



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

MODERation strategies of SCREEN abuse for Generation Y(outh)

**Lead Organisation:**

**Direct Association**

**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 .....	7
3.3 Time spent on specific online applications .....	9
3.4 Behaviours and feelings experienced due to Internet excessive use .....	11
3.5 Moderation goals .....	13
4 <b>Conclusions – Summary of results</b> .....	15

## 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 Romania 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

Sex	Answers	Ratio
Female	27	62.791%
Male	16	37.209%
No Answer	0	0.000%

#### Education level

43 respondents (27 female and 16 male) took part in the survey in Romania. Regarding the educational level of the respondents, 40 of them have already completed high school, 3 of the respondents marked that they already university degree.

#### Current occupational status

97% Romanian respondents study at school, college or university. 1 respondent marked themselves as unemployed.

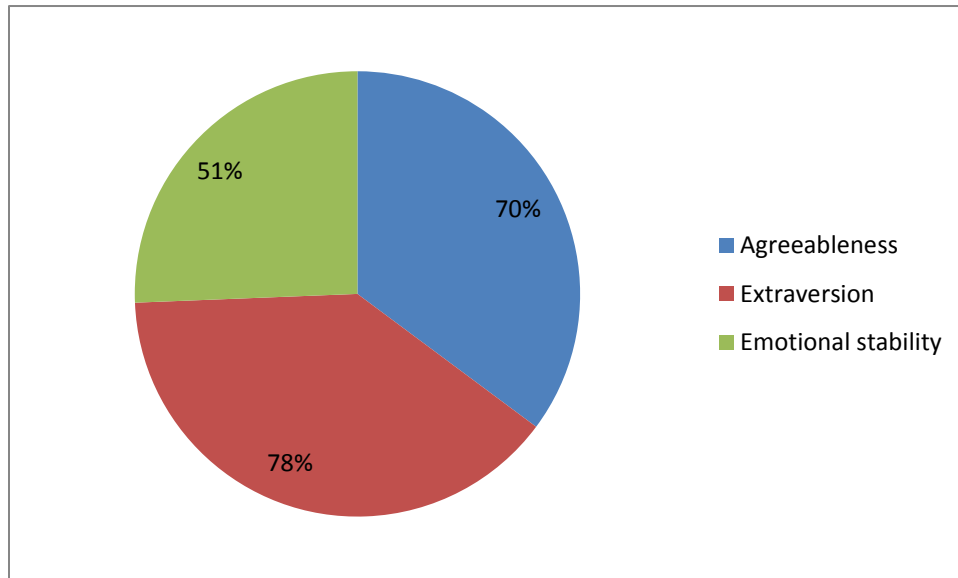
Current occupational status:		Answers	Ratio
Student at		42	97.674%
Public service employee		0	0.000%
Private company employee		0	0.000%
Self-employed/freelancer		0	0.000%
Unemployed		1	2.326%
Other		0	0.000%
No Answer		0	0.000%

### 3.2 Personality characteristics

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

Big five dimensions	Users with low level personality traits	Users with high level personality traits
1. Extraversion vs. introversion	Q13 <b>introverted</b> : 55 %	Q17 <b>talkative</b> : 78 %
	Q21 <b>bashful</b> : 31 %	
2. Agreeableness vs. antagonism	Q5 <b>reserved</b> : 57 %	Q1: <b>agreeable</b> 71 %
		Q10: <b>helpful</b> 68 %
		Q15: <b>kind</b> 73 %
		Q19: <b>cooperative</b> 76 %
		Q22: <b>pleasant</b> 71 %
		Q28: <b>sympathetic</b> 59 %
3. Conscientiousness vs. lack of direction	Q4: <b>sloppy</b> : 29 %	Q8: <b>careful</b> 76 %
		Q12: <b>organized</b> 55 %
		Q25: <b>neat</b> 59 %
		Q16: <b>thorough</b> 68 %
		Q6: <b>deep</b> 81 %
4. Emotional stability vs. neuroticism	Q3: <b>irritable</b> 41 %	Q27: <b>systematic</b> 62 %
	Q7: <b>nervous</b> 46 %	Q9: <b>quiet</b> 41 %
	Q11: <b>touchy</b> 36 %	
	Q20: <b>anxious</b> 38 %	
	Q24: <b>fearful</b> 45 %	
	Q29: <b>high-strung</b> 26 %	
5. Openness vs. closed to experience	Q26: <b>withdrawn</b> : 36 %	Q2: <b>imaginative</b> : 82 %
		Q18: <b>innovative</b> 61 %
		Q23: <b>artistic</b> 60 %
		Q30: <b>creative</b> 73 %

The identification of these figures shows that participants in the survey have a high percentage of agreeableness (70%) and a quite high percentage on extraversion (78%), therefore they may prove beneficial with regards to prevention actions. A lower percentage of emotional stability (51%) 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 Romania reported the online use based on their own estimations. 8 of them (18%) reported their time for the use of desktop or laptop computers, while the other 35 (81 %) reported their time spent on smartphones or tablets.

