Interview 7 part 2

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Yeah, um… so for the first box I said that the place where I feel most socially connected is at home, um yeah and I said this because at home, like I'm such a family orientated person, I love being around my family and that because I live with my mom and my brother, so being at home is just my comfort really, um my dog as well, I just love, I just feel that at home is where I can be my, be myself and just be connected to what I love and obviously at home, as well, I have my phone, my laptop, I feel like social media wise I’m more socially connected, at home is where I meet up with like, I mean I like meet up with like my friends, they come around, it’s just like my like Safe Haven where all like my connections happen with the people I love.  How does that make you feel?  Good and happy, and… just warm, a warm feeling, every time I spend time with my friends and family just literally lifts my mood, um I feel quite like grateful and it makes me like focus on all the good things in life, and it's also like… it's just comforting to know that I've got good, a good solid system of family and friends around me that like care about me, cook for me, yeah.  It seems that you like the idea of, you know, being with people who care about you, being with people that you care about, that, that sort of, those relationships contribute to your social connections and make you more socially connected, is that correct?  Yeah, yeah.  Um… and, um, so when you said like your friends and so on, um can you tell me more about that?  Yeah, um so, well, now that my exams are done it’s going to be happening a little bit more often, but even if my exams were around like because we wouldn't see each other that often, like normally every other weekend all come around to my house, we would like play games or watch films, watch YouTube videos, order food or go out, or just do different things where like my house is always like the, the hot, not hot spot, but like everyone always meets at my house, so it's nice because we all come together, kind of like, because now exams are done, so this weekend or next weekend we're going to like celebrate at my house as well, again my house is just like the hub for all the celebrations.  And, and how do you feel about that?  Good, good, I love it, I love having my friend around, especially because after exam season kind of got disconnected from my friends, like the majority of them was, the ones that weren't doing exams didn't really understand what I was doing, the people that did have exams were again focused on their own exams and what they was doing so I felt really like disconnected from them, especially my best friend, but now we're all kind of finished, well one of, one, my best friend has one exam left, again, now we’re all kinda out, we’re all talking again, like regular and yeah… it's a good feeling, it's a good feeling.  Thank you, cool, cool. Do you want to say anything else?  Hmm, no, I think I said everything.  What did you write here?  Um, family and fun, social media...  Can you tell me more about social media?  Yeah, um so yeah, so I've got my iPad, my phone, I've got like lots of like different networking apps, so I feel socially connected to everything and everyone, really from like celebrities to n-, like outlets and like friends from across the country, to just kind of keep in touch with everyone, to keep in touch with my friends that I have now left, people are going off to university, it’s just, it’s just, using social media I can basically just keep connected to everyone and everything.  Um… so you like the aspect of being connected with people through social media?  Yeah, yeah.  And um, and um, tell me more about the feelings you get when you go on social media.  Hmm… I get mixed emotions because social media can be positive and negative, because, positive in terms of keeping me in top, like keep me updated on everything, on news and everything like that, speaking to my family members, sometimes, that I haven’t seen in ages, it's just a quick and easy way to just ‘Everything okay? Yeah, yeah, yeah’, like during exam season like my family members were checking up on me, just quick text messages here and there like wishing me well and stuff like that, um so there are positives to it. And, again, keeping in touch with my friends, but there are negatives to it as well, so like when you go on Instagram and stuff like that, there can be a lot of like fake portrayals of reality and that can kind of distort the way you see yourself, your goal and things like that. There's also a lack of love like negative news as well, like all the negative things get aired more on social media than the positives, so that can also affect the way you think about things and also there’s like a lot of like hate messages, you get like, you get like cyber bullies, you get like trolls and stuff like that. So that side of things ain't that good, but generally speaking I'm quite careful with how I manage my social media, who I follow, who I talk to, so it's not an unpleasant feeling when I'm on social media, it's normally good.  