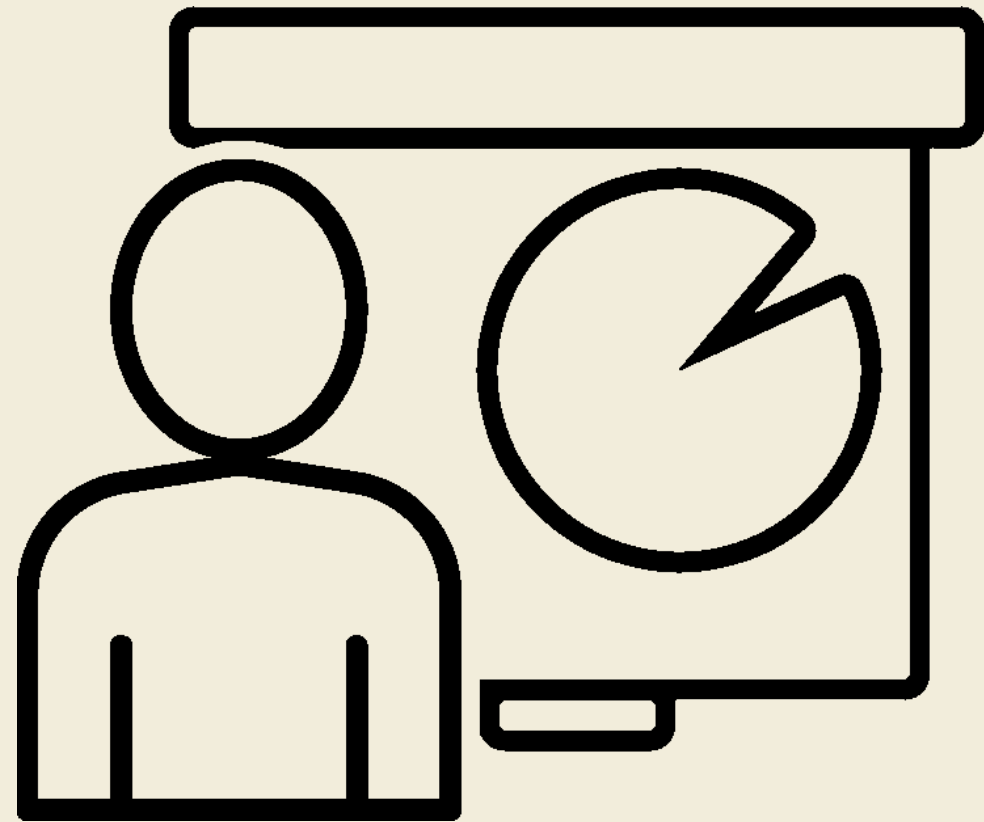# INTERVIEW

- Interview is one of the most important powerful methods of data collection in research.

- It is a kind of verbal technique for the collection of data.

- It is a direct method of enquiry.

- It is noted that interview is not only spoken words but also gestures, facial expressions, voice modulations etc.

METHODS OF DATA COLLECTION

- **Interview**
    - **1.) Structured**
    - **2.) Unstructured**

- **Questionnaires & Surveys**

- **Contextual Inquiry & Observation**

1. <u>**Potential Participant List :**</u>

A. Young people of age group 10-25 yrs
B. Adults who are mostly in their job phase of age group 25-50 yrs
C. Old age people who are retired or suffering from old age diseases of age group 60+ yrs

In short, sleeping problems are very common and covers most of the age groups and so, our participant list can be extended to most of the people.

Our participant list for Resting Panda's interview involved:

- **Ashok** : Central government employee
  Age : 54 yrs

- **Muhammad Ali** : Bachelor of technology second year student at MAIT
  Age : 18 yrs

- **Isha** : Graduated BFA student
  Age : 22 yrs

- **Namita Devi** : Financial Advisor
  Age : 45 yrs

- **Shridhar Joshi** : Bachelor of technology second year student at NSUT, Delhi
  Age : 20 yrs

2. <u>Consent form :</u>

- **A legal document that protects the person giving the treatment should anything go wrong, so you must make sure you've received all the information you need to make the right choice for you.**

  File link to all of the consents form :

- **Consent form were made and provided to the interviewee before the interview and no prior usage or download of their information for us.**

e.g. :

RESTING PANDA Consent Form

An application that helps you prevent sleep disorders and maintain the best sleep cycle in your life. We the students of 1st year B. Tech at IIIT-Delhi are conducting this survey to have a check upon your sleep cycle. Our application will provide the best sounds for sleep, track any irregularity, sleep factors and phases of sleep, health guide and much more ahead.

Name

Ashok Kumar

Email

ashok@example.com

By signing this form,you hereby consent to participate in our survey by agreeing to our terms and conditions:
1. No information will be shared anywhere and will remain confidential.
2. The information provided is true according to the best of your knowledge.
3. The information provided by you will only be used for data gathering and analysis.
4. You can refrain from giving your personal information.
5. You can withdraw from the survey anytime you feel like.

