

# Analysis Survey

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\* Required

1. Age \*

*Mark only one oval.*

☐ 13-18

☐ 19-25

☐ 26-35

☐ >35

2. Gender \*

*Mark only one oval.*

☐ Male

☐ Female

3. Education/Occupation (currently doing) \*

*Mark only one oval.*

☐ Under Graduate (UG)

☐ Post Graduate (PG)

☐ Job

☐ Other: \_\_\_\_\_

4. Social media apps in which you have accounts \*

*Check all that apply.*

- ☐ WhatsApp
- ☐ Youtube
- ☐ Instagram
- ☐ Facebook
- ☐ Twitter
- ☐ Telegram
- ☐ LinkedIn
- ☐ Other: \_\_\_\_\_

5. Apps that you are frequently using \*

*Check all that apply.*

- ☐ WhatsApp
- ☐ Youtube
- ☐ Instagram
- ☐ Facebook
- ☐ Twitter
- ☐ Telegram
- ☐ LinkedIn
- ☐ Other: \_\_\_\_\_

6. you are using social media since \*

*Mark only one oval.*

- ☐ less than a year
- ☐ 1 year
- ☐ 2 years
- ☐ 3 years
- ☐ 4 years
- ☐ 5 years
- ☐ more than 5 years

7. Average time you spent on social media everyday \*

*Mark only one oval.*

- ☐ less than a hour
- ☐ 1 - 2hours
- ☐ 2 - 3 hours
- ☐ 3 - 4 hours
- ☐ > 4 hours

8. How often do you respond to the notification of social media? \*

*Mark only one oval.*

- ☐ Immediately
- ☐ Immediately only if it's important
- ☐ As soon as possible
- ☐ Whenever took a phone
- ☐ I Don't respond if it's not important
- ☐ I put off notifications

9. You spend a lot of time thinking about social media or planning how to use it. \*

*Mark only one oval.*

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

10. You feel an urge to use social media more and more. \*

*Mark only one oval.*

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

11. You use social media in order to forget about personal problems. \*

*Mark only one oval.*

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

12. You have tried to cut down on the use of social media without success. \*

*Mark only one oval.*

- ☐ Very rarely
- ☐ rarely
- ☐ sometimes
- ☐ often
- ☐ Very often

13. You become restless or troubled if you are prohibited from using social media. \*

*Mark only one oval.*

- ☐ Very rarely  
☐ rarely  
☐ sometimes  
☐ often  
☐ Very often

14. You use social media in a way that achieving your goals/academic score becomes tough/stressful. \*

*Mark only one oval.*

- ☐ Very rarely  
☐ rarely  
☐ sometimes  
☐ often  
☐ Very often

15. I am satisfied with work what I do. \*

*Mark only one oval.*

- ☐ Strongly disagree  
☐ Disagree  
☐ Agree  
☐ Strongly agree

16. At times I think I am no good at all. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

17. I feel that I have a good qualities. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

18. I am able to do things as well as most other people. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

19. I do not feel much proud of my ability. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

20. Sometimes, I feel my expertise has no use. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

21. I feel that I'm here with purpose as others. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

22. I wish I could have more respect for myself. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

23. I feel that I can not achieve goals(dreams) as others do. \*

*Mark only one oval.*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly agree

24. I take a positive attitude toward myself. \*

*Mark only one oval.*

☐ Strongly disagree

☐ Disagree

☐ Agree

☐ Strongly agree

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