



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

MODERation strategies of SCREEN abuse for Generation Y(outh)

Lead Organisation:

INT

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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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 Poland 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	74,074%
Male		7	25,926%
No Answer		0	0,000%

Education Level

		Answers	Ratio
Basic school/Elementary school		0	0,000%
High school		2	7,407%
Vocational school		1	3,704%
College/University		23	85,185%
Other		1	3,704%
None		0	0,000%
No Answer		0	0,000%

Current occupational status

		Answers	Ratio
Student at school/college/university		9	33,333%
Public service employee		2	7,407%
Private company employee		12	44,444%
Self-employed/freelancer		0	0,000%
Unemployed		1	3,704%
Other		3	11,111%
No Answer		0	0,000%

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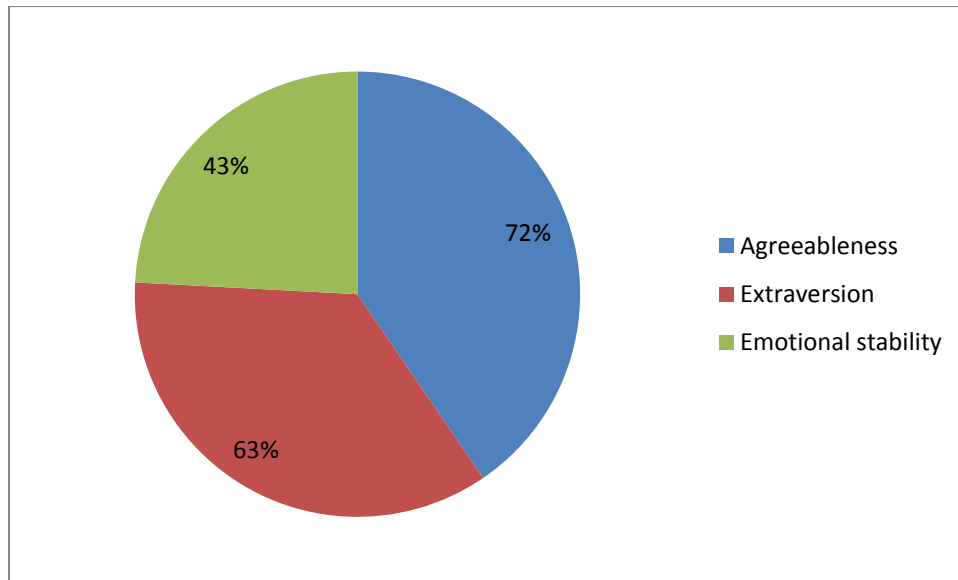
A total number of 27 participants took part in the survey for the Poland; 20 females and 7 males. 85% of those who participated had completed college or university and 7% had completed High school. 4% attended a vocational school, 4% other and no participants had only attended basic elementary school.

Participants occupational status varied between either the Private sector or student at school school/college/university. We have a few people – 3 with other current occupational status, 2 working at public service and 1 unemployed. Therefore, our results will present a mix of opinions.

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 : 56%	Q17 talkative : 63%
	Q21 bashful : 26%	
Agreeableness vs. antagonism	Q5 reserved : 33%	Q1: agreeable 63%
		Q10: helpful 82%
		Q15: kind 74%
		Q19: cooperative 74%
		Q22: pleasant 70%
		Q28: sympathetic 74%
2. Conscientiousness vs. lack of direction	Q4: sloppy : 7%	Q8: careful 66,5%
		Q12: organized 62,5%
		Q25: neat 59%
		Q16: thorough 52%
		Q6: deep 42%
3. Emotional stability vs. neuroticism	Q3: irritable 40%	Q27: systematic 59,5% Q9: quiet 25,5%
	Q7: nervous 41%	
	Q11: touchy 56%	
	Q20: anxious 33%	
	Q24: fearful 33%	
	Q29: high-strung 14%	
4. Openness vs. closed to experience	Q26: withdrawn : 30%	Q2: imaginative 59%
		Q18: innovative 48%
		Q23: artistic 44%
		Q30: creative 67%

The identification of these figures shows that the participants in the survey have a high percentage of agreeableness (**72%**), a lower percentage on extraversion (**63%**) and a much **lower percentage on emotional stability (43%)**, which 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

Way of checking online time

I have reported actual online use based upon the results of browser add-ons or smartphone/tablet applications		5	18,519%
I have reported online use based on my estimations		22	81,481%
No Answer		0	0,000%

Devices for online time reporting

desktop or laptop		11	40,741%
smartphone or tablet		16	59,259%
No Answer		0	0,000%

5 participants used an application for at least one month and used the results to complete the rest of the survey. 22 participants filled out the survey based on their estimations. 59% of those reported their time based on their smart phone or tablet and 41% reported based on their desktop or laptop.