Terms and Conditions

Accepted

Date

Thursday, March 10, 2022

Signature

Ashok

5

3. Draft questions:

A. Interview Questions :

Hi! I am _____, I will be guiding you through this interview session.

Q1. Can I know your name?
Q2. How are you doing?
Q3. What's your age?
Q4. What is your occupation? / What are you currently doing?

Q5. Are you stressed, depressed, or feel sleepy most of the time?

Q6. What are your sleeping hours? Do you feel comfortable with them or do you feel you need more or less sleep?

Q7. Do you face any difficulty in sleeping? Can you explain them, please?

Q8. Do you get negative thoughts while waking up or feel weak and fatigued in the morning? If yes, do you know the cause of these problems?

Q9. Have you tried solving these problems? Have you tried any app or watched youtube videos to solve this problem?

Q10. What was your experience with them? Would you recommend those to anybody?

Q11. Were you successful in them? Did you find a cure for your problem? If yes, for how long? Did you stick to the same cure every day or did you get bored from it or felt that the cure stopped working after a few days?

Q12. What do you expect from an app, trying to solve this problem? Can you elaborate on any functions that you feel are essential for such an app?

Q13. Would you like to be dependent on the mobile application, or would you like a solution that can help you solve this problem on limited usage?

Interviews by our team

Friday, March 11, 2022

RESTING PANDA Consent Form

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Name
Muhammad Ali

Email
xalisabkabaapx@gmail.com

By signing this form,you hereby consent to participate in our survey by agreeing to our terms and conditions:
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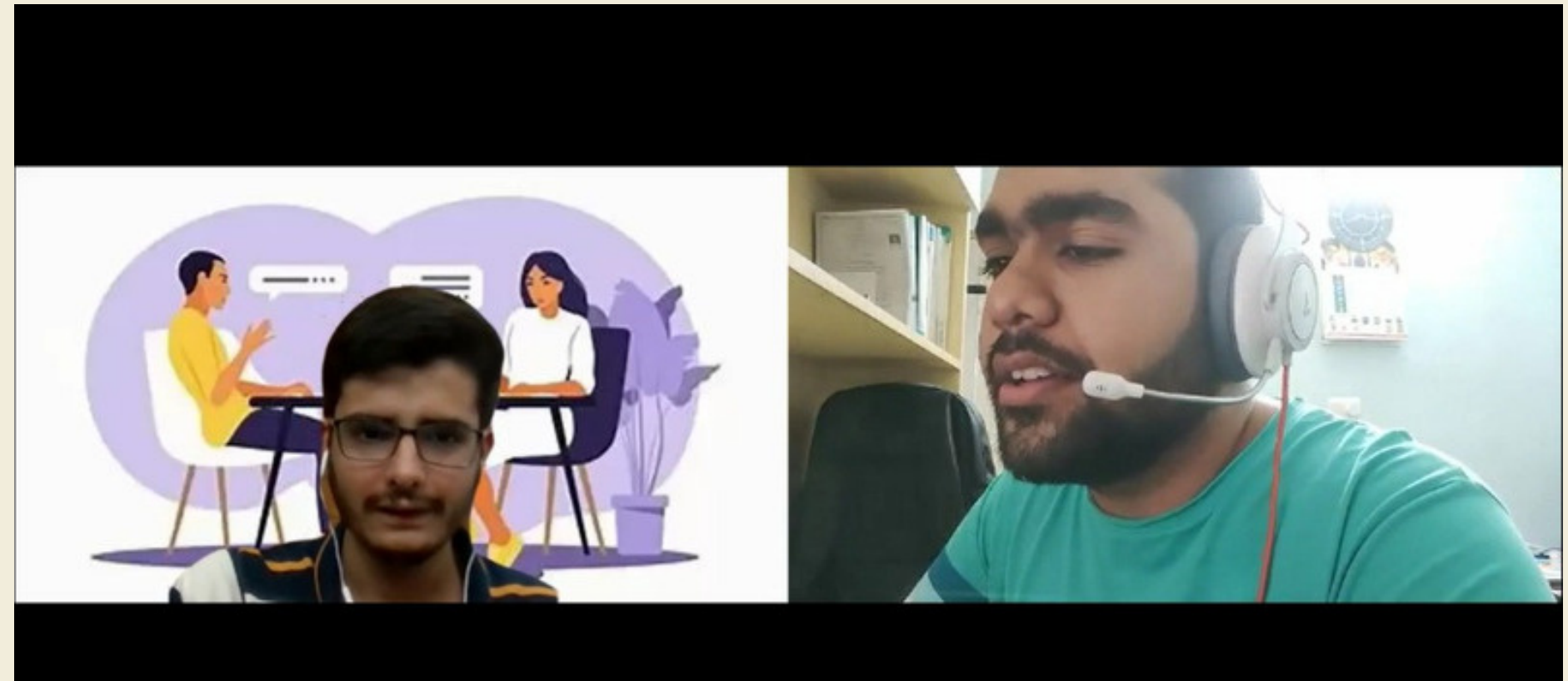5. You can withdraw from the survey anytime you feel like.

