Psychology Project

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Introduction to interview method

Interview method

The interview method is a research technique involving a researcher engaging in a direct conversation with subjects to gather information about their thoughts, experiences, and even behaviors. It can help use to know about the perspective of an individual.

Types of Interviews in psychology:

1. **Structured Interview:** follows predetermined set of questions. And it ensures consistency across participants,
2. **Unstructured Interview**: More flexible, it lets the conversation flows naturally.
3. **Semi-structured Interviews**: Combination of both, interviewer will a general outline of the questions and goes with the flow.

Advantage and disadvantages of Interview method

Advantages	Disadvantages
Rich and detailed data	Can be subjective
Provides context for response	Cant be represented for a larger population
Time consuming	Require trained interviewers

MAIN TOPICS

0 1

Cyberbullying

Introduction:

Cyberbullying is an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself [1]

Unlike offline bullying, cyberbullying can occur anywhere, anytime, and can be difficult to trace or be stopped before it's too late. It can have a significant impact on victims' mental health, academic performance, and social well being.

Questions

1. **Personal Experience:** Have you or someone you know been a victim of cyberbullying? If so, can you describe the incident and its impact on you or the person involved?

2. **Bystander Effect:** Have you ever witnessed cyberbullying and, if so, how did you react?
3. **Social Media Platforms:** Which social media platforms do you use most frequently? Do you think these platforms have effective measures in place to prevent cyberbullying?
4. **Impact on Mental Health:** How do you think cyberbullying can affect a person's mental health and well-being?
5. **Prevention Strategies:** What do you believe are effective strategies for preventing cyberbullying, both at the individual and community levels?
6. **Role of Schools:** How do you think schools should address cyberbullying among students?
7. **Parental Involvement:** What role do parents play in preventing and addressing cyberbullying?
8. **Legal Implications:** Are you aware of any legal consequences for cyberbullying? If so, do you think these laws are effective in deterring cyberbullying behavior?
9. **Victim Support:** What kind of support do you think is needed for victims of cyberbullying?
10. **Future Trends:** How do you think cyberbullying will evolve in the future, and what challenges might it pose?

Subject 01

1. I have never been a victim to a cyberbullying, but my friend was a victim. someone created a fake account with her name and image and messaged others. we reported the account and got it closed

2. me neither

3. WhatsApp Instagram. and even in their terms and conditions they mention about it but not everyone reads about it that's the only problem.

4. if it was me, I wouldn't even mind it, like the problem that I mention of my friend. like someone else using my profile and sending vulgar messages, I'm not saying that it is that, I am just saying. some people may get down but others will take the next step depending on their personality

5. there should be awareness classes

6. like I said, provide awareness classes

7. limit screen time. parents these days are not actually parenting, they are giving the kids phones and letting them go. they are just raising the kids in random ways. even the high school students are facing ragging often than the college students all because of the social media influences, so reduce the screen time

8. no don't know, if someone gives the complaint, there wont be any sudden actions. laws implementations are late

9. skip

10. in this era of AI. in a small amount, fake id and things are used for cuber bullying, when AI is coming, the bullying can get worse. if we aren't aware of it or put a full stop, there will be a huge cyberbullying victims amount. like morphing etc..

Subject 02

1. I have heard my friends talking about it, and also watched reels about it. I haven't reacted or something.

2. Yeah
3. WhatsApp Instagram. I think yes, in some updates. I think some people don't obey it but misuse it
4. there are people who are mentally strong and weak, some cannot bare it and their mental state would be worse
5. reinforce laws, make restrictions
6. teach the kids about the real use of social medias and how to behave in it
7. even kids are given phones while eating. if they have to be fed, they'll demand phone so we should reduce the screen time and mingle with the kids and increase the bond and understanding
8. don't know, I don't think the law is enforced everywhere. only the people with high status are considered more but the common people aren't getting enough attention
9. be with them, hear their problems. know if they need a psychologists help, know about the things they require to be mentally strong and provide it
10. the one who created AI itself is scared of the AI. we cant predict how its going to be in the future

