Interview 47 – Male, 24, Barking & Dagenham

**Part 2**

Interviewer:

Now we are at Part 2 of the study. Um, can we start by talking about what you’ve put in box 1. Thank you.

Interviewee:

I said, you know what, sometimes I feel like I need social media so much that I spend at least 75% of my day on it. I come to barking sometimes after work to see friends around the neighbourhood, to chill and relax and have a couple of drinks. Feel good.

Interviewer:

Hmm…So, when you say that you know you spend time on social media, can you tell me more about that?

Interviewee:

Yeah, that’s obviously when you’re at home. I’ve got an iPhone and you know I’ve got Instagram, snap chat and those things and go on Instagram to see what’s going on around the world – seeing pictures and videos and stuff. Yeah.

Interviewer:

And how does that make you feel when you’re on these social media platforms?

Interviewee:

Sometimes I have a laugh cause you see a funny video from some **dext 38:18** country and it’s just funny. You can see a, you need to see someone getting chased down by a monkey or something and it’s just funny you know. And that could just be for me just being down all of a sudden and pull out my iPhone and literally just press Instagram and a first thing I see on the newsfeed can just make me laugh. So, yea, literally, I literally spend most of my time on my phone.

Interviewer:

On social media?

Interviewee:

On social media. Literally. Cause I’ve got quite a lot of apps as well so, you know.

Interviewer:

Uhum.

Interviewee:

It’s alright. Plus, it’s nice to be updated. Yeah.

Interviewer:

And, in terms of interacting with your friends, cause social media can be a way to chat with friends, right?

Interviewee:

Yeah, of course.

Interviewer:

Do you engage in sort of, sort of

Interviewee:

Chatting?

Interviewer:

Yeah

Interviewee:

Yeah, of course, of course. I do dating apps too.

Interviewer:

Uhum.

Interviewee:

Yeah. Definitely.

Interviewer:

Sounds like what you’re saying is social media keeps you up to date, keeps, makes you laugh and makes you…

Interviewee:

[Interrupts] makes you socialise and connect with people as well around the world, not just your neighbourhood, anywhere. Literally. It’s good.

Interviewer:

And what did you right at the second bit?

Interviewee:

I come to barking sometimes after work to see friends around the neighbourhood, to chill, relax and have couple of drinks. I feel good.

Interviewer:

Uhumm. So basically, so sounds like what you’re saying is meeting up in the nieghourhood with friends for drinks can make you feel good and socially connected.

Interviewee:

Definitely. After a long day at work, you don’t want to go straight home, especially when the home aint no, aint good, like it’s long, you come here, at least you can relax a bit you know, have a laugh, have a drink, you know, it’s cool.

Interviewer:

Sounds like you like that having a laugh, and just catching up with friends…

Interviewee:

[interrupts] Definitely. I don’t want to be lonely and I don’t to be miserable all the time. Trust me, work is, when you’re at work you can’t be having a laugh especially when your supervisor, manager is on to you. Any little thing that was ‘get back to work’ [the interviewee here is referring to his manager saying ‘get back to work’]. You know. Go there, be professional, finish the work, come out, meet a couple of friends around the neighbourhood and have a good time.

Interviewer:

Uhum. Sounds like that’s your free time that you can really enjoy, yeah.

Interviewee:

Definitely. I mean back then when I never have a job, all I did was to hang around with the friends and chill, you understand what I’m saying?

Interviewer:

Uhum.

Interviewee:

So, now you go to work, be professional, finish it off, come down, kick back, go home and relax.

Interviewer:

Uhum…and when you said you don’t like to be home, this is part 2, so maybe you can, is there anything else you want to say about box 1?

Interviewee:

I drew, I drew, you didn’t ask me about the pictures. The pictures is basically when I say I come around the neighbourhood and, and chill with friends, this is just friends around [laughing].

Interviewer:

Oh nice.

Interviewee:

That’s what, you know what, I’ve written more than drawing cause I obviously I’m not really good at drawing but yeah those are just they’re little friends around [referring to the drawing] chilling.

Interviewer:

Yeah, it looks cool.

Interviewee:

[laughing]

Interviewer:

So, basically, you just, this shows that you like to chill with your friends…

Interviewee:

[interrupts] yeah

Interviewer:

And yea,

Interviewee:

Just having a good time.

Interviewer:

So, yeah, just to, just to summarise what you’re saying, sounds like, you like being connected with people both in person, have a laugh…

Interviewee:

[interrupts] and on social media.

Interviewer:

And on social media, which makes you feel good and connected.

Interviewee:

Yeah, definitely.

Interviewer:

Is there anything else you want to say about box 1?

Interviewee:

No that’s about it. It’s all good.

Interviewer:

Um, thank you. Can we talk about box 2 please?