You mentioned a few things that um, you mentioned that when you go on social media you, um, you see a lot of fake portrayals.  Yeah.  Hmm… can you tell me more about that, please.  Um, so, like, for example, with, the social media, media networking sites, where like you can post pictures and stuff, a lot of the pictures you can edit, you can do, what's it called? Photoshop, you can do, you can just do anything that you want to a picture and it will make it look like it's reality, when it’s not, and again that just like installs these fake ideas of the ideal, when it’s not even real. And then you see it in my generation a lot, like you got a lot of girls especially, might be boys as well, but I know with girls especially, girls aspire to look a certain way or have certain features and I just know that it's a, the reason why a lot of girls feel that way, a big product, is a big product of social media and what we see and what’s just given to us as for the ideal person or what the ideal look is, it can just be fake a lot of the time it’s fake.  You mention that when you see these fake portrayals, it makes you kind of question about yourself…  Hmm.  Can you tell me more about that as well, please?  Yeah, so when you, these fake portrayals, fake, the majority of them are, so like when you see girls especially like with certain body type or certain facial structure, certain hair, certain clothes, all these certain, certain, we call it like luxuries or things that like you admire, that like you want that can make you like second-guess what you have and that question ‘okay, well, I haven't got this, so and this or I haven't got a body like her’ so that could make you feel like less of a person, ‘I haven't got those shoes, so I feel like I'm not good enough or I’m inferior’ or just all these negative feelings, just because someone’s Instagram has like portrayed a certain lifestyle. You see that a lot with like girls, so like when you see girls like post pictures, they would like blemish, I don't know if it's called blemish, but they’re all like, I think, I think, yeah they fix the blemishes on their face, yeah, they fix most of that, they're all like blur a couple of spots, just make their skin look extremely clear, body extremely slim, all these like positive aspects, but they're not real, they’re like digitally, digitally created and it’s like we, a lot of young girls will look at that now and think ‘Oh, but she's so perfect, she has this, this, this and this’, but it's a fake reality, it’s a fake, it’s like a, it's a constructed um reality, so yeah.  Okay, um… I don’t know if I asked you this or not, but like when you see other people, for example, having the things, how does that make you feel?  Hmm… I feel like, sometimes it can be a bit up-, it can be upsetting, it can be, you can almost be, I don't even know if it's an emotion, but it can just be a, like just a general thought of ‘Oh, you're not, you're not good enough’, like I might, even if I'm not consciously saying it, it will be like a subconscious thought that I just have to repress because like you just see something and cause you ain’t got it, you just, I just almighty feel like they're better than me or I'm not, I'm not, I'm not pretty enough to be accepted or I'm not this, I’m not that, so, and obviously those thoughts there can just spark feelings of just like being upset and angry, just a bit like, just a bit hope, like a bit of hopelessness like, ok like, yeah, I haven't got that so what’s the point, yeah.  Thank you, is there anything else you want to say about that box?  No, I think said everything.  Okay, can you talk about what you put in the second box, please?  Yeah, I put, for the place where I feel most lonely, I put school and again I'm speaking from my most recent personal experiences because that's where I've sat my exams and when you're in an exam hall, especially like, honestly, when it’s just you and your exam paper, it was just such a, it was a lonely feeling, it was like ‘Oh, no one could help me, I can't ask for help’, no one like obviously people are sitting a paper as well, but it was actually just me in that room, on that table, the paper, just me and the papers, it’s gonna be me getting the grade, that definitely made me feel like just alone in the way that I was thinking and obviously like at school as well, everyone's just kind of just doing their own thing now, like before there was more like of a collective feeling in the year group, like with my friends and stuff like that, but as exam time approached, everyone kind of like disintegrated and like obviously I just felt a bit disconnected from my main friends, obviously we all had different exams to focus on so, yeah.  So, when you have, for example your exams and you’re sitting a paper, what feelings do you, so can you tell me more about the feelings you get?  Hmm… anxious… scared \*pause\* alone, worried. I just always, you just feel a bit like, because you feel so disc-, because you feel so disconnected from people and then on top of that you feel a bit alone with what you're going through, those two feelings combined can just leave you feel like, just a bit confused as well like yeah, it's just extremely confusing, on top of the fact that like you’ve got so much work to do and then my, you’re sleep deprived, so you’re feeling a bit distracted as well. All these things that come together can just leave you feeling just a bit like discombobulated, yeah just a bit like all over the place kind of thing, yeah.  Thank you, what was the word you mentioned?  Discombobulated, yeah \*laughs\*  Thank you. Is there anything you want to say about that one?  Hmm \*pause\* I said exams, revision, grades, spoke about stress. Um… I put there as well friendship groups; I just spoke a bit about that. Yeah, just highlight some time, sometimes with friendship groups as well like, can be a bit like, with me, because I'm quite an independent person again I don't really feel relying on friendship groups, before what I have seen like my experiences of like having certain friends that have been quite dependent on certain like friendship groups that I'm in, or whatever, sometimes you can feel a bit like ‘Oh, if they're not hanging out with me then oh, I'm alone or if I don't, I'm’ they can just feel like disconnected from whatever is going on in school or whatever is going on in the group, just yeah, if certain, if things on, I don’t know, it’s weird, it's weird, school settings can be really weird, with friendship groups anyway, because everyone's got their group of friendship going on, so it’s like when you're involved, involved and connected, but when you’re disconnected and you're not really like in with what everyone else is doing it can be a bit like, can be a bit, from what I’ve seen it can just be a bit like up-, upsetting, feel left out, feel a bit like, it’s a bit rubbish, yeah.  Um, so when you're with your friends, um you might feel disconnected, did you say?  Um…  Or most lonely or when you feel like something, when you’re with your friends, you, you said, you might experience loneliness.  Hmm, yeah, when I’m, when I’m with my friends, because, I have different friendship groups, when I'm at home, like my best friends, my closest friends, like friends that I consider like family, I never really, I don't feel alone when I’m with them. Like when I'm at school and stuff and you have a completely different network, like they’re completely different environment, um this, the whole set up of the friendship is different, so like the things you do together like spending like school time together, working together, just a different, I’m just friend with people for different reasons. So when at school sometimes, like there have been times where like, like, I don’t know, one person stopped talking to another or I had an argument with someone, and there'll be times where like the whole group stops talking to someone and you can just feel a bit like disconnected from people, disconnected from what was going on and al-, because when in school it’s like a whole separate network of people so it's like what happens in the school like you keep on updating that like outside of that, if you’re not, if you’re not actually involved and just a bit disconnected from whatever is going on in the inside, so yeah.  Tell me more about the school environment.  Hmm, my, my year group was quite a close, like, there wasn’t, there wasn’t that many people in my year group, it’s quite a small cohort, um it's quite divided, everyone had their own kind of set of friendship groups, I had my sep-, like four five, friends that we kind of like stuck together most of the time. Um…  Yeah, and then I haven’t got any friends that I'd like take on and I’d like keep forever, well, yeah, we kind of experience the whole exam season together, um kept in touch, just wishing each other well and stuff like that, just trying to, attempting to support each other during exams, but we was all kind of focused on what we was doing individually, but we still try to like keep each other like supported when, if any other fell, if any of us was too stressing, like over-stressing we’d try the hardest to like keep each other up. Um generally school, school’s okay, I think when you go to school and you're focused on what you're learning, the social side of it doesn't really matter, like I'm quite, I’m a person that I go to school to learn, not to make friends, so it’s that even the friendship that come with it, like, it's nice but it wasn't, it wasn't gonna make or break my school experience, because when I was in school, I was going to school to learn, but I know there's other people that sees the school environment as like a big social setting and it’s like if you're not involved, or part of that, then it can really affect the way that you feel and you can feel really like excluded from everyone. In the second year of my A levels, I didn’t really, no one really felt, like everyone was just so like focused on their exams, so the social side of school kind of just got like, a bit like dismissed, yeah.  Thank you, is there anything else you want to say?  I think that’s everything.  Okay.  Yeah.  Thank you, I’m just going to stop the recording. |