Subject 03

1. No I haven't.

2. yes I have on comments and all. Like people spreading hate message and etc. I didn't do anything though, cause I am not that kind of guy who uses social media to let my voice to be heard or anything.
3. YouTube and WhatsApp. Not really, but I think YouTube comments are more better than the comments on Instagram.
4. I think it can even make people suicidal, you see, we often compare ourselves with others. and when a lot of people even though they are unknown to use are attacking us… we wont be able to bear it.
5. I think people should be educated, just like how to behave in a society they should be educated on how to behave on the internet
6. school plays a huge part too, they can be the primary source to educate the kids about this.
7. parents should know what their kids are doing online, who they're texting, what they're posting and let the parents be in control
8. well, yeah I have heard some rules here and there. like people getting arrested for breaking some cuber laws like spreading child pornography and stuff.
9. I think we should treat them just like we treat as someone who went through a bully in real life, cause the effect is even worse than offline cause a lot of people known and unknown are attacking online
10. I see a worse future because of the big technology like AI and metaverse.. lets hope for the best and prepare for the worse.

Procedure

Where : Histostati Park

When : 09/30/2024 3:30 PM

0 2

Screen Addiction

Introduction:

Screen addiction is refers to the excessive and compulsive use of devices like smartphones, computers, and tablets. That negatively impacts a person's daily life and relationships.

Even while technology has many advantages, spending too much time in front of a screen can cause a number of issues, such as:
Physical health problems include headaches, eye strain, insomnia, and even obesity.
Depression, anxiety, and social isolation are mental health issues.
Challenges in the classroom and workplace: A loss of concentration, poorer performance evaluations, and reduced output.

Questions

- **Usage Patterns:** How much time do you spend on screens each day? Do you find it difficult to limit your screen time?

- what do you use your devices for?
- **Impact on Relationships:** How has excessive screen use affected your relationships with friends and family?
- **Academic Performance:** Has excessive screen use impacted your academic performance or concentration?
- **Physical Health:** Have you noticed any negative effects on your physical health due to excessive screen use, such as eye strain or sleep disturbances?
- **Mental Health:** How do you think excessive screen use can affect a person's mental health and well-being?
- **Triggers and Coping Mechanisms:** What triggers your excessive screen use, and what coping mechanisms do you use to manage it?
- **Parental Controls:** Do you think parental controls are effective in limiting screen time for children?
- **Digital Detox:** Have you ever attempted a digital detox? If so, how did it go?
- **Awareness and Education:** How aware are you of the potential negative consequences of excessive screen use? Do you think more education is needed on this topic?
- **Future Trends:** How do you think screen addiction will evolve in the future, and what challenges might it pose?

Subject 01

1. I am kind of like a mobile phone addict. But when I moved to hostel I started to control my screen time. But at home I am always on my phone. I spend about 6 to 8 hours a day.

2. I watch a lot of reels but yes, I do refer PDF and study materials using devices. Our sir shares PDFs in the group and I read them.

3. Not really.

4. It affected me the most when I was doing my degree. That was the time when I got my phone. negatively.

5. I heard that when you use mobile phones at night the blue light can affect the sleep. But we don't really do that. Even I uses the mobile phones till 3 AM.

6. after 12th some people may not be admitted to college, when we open the Instagram we'll see our friends posting stories regarding their freshers day and other days celebration videos and photos. But people who haven't got into a college will be affected mentally.

7. I just switch off the phone and keep it in another room. I do drawing or crafts. Which keeps me away from the mentality to use mobile phone.

8. Screen time should be reduced and TV should be reduced by showing them the world, take them outside and do more outdoor activities and play with them.

9. I have tried it, I was in NCC when I was doing my degree. On a camp of 10 days we were not using any mobile phone and were engaged in other activates and I felt energetic.

10. Not everyone but yes some do. My sister got her phone recently she's in 12th grade. She took science, she uses mobile phone for her studies and academics. I think majority are unaware of their addictions.

11. skip

Subject 02

1. Even if I have a phone with me or not, I can adjust with it. If I have it, I'll play with it. I can live without mobile. I spend only 4 to 6 hours a day.

2. I use it for studies and sometimes for watching reels. mainly entertainment.

3. Yes, the talk between people will be reduced. But it didn't effect my friends or family relationships.

4. I downloaded a lot of study materials and it helped me a lot in my studies. During corona times it really affected me negatively. Like headache and all

5. Like I said, I have these headache problems when I use mobile phones for a long time.

6. I had an experience, when all my classmates got into famous colleges for doing PG I only got the admission at the last. Everyone was posting stories of freshers day and posts it was a real pressure for me but now I am at peace.

