Research Objectives and Coding Categories: the ‘Reflective Journey’

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | .A. Habits, **routines** and patterns of media use | B. **Perceived** media **effects** | C. **Adaptation** to non-mediated reality / changes to routine or behaviour | D. **Benefits** from the study experience |
| Example of ‘journey’ (2) | Spend a lot of time at home | Isolation and loneliness | Went out to