

Did social media actually made us social?

Dear Participant,

Thank you for taking the time to participate in this survey. Your feedback is invaluable, and we are committed to conducting this survey ethically and responsibly. Please read the following information carefully before proceeding.

Trigger Warning: This survey includes questions about your mental health, that some participants may find distressing or triggering. Please proceed only if you feel comfortable. Remember, you can skip any questions or stop the survey at any time.

1. **Voluntary Participation:** Your participation in this survey is entirely voluntary. You are free to skip any questions or discontinue the survey at any point without any loss of benefits.
2. **Confidentiality:** All responses will be kept confidential. Your answers will be anonymized, and no personally identifiable information will be collected or stored. The data will be used solely for research purposes and will not be shared with any third parties.
3. **Purpose of the Survey:** The purpose of this survey is to learn more about Gen-Z. Your insights will help me to understand how the technical advances that we born into influenced this generation in terms of feelings.
4. **Risks and Benefits:** There are no foreseeable risks associated with participating in this survey. While there are no direct benefits to you, your participation will contribute to understand why this generation feels in a certain way, and maybe help the next generations to learn from it.
5. **Contact Information:** If you have any questions about this survey or your rights as a participant, please contact me (Aisa Szakal) at aisaszakal@gmail.com.

By clicking "Next" and proceeding with the survey, you indicate that you have read and understood the above information and agree to participate under these conditions.

Thank you for your participation.

Sincerely,

Aisa Szakal

* Kötelező kérdés

1. What is your age? *

Soronként csak egy oválist jelöljön be.

☐ 18-21

☐ 22-24

☐ 25-27

2. What is your gender? *

Soronként csak egy oválist jelöljön be.

- ☐ Male
- ☐ Female
- ☐ Non-binary
- ☐ Prefer not to say

3. Where do you live? *

Soronként csak egy oválist jelöljön be.

- ☐ Urban area
- ☐ Suburban area
- ☐ Rural area

4. Do you live abroad or in your home country? *

Soronként csak egy oválist jelöljön be.

- ☐ Abroad
- ☐ Home country

5. How many hours per day do you spend on the internet (excluding work/school-related activities)?

Soronként csak egy oválist jelöljön be.

- ☐ Less than 1 hour
- ☐ 1-3 hours
- ☐ 4-6 hours
- ☐ 7-9 hours
- ☐ more than 9 hours

6. What do you believe is the primary cause of your feelings of loneliness? (Select all that apply)

Válassza ki az összeset, amely érvényes.

- ☐ Lack of in-person social interactions
- ☐ Excessive use of social media
- ☐ Academic/work pressures
- ☐ Economic stress
- ☐ Family dynamics
- ☐ Impact of COVID-19
- ☐ Egyéb: _____

7. How has the COVID-19 pandemic affected your social life?

Soronként csak egy oválist jelöljön be.

	1	2	3	4	5	
It has	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	It has significantly improved

8. How comfortable are you with resuming in-person social activities post-pandemic?

Soronként csak egy oválist jelöljön be.

	1	2	3	4	5	
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very comfortable

9. How would you describe your mental health?

Soronként csak egy oválist jelöljön be.

	1	2	3	4	5	6	7	8	9	10	
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

10. Are/were you recently in a romantic relationship?

Soronként csak egy oválist jelöljön be.

☐ Yes

☐ No

11. How would you rate the quality of your personal relationships?

Soronként csak egy oválist jelöljön be.

	1	2	3	4	5	
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

12. Which type of social interaction do you prefer?

Soronként csak egy oválist jelöljön be.

- ☐ Online interactions
- ☐ In-person interactions
- ☐ No preference
- ☐ Other (please specify)
- ☐ Egyéb: _____

13. How often do you participate in in-person social activities (e.g., hanging out with friends, attending social events)?

Soronként csak egy oválist jelöljön be.

- ☐ Every few weeks
- ☐ Once or twice a week
- ☐ Around four times a week
- ☐ Almost everyday

14. If you think about connection with other people, then is it more online or offline?

Soronként csak egy oválist jelöljön be.

- ☐ Online
- ☐ Offline

15. Around how many hours do you spend on social interactions?

Soronként csak egy oválist jelöljön be.

- ☐ less than 1 hour
- ☐ 1-3 hours
- ☐ 4-7 hours
- ☐ more than 7 hours

16. How often do you engage in meaningful conversations on social media?

Soronként csak egy oválist jelöljön be.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

17. When you are in the offline space, do you find the speed of communication appropriate, or would you prefer to speed it up, as you do with abbreviations online?