7. I get engaged in tasks.

8. Understand the things the child love and do it with them. play with them. Don't just give them phone to calm them down when they are crying. Parents these days are not understanding what their kid actually wanted.

9. Not really

10. Even a 10th grader has his own phone but I got my first phone when I was doing my degree. They get to know more things about phone than us. Even without knowing things they are falling for traps.

11. Kids in the future won't be able to realize the value of a family and the bonds. They'll only believe things in the phone. They wont be any social skills.

Subject 03

1. Around 4 hours daily

2. Mainly YouTube and Instagram sometimes I play video games like PUBG and E Football

3. It doesn't really affect my family or friends because I spend time along with them. Actually when we are with our friends we don't really use our mobiles, at least I don't.

4. No , not really I study MCA as you know, it is necessary to look devices like laptops or mobile phones.

5. Of course I use specs my right eye sight is less comparing to my left. Sometimes headache but I can't avoid using the device.

6. For some it will really affect their mental about me it doesn't really affect my mental health so I am fine with it

7. My academics pushes me to use devices . I have always look through google because I have doubts. When you take courses such as MCA you definitely want to look into the screen , its obvious Playing with friends like football and other curricular activities

8. Parents shouldn't a kid phones at an early age.

9. no, Yes of course I have, when I was sick, when I got dengue I wasn't using screen for a month and it was wonderful like no headache no other pressure, it was great and peaceful

10. yes of course I am aware of it, as I said I have eye sight problems so I definitely know that affects my health but i have to move on . We can see mobile phones in kids hands given my parents that's not really good for their health and eye sight it should be avoided in the kids case

11. I think people will be using devices for 24*7 using AR glasses and all, and it will definitely kill your eye sight . Lets wait and see

Procedure

Where : Histostati Park

When : 09/30/2024 3:30 PM

0 2

Impact of aggression and violence on screen for young children

Introduction:

Exposure to harsh and violent content at an early age can have a substantial impact on young children's development. According to studies, youngsters who frequently watch such stuff are more prone to engage in aggressive actions themselves. Several variables contribute to this, such as:

• **Normalization of violence:** Children may begin to view violence as a normal and acceptable method of resolving disagreements.

• **Desensitization**: When youngsters are repeatedly exposed to violence, their sensitivity to its effect decreases, making them more likely to engage in or tolerate it.

• **Imitation:** Children may mimic aggressive actions they observe on TV, especially if those behaviors are rewarded or perceived as effective.

Questions

1. Exposure to Violence: How often do you or your children watch shows or movies that contain violence?
2. Desensitization: Do you think exposure to violence on screen can desensitize children to real-world violence?
3. Imitation: Have you observed any instances where your children have imitated violent behavior from media they have watched?
4. Emotional Impact: How do you think exposure to violence on screen can affect a child's emotional development and well-being?
5. Parental Guidance: How do you guide your children's media consumption to minimize exposure to violence?
6. Media Ratings: Do you think media rating systems are effective in helping parents choose appropriate content for their children?
7. Alternative Content: What types of media do you find to be positive and beneficial for children?
8. Long-Term Effects: Are you concerned about the long-term effects of exposure to violence on screen on children's development?
9. Societal Impact: How do you think exposure to violence on screen can contribute to societal issues such as aggression and violence?
10. Future Trends: How do you think the impact of violence on screen for young children will evolve in the future, and what challenges might it pose?

Subject 01

1. My brothers watches these heroic things, and they try to play as such characters but sometimes they use bad words too. I have seen some reels where the kids curse for a long time time like he is rapping a song. and they think it as a flex. if the parenting is not done right it can even be gotten from the parents itself
2. Yes there is a high chance of doing it in real life. and have you realized that cussing is not beeped in the recent movies.
3. I have seen some kids imitating the heroes like Rocky Bhai , his walking style , his dialogue playing with sticks as if its a gun.
4. They'll get attached to it and may even do it in real world. they'll think themselves as the hero.
5. I'll reduce their screen time and also involve them in out door activities. As we have a good culture, we are mainly family oriented and make them spend more quality time with family
6. I'll show them some good award movies.
7. skip
8. mainly Social medias

Subject 02

1. One of my cousins who is addicted to phone who even demands to watch reels while having food try to imitate and use bad words in the reels and things he hear

