



Interview

Interviewer	Yusmen Kadir
Observer	Prakasa & Tanmay
Interviewee	Alinde De Zwaan Ifionu
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Interview Recording Link	https://drive.google.com/file/d/1SyRuO7eqg338wDJUjABUQLso4OEVZvV-/view?usp=sharing

**Questions: What insights are valuable to teachers?
Are there any existing measures for noise control in
primary schools?**

Method: Interview

Results

The participant named Alinde De Zwaan Ifionu is a 42 years old teacher from the town of Puten, The Netherlands. She has been a primary school teacher for 20 years and has a lot of experience. Despite her English not being that proficient she was able to answer the questions I have asked her and provided some valuable insights. It is also important to mention that our predefined questions were designed to interview PE teachers specifically, however during the interview we encountered that the participant does not teach PE classes regularly. Moreover I tried to simplify the questions asked as much as possible so that she completely understands and responds in English.

At the beginning of the interview she shared that she likes reading books , singing , watching videos & films and also playing games. Then she briefly described her typical workday at school. She advised that in the morning they always start with a short discussion with the kids about how they feel and if they need anything. Followed usually by a mathematics lesson at 10:30 and in the afternoon from 13:00 till 15:30 they have other lessons and sometimes PE classes.

The participant shared that every week on Friday kids need to attend PE classes however she is not teaching those classes as she doesn't have the needed qualification. Instead at

her workplace there are teachers that teach sports to the children. Several times she had an experience substituting a missing sports teacher though.

During PE classes, the participant mentioned that the environment is generally very loud due to the enthusiasm of the children. However, they become silent when the teacher explains things, but become loud again when they start performing activities.

The participant mentioned that football or group games tend to be the most noisy classes, while it is less noisy when they play in little groups. Generally she accepts the noise during the noisy moments and does not have big problem with it.

The participant was initially unsure about how to control the noise in their classes. She noted that it varied between PE classes and normal classes. When asked specifically about regular classes, she explained that they used paper traffic lights with green, red, and orange colours to help children concentrate better. She reported that the red light improved kid's concentration. She confirmed that the traffic light method was not used in PE classes.

The participant also noted that the paper traffic lights were effective and worked well in general.

Regarding sources of stress, the participant was asked if her stress mainly comes from the working environment or outside of the workspace. She said that it depended on the situation and sometimes the stress came from work, such as when they were busy with tests and reports, and some periods were very stressful.

The participant mentioned that she has a smartwatch, but it is not in working order, in response to the question about which wearables or devices they use during a gym session.

Regarding how the noises are affecting the quality of her teaching, the participant mentioned that she is very strict and the students listen very well. However, the teachers who replace her for one day a week, complain about the difficulty of teaching in a noisy environment.

Finally the participant was asked if she has ever used an app or any technical device to measure sound levels during classes. As an answer to this question the participant advised that maybe it is a good idea to use a potential smartwatch that measures sound levels in classrooms. She also mentioned that 20 years ago, she started teaching little children between 5 and 6 years old and it was difficult for her because of the noise they

were making. However, now that she teaches children from 9-10 years old, she said that she can make them more quiet and it is easy to control them.

Conclusion

The interview with Alinde De Zwaan Ifionu, a primary school teacher from the Netherlands, revealed that noise levels during PE classes can be a challenge, particularly during football or group games. However, the use of paper traffic lights has been effective in improving student concentration in regular classes which answered our question 'Are there any existing measures for noise control in primary schools?'. The participant also suggested the potential use of a smartwatch to measure sound levels in classrooms.

Recommendation

In the future schools may implement a similar tool like the paper traffic lights inside gyms to help PE teachers become more aware of high sound levels during their classes.