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)	NO answer
Online games	73%	22%	7%	
Social Network Sites (SNS)	28%	25%	47%	
Instagram	66,5%	18,5%	15%	
Chatting (including instant messaging)	40,5%	30%	29,5%	

Emailing	55,5%	22%	25%	
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	37%	41%	22%	
Video watching	48%	30%	22%	
Listening to music	30%	37%	23%	
Gambling	77,5%	15%	7,5%	
Online Shopping	67%	22%	8%	
Online dating	74%	18%	8%	
Online pornography	85%	11%	4%	
Other	70%	11%	4%	18,5%


In Poland a lot of young people spend their time (6-9 hours per day or more) on **social media(47%)**, **chatting 29,5%**, **emailing 25%** and listening to music **23%**. The percentage of using social network sites is the highest due to the fact that now it is the most popular tool to chat, go for online shopping, watch videos, and communicate. The most frequent users are identified for activities such as **assessing general information**, **listening to music** and **video watching**. The majority of the occasional users are in **online pornography**, **online dating**, **gambling**, and **online gaming**.

3.4 Behaviours and feelings experienced due to Internet excessive use





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

Not applicable to me		21	77,778%
At average applicable to me		6	22,222%
Applicable to me		0	0,000%
Very applicable to me		0	0,000%
No Answer		0	0,000%

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


Not applicable to me		10	37,037%
At average applicable to me		16	59,259%
Applicable to me		0	0,000%
Very applicable to me		1	3,704%
No Answer		0	0,000%

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





Not applicable to me		14	51,852%
At average applicable to me		8	29,630%
Applicable to me		3	11,111%
Very applicable to me		2	7,407%
No Answer		0	0,000%

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?




Not applicable to me		16	59,259%
At average applicable to me		7	25,926%

Applicable to me		4	14,815%
Very applicable to me		0	0,000%
No Answer		0	0,000%




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?

Not applicable to me		22	81,481%
At average applicable to me		3	11,111%
Applicable to me		1	3,704%
Very applicable to me		1	3,704%
No Answer		0	0,000%

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

Not applicable to me		12	44,444%
At average applicable to me		13	48,148%
Applicable to me		2	7,407%
Very applicable to me		0	0,000%
No Answer		0	0,000%

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

Not applicable to me		15	55,556%
At average applicable to me		10	37,037%
Applicable to me		2	7,407%
Very applicable to me		0	0,000%
No Answer		0	0,000%

In Poland people it seems that they do not have problems with contact with other people due to the fact that they are using the Internet.

78% of respondents do not have a serious conflict with their partner, friends, family because of their Internet use.

Unfortunately in question “*Do you neglect your daily obligations (work, school, or family life) because you prefer to go on the Internet*” **59% said that at some point it is true.**





Other worrying fact is that for some of them go on the Internet **instead of participating in sport or recreational activities is more interesting** (for **30%** it was at average applicable to me, for **11%** applicable to me).

8% (applicable and very applicable to me) continue to use the Internet despite the loss of an important friendship or relationship and **15%** (applicable to me) continue to use the Internet despite serious performance problems experienced at school or at work.

The most worrying results of all is that people feel worried, nervous, panicky, tense, keyed up or anxious (at average applicable to me - **48%**) or bored, fatigued, low in energy, hard to get motivated, or lie down a lot (at average applicable to me - **37%**) when they can not use the Internet.

3.5 Moderation goals

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

Never		10	37,037%
Once		1	3,704%
Sometimes		14	51,852%
Often		1	3,704%
Very often		1	3,704%
No Answer		0	0,000%

Did you manage to meet your goals?

Yes		12	44,444%
No		13	48,148%
No Answer		2	7,407%

51% of participants said that they had tried to moderate the time spent online sometimes, only 4% often and also only 4% very often. Worrying is the fact that 37% never tried to do that. **44% of respondents** said that they managed to meet their goal.