2. when they watch and play violent games they tend to think that they want to be like the main character because they have a kids mind they won't know the good and bad. When they see a gun in the movie they'll think they want to own it. Like when Rocky Bhai does shooting they tend to feel like they want to do the same

3. Sometimes

4. I heard that some people got mad and all when the game PUBG was banned in India

5. reduce the screen time

6. I will show them movies like 12th fail and keep them in the positive side.

7. When I was growing up I wasn't using any devices , I was purely living in real life. So we know how to behave and how to have a quality relation. But kids exposed to violence they'll tend to show bad habits and won't be able to cope with the society

8. video games and social media

Subject 03

1. I play video games like GTA and COD so it is pretty often that I get exposure to violence. Well yes, I do like movies with violence. I don't know if you know this but recently most of the grossing movies are violent related even in Malayalam film industry.

2. Well, so what? our ancestors have seen worse, and we are meant to see hardship in life too.
3. Of course, Life is an imitation game indeed. We all have done that. Tying a piece of cloth as cape and running around like superman.
4. It can be either positive or negative depending on the child's POV, it can or may make a strong man out of him who fears nothing. Or someone who's afraid of everything
5. Well, not everything is to be seen and experienced. I'd rather limiting my kids screen time as much as possible. Not just that I'll try to educate them about the good and bad in the internet.
6. Documentaries, Courses , online communities so on .
7. Ah we can see this recent trend in cursing a lot. People started to see saying bad words as normal even some doesn't know its meaning but goes with the flow trying to fit in.
8. If there's light, there'll be shadow too. This will never end for sure.

Procedure

Where : Histostati Park

When : 09/30/2024 3:30 PM

Discussion

Cyberbullying

Cyberbullying is the next level of bullying. Even children who are under 18 are cyberbullied. Just like the normal bullies cyberbullies expect to be seen and heard, they want the attention of a group, they wanted to be accepted by the society and show their power over the weak.

Studies says that: Being bullied during childhood may have even graver consequences for mental health in adulthood than being neglected or sexually abused, according to the first-ever study to tease out the effects of peer abuse from childhood maltreatment.[2] Being a bystander is worse than being a bully itself.

"Never be bullied and silenced never allow yourself to be made a victim "
- Harvey Fierstein

Being ready to open up and talk about your bullying experiences and how it made you feel can make you feel better keep the people aware of the consequences of bullying someone, online or offline.

Screen Addiction

Screen addiction in this generation is one of the most discussed topic. This generation is sunk into their screens and they forgot what's happening around them.

A healthy screen time can be helpful in the long run. If you can live without using your mobile phone, texting, updating your life choices and putting up stories online, then you are having a healthy relation with your devices.

If you use your devices wisely by using it on your academics, studying new things, connecting to experts and spreading positivity all over the world, isn't that what technologies are made for? You have to be in control or you will be controlled.

Make sure you can live without your devices.

Remember,

"The Internet's not written in pencil, it's written in ink"

-The social network

Impact of aggression and violence on screen for young children

A young child is like a sponge, soaking everything in their ways. You can see them pretending to be a superhero saving the world or maybe a mass movie hero fighting the bad guys shedding blood and enjoying the process of hurting the other.

A parent who is not participating in the journey of the child's growth is not actually parenting.

Too much violence can make the kid immune to kindness and lack empathy/sympathy towards individuals. Which can turn the world upside down with a generation who doesn't care about the feeling another.

Every child should be aware of good and bad at an early age, parents play a major role in this

