion (76%), therefore they may prove **beneficial with regards to prevention actions. A lower percentage of emotional stability should be considered as an indication that they may need extra help to cope with feelings of anxiety, nervousness or lack of self-confidence.**

A significant number of respondents use frequently (3-5 hours a day) **social network sites** and the **tools for listening to music** while the most popular activities with which participants are excessively occupied are **chatting** and **listening to music**.

**As to their behaviours due to heavy Internet use, 60% of the respondents noted that neglecting their daily obligations are applicable to them** at an average to a very applicable level, while half of the respondents noted that they **prefer going on the Internet instead of participating in sports or recreational activities.**

In addition, **48% of the respondents say they feel bored, fatigued, low in energy, dis-motivated if they cannot go on the Internet.**

These figures may indicate that helping them to embrace **alternative offline activities** instead of Internet use, in particular **exercising and sports** and also assisting them to cope with negative affects and physical faintness may prove beneficial to their moderation strategies. Also, according to their responses the high majority **is mostly desired for the moderation of time spent on the use of Social Network Sites and Instagram as they see that in this way they can improve their interpersonal relations, academic or work performance** which are considered as the two most important aspects for the Lithuanian respondents in the context of the Internet use.