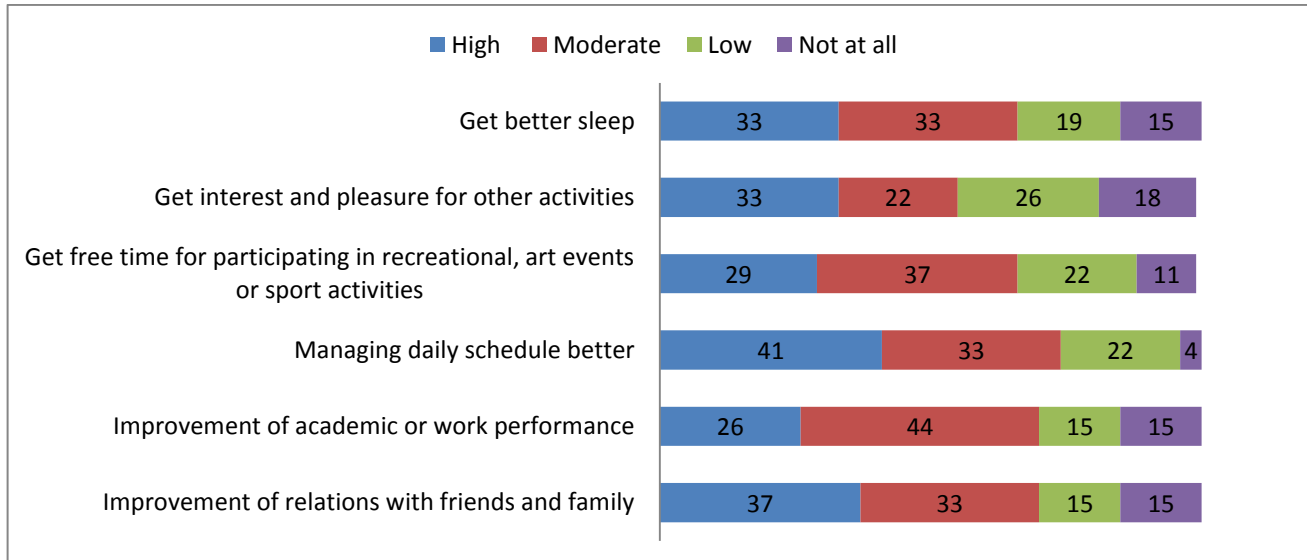
App or group of apps	Low reduction (1-2 hours less)	High reduction (3-5 hours)	Stop using at all	No reduction
Online games	26%	0%	7%	67%
Social Network Sites (SNS)	45%	15%	0%	40%
Instagram	15%	7%	4%	74%
Chatting (including instant messaging)	33,5%	18,5%	0%	48%

Emailing	26%	15%	0%	59%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	26%	11%	0%	63%
Video watching	30%	15%	0%	55%
Listening to music	15%	11%	4%	70%
Gambling	7%	11%	0%	82%
Online Shopping	22%	0%	0%	78%
Online dating	15%	0%	0%	85%
Online pornography	4%	0%	4%	92%

A lot of people tried to moderate or are happy with the time they spend on online applications. People want to reduce (high reduction) the time spent on **chatting** (18,5%) and on **social networks, mailing, and video watching** (15%).

The survey results in Poland showed that for young people **managing daily schedule better, improvement of academic or work performance and improvement of relations with friends and family are the most important things in the context of their Internet use.** The summary of their responses regarding the importance of different aspects of their life is provided in the following chart:

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4 Conclusions – Summary of results

The high majority of the respondents in the survey in Poland are mainly females (74%) and 26% males. 85% of those had completed college or university and 7% had completed High school.

As to personality characteristics, respondents showed a high percentage of agreeableness (**72%**), a lower percentage on extraversion (**63%**) and a much **lower percentage on emotional stability (43%), which 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.**

In Poland a lot of young people use excessively the Internet on **social media (47%), chatting 29,5%, emailing 25% and listening to music 23%**. The most frequent users are identified for activities such as **assessing general information, listening to music and video watching**. The majority of the occasional users are in **online pornography, online dating, gambling, and online gaming**.

Overall, excessive use of the Internet and its various activities has an on the participants' life. **59% said that at some point** excessive internet use has caused them to **neglect daily obligations like work or school leading to performance issues**. **30%** also noted that they would prefer to go on the internet **than participate in recreational activities**. Between **37% - 38%** also noted that excessive internet use has caused them physical and psychological problems, such as lack of sleep, fatigue, anxiety, dismotivation, etc.

Half of the participants participants said that they had tried to moderate the time spent online sometimes and **44% of respondents said that they managed to meet their goal**.

A lot of people tried to moderate or are happy with the time they spend on online applications, proving that they lack awareness about risks of hayvey Internet use. The highest preference scores for reduction for **chatting, social networks, mailing, and video watching**.

The survey results in Poland showed that for young people **managing daily schedule better, improvement of academic or work performance and improvement of relations with friends and family are the most important things in the context of their Internet use**.