

# DATA COLLECTION

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## **Desk Research**

### **Secondary Research**

Desk research is done through reviewing others' efforts. It involves investigating a topic by using sources that other people have published, both digital and non-digital.

**Desk research on:**

Teenagers' use of social media in connection with bullying

**Results:**

Cyberbullying is different from traditional bullying due to the anonymity that the internet can provide. People can post what they like, be who they want and all behind a screen. Cyberbullying is easily seen and more accessible on social media sites just because of the social freedoms that the sites allow us to have.

Instagram is the social media site where most young people report experiencing cyberbullying, with 42% of those surveyed experiencing harassment on the platform.

When being online, many people can gain confidence that they may not have had before because social media allows us to hide things about ourselves. Social media has given a voice to everyone; even those whom may feel like they are unheard. Unfortunately, when it comes to allowing everyone to post what they may want, you may sometimes come across the pages or people who are negative; and that's how cyberbullying occurs.

From a survey that <https://www.dosomething.org> did shows about 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once. Also that young people who experience cyberbullying are at a greater risk than those who don't for both self-harm and suicidal behaviors and only 1 in 10 teen victims will inform a parent or trusted adult of their abuse.

## **Observation Research**

### **Primary Research**

**Observation Research:**

Observational research is captured in real-time, and is usually irreplaceable, for example sensor data, survey data, sample data, and neuro-images. You go to a location, take notes about your topic, pictures, video, recordings, and when you have enough information you start studying your results and what you have investigated.

**Observation Research on:**

A bus journey

**Process:**

I stopped and sat down at a bus stop and sat there for good 15 minutes. Next I took a bus down town that took another 15 minutes. In these 30 minutes I took notes, watched and listened to the people around me.

**Results:**

At the bus stop. People standing and waiting for the next busses, they are talking to someone in their phone, or scrolling through their phones. There is one weird man here, smiling to people and walking in circles. When it started to rain, there were a lot of people with an umbrella with them.

People walking out of a bus. They are listening to their airpods, some are running out in a hurry, some are old and walk really slow.

In the bus. People are standing, sitting, checking in and out which makes noises. Woman with a crying baby walks in. People are mostly watching through the windows, getting ready to get off the bus or simply scrolling through instagram or facebook.

There were a lot of different people that I saw these 30

minutes, young, old, happy, sad, in a hurry or just chilling. It was nice to take these 30 minutes and watch other people's lives and give them just good vibes if I thought they needed them, and a smile.

## **Interview Research Primary Research**

3 minutes transcript.

### **What is group floating?**

Group floating is as the word says, it is a float together. Group floating is a group of people of all ages, who come together in a comfortable hot pool, from 33-35 ° C and floats with the help of custom design float equipment with an instructor. The equipment is a float and belt over the thighs and is designed by Icelandic woman, Unni Valdís. The supervisor goes over various issues at the beginning of the conflict, including breathing, energy and confidence. The instructor monitors the float and moves slowly with the people so they can feel the stream in the water.

### **How long does one session take?**

The float takes about 30 - 60 minutes at a time but it is said that if you are floating for 45 minutes it is like 2 hours of sleep.

### **What people need to add floating to their routine?**

Everyone can interact and especially people who are dealing with serious illness. The environment is so quiet, there is no effort, just relaxation, you are floating and enjoying. The float is good for those who are under a lot of strain and stress and is common for those who want to experience this happy hour. Group floating is for everyone.

### **Interview Research:**

A interview research involves an interviewer, who coordinates the process of the conversation and asks questions, and an interviewee, who responds to those questions. The interviewer has the questions he wants to be answered and they should help him finding results to his investigation.

### **Interview research about:**

A hobby or an interest

### **Process:**

This was an interview conducted with my colleague's aunt about her hobby, which is group floating in water. She is an instructor in Iceland. It is interesting to talk and learn about this interest because it is not very common and a few people know that it exists.

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