Conclusion

Cyberbullying

Cyberbullying started to be a major threat online. A study conducted by the organization called cyberbullying research center conducted on 5,005 middle and high school students between the ages of 13 ad 17 in the USA in May and June of 2023 concludes that approximately 55% of the students reported that they experienced cyberbullying at some point in their life times and about 27% said they had been cyberbullied in the most recent 30 days.[3]
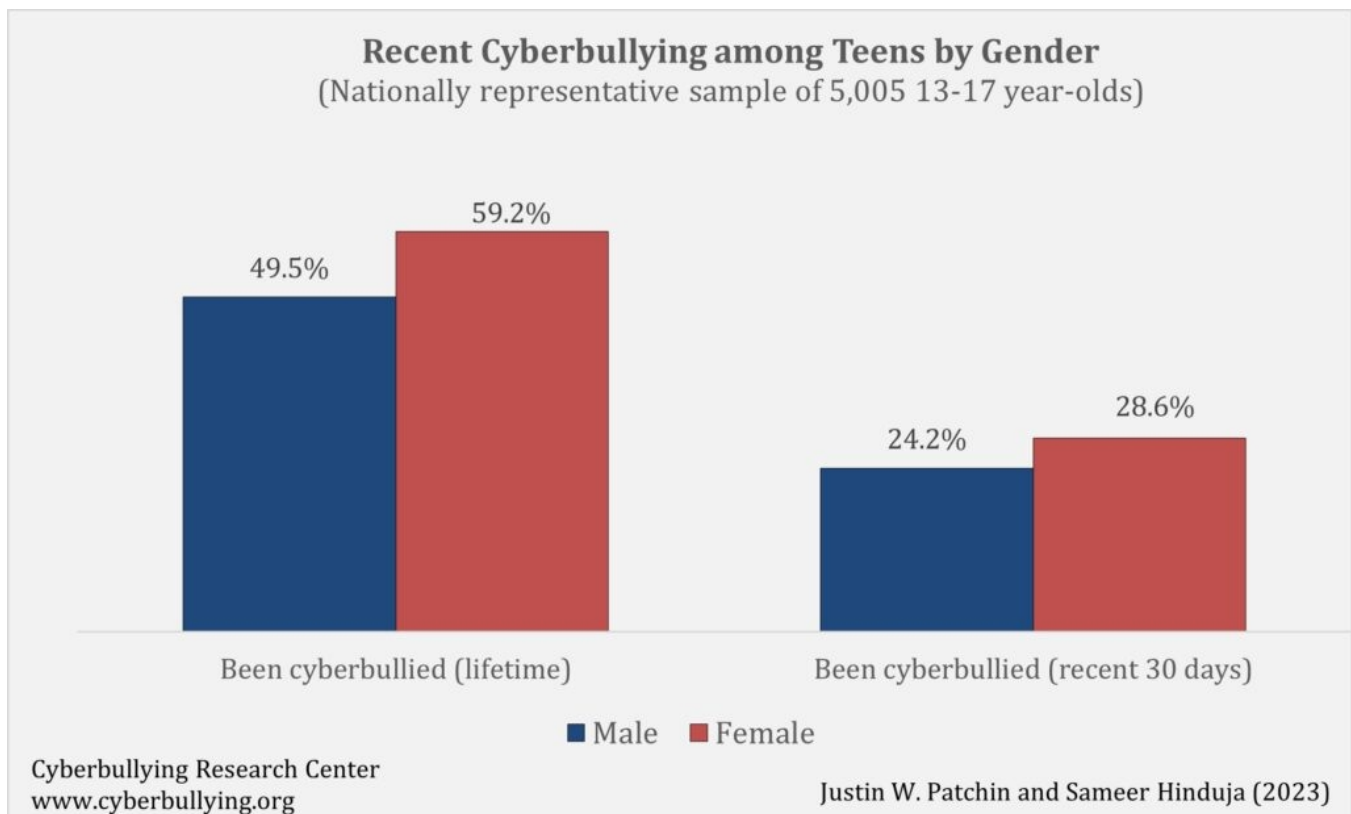
In another study conducted by Indian Journal of Psychiatry among adolescents (15-19 years) in Gurugram District, they reported that

hurtful comments (69.7%) and spreading rumors (52.7%) were the most common types of cyberbullying experienced by students. Posting pictures and videos that were intended to humiliate or embarrass the victim was also a common form of cyberbullying, experienced by 42.5% of students. The finding that WhatsApp is the most commonly used platform for cyberbullying in India is supported by several studies.[4]

Everyone should be aware of the problems online too, even though we are all new to this online world and can be anonymous and comment on anyone's posts and life without being known, we should be educated how to behave online and its negatives and positives. Monica Lewinsky who did nothing wrong but fell in love with her boss, the only problem was that her lover was an American president (Bill Clinton) and she was only 22. She described herself as "patient zero" of cyberbullying . In a TED speech she quoted

"A marketplace has emerged where public humiliations is a commodity and shame is an industry how is money made? clicks The more shame, the more clicks. The more clicks the more advertising dollars"[5]

everyday we hear or read a new incidence of bullying yet we are numb to these stories because we feel like we've heard them millions

of time. but every story matters. can you tell me the name of at least one kid who has died as the result of bullying? their names are forgotten their voice is gone.[12]

Bullying (offline)	Cyberbullying
The bully involves visibility. Being in the spotlight	Not visible, remains anonymous
Strength and imbalance of power. Stronger being aggressive	No need to have any strength. Anyone can be a cyberbully
Ends when you are home	Everywhere online!

