

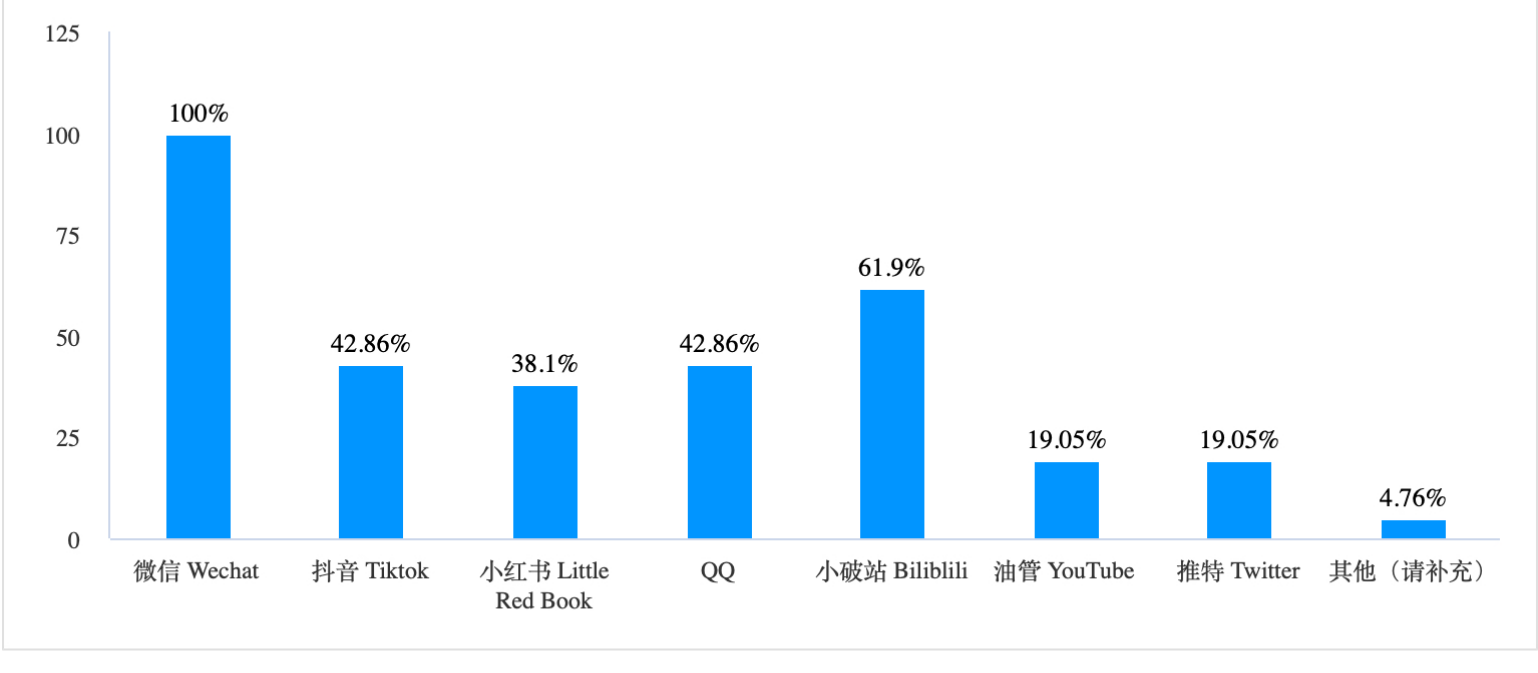
关于Social Media和Self Perception的问卷调查

第1题：您是一个 You are [单选题]

选项	小计	比例
人类 Human	12	<div><div></div></div> 57.14%
类人 Almost human	9	<div><div></div></div> 42.86%
本题有效填写人次	21	

第2题：请问您日常使用哪些社交平台？
What social media platforms do you use? [多选题]

