**Interview 34 Parts 1 & 2 – Female, 19, Tower Hamlets**

Key:

**I: Interviewer**

R: Respondent

**I: Thank you. Now we move on to the second task.**

R: Yep.

**I: So… This is just about basically choosing the place in your neighbourhood where you feel most socially connected and also place where you feel most lonely. Can we start by talking about what you put in box one where you find the place where you actually most socially connected?**

R: I feel great when I’m around friends who cares about me and listens to me. So like… Socialising with my friends, certain friends who cares about me, like, make me feel like I’m wanted and then, make me feel like I can be myself around them like, I can do whatever, you know. Just be myself, like they won’t care they won’t judge me or anything, saying… Make me feel great.

**I: So sounds like what you’re saying is, you feel more socially connected when you’re actually around your friends, especially those who care about you, who don’t judge you, you can be completely yourself around them…**

R: Yep.

**I: And how does that make you feel when you’re around them?**

R: They make me feel really happy, I feel better… I like being around them.

**I: Hmm?**

R: Yeah. I like being around them.

**I: And what did you write here? Is it OK if you read them?**

R: All of them? Yeah.

**I: Yes, please.**

R: ‘I feel…’ This is the first one. ‘I feel great when I’m around my friend, around my friends who cares about me and listens to me, and I feel connected when I’m in a party where I’m having lots of fun with my friends, like party as in birthday party, like celebrating something, casual things kind of party. I feel connected with people who listens to me. I like going to open places, like seaside, where I can get fresh air from… with my loved ones. My family, friends…’

**I: Just before we move on, when you say that you feel more socially connected around people or friends who actually listen to you, can you tell more about that, when you say ‘listen’?**

R: Listen so… For example, listening as in… If I say, ‘oh come, let’s do this’, ‘oh come, let’s do that’, kind of thing, and listening… Other things you can’t have any problems and I can discuss it with them and they tell me ‘you know what, don’t worry about it, pray and always be positive, and, you know, we’re there for you, so if you need anything I would hope that…’ that makes me feel really happy. Make me think like, ‘yes, I can rely on them’, kind of things.

**I: So you’re saying that having a good system of friends, network, where you feel like you can rely on them, where you feel like you can talk to them, they’ll listen to you, they’ll give you advice, can actually make you feel more socially connected.**

R: Mmh-hmm.

**I: Is there anything else you want to say about that box?**

R: Um… No.

**I: You mentioned some… ‘Seaside’, right?**

R: Oh, places. Yeah. So if I go to places with my friends like… Seaside, where I can get fresh air from, it’s nice, and especially during summer and all of us really like… Hot, feels nice. Going to explore the water and just like… sitting by the sun, make me feel proud and make me feel… Much better, having fresh air, then in new places. Especially I like water.

**I: You like what?**

R: Water. Like seaside, in the swimming pool… Especially when it’s hot, you want to have bath with cold water and you wanna feel cold water, so yeah. I like places, open places.

**I: Are there any seaside in your neighbourhood?**

R: No, it’s kind of far. It’s really… Yeah.

**I: Shall we move on to the next one? So, can you start by talking about what you put in box two please?**

R: ‘I feel lonely if I stay in my house for too long’, so whereas I’m… obviously I’m like working full time, so I don’t like staying at home that long. I like doing other things. And if I stay at home then, and if I don’t have anything to do, then I’ll watch films and I’ll feel like I’m really bored and… you know, I don’t have anything to do. But if I make myself busy with things then, I can get through it, through the day. But if I stay at home…

**I: Sounds like your home is actually where you feel most lonely. T**

R: No, if I stay at home for too long then… Yeah but obviously, talking to… I talk to my brothers, sisters, you know, my nieces and stuff when they come over, it’s nice. But obviously, when… If it’s just me, doing my work and, you know, I have nothing else to do in the house… Then yeah, I feel bored but at the same time I have… social media, I go on there and on Instagram, I see (unclear 0:46:55-0:46:56), I listen to music, I listen to… I watch films, I listen to the songs that I like… I do that. But obviously like, if you do the same thing over and over again then, you feel… Bored.

**I: So you associate boredom with loneliness.**

R: Why I feel lonely?

