**FINDINGS**

**1)Browsing vs. Favorite Pattern by Day**  
This chart compares how my browsing and favoriting activities are distributed throughout the week. It’s clear that Saturdays are my most active day, with significantly higher interactions than any other day. This makes sense since weekends offer more free time, and I’m likely spending that time scrolling and engaging with TikTok content. Weekdays, particularly Tuesday and Wednesday, show the least activity. This likely reflects my busier schedule during those days, where work or other commitments take priority. Fridays and Sundays, however, still see decent levels of activity, suggesting I start relaxing towards the end of the workweek and carry that into the weekend.

A graph of purple rectangular bars

Description automatically generated with medium confidence

**2)Daily Activity Analysis**  
This graph focuses on how many videos I watch on TikTok each day of the week. Saturdays once again dominate, showing that this is when I’m most likely to binge-watch videos. Sunday comes second, likely because it’s still part of the weekend, giving me time to unwind. The drop-off in activity during the weekdays—especially Tuesday—could indicate that I consciously (or unconsciously) limit my TikTok time to focus on weekday responsibilities. Still, I maintain a moderate level of usage throughout the week, which suggests that TikTok remains a consistent part of my daily routine, even on busier days.

A graph of blue bars

Description automatically generated

**3)Daily Usage Pattern**  
This graph highlights my overall TikTok activity across the days of the week. Similar to the previous charts, Saturday is the standout day for usage, followed closely by Sunday. This pattern reinforces the idea that weekends are my time to relax and engage with TikTok without the time constraints of work or studies. However, the mid-week dip, particularly on Tuesday and Wednesday, is more pronounced here. These trends might suggest that I’ve built a natural rhythm around my TikTok usage, reserving weekends for longer, more relaxed browsing sessions, while weekdays are kept relatively balanced.

A graph of a number of orange bars

Description automatically generated

**4)Correlation Between TikTok Usage and Exam Period**This heatmap shows how my TikTok usage changes during exam periods compared to other times. The moderate positive correlation (0.64) reveals that while my TikTok usage decreases slightly during exams, it doesn’t disappear entirely. This suggests that I continue to use TikTok as a form of relaxation or a break from studying. It’s interesting to see that my usage remains relatively consistent, even during stressful times like exams, highlighting how much TikTok has become a part of my routine.

A red and blue squares

Description automatically generated

**5)Hourly Pattern of Favorite Videos**  
This graph shows what time of the day I’m most likely to favorite videos. Late evenings, especially between 9 PM and 11 PM, are my peak hours for engaging with content. This aligns with my relaxation time at the end of the day when I can scroll through TikTok without interruptions. There’s also a small spike around 6 AM, which might indicate that I occasionally scroll TikTok in the morning before starting my day—possibly while still in bed or during breakfast. The overall trend shows that I tend to favorite videos more during leisure hours, which makes sense as that’s when I’m most likely to enjoy and engage with content.

A graph of a number of orange bars

Description automatically generated with medium confidence

**6)Daily Distribution of Favorite Videos**  
When I look at how my favoriting activity is spread across the week, Saturday again comes out on top. It’s my most active day not only for watching but also for liking content, suggesting that Saturdays are my dedicated TikTok time. Fridays and Sundays also see relatively high levels of favoriting, indicating that my weekend engagement is quite consistent. On weekdays, however, favoriting activity drops significantly, especially on Tuesday and Wednesday, which aligns with the overall trend of lower engagement during busy work or study days.

A graph of green bars

Description automatically generated

**7)Correlation Between Hourly Browsing and Favorites**  
This heatmap shows a strong positive correlation (0.84) between my browsing and favoriting activities. This means that whenever I’m actively browsing videos, I’m also more likely to favorite content during the same time period. It makes sense because browsing naturally leads to finding videos I like, and I tend to interact with content that resonates with me. This also reinforces the idea that I’m fully engaged with TikTok when I’m on the app, not just passively scrolling.

A yellow and purple squares

Description automatically generated

**8)Hourly Usage Pattern**  
This graph provides insights into when I use TikTok the most throughout the day. The peak hours are between 9 PM and 11 PM, which is likely when I’m relaxing after a long day. This period aligns perfectly with my downtime, where I can fully immerse myself in browsing videos. There’s also a smaller spike around midnight, reflecting those nights when I end up scrolling right before bed. Overall, my usage trends show that TikTok is mostly an evening activity for me, providing a way to unwind after the day’s responsibilities.

A graph of blue bars

Description automatically generated with medium confidence

**9)Monthly Usage Pattern**  
This chart shows how my TikTok activity changes from month to month. September stands out as the month with the highest activity, which might coincide with me settling back into a routine after the summer. January, on the other hand, sees a noticeable drop, likely because I was occupied with New Year resolutions or exam preparation. Months like July and August also show lower usage, possibly because I was spending more time outdoors or on vacation. This pattern suggests that my TikTok usage is influenced by seasonal routines and life events.

A graph of a number of blue rectangular bars

Description automatically generated

**10)Comparison of Viewing During Exam and Other Periods**  
This bar chart compares my TikTok usage during exam periods and regular periods. As expected, I use TikTok more during regular periods, as seen in the higher bar for "Other Period." However, the difference isn’t as significant as I might have thought. Even during exams, I still find time to scroll, probably as a way to relax and recharge in between study sessions. This highlights how TikTok serves as a quick mental break for me, even during busy or stressful times.

A graph with blue and orange bars

Description automatically generated

**What I Learned About Myself Analyzing These Graphs**

Analyzing these graphs taught me a lot about my TikTok habits and how they reflect my daily life. I’ve realized that weekends, especially Saturdays, are when I’m most active, making them my dedicated days for relaxation and engaging with content. Evenings, particularly between 9 PM and 11 PM, stand out as my peak usage hours, showing that TikTok serves as a way for me to unwind after a busy day. Interestingly, I also occasionally scroll in the early mornings, suggesting a small habit of starting my day with quick browsing. During exam periods, my TikTok usage decreases slightly, but it remains a part of my routine, likely as a mental break from studying. The strong correlation between my browsing and favoriting activities highlights how actively I engage with the content I enjoy rather than just passively scrolling. I also noticed seasonal trends, with high activity during structured months like September and lower usage in vacation months like July or busier months like January. Overall, this analysis helped me better understand how TikTok fits into my routine, balancing relaxation, habit, and stress management.