Terms and Conditions
Accepted

Date
Thursday, March 10, 2022

Signature

Interviewer

Lakshya kumar

Interviewee

Muhammad Ali

link of video....click here

RESTING PANDA Consent Form

Friday, March 11, 2022

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Name
Ashok Kumar

Email
ashok@example.com

By signing this form,you hereby consent to participate in our survey by agreeing to our terms and conditions:
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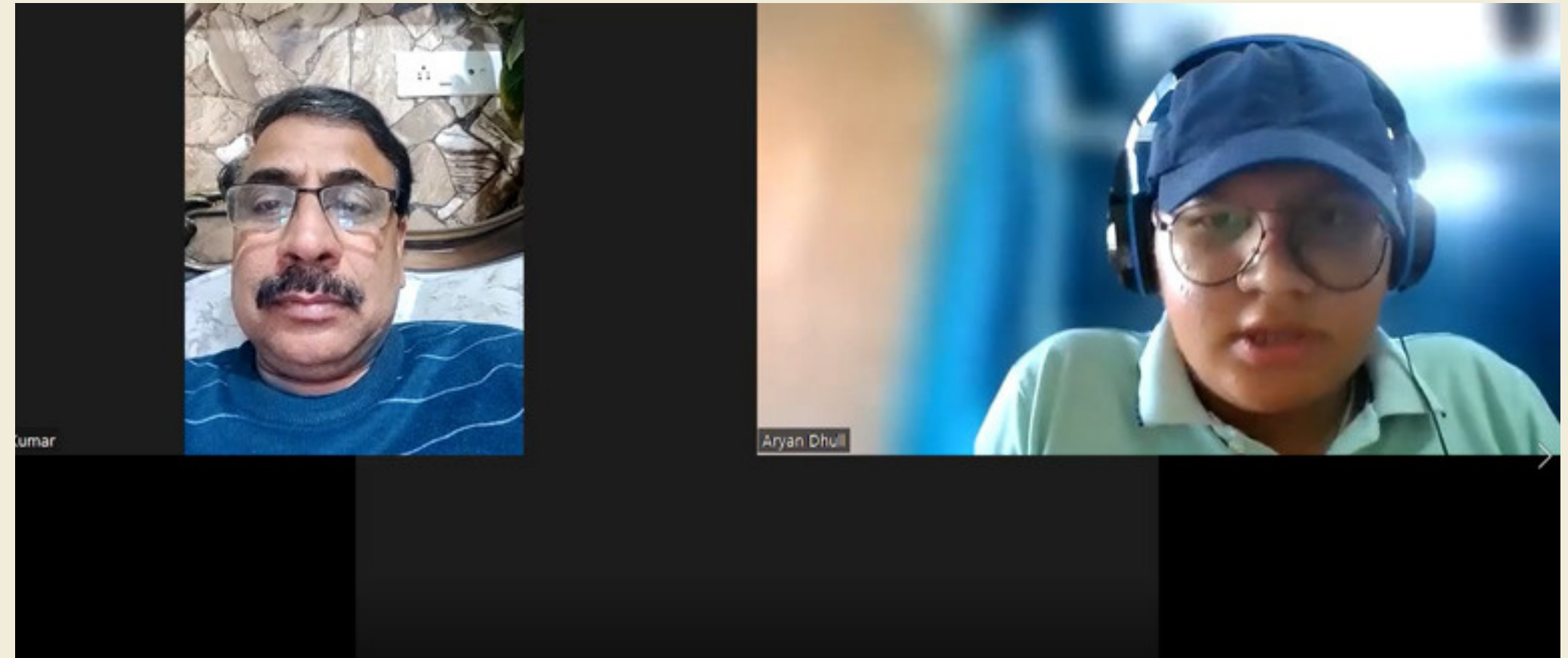
Terms and Conditions
Accepted