[13]

Screen Time

The average screen of a Gen Z is around 9 hours per day.[6] The average life expectancy is around 70 years and we are spending roughly 37% of our lives on screen note that we spend roughly 41% of our lives sleeping and eating.

If you have watched the documentary called Social Dilemma[7] you'll have a rough idea how social media is keeping us hooked into it. Not just that, we spend most of our time comparing our lives with celebrities and famous Instagramers with a lot of followers, we think that they're having a perfect life. A recent study showed that teens who reduce their social media by just 50 percent significantly improve their self-esteem and Healthy discussions about the effects of social media use can make a major difference in teens' lives. In 2021, nearly 3 in 5 U.S. teen girls felt persistently sad or hopeless, in large part due to the internet.[8]

Take a break, look around, be in the moment, stay alive.

Impact of aggression and violence on screen for young children

The recent trend in the social media is full of violence and gunshots. Even the movies and songs that are trending in this era is full of negativitiy. Pleasure is the main motive to life for them. Every child is using mobile phones and are having access to the internet at an early age. The social medias are not filtered at all, even the Instagram we trust is promoting child pornography[9]. If this is a common thing, how can we say that a child haven't seen any violent vidoes online?

 Based on years of <u>laboratory research</u>, scientists have found evidence that violent media exposure can lead to aggressive thoughts, angry feelings, desensitization to violence, and a decrease in empathy for others. All these researches indicates that playing violent video games is associated with greater levels of <u>aggressive behaviors</u>.[10]

Recommendation

Cyberbullying

How to survive :

1. be as loud as you can, share it with everyone

2. be aware of your digital footsteps and actions. have control over your information practice conscious posting
3. THINK before you post (True Helpful Inspiring Necessary Kind)
4. take a break, take a healthy balance
5. be an ally not bystander[10]

How to prevent cyberbullying:

1. Educate about cyberspace

2. Social media take strict rules and regulations.

3. Be civil

4. Know how to behave online

5. Ask a bully to stop this behavior

6. Don't engage, don't reply [11]
7. Take screenshot for evidence [11]
8. Avoid sending personal info online [11]
9. Don't follow bully's behavior [11]

"Just as we teach our children how to ride a bike, **we need to teach them how to navigate social media and make the right moves that will help them**. "

- Amy Jo Martin

Screen Time

- Establish clear boundaries and set a good example when it comes to using screen time. [14]
- Encourage participation in various activities and minimize social media use to make time for other hobbies.[14]
- Facts are your best ally. Educate your teens about the risks of excessive screen time.[14]
- Encourage good sleep habits
- Educate about the risks
- Join clubs and participate in events
- Start a new hobby
- Set healthy time limit for screen.

Impact of aggression and violence on screen for young children

Parental Guidance and Monitoring

- **Watch together:** Watch TV shows with your kids and talk about what happens.
- **Choose good shows:** Pick shows that are right for your kid's age. Many apps have tools to help with this.
- **Set time limits:** Decide how long your kids can watch TV each day.
- **Talk openly:** Let your kids tell you what they think about the shows they watch.

Educational Content

- **Find good role models:** Look for shows with characters who are kind, caring, and good at solving problems.
- **Learn new things:** Watch shows that teach kids about getting along, controlling their emotions, and being social.
- **Relate to real life:** Talk about how the things in shows relate to real-life situations.

Media Literacy

- **Think critically:** Teach kids to think carefully about what they see on TV and ask questions.
- **Be aware of media:** Explain how TV and movies can affect kids' lives.
- **Check facts:** Encourage kids to look for information from different sources.

Community Involvement

- **Find good role models:** Introduce kids to people in the community who are good examples.
- **Join community events:** Go to events that promote peace and understanding.
- **Volunteer:** Help kids volunteer their time to help others.

Professional Support

- **Get help:** If you're worried about your kid's behavior or what they watch, talk to a psychologist or counselor.
- **Join support groups:** Connect with other parents who have similar problems.

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