Soronként csak egy oválist jelöljön be.

- ☐ I find the speed of offline communication appropriate.
- ☐ I find offline communication too slow and sometimes I wish I could speed it up a bit.
- ☐ It depends on the context (e.g., work, social settings).
- ☐ I don't notice a significant difference in the speed of communication between online and offline.

18. Do you like the fact that when you are online, you can interrupt the communication at any time (whether with or without a reason)?

Soranként csak egy oválist jelöljön be.

☐ Yes

☐ No

19. Do you ever experience that you lose focus when you have a conversation with other people (even with your friends / family)?

Soranként csak egy oválist jelöljön be.

☐ Never

☐ Rarely

☐ Sometimes

☐ Usually

☐ Always

20. Do you see it as a problem to do the same thing in an offline space in a situation that is no longer pleasant or safe for you?

Soranként csak egy oválist jelöljön be.

☐ Yes

☐ No

21. Do you ever feel stressed, that when you make a decision, you might find a better option in the future (it can be just a movie, a field of study/work, or even a partner).

Soranként csak egy oválist jelöljön be.

☐ Never

☐ Rarely

22. Have you ever felt, that online you are more safe?

Soronként csak egy oválist jelöljön be.

- ☐ Yes
- ☐ No
- ☐ Maybe, I am not sure.

23. Have you ever felt, that offline you are more safe?

Soronként csak egy oválist jelöljön be.

- ☐ Yes
- ☐ No
- ☐ Maybe, I am not sure

24. Have you ever been bothered by the fact that in an online space you can't be sure that the person you are talking to is truly focusing on you, that they are truly 'with you' in that moment?

Soronként csak egy oválist jelöljön be.

- ☐ Yes
- ☐ No

25. Do you have any regular leisure activities?

Soronként csak egy oválist jelöljön be.

- ☐ Yes
- ☐ No

26. If so, is it mainly online or offline?

Soronként csak egy oválist jelöljön be.

☐ Online

☐ Offline

☐ 50-50

27. If so, is it mainly individual, or social?

Soronként csak egy oválist jelöljön be.

☐ individual

☐ social

☐ 50-50

28. Do you have any friends (whom you consider as such) whom you've never met, but you have a deeper connection with?

Soronként csak egy oválist jelöljön be.

☐ Yes

☐ No

☐ I had

29. Do you have any friends, that are truly understand you, and you feel very close to?

Soronként csak egy oválist jelöljön be.

☐ Yes

☐ No

30. If so, how did you get to know them (I mean through school, online, work, etc.)

31. When you think about yourself, do you see yourself the same way in the online space as you are in everyday life?

Soronként csak egy oválist jelöljön be.

☐ Yes

☐ No

32. Do you usually retouch or apply filters to your photos before posting them somewhere?

Soronként csak egy oválist jelöljön be.

☐ Always

☐ Often

☐ Sometimes

☐ Rarely

☐ Never

33. If someone takes a photo of you in which you don't look favourable, do you ask them to delete it?

Soronként csak egy oválist jelöljön be.

☐ Yes

☐ No

☐ Just if it's really bad

34. Do you tend to rate or compare yourself (by the look) to other people online?

Soronként csak egy oválist jelöljön be.

- ☐ Yes
☐ No
☐ Sometimes

35. Having many options for fields of study makes it difficult to choose a career path.

Soronként csak egy oválist jelöljön be.

- ☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly Disagree

36. The abundance of options on dating apps can make it harder to form meaningful relationships.

Soronként csak egy oválist jelöljön be.

- ☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly Disagree

37. The vast number of people to connect with on social media can lead to feeling overwhelm or disconnected.

Soronként csak egy oválist jelöljön be.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

38. Having many options encourages exploring different interests and opportunities.

Soronként csak egy oválist jelöljön be.

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

39. There is a statement that the Z-Generation is the loneliest, have you ever thought about this or related topic before?

Soronként csak egy oválist jelöljön be.

- ☐ Yes
- ☐ No

40. What do you think, what deficiency caused this thought?

Válassza ki az összeset, amely érvényes.

- ☐ Family isolation
- ☐ Lack of partner / relationship
- ☐ Lack of deep friendships
- ☐ Lack of communities
- ☐ Egyéb: _____

Ezt a tartalmat nem a Google hozta létre, és nem is hagyta azt jóvá.

Google Űrlapok