Date
Thursday, March 10, 2022

Signature

Interviewee
Ashok

Interviewer
Aryan Dhull

link of video...click here

9

RESTING PANDA Consent Form

Friday, March 11, 2022

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Name
Isha

Email
isha@gmail.com

By signing this form,you hereby consent to participate in our survey by agreeing to our terms and conditions:
1. No information will be shared anywhere and will remain confidential.
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3. The information provided by you will only be used for data gathering and analysis.
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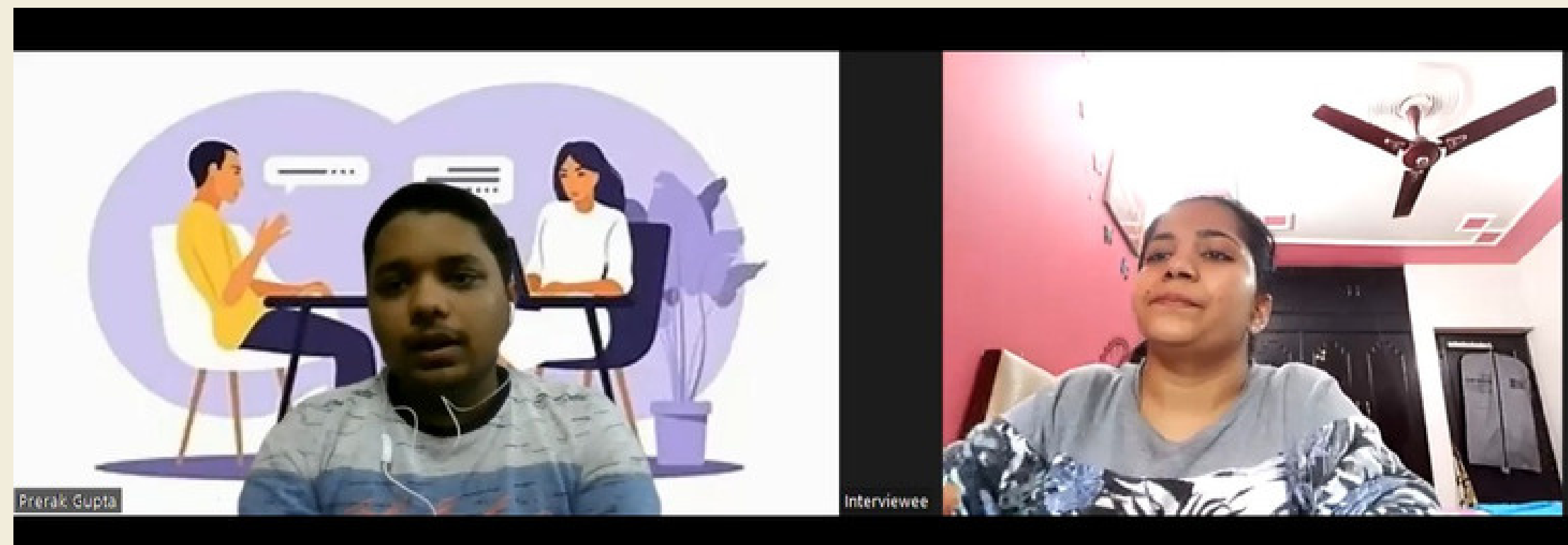5. You can withdraw from the survey anytime you feel like.

Terms and Conditions
Accepted

Date
Tuesday, March 10, 2020

Signature

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Interviewer
Prerak

Interviewee
Isha

link of video...click here

10

RESTING PANDA Consent Form

Friday, March 11, 2022

An application that helps you prevent sleep disorders and maintain the best sleep cycle in your life. We the students of 1st year B. Tech at IIIT-Delhi are conducting this survey to have a check upon your sleep cycle. Our application will provide the best sounds for sleep, track any irregularity, sleep factors and phases of sleep, health guide and much more ahead.

Name
Namita Devi

Email
namita@gmail.com

By signing this form,you hereby consent to participate in our survey by agreeing to our terms and conditions:
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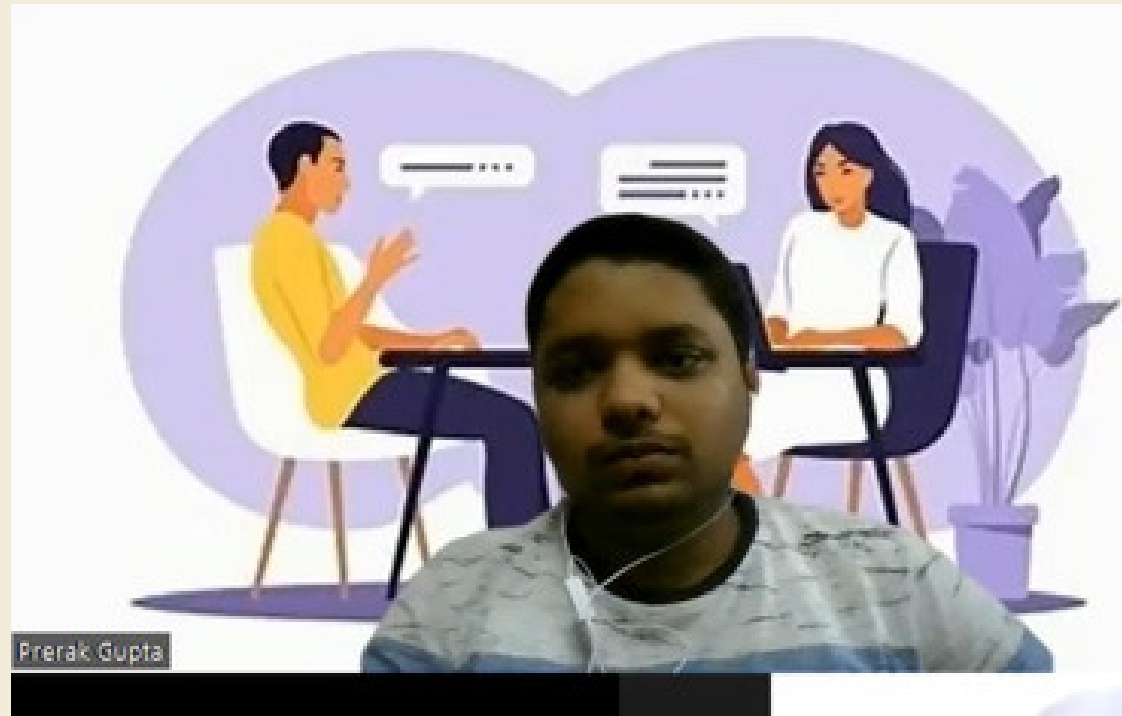
Terms and Conditions
Accepted

