**Male, 18, Hackney – Interview 6 – part 2**

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For the first box, the place I most feel socially connected in my neighbourhood is probably the, just the market, um that might sound like a weird place, but there's so much exciting things happening in the market, so much cultures, so much cuisines, so much… um clothing and it's just, just crazy, like thinking about it, um, I feel like the, the local market just could make you feel so connected in a way you can never feel. Um, I feel like being in London, in general, that's another way you cannot feel lonely because there's so much cultures and so much experiences within people that can just, just, just makes you feel connected like on, like on another kind of grand scale. Um… even if you walk through the market on your own, just experiencing a person's trades, they were just screaming ‘fresh fruit’ or just speaking another language, you might even not know what they're saying, but you feel a sense of connection because you're in a place where everybody feels belong, a sense of belonging, if that makes sense, there's no kind of um, there’s all diversity and no kind of exclusion.  So, you’re saying that, you know, that diversity of cultures, you know, makes you more connected. Can you tell me more about that?  Yeah, so, being, being in a diverse, diverse neighbourhood, I feel like um, the, it makes you feel connected because there's so much different pathways and there’s so much different people, which are comfortable. I think comfort is such a huge way of feeling connected, if someone feels com-, comfortable in the surrounding, then it just makes it so much easier to feel socially connected because then you're more able to speak to someone on the street or say good morning, you’re more able to maybe ask for directions. I think um being comfortable in a place where’s all diverse and all different, can make you feel connected as well.  So being comfortable with people, you know, seeing people from different cultures and backgrounds can, can make you feel more connected. Tell me more about the comfortableness.  I think the comfort stems from… your surrounding environment and within, um I think, if, if you're comfortable within yourself, then you're comfortable with others. That's a huge thing today, a lot of people are not comfortable within themselves, so then, they, they don't like this kind of way of life for others. So, I think be, growing up in a place where you're exposed to so much different, so much different things, culturally, racially, you're able to be more acceptant and then you could be, then therefore you can be acceptant within yourself as well, or, yeah, I think, I think being, being exposed to this kind of diversity, can make you just feel like a sense of belonging as well, um and kind of, again that kind of sense of relation, so yeah.  Hmm, okay, is there anything you want to say?  Um… yeah, just be-, again like just being exposed to different things and new things, can make you feel connected because, again you, when you walk through a market, I think the market is a perfect example, now that I’m thinking about it, because you've got different languages, different foods and different clothing and you find these clothing at the other side of the world, your finding it on your doorstep and I think that, once, like with me, when I reflect on that, I feel connected just, I feel more connected than ever because it's the idea that you're being exposed to a different lifestyle, You’re, you, you're given the chance to be exposed to a different lifestyle, which can make you feel more, um… more intrigued to what they're doing like in London, if that makes sense, and then that's when the social side comes to, where you can, you can, you can feel connected with other people because you can, you can be able to talk to them or just learn from um what they're doing as a, as a job, just watching them.  Okay and how does that make you feel?  Proud, that's what I'm feeling… proud like you can, you can stand tall and say that you're, you’re surrounded by, you can feel connected and surrounded by a place where, where everybody can feel welcome. I think that’s, that's the best feeling to just feel proud.  So, feeling welcome is what makes you feel connected in a way.  Yeah.  Okay, is there anything else?  No.  Can we talk about what you’ve put in box two, please?  Um, even though the park is a crazy place as well to do with culture and stuff, you can fell that lonely as well: I think most of the times when I'm walking through a park by myself and listening to music, I don't think, again, I don't think it's feeling lonely, but you can, it gives you a chance to reflect on a, on a, on a different level, so, um sometimes I might walk through a park and there's so much things happening, the kind of same laughter, and, and variety I might find in a market, yet when you walk through a park and you just see trees and nature, it gives you more time to reflect on life on a, on a different scale, which can then lead you to feel lonely, but I, I think a park is different to a, maybe a market, because a market, you're just experiencing live-action just intensity, while when you're in a park, you might be peaceful, you're more exposed to the, like the greenery of the world and even though it might sound weird, you’re more exposed to life itself like true, like, like, life in its purest than what life has become, so I feel like that's when you can start reflecting on um how you feel and if you feel lonely, yeah, so I feel like park is where I feel most lonely.  Tell me more about when you said that, you know, it’s the most purest.  