**3. Please specify for which of your devices you have reported your online time**

	Answers	Ratio
desktop or laptop	8	18.605%
smartphone or tablet	35	81.395%
No Answer	0	0.000%

The time spent online by the respondents in Romania 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	39%	13%	15 %
Social Network Sites (SNS)	44%	30%	19 %
Instagram	46%	9%	22%
Chatting (including instant messaging)	51%	9%	39%
Emailing	60%	6%	0%
Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	46%	27%	13%
Video watching	30%	25%	36%
Listening to music	30%	34%	32%
Gambling	20%	2%	6%
Online Shopping	44%	2%	6%
Online dating	18%	0%	0%

Online pornography	32%	2%	2%
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To summarise the results of the reporting of time spent online by the respondents in Romania, 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 – 13 respondents (30%);
- Instagram – 9 respondents (20%);
- Chatting – 0 respondents (0%);
- Emailing – 14 respondents (32%);
- Accessing general information and news – 6 respondents (13%);
- Video watching – 3 respondents (6%);
- Listening to music - 1 respondents (2%);
- Gambling – 30 respondents (69%);
- Online shopping – 20 respondents (46%);
- Online dating – 35 respondents (81%);
- Online pornography – 27 respondents (62%).

The survey showed that the top 6 applications used by the respondents in Romania occasionally (less than 2 hours a day) are **emailing, chatting, Instagram, accessing general information and news, 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 **listening to music and the tools for social network sites**. The 2 applications that have been reported as being used excessively by 20% of the respondents are **chatting and video watching**.




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

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





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

	Answers	Ratio
Not applicable to me 	18	41.860%
At average applicable to me 	19	44.186%
Applicable to me 	5	11.628%
Very applicable to me	1	2.326%
No Answer	0	0.000%





**:: 6. 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 	12	27.907%
At average applicable to me 	25	58.140%
Applicable to me 	5	11.628%
Very applicable to me	1	2.326%




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

	Answers	Ratio
Not applicable to me 	18	41.860%
At average applicable to me 	17	39.535%
Applicable to me 	4	9.302%
Very applicable to me 	4	9.302%
No Answer	0	0.000%




**:: 8. Do you continue to use the Internet despite serious performance problems experienced at school or at work**

	Answers	Ratio
Not applicable to me 	23	53.488%
At average applicable to me 	13	30.233%
Applicable to me 	5	11.628%
Very applicable to me 	2	4.651%
No Answer	0	0.000%




**:: 9. 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?**

	Answers	Ratio
Not applicable to me 	36	83.721%
At average applicable to me 	5	11.628%
Applicable to me	0	0.000%
Very applicable to me 	2	4.651%
No Answer	0	0.000%

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

	Answers	Ratio
Not applicable to me 	22	51.163%
At average applicable to me 	17	39.535%
Applicable to me 	3	6.977%
Very applicable to me	1	2.326%
No Answer	0	0.000%

.: 11. 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 	25	58.140%
At average applicable to me 	13	30.233%
Applicable to me 	4	9.302%
Very applicable to me	1	2.326%
No Answer	0	0.000%

It can be concluded that in the RO, excessive internet use **does have an impact on participants behaviours and feelings.**

- **Half of the participants noted that excessive internet use had never caused a serious conflict with their partner, friends or family.** However, 25% noted it was applicable to them to some extent; meaning it has caused conflict at some point in their life and 6% noted that it was either applicable to them or very applicable to them.
- **71% also noted that excessive internet use has caused them to neglect daily obligations like work or school leading to performance issues.** This is a major concern as education is an extremely important part of a young adult's life, it could have serious implications on their future.
- **57% also noted that they would prefer to go on internet instead to participate in recreational activities.**
- The most worrying results of all is that **47% of participants said that they feel worried, panicky, tense, keyed up or anxious of they cannot access the internet; the internet has become a necessity for people to function.**

### 3.5 Moderation goals

12. Have you ever tried to moderate the time you spend on your favourite online activities and applications?			
	Answers	Ratio	
Never	4	9.302%	
Once	0	0.000%	
Sometimes	24	55.814%	
Often	10	23.256%	
Very often	5	11.628%	
No Answer	0	0.000%	

13. Did you manage to meet your goals?			
	Answers	Ratio	
Yes	26	60.465%	
No	16	37.209%	
No Answer	1	2.326%	

14. Based on the (actual) time you have spent on each of the following applications, how much time would you like to reduce on each on a daily basis?			
	Answers	Ratio	
1 hour less	7	16.279%	
2 hours less	3	6.977%	
Between 3-5 hours less	1	2.326%	
Stop using at all	6	13.953%	
I am happy with amount of hours spend	14	32.558%	
Not relevant	12	27.907%	
No Answer	0	0.000%	

Only a small percentage of respondents (39%) noted that they had tried to moderate the time spent online and only 26% said that they managed to meet their goal; the participants are not fully aware that they are spending too much time on the internet and those who have tried to reduce this were unsuccessful, proving they need more training and raising awareness campaigns in Romania about the detrimental effects of heavy Internet use.