**I: No, I’m just trying to reflect what you’re saying is that… It seems to me that you’re associating being bored to feeling lonely, so when you find yourself bored, that’s when you feel lonely.**

R: Yeah. Like just putting it in that way, yeah.

**I: So when usually no one is around and you have no work to do, when you’re at home alone, that’s when you’re gonna feel like, alone and lonely. When your brothers and sisters are not home with you, your nieces and nephews… You mentioned social media. Can you tell me more about that? You use social media to prevent you from feeling lonely?**

R: Yeah… [yawns] Excuse me.

**I: Sorry?**

R: Talk to my friends on WhatsApp and… and on Snapchat, and on Instagram, I see like people’s story, I see a lot of people’s story, that’s how I… my time goes. I read quotes. I like songs, music that comes up on the news feed… see those… and I’ve (unclear 0:49:07-0:49:09) see news coming up, what’s going on around the world, I read them. I’m really interested in them.

**I: And how does that make you feel when you see your story or your friends on social media when you see people’s stories?**

R: Yeah, it’s nice seeing what they’re doing and stuff. If they go to places on their holiday and they put it up I see like… The new places and then… Obviously I just think to myself ‘maybe I can go to that place one day’, if I don’t like it I’ll just be like ‘no that’s not my kind of thing’. Then obviously I see the pictures and… Stuff.

**I: And you also mentioned watching movies at home.**

R: Yeah.

**I: When you’re bored, you end up watching movies.**

R: Yeah.

**I: Is that… Can you tell me more about that?**

R: So I watch… Sometimes niche films about more into Indian films. I like Hindi films like romantic films, and films like Prime films, where it’s really interesting to watch, is… It’s (unclear 0:50:33-0:50:35) film, I really like it, it’s interesting. I like… You don’t know what’s gonna happen in the film, then you find out it’s shocking, kind of films. I like those.

**I: And you also mentioned listening to music. You listen to music when you feel lonely or do you listen to music… whenever?**

R: Yeah… If I miss someone, like my partner, I listen to music, makes me feel better, and in general if I’m bored then I listen to music as well.

**I: So sounds like what you’re saying is you feel lonely at home when people aren’t around and you’ve got things to do, work at school, at work and things, but then you kind of keep yourself busy by watching a movie, listening to music, go on social media…**

R: Yeah.

**I: And how does that make you feel going on technology?**

R: It make me… Make me feel good. Make me feel better… My time goes more faster if I do that.

**I: When you say your time goes faster, can you tell me more about that?**

R: If I’m bored, if I’m on my social media or watching films, the film is like one hour long or sometimes three hours, two hours…

**I: Can we read what you wrote down here?**

R: Yep. ‘So I feel lonely if I stay in my house too long, I felt lonely when I… when people make me feel like I’m not wanted. I feel lonely in my college if I don’t understand anything, like if I don’t understand some sort of question and then after… I’m more don’t know what to do, I need to get my work done, so… I’m being an issue at the moment because I do go college, and I do… I’m working full time… And I’ve got lectures twice in a month.

**I: You’ve got what sorry?**

R: College twice in a month. Finish my… coursework and stuff. So yeah, if I don’t understand something, I do ask questions [yawns]. I don’t like asking too many times, if I annoy someone, then, might…

**I: So if you don’t understand something, and if you… You might feel like you’re asking them too many questions, do you just avoid asking questions and that can make you feel a bit sad or lonely?**

R: Yeah.

**I: Sounds like you don’t want to… You avoid asking questions because you don’t wanna be judged. You worry about what others might think of you.**

R: They might feel like, ‘I’m stupid, I don’t know, what am I doing’. So then at the back, at the same time I do get it. I do understand what I’m doing, but I do lots of research and… (unclear 0:54:19-0:54:20) if I asked my friend she helps me (unclear 0:54:23-0:54:25)

**I: You also mentioned that you feel unwanted when you… Can you tell me more about that? Do you feel most lonely when you feel unwanted?**

R: Yeah, I was saying like back in the days, when I felt unwanted, I felt lonely. I mentioned that.

**I: Yeah, you mentioned that, yeah. Thank you.**

R: That’s alright.

**I: Is there anything else you want to say?**

R: No.

**I: OK, thank you very much.**

R: That’s alright.