Yeah, so um the thing with a market, you, you can feel connected because you or I feel connected because I understand that we've all come from a certain background or a certain part, however, you’ve got here, we've all got here at this time, working and experiencing life as it is, with a park because there's like, maybe fields got um plants, trees, um so you, you can reflect on life and on a different way, um you can reflect on why, like you can reflect, reflect on its beauty, this nat-, um there’s naturalistic element more than social, so then you start reflecting on its beauty and then you start thinking and wondering, or I start thinking and wondering what has, like what was life and what has it become, so then that kind of reflection of a deeper meaning, sometimes you can turn to being, feeling, feeling lonely, just, just because you're in a state of mind where you're just really thinking about life.  Hmm, so you're saying that being in a sort of park, environment, nature gets you to think deep, more deeply and, and that can lead you to feeling lonely.  Yeah.  Tell me more about that deep thinking.  With this kind of deep thinking, again like, so um with me, I'm just, all I’m thinking about is walking through the park and listening to music and just taking in the atmosphere, um taking in the atmosphere, um understanding that there's, the, the, like the wind is blowing a softer way or the grass is green or is just, there’s, in different types of the season it might be brown or green, just understanding all of this kind of aspects of life, it makes me feel that um, again, you can feel appreciative but then you can think ‘why’ and I think that's a lot of why you feel lonely because you don't know, so I think this kind of, this, this question of why or what if, or, and just um relating it to, to nature, you start thinking about, thinking about it with yourself, I think that's a com-, again that's why you can feel the sense of comparison, um talking about comparative, I think just that small comparison of why or what if, you start just talking about, just thinking about it in a sense of nature and grass and why the grass is green, you start thinking like ‘Why am I, why am I here?’, ‘Why am I not with friends or something like that?’, I think that small comparison with young people today can make them feel lonely, well, make me feel lonely this way, but that’s how your thoughts wonder, so yeah.  Tell me more about those ‘what ifs’ and ‘why’s’.  Um… to do with myself or just in general?  What did you mean?  So when you say, when I walk through a park I might think ‘Why, why is, why is it, why is the grass greener today?’ or why is the, the trees’ bear or something like that, you just, you just wonder, but then you start thinking to yourself like ‘Why, why am I walking through the park by myself?’ like it's just them silly questions and then you might think ‘let’s look on social media’, while you're walking through the park, where my friends are and I'm not with them and then that kind of chain… reaction of asking questions leads you to feeling the state of loneliness, I feel like when we don't know the answer to something, we start feeling a world of emotions and that world of like, world of emotions kind of is what loneliness is um and I feel like, that again, to go back to what I was previously saying, after you understand why you feel that way, then you can begin to realize you're not lonely, but when you when you're walking through the park and just experiencing all of these questions on your own, then it leads to feeling um lon-, like the sense of loneliness.  So, you’re saying that when you’re walking in the park and then, and um, and you might pick up your phone and then see that, you know, some people are there and you're not there. Tell me more about the park itself that makes you more prone to feeling…  Because again the park is so, it could be so quiet at times and so packed, um… the way I can relate to is or think of a kind of setting is say you're walking enjoying or questioning life, and then you look on your phone and you see your friends enjoying life, then you look around and you see people enjoying life because it's a park and you start, you know like that kind of again that chain reaction, you start thinking ‘Why, why am I not enjoying life?’ or ‘Why am I not enjoying life as other people are?’ That's, that, that's the key, that's, I think that's what the main thing is… comparing yourself, so you've already compared yourself through the phone and then being in a park comparing yourself to others in real life, in real time, it can make you feel worse, it can influence yourself even more to feel a certain way of loneliness.  So, you’re saying that when you’re at a park you tend to have a tendency to reflect on things.  Yeah.  Be it on your phone that you compare yourself, be it on, for example, outside of social media… tell me more about that outside social media.  Um well, get outside social media to some is a scary place, not to me because I'm quite open, but, so I know social media is kind of a show, it just blinds so many people to make, to make them feel a certain way, well just to make them feel happy or despair about themselves. There's so much, so much things social media can influence and I feel like once you step outside of that it could feel, it could feel nerve-racking because you can't, you can't do stuff in the clicking, in the click of a button, you can’t get to know people or deal with people just by like deleting them or blocking them, like you have to face with real life struggles, which is understanding how they’re, they’re speaking to you or the tone in which so, even though it's just common human interaction, a lot of people don't know what to do and I think that once you understand that there's more to life than just blocking people, that there's a whole process in you getting to know someone or getting to um talk to some, like talk to someone like or, or just sharing emojis and there's more to, more to that than I think that, that, that sense of, that pressure it just goes. And I think that that’s what's happening with young people, but a lot of older people like just learn, learning, as you get older you learn that there’s more to life than social media.  Hmm, thank you. Is there anything else you want to say?  No.  Thank you. |