Date
Thursday, March 10, 2022

Signature

Namita

Interviewer
Prerak

Interviewee
Namita Devi

link of video...click here

11

RESTING PANDA Consent Form

Friday, March 11, 2022

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Name
Shridhar Joshi

Email
shridhar@example.com

By signing this form,you hereby consent to participate in our survey by agreeing to our terms and conditions:
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Terms and Conditions
Accepted

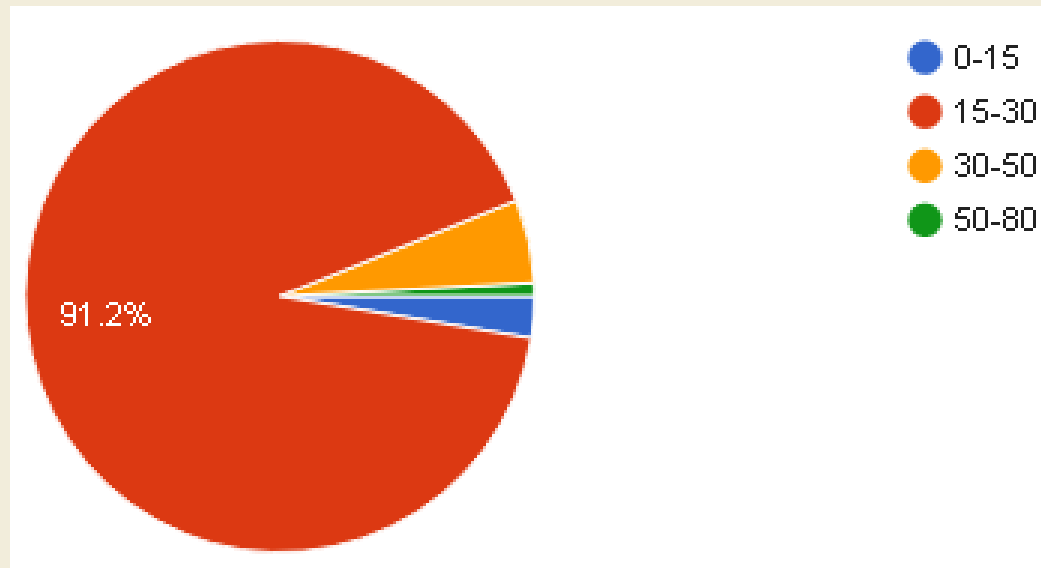**Date**
Thursday, March 10, 2022

Signature

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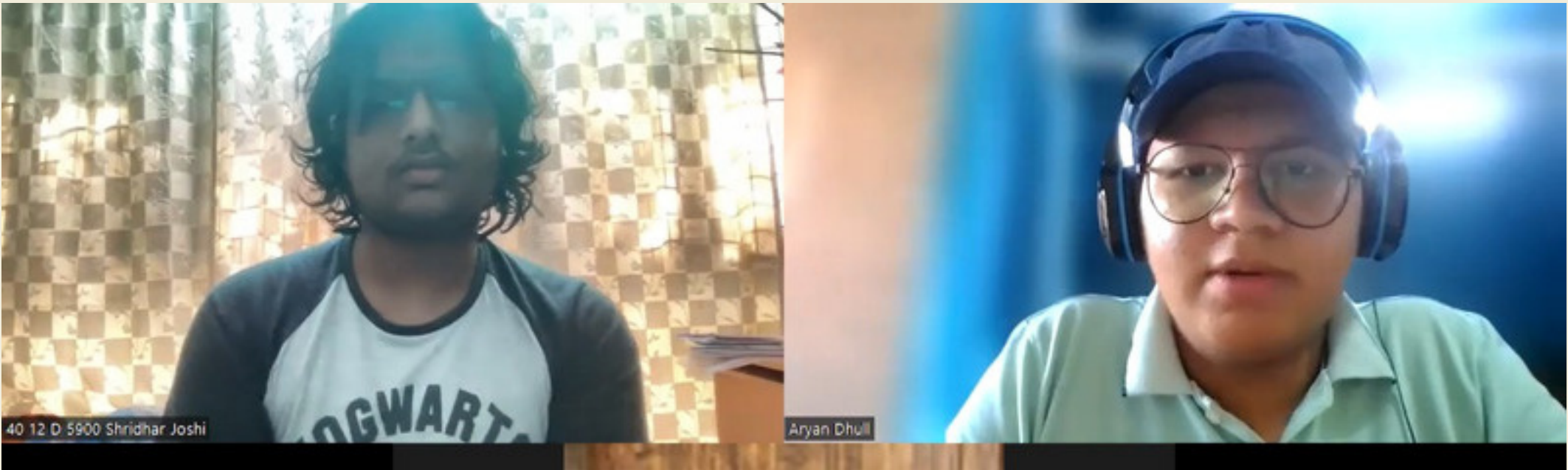
Interviewee