选项	小计	比例
微信 Wechat	21	<div><div></div></div> 100%
抖音 Tiktok	9	<div><div></div></div> 42.86%
小红书 Little Red Book	8	<div><div></div></div> 38.1%
QQ	9	<div><div></div></div> 42.86%
小破站 Bilibili	13	<div><div></div></div> 61.9%
油管 YouTube	4	<div><div></div></div> 19.05%
推特 Twitter	4	<div><div></div></div> 19.05%
<div><div></div> 其他（请补充）</div> [详细]	1	<div><div></div></div> 4.76%
本题有效填写人次	21	



第3题：Whether I have control over my life.
我对自己的生活是否有控制？

Please rate the following two scenarios on a scale of 1 to 10.
请通过下列两个情景判断，以 1 到 10 的等级评分。

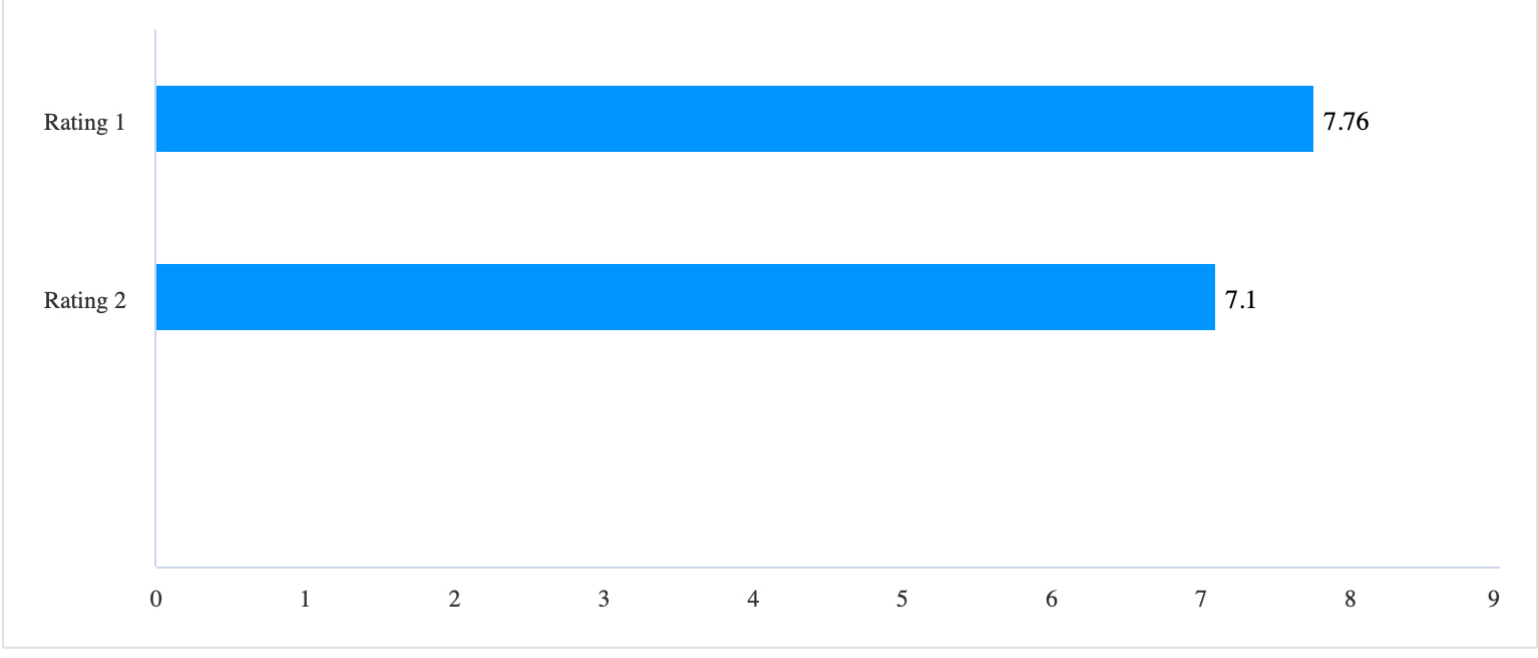
Imagine you are facing a difficult choice regarding your future education or career path. Think about how much control you believe you have in making the decision that aligns with your goals and aspirations. Please rate your sense of empowerment on a scale of 1 to 10.

