

Internet in our lives since 2020

Greetings,

I am Rindhuja Treesa Johnson, a Master's student at Pondicherry University.

As a part of my Master's project work, I am conducting a primary data collection on the different aspects of internet and its influence on our lives during the COVID-19 pandemic.

We are all in a recovering phase from the dreadful times of our lives. As of that, I would like to bring in some optimism amidst everything that has happened. As a first step, I would be addressing the COVID-19 lock downs to as "from 2020".

I intend to get a glimpse of your views and experiences in using Internet from 2020. ***The internet infrastructure has achieved a great deal of improvement from March 2020 - March 2021. The survey primarily focuses on the concern whether these advancements were of public advantage. Moreover, it also tries to study the drawbacks of the same.***

I request the participants to be sincere and appropriate in answering the questions as your inputs are powerful enough to result in wrong conclusions.

I ensure you that all the data that you share will be ***confidential*** and will be used only for ***academic purposes***.

Please spend 10 minutes of your valuable time for participating in this survey and I assure you that this will be an eye opener for you in many respects.

* Indicates required question

ATTENTION PLEASE!!!

All questions in this survey are supposed to be answered keeping in mind that it is concerning the time from March 2020 to March 2021 - neither now (2022) nor before 2020 - unless or otherwise stated.

DEMOGRAPHIC DETAILS

Please share your personal details.

1. How old are you? I am - *

Mark only one oval.

- ☐ less than 10 years old
- ☐ between 10 and 15
- ☐ between 15 and 18
- ☐ between 18 and 21
- ☐ between 21 and 25
- ☐ between 25 and 30
- ☐ more than 30 years old

2. I am a - *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Other: _____

Internet Usage trend

Please provide your pattern of usage of internet and other details as you recall from March 2020 - March 2021

3. How many hours did you spend on internet daily on an average in 2020? *

This includes your work, study and leisure time

Mark only one oval.

- ☐ Less than 2 hours
- ☐ 2 hours to 4 hours
- ☐ 4 hours to 8 hours
- ☐ 8 hours to 12 hours
- ☐ 12 hours to 16 hours
- ☐ More than 16 hours

4. How long did you spend on internet for leisure per week in 2020? *

Please provide an approximate answer. The suggestions in the parenthesis are just indicators to give you idea. You may calculate the time considering your own pattern of internet usage. (This time includes social media, texting, entertainment, listening to music, gaming and other miscellaneous activities on internet.)

Mark only one oval.

- ☐ Less than 4 hours (approx. one movie per week and no other business)
- ☐ 4 hours to 7 hours (one movie + mild usage of social media and other apps)
- ☐ 7 hours to 14 hours
- ☐ 14 hours to 24 hours
- ☐ More than 24 hours
- ☐ I strictly use internet for my work related activities

5. How often did you use internet after midnight in a week in 2020? *

Mark only one oval.

- ☐ Never
- ☐ 1 day
- ☐ 2 - 3 days
- ☐ 4 - 6 days
- ☐ Everyday

6. Which among the following apps do you think were used more frequently from 2020 *
than before?

Select all that apply. Select only those you were using before 2020.

Check all that apply.

- ☐ Social Media Apps
- ☐ Entertainment (OTT, Music) Apps
- ☐ Online learning, training, work Apps
- ☐ Online shopping
- ☐ Health, Fitness and Diet monitoring Apps
- ☐ Service Apps (Banking, third party banking, private and public services)
- ☐ News Apps and discussion forums
- ☐ Gaming Apps
- ☐ Official Apps (MS Office, G-Suit, LibreOffice)
- ☐ Video conferencing and calling Apps
- ☐ None
- ☐ Other: _____

7. Will you call yourself an Internet Addict? Rate yourself on a scale from 1 to 5. *

Mark only one oval.

1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ Yes, I am an addict

8. Which among the following best describes you? *

Mark only one oval.

- ☐ Student
- ☐ Employed (full time)
- ☐ Employed (part time)
- ☐ Student + Employed (part time)
- ☐ Self employed
- ☐ On a break *Skip to question 16*
- ☐ Others *Skip to question 16*

Work/Study From Home

This section is exclusively for those who work and study in online mode. If this doesn't suit your description, then choose **Others** in the previous question and you will move to the next section.

9. Rate your online mode of work or education *

This rating should be based on the quality of service delivered to you and not biased on your personal attitude towards it.

Mark only one oval.

1 2 3 4 5

Very ☐ ☐ ☐ ☐ ☐ Exceptionally well organised and structured

10. Rate the quality of your work in the online scenario *

Here, you can rate according to the way in which you felt you have used the online mode.

Mark only one oval.

1 2 3 4 5

I missed ☐ ☐ ☐ ☐ ☐ I took quality advantage of it and improved a lot.

11. Do you believe that your opportunities to grow were aided by online education or work from home? *

Mark only one oval.

- ☐ Yes, Absolutely
- ☐ No
- ☐ There were opportunities but I didn't take them
- ☐ There were no opportunities and the worst - available opportunities diminished

12. Do you think your use of hard copies of text books and other books have been replaced by the soft copies? *

Mark only one oval.

- ☐ Yes
- ☐ No

13. How long did your online meetings or classes last? *

Mark only one oval.

- ☐ Less than half an hour or so
- ☐ 1/2 hour to 1 hour
- ☐ 1 hour to 2 hours
- ☐ More than 2 hours

14. Are you comfortable with interactions during the video conferencing? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Depending on the audience

15. Do you prefer to keep your video ON during meetings? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Depending on the audience

Health and Social Aspects

16. Have you been diagnosed of any physical condition or illness due to the imposed conditions? *

Mark only one oval.

- ☐ Yes
- ☐ No

17. Have you felt anxious, stressed or depressed from 2020? *

Mark only one oval.

- ☐ Yes
- ☐ No

18. Have you sought professional aid for your physical or psychological health issues since 2020? *

Mark only one oval.

- ☐ Yes
- ☐ No

19. Did you spend some time for exercising since 2020? *

Mark only one oval.

- ☐ Yes
☐ No
☐ Sometimes

20. Do you think your change in mode of work/study has affected your food intake? *

Rate on a 5-point scale

Mark only one oval.

1 2 3 4 5

I eat ☐ ☐ ☐ ☐ ☐ I eat much more and randomly

21. Did you find yourself deprived of sleep anytime from 2020? *

Mark only one oval.

- ☐ Yes
☐ No

22. Have you used internet as a means of aid for any of the following? *

Check all that apply.

- ☐ To escape from people or places of least interest
☐ To escape from stress, depression or anxiety
☐ To escape from work loads or daily chores
☐ Other: _____

23. Have you ever been a victim of cyber crimes or fraudulent activities on internet since 2020? *

Mark only one oval.

☐ Yes

☐ No

24. Would it be possible for you to keep internet away for a prolonged period - weeks or months? *

Mark only one oval.

☐ Yes

☐ No

25. Do you think internet has become a basic necessity for you? *

Mark only one oval.

☐ Yes

☐ No

☐ Somewhat

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