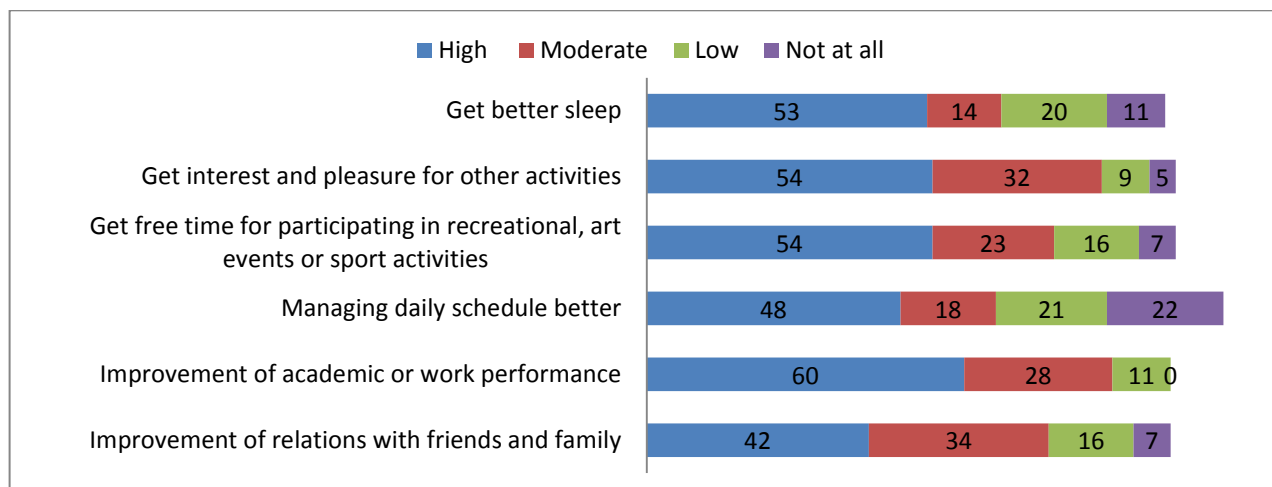
App or group of apps	Low reduction (1-2 hours less)	High reduction (3-5 hours)	Stop using at all	No reduction
Online games	22%	2%	13%	32%
Social Network Sites (SNS)	55%	2%	9%	27%
Instagram	45%	2%	16%	13%
Chatting (including instant messaging)	41%	9%	0%	44%
Emailing	16%	0%	4%	34%

Accessing general information and news (including sports and politics) & administration (e.g., banking, paying bills, booking, travel)	33%	0%	2%	51%
Video watching	41%	11%	0%	18%
Listening to music	27%	2%	0%	69%
Gambling	4%	0%	16%	11%
Online Shopping	13%	0%	13%	16%
Online dating	0%	0%	16%	9%
Online pornography	11%	0%	13%	20%

The Top 5 applications that the Romanian respondents consider being happy with the amount of time spent on using them are listening to music (69%), accessing to general information and news (51%), chatting (44%), emailing (34%) and online games (32%).

According to the respondents in Romania, the moderation of time is mostly desired for the use of **Instagram and videos**.

The survey results in Romania showed that improvement of **academic or work performance, get interest and pleasure for other activities and getting free time for recreational activities and sport activities** 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

Most of the participants in the survey in Romania are females. 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 relative high percentage of agreeableness (70%) and a quite high percentage of extraversion (78%), therefore they may prove **beneficial with regards to prevention actions. A lower percentage of emotional stability (51%) should be considered as an indication that they may need extra help to cope with feelings of anxiety, nervousness or lack of self-confidence.**

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

Excessive internet use **does have an impact on participants behaviours and feelings, since 71% noted that excessive internet use has caused them to neglect daily obligations like work or school leading to performance issues**. This is a major concern as education is an extremely important part of a young adult's life and it could have serious implications on their future. Around half of participants reported that they neglect recreational activities and sport activities and that Internet use have detrimental effects in their physical and psychological state.

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 use of Instagram and video streaming**.

**Only a small percentage of respondents (39%)** noted that they had tried to moderate the time spent online and only 26% said that they managed to meet their goal, proving that they need more training and raising awareness campaigns in Romania about the detrimental effects of heavy Internet use.

The survey results in Romania showed that improvement of **academic or work performance, getting interest and pleasure for other activities and getting free time for recreational activities and sport**

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