Participant number 21 – Male, 19, Barking

Part 2:

Interviewer: Okay. I’ll leave that here if that’s alright with you.

Interviewee: Yeah, that’s alright.

Interviewer: Um, great. Thank you very much. So can we start by talking about box one please.

Interviewee: Yup. Um… in box one I put college, because I feel… sociely- what’s that say, sorry?

Interviewer: Oh, socially connected

Interviewee: So- socially connected at college because everyone I talk to on social media or I’ve got as friends, I play you know console with them. They all meet in the same place. That’s college. [Interviewer: mm] So, I would- even though I’m not messaging no more, texting them or calling them, I will see them face to face at college. So I feel like that’s- that’s why college is that one. [Interviewer: mm] Yup.

Interviewer: When you say face to face, can you tell me more about that?

Interviewee: Yeah it’s- it’s be- it’s better to have a face to face conversation with someone than a phone conversation or a message conversation. ‘Cause not only do you… do you see the body language, you see the emotion. Like on the phone call you could hear the emotion, but you can’t see it. So I- and I feel like that’s honestly- talking is only a little bit percentage of communication, whereas body language and emotion, they’re big parts of communication.

Interviewer: And how does that make you feel?

Interviewee: Um… um… it makes me feel… I feel like- I feel like that’s good. It’s- it’s… I feel like that’s good. As in… it’s- it’s not good to just always have phone conversations. It’s good to interact with the outside world, not just sitting in your room. I feel like not only is it good as in getting some vitamin D from the sun, but it’s also good to- you get opportunities when you go out and when you talk to- even new people, not necessarily talking to the same people. When you go and meet one of your mates and they’re with someone else, you would say hi and then they would go oh, I’m going here, do you wanna come? That’s a opportunity in my eyes, and I feel like you don’t get that over the phone. [Interviewer: yeah] You don’t get opportunities with new people over the phone ‘cause you’ve- you’ve never met them before.

Interviewer: Mhm. So basically what you’re saying is college provides that space where your friends get togheter, you can meet with each other on a face to face level [interviewee: mhm] um… you can- and- and that makes you feel good, seeing friends and… and- and others face to face essentially.

Interviewee: Yeah. Because as I said, you get opportunities that you wouldn’t have got before, [interviewer: mm] if you didn’t meet them face to face.

Interviewer: And where would you meet them if you don’t meet them face to face? Like how would you communicate with them?

Interviewee: It would be over the phone or over… like the mic in Xbox or play station… this world’s a very technological communicated world now. So I feel like meeting in person isn’t such a bad thing.

Interviewer: Mm. And how does it feel meeting um… how do you feel about the tech-savvy kind of world that we live in?

Interviewee: I feel like um… it sh- not necessarily shouldn’t be like it, but it should be less like it. I feel like it’s always good for someone to see someone face to face. Um… but… but the world it’s- now it’s just- it’s- it’s quite lazy. So picking up a phone and messaging someone or clicking call isn’t too hard than getting on a bus and- even a bus… I feel like walking somewhere isn’t too bad. Like I do- my- myself personally, I walk a lot. So not only does- do you meet people while doing it, but you find opportunities. Say like you’re walking and you look to a- at a shop that you never saw before. I would go in that shop and look what they got. That’s a opportunity. And you could take one of your mates there. [Interviewer: mm] So I feel like… I feel like technology’s a good thing, in certain aspects, but it’s a bad thing in others. Definitely.

Interviewer: You mentioned laziness. Can you tell me more about that?

Interviewee: Yeah. Um… I- I don’t necessarily think the older generation, but I feel like the newer generation is- is on the lazy side. Not many people’s pushing them to do the things that they want to do or encouraging them, should I say, to do stuff. People nowadays just… wake up- especially some of the people I know, they wake up, turn on their console and they’re on it all day. Go to sleep, wake up, do the same. In my personal opinion, that’s not living, that’s just… sleeping and- and waking. [Interviewer: mm] In my personal opinion, waking- uh living is waking up, going out, meeting people, having a good day, coming home, going to bed. [Interviewer: mm] So I feel like… um… laziness. Laziness is a big- is a big aspect to today’s generation.

Interviewer: Mm. How does that make you feel?