Interviewee:

Alright, I said, um, the place you feel most lonely and I said at work and at home, sometimes. And then I drew a picture as well with just one person, which is supposed to be me, windows there, the bed, and you know that’s about. So yea, obviously, at work, cause you’re being too professional, you’re all professional, you’re lonely because, me, for example, I’m all professional, professional and when I’m at home, on my day-to-day life I’m spending 75% on social media. So you can imagine what I’m like when I’m at work. I’m bored and miserable, I can’t wait to get out [laughing]. And then at home, you’re miserable already because you’re, you’re thinking about how you’re going to go to work and be another miserable person, so both places, you just wanna go out there, and just chill and kick back with a couple of friends, have a drink. Cause then, if you’re miserable, one of them will ask you, ‘yo, what’s wrong? Why are, why are so quiet all of a sudden? Why are you so quiet?

Interviewer:

Uhum.

Interviewee:

And you’d be feud. You’d say it. Like, you know what, this is that, this that or you know what, ‘I just had a long day at work, you know.’ And your friend would be like ‘yo, relax man’. It is what it is, you have to work, if you don’t work, how are you going to get this money? Go and work. Well, at the end of the day you finish work, come and relax, don’t be miserable, don’t go straight home and feel like the day is done. Naw, you come kick back, have a laugh, go home and just rest. You know.

Interviewer:

What is about home that makes you feel lonely?

Interviewee:

You know what? My home, I don’t have TV, I don’t have a play station, if I don’t have a TV, I can’t have a play station, I’ve literally just got a bed and obviously that’s because of personal shit you know but you know it’s still something, but yea very lonely actually. Exactly how the picture is [referring to the drawing he made] just me, a bed and you know, but yeah.

Interviewer:

Sounds like, um, what you’re saying is if you had some sort of entertainment in terms of play station, TV can make you feel…

Interviewee:

[Interrupts] oh yeah, TV at least. I’m not asking for everything but TV at least, yeah. How do you think I spend most of my time on my phone? I don’t have a choice [laughing].

Interviewer:

When you said that sometimes you’re at home you’re thinking about work, can you tell me more about that?

Interviewee:

Yeah, obviously, I work four days a week so and obviously at the same time with my kid I gotta pick him up from school and that what, that’s that. When I’m, the other days of that I get, like for example, today I’m off, tomorrow I gotta go get my son from school again on Tuesday cause it finishes. Wednesday I’m back to work, so my tomorrow when I’m at home I’m already thinking about the next day that I go to work that I gotta go to work so I’m already feeling down like you know what my day off is done already cause I gotta get back to this shit so yeah, that’s that. But you know it’s part of life though, it’s part of life, I’m just saying, when I’m at home I’m thinking of the next day I gotta go into work I’m thinking **God damn it 41:45.** I want to call in sick [laughing].

Interviewer:

Sounds like what you’re saying is um at home you feel lonely because you don’t have TV, you constantly find yourself thinking about work which you don’t necessary like.

Interviewee:

Yeah, literally. And then you know, you can’t be inside all day. You step out, you meet up with friends and then chill.

Interviewer:

How does that make you feel you don’t, like, how does that make you feel about your job?

Interviewee:

First of all I have to work [laughing]. But you know, as much as I feel like you know what, as much as I feel lonely that I can’t say I’m at work, I have to do it, so it is what it is, it’s life, I just gotta move on with it. So, in terms of how I feel, it’s alright, it’s life, can’t feel another way about it otherwise if I feel so bad about it, I’d say to myself ‘don’t do it’ but I have to do it, I have to work. Maybe you might just, maybe if I could change the job then you know something more entertaining then something more me then maybe yeah…feel alright. But for now, I gotta hold on to that so yeah, it’s alright.

Interviewer:

Sounds like your job doesn’t make you happy.

Interviewee:

No. It’s a warehouse **‘something’ 43:22.** Carrying boxes and stuff but you know, its still a job, so yeah.

Interviewer:

It sounds like you don’t have a lot of laughs…

Interviewee:

[interrupts] Nooo, not at work. Not when you’re lifting stuff acting professional and you know. Definitely.

Interviewer:

At work, you don’t necessary have the entertainment that you want, as in play station, TV.

Interviewee:

No, at work you can’t have that.

Interviewer:

No, not at work, I home I mean.

Interviewee:

At home, yeah [laughing]. Yeah, no, I don’t.

Interviewer:

And you find yourself that you’re thinking about ‘oh now that I have to work tomorrow’ and that kind of stuff.

Interviewee:

Yeah, the day is over. Back to the same shit.

Interviewer:

Is there anything else you want to say about box 2?

Interviewee:

Um, I be in a better place soon [laughing].

Interviewer:

And is there anywhere specifically in your home that you feel most lonely?

Interviewee:

No, not really, just the home in general.

Interviewer:

Uhum…..anything else you want to say?

Interviewee:

No, that’s it.

Interviewer:

Thank you.

Interviewee:

It’s alright.