想象一下，您正面临关于未来教育或职业道路的艰难选择。想一想您认为自己在做出符合您的目标和愿望的决定时有多少控制权。请用 1 到 10 的等级给你的赋权感打分。

Imagine you are planning a road trip with your friends, and you have the freedom to choose the destination, itinerary, and activities. Visualize yourself discussing and finalizing these decisions. Considering this scenario, please rate your sense of empowerment in making choices for the trip on a scale of 1 to 10.

想象一下，您正计划与朋友进行一次公路旅行，您可以自由选择目的地、行程和活动。想象自己正在讨论并最终确定这些决定。考虑到这种情况，请以 1 到 10 的等级评价您在为旅行做出选择时的授权感。 [\[矩阵滑动条\]](#)

行标题	平均值
Rating 1	7.76 [详情]
Rating 2	7.1 [详情]
	小计：14.86 平均：7.43



第4题：I don't care what happens to me.
我不在乎对我发生什么

Please rate the following scenario on a scale of 1 to 10.
请通过下列情景判断，以 1 到 10 的等级评分。

Picture yourself in a serene environment, perhaps a peaceful park or a cozy corner of your home. Visualize engaging in activities that promote self-care and well-being, such as reading a book, practicing yoga, or enjoying a relaxing bath. As you imagine this scene, think about the effort, time, and resources you usually dedicate to taking care of yourself. Please rate the level of investment you typically make in your personal well-being in this context. On a scale of 1 to 10, how much do you generally invest in your personal well-being?

想象自己置身于一个宁静的环境中，也许是一个宁静的公园或家中舒适的角落。想象参与促进自我保健和幸福的活动，例如读书、练习瑜伽或享受放松的沐浴。当您想象这个场景时，想一想您通常为照顾自己所付出的努力、时间和资源。请评价您在这种情况下通常对个人福祉的投资水平。从 1 到 10 打分，您通常会为个人幸福投资多少？

[\[矩阵滑动条\]](#)

行标题	平均值
Rating	6.48 [详情]
	小计：6.48 平均：6.48

第5题：
I am glad I'm who I am.
我很庆幸我是我

Please rate the following scenario on a scale of 1 to 10.
请通过下列情景判断，以 1 到 10 的等级评分。

How satisfied are you with your identity and sense of self?
Scene: Envision attending a social gathering with friends or family. Picture yourself engaging in conversations where you freely express your opinions, interests, and values. Imagine feeling completely comfortable being authentic and true to yourself in these interactions. As you immerse yourself in this scene, please rate your overall satisfaction with your identity and sense of self based on the level of comfort and contentment you experience, on a scale of 1 to 10.

您对自己的身份和自我意识有多满意？
场景：设想与朋友或家人一起参加社交聚会。想象自己参与对话，自由表达自己的观点、兴趣和价值观。想象一下，在这些互动中，做真实的自己是完全自在的。当您沉浸在这个场景中时，请根据您体验到的舒适感和满足感，以 1 到 10 的等级来评价您对自己的身份和自我意识的总体满意度。 [\[矩阵滑动条\]](#)

行标题	平均值
Rating	7.62 [详情]
	小计：7.62 平均：7.62

第6题：Whether I am a reliable person.
我是否为一个可靠的人

Please rate the following scenario on a scale of 1 to 10.
请通过下列情景判断，以 1 到 10 的等级评分。

Think about a group project or a collaborative task where you have worked with peers or colleagues. Visualize yourself actively participating and contributing to the project, consistently meeting deadlines, and delivering quality work. Based on this scenario, please rate the extent to which others perceive you as a reliable team member on a scale of 1 to 10.

想一想您与同行或同事一起工作的小组项目或协作任务。想象自己积极参与项目并为项目做出贡献，始终如一地按时完成工作，并交付高质量的工作。根据这种情况，请以 1 到 10 的等级对其他人认为您是可靠的团队成员的程度进行评分。 [\[矩阵滑动条\]](#)

行标题	平均值
Rating	7.1 [详情]
	小计：7.1 平均：7.1