Interviewee: I feel like people shouldn’t be lazy. I feel like there’s no point in being lazy. You don’t gain nothing out of it. I know it’s easier to do [interviewer: mm] than not being, but where are you gonna be in the future by being lazy now? And me personally, I’m not lazy, I’ve been training to do lots of stuff for many years. And… I could- I couldn’t think of um… living another way. I couldn’t think of being lazy every day or not going out. Even going to play football, you meet people, so… I feel like laziness, it’s not needed. People shouldn’t be lazy.

Interviewer: Mm. Okay. Thank you. Um, is there anything else you want to say?

Interviewee: No, I think that’s it for now.

Interviewer: Okay. Shall we move onto the next one?

Interviewee: Yup.

Interviewer: Thanks.

Interviewee: Um in box two I put something that corresponds with what I put in box one. I feel like, as it- it also corre- corresponds with the word laziness. As in, I feel most lonely when I’m in my bedroom alone. Because I’m not talking to no one, I’m not out, I’m not making opportunities for myself, I’m not finding out new things about the world, I’m just not doing nothing in my room. And I feel like that is where I feel most lonely. Not only because there’s not people there, because I’m not doing nothing to… to uh… to benefit myself. I’m not- sitting in your bed, just on your phone watching YouTube or on Instagram, that’s not beneficial to you. Going out, seeing people, showing your face, that’s beneficial. So I feel like that’s- that- that’s where I feel most lonely. In my bedroom.

Interviewer: And so when you’re on your own, in your bedroom, um… and h- how- how does that make you feel? When you have nothing to do, or you’re not doing much, that you feel like is beneficial for you.

Interviewee: It’s definitely not beneficial, ‘cause when- when you’ve got nothing on your mind, when you’re just- when you’re bored, when you’re in your room doing nothing, it makes you want to sleep, because you wanna pass the time. It makes you want to… eat. It just- it makes you think of the lazy stuff to do. It makes you think of the stuff that don’t benefit you in the long run. It may benefit you there and then, but not in the long run. So I feel- I- I personally think the bedroom is the lonely- loneliest spot.

Interviewer: So it sounds like what you’re saying is um… you always wanna do something beneficial, [interviewee: yeah] you always generally speaking want to have people around you to talk to [interviewee: mhm] um…

Interviewee: If I was lazy and if I didn’t want to make opportunities for myself, I personally wouldn’t have signed up for this interview. But because I am- not necessarily I, but because I wanna benefit myself and- not necessarily make opportunities for myself, but just show- show that I’m not laying down in my bed and- that’s why I signed up to this. Because… if- if I didn’t I’d probably be at home right now in my bedroom.

Interviewer: Mm. Um… okay. Is there anything else you wanted to say about that?

Interviewee: Um… not necessarily. Just, I always feel like it’s good to have someone s- not necessarily sleeping in a bedroom with you but sharing a bedroom. So you’re not in a bedroom by yourself. I feel like when there’s two people in a bedroom, then you can actually talk to someone and- you’re still not making a ben- like the… the opportunities you are when you go out, but you’re still making- you’re not being lazy. So I feel like that is- that’s also another good point to add on to that. But other than that…

Interviewer: Um… so you’re saying that basically, when you’re on your own in your bed and you’ve got nothing- no one to have with you- to share the bed with you, that’s when you feel lonely.

Interviewee: Not necessarily share the bed, but even share the room. Just someone sitting on another bed or… you won’t feel lonely to the point of you can turn around and go so how was your day, what’s- what’s your plans for tomorrow. [Interviewer: mm] If you was by yourself, you couldn’t turn to someone and go how was your day. You’re thinking that all to yourself [interviewer: mm] and then you’re thinking well my day was quite lonely because I’ve been sitting here all day doing nothing. Just eating and laying down. So I feel like definitely the bedroom’s the worst- [interviewer: mm] the worst place.

Interviewer: And uh, I don’t know if I asked you this or not, but how do you feel about that? Being in your bedroom alone and saying that your bedroom is the worst for loneliness?

Interviewee: I’m passionate about that. I’m definitely passionate about it. Because that’s- that’s- that’s how I live. I wake up, I’m out of my bedroom. I’ll leave- I get in the shower and go downstairs. I will only go back in the bedroom unless I- if I need something for my bedroom or unless I’m going to sleep. [Interviewer: mm] Because, as I said, you don’t- you don’t benefit from being in your bedroom. You benefit from being out of it. [Interviewer: mm] So I’m passionate about that statement.

Interviewer: Mhm. Okay. Is there anything else you want to say?

Interviewee: No I think- I think that’s all of it probably for that box.

Interviewer: Thank you very much.

Interviewee: You’re welcome.