

Loneliness and Social media

This is a survey designed to get the data on the usage of social media due to loneliness. In this busy world, its obvious that we often feel lonely and sometimes separated by people. In these cases we tend to make online friends on social media. This survey will focus on the correlation between a individual loneliness factor with his/her social media usage habit.

* Indicates required question

1. Name:

2. Age *

3. Gender *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Other

4. Academic Year *

Mark only one oval.

- ☐ Btech 1st Year
- ☐ Btech 2nd year
- ☐ Btech 3rd year
- ☐ Btech 4th year
- ☐ Other:

5. how many hours in a day you spend on social media ? *

Mark only one oval.

- ☐ 0-2 hour
- ☐ 2-4 hour
- ☐ 4-6 hour
- ☐ 6-8 hour
- ☐ more than 8

6. What do you likely do in your free time? *

Mark only one oval.

- ☐ Use social media
- ☐ Play physical sports
- ☐ Sleep
- ☐ Other

7. What percentage of your online friend do you know personally ? *

Mark only one oval.

- ☐ 0 - 20%
- ☐ 20% - 50%
- ☐ 50% - 80%
- ☐ more than 80%

8. How do you feel about the level of social support available to you on social media vs in-person interactions? *

Mark only one oval.

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

9. Do you feel that social media provides a space for you to express yourself and connect with others who share similar interests and beliefs? *

Mark only one oval.

- ☐ never
☐ sometime
☐ often
☐ always

10. If you are asked to limit social media, how many hours in a day you will use social media ? *

Mark only one oval.

- ☐ less than 30 mins
☐ 30 mins to 1 hour
☐ 1 hour to 2 hour
☐ 2 hours to 4 hours
☐ Other: _____

11. Do you enjoy using social media more than talking to friends? *

Mark only one oval.

- ☐ never
- ☐ sometime
- ☐ often
- ☐ always

12. *

Mark only one oval.

- ☐ Online Freinds
- ☐ Offline Friends

13. What do you feel after seeing other people post ? *

Mark only one oval.

- ☐ Neutral
- ☐ Motivated
- ☐ Fear of missing out (FOMO)

14. Do you worry about checking if someone has "liked" your post or wished you a "happy birthday"? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ May Be

15. When did you join social media first? *

Mark only one oval.

- ☐ Before high school
- ☐ High school
- ☐ 1st year
- ☐ 2nd Year
- ☐ Other: _____

16. Are You? *

Mark only one oval.

- ☐ Introvert
- ☐ Extrovert

17. Did your social media usage boosted during Covid-19? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ May Be

18. Social Media Addiction Test

*

Rate Yourself:- 1. Very Rarely 2. Rarely 3. Sometimes 4. Often 5. Very Often

Mark only one oval per row.

	1	2	3	4	5
You spend a lot of time thinking about social media or planning how to use it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You feel an urge to use social media more and more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You use social media in order to forget about personal problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You have tried to cut down on the use of social media without success	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You become restless or troubled if you are prohibited from using	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

from using
social
social
media.
media.

You use
You use
social
social
media so
media so
much that
much that
it has had a
it has had a
negative
negative
impact on
impact on
your
your
job/studies.
job/studies.

☐☐☐☐☐

19. Instructions: Indicate how often you feel the way described in each of the following statements.

*

Rate Yourself:- 1. Very Rarely 2. Rarely 3. Sometimes 4. Often

Mark only one oval per row.

	1	2	3	4
I feel in tune with the people around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I lack companionship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is no one I can turn to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not feel alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel part of a group of friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a lot in common with the people around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am no longer close to anyone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My interests and ideas are not shared by those around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am an outgoing person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are people I feel close to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel left out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My social
My social
relationship are
relationship are
superficial
superficial

☐☐☐☐

No one really
No one really
knows me well
knows me well

☐☐☐☐

I feel isolated
I feel isolated
from others
from others

☐☐☐☐

I can find
I can find
companionship
companionship
when I want it
when I want it

☐☐☐☐

There are
There are
people who
people who
really
really
understand me
understand me

☐☐☐☐

I am unhappy
I am unhappy
being so
being so
withdrawn
withdrawn

☐☐☐☐

People are
People are
around me but
around me but
not with me
not with me

☐☐☐☐

There are
There are
people I can
people I can
talk to
talk to

☐☐☐☐

There are
There are
people I can
people I can
turn to
turn to

☐☐☐☐

20. How does social media affected your life? (optional)

21. When did you last felt lonely/alone? (optional)

22. Till what extent, using social media helps you to avoid loneliness? (optional)

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