Shridhar Joshi

Interviewer

Aryan Dhull

link of video...click here

12

B. Survey Questions and Responses :

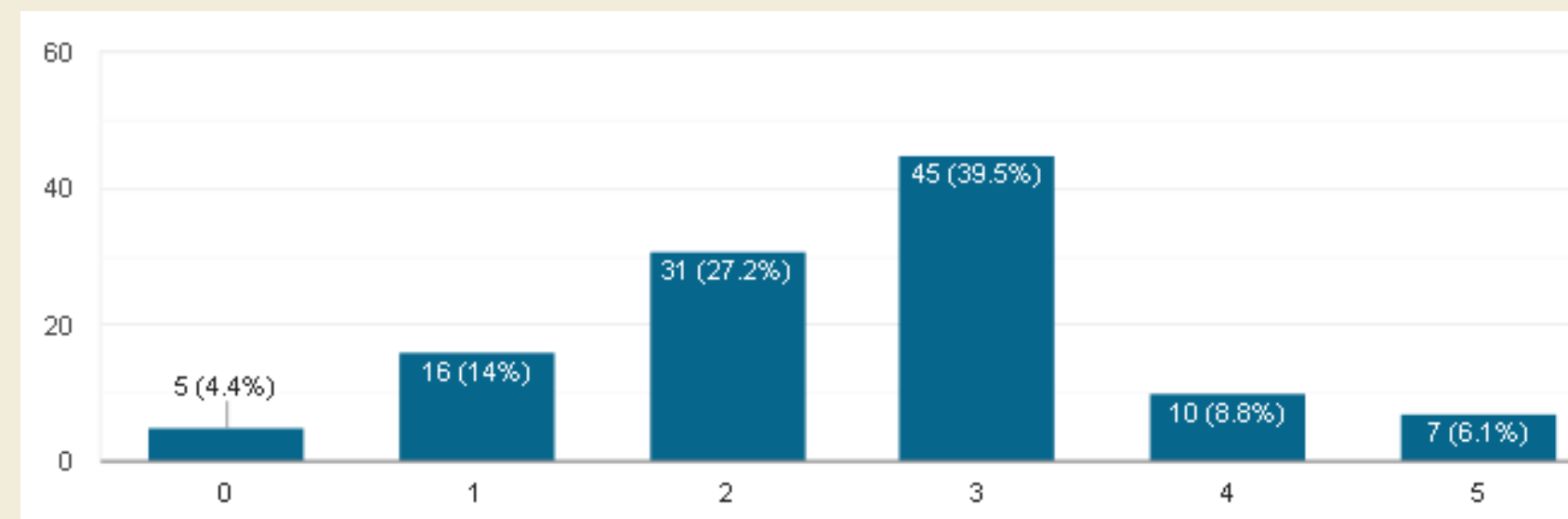## Q1. What's your age ?

- 0-15
- 15-30
- 30-50
- 50-80

91.2%

Q2. What's your occupation ?

- Student
- Engineer
- Doctor
- Businessman
- Teacher
- Accountant
- Housewife
- House wife

81.6%

- Pilot
- Central govt service
- Homemaker

▲ 1/2 ▼   ▲ 2/2 ▼
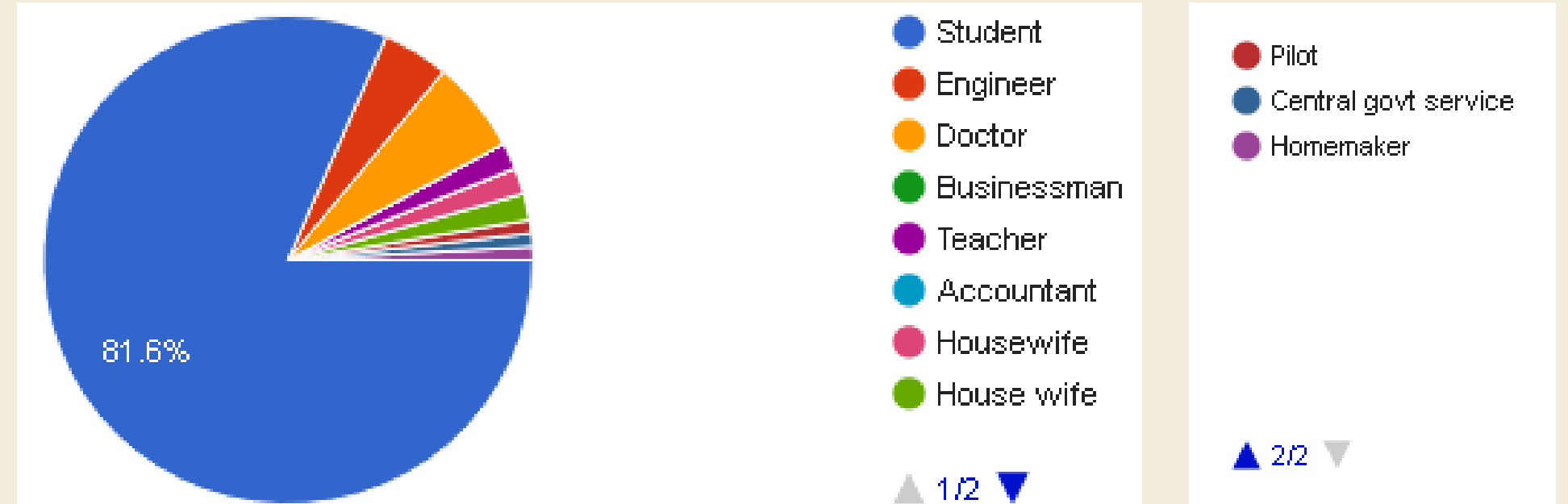
Q3. What's your sleep duration?

- 4-6 hours
- 6-8 hours
- 8-10 hours
- 10-12 hours

58.8%   13.2%   25.4%
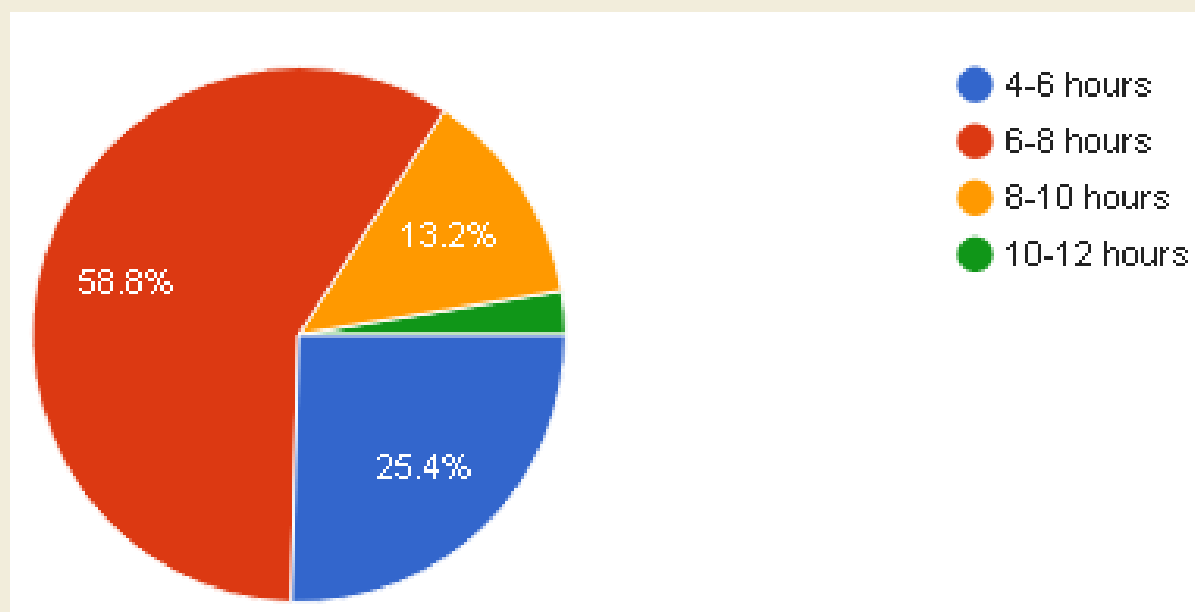
Q4. Do you think it's enough or oversleep?

5 (4.4%)   16 (14%)   31 (27.2%)   45 (39.5%)   10 (8.8%)   7 (6.1%)

Q5. Is there something you experience during most of your days ?

- Headache and join pain
- Fever
- Irritability
- Sleeping difficulty
- No I am perfectly fine during most of the days

60.5%
9.6%
12.3%
17.5%
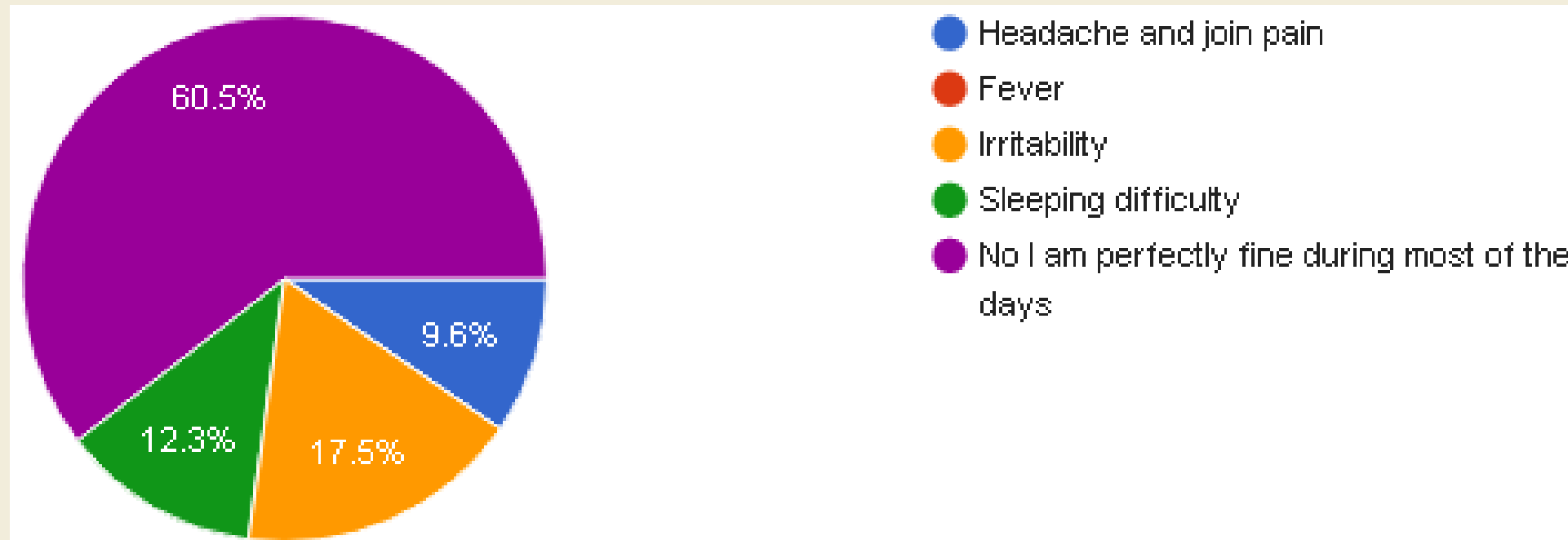
Q6. Do you have any idea about sleep disorder and it's solutions ?

- Is there something as sleep disorder?
- I know the meaning but not in too deep
- I know about the disorders but no clue about the solutions
- Have perfect idea about disorders and their solutions

34.2%
20.2%
43.9%
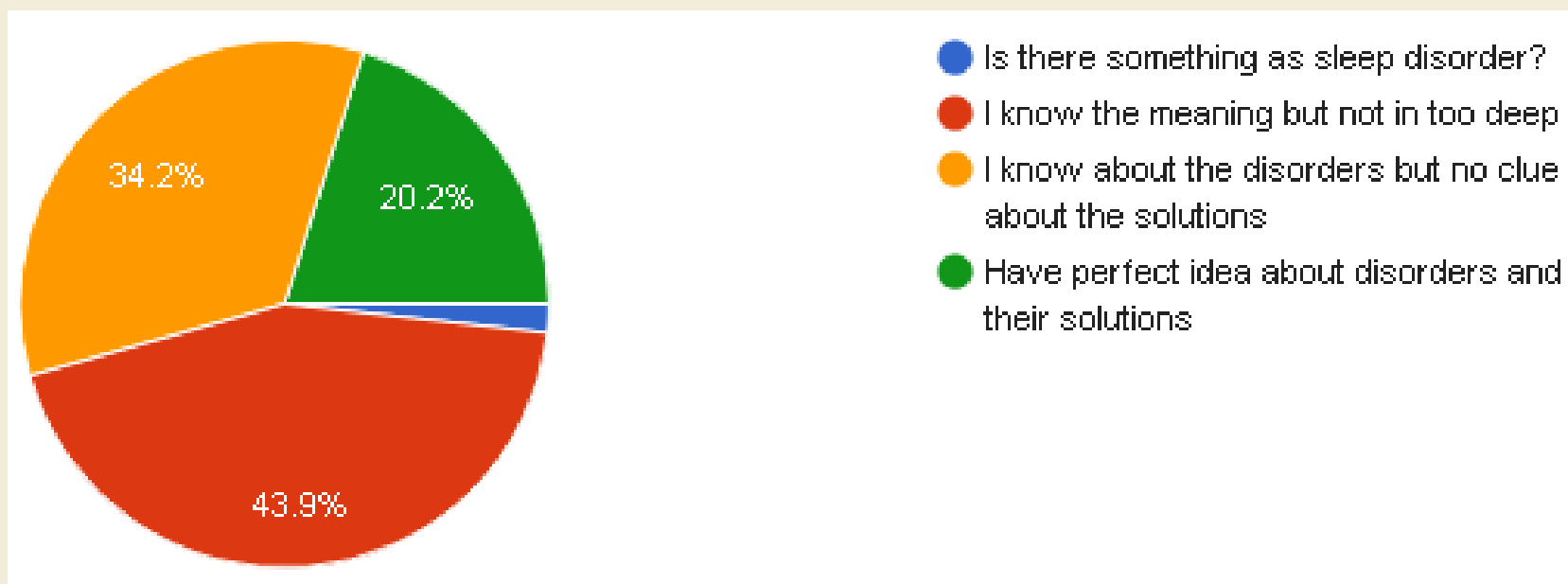
Q7. Do you know any other application that solves sleep disorder problems?

- YES
- NO

88.6%
11.4%

14

Thank you