

# DATA COLLECTION

# Desk research

## Description of desk research

Desk research is a method where you collect all the information about the given topic as possible. You can collect the data on the internet, in books or articles – or wherever you can find data about the specific topic.



## Describe your topic and what you found out

I researched how Virtual Reality (VR) affect elderly people with dementia. I found a study where a professor studied 8 people with dementia in different states. The scenes the 8 test persons saw in the VR were different outside environments, like a countryside, a sandy beach, a rocky beach, a cathedral, and a forest. The environments helped some of the participants to recall old memories, like being on a beach on a vacation. The dementia patient's mood got better and has improved their life quality.

The study needs more participants and to be conducted in different places for the professors to collect hard evidence. The study also needs to be conducted over longer time, so it will be possible to see what or if there are any long-term effects. The study has been on improving the dementia patients' lives and not about improving their memory.

# Observation research

## Description of Observation research

Observation research is a method where you look at how one or multiple things react and behave. You can observe one person, multiple people or how a flower is growing. Some of it you can do with your own eyes, and some of it you would need some instruments for – e.g. when watching a flower grow you would need a camera, because it takes a lot of time.

## How I conducted and what I observed

I was watching my sister working on a design process, drawing bags from different shapes. She was at her school with one other student. It was in a big room, filled with drawings, paintings and collages on the walls for inspiration. The tables were messy from the other pupils, who had been working on their project earlier in the day. The two students were listening to instrumental music and barely talking to each other. When they did, it was to compare how they each have executed the assignment. They were very focused on what they were doing.



# OBSERVATION RESEARCH

# Interview research

## Description of interview research

Interview research as a method is you sit in front of another person and have a conversation based on beforehand prepared questions. In a formal interview you only stick to the questions written down, and in an informal one it is okay to follow where the conversation is leading, and ask questions related to that.

## How I conducted and what I found out

I was in my room in my bed with my sister, Nanna, so she would be comfortable with the situation. She was lying down, I was sitting up. It was in the evening and we were eating candy. I had my questions on my computer, but I also asked her questions that I thought of during the interview. I discovered, that my sister doesn't use as much time on her social media accounts as I had imagined. I got her to elaborate on why you shouldn't scroll on Instagram in the mornings, something I have heard talk about before. I learned that she uses Facebook primarily for work, Messenger for her friends, Snapchat to keep a streak and Instagram to scroll and find inspiration.

## Transcribe 3 min

**Astrid:** We were discussing something with Helle about why you shouldn't scroll in the morning because it would make your day worse because you look at all the picture-perfect profiles and you can't live up to that. By not scrolling and thereby not seeing these profiles, you day will get better. Is it true, and is it something you still live by?

**Nanna:** That's true. I don't think about it, I'm not bored in the morning and I scroll mostly when I am bored. But I think it is really important to teach kids not to scroll in the morning because you will feel negatively about yourself if you scroll.

**Astrid:** But doesn't that depend on who you are following?

**Nanna:** No I don't think so, because everybody is posting the most perfect stuff from their life, so no matter if they are model thin or if they just have nice clothes or maybe they are going on a lot of vacations or maybe they went out for a nice dinner, but you don't really post regular everyday stuff. I wouldn't post a picture of you know, for instance.

Today I made an Instagram story where I posted some of my work from school, but I also posted the best drawings I did - I didn't post everything. So, I think it's really important to have that in mind when you scroll, that even for the perfect people on Instagram the pictures you see are the most perfect for them.

**Astrid:** okay, thank you. Do you think that you use too much time on social media?

**Nanna:** Now that I just saw that I only spend not so long, 30 minutes in average, I think that's okay. Because I'm not doing it when I'm with anybody else and also, I do it a lot to find inspiration for when I'm in school. When we have a project, I'm searching different hashtags to see what other people did in the same category.

**Astrid:** Do you like the amount of time you spend on your phone?

**Nanna:** On my phone, no, but on SOME, yes.

## Important insights and quotes

- You should not scroll in the morning because it will make your day worse since you will compare yourself to other people's perfect lives on their social media.
  - *“... I also posted the best drawings I did - I didn’t post everything. So, I think it’s really important to have that in mind when you scroll, that even for the perfect people on Instagram the pictures you see are the most perfect for them.”*
- She thinks a lot about when to be on social media and when not to
  - *“... I’m not doing it (scrolling) when I’m with anybody else”*
- She primarily scrolls when she is bored or looking for inspiration
  - *“I’m not bored in the morning and I scroll mostly when I am bored.”*
  - *“... I do it a lot to find inspiration for when I’m in school. When we have a project, I’m searching different hashtags to see what other people did in the same category.”*

# Survey research

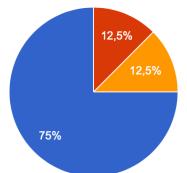
## Description of survey research

Survey research as a method is when you create a questionnaire that you send out to a specific group of people to answer. You should start by asking demographic questions and wait with the more difficult questions to further down in the questionnaire. It is important to always make it clear how the test subjects are supposed to answer.

In my survey I was researching the challenges of learning Danish and how good the international students are at speaking the language.

Are you planning on learning/improving your danish while living here?

8 svar



if yes: how are you planning to improve?

6 svar

Danish language courses

starting a language course

I plan on taking a course after figuring out everything about job and studies, currently I'm trying to improve through listening to Danish music, watching movies, reading in Danish, listening to people talk

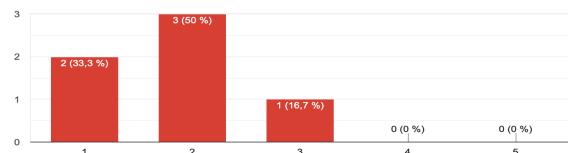
I continue to use it in my everyday life

Forberedende Voksenundervisning

Talking more danish rather than english. learning in apps and maybe attend danish language course.

If not at all: How hard is it to get by in Denmark without speaking danish?

6 svar



I have learned, that people are keen on keeping on learning Danish while they are living here.

\*the answer 5 is from the pilot testing and the answering possibilities were changed afterwards

I have also learned that the test persons who have planned on improving their Danish skills are going to do it by taking courses

I discovered that it is rather easy to get by in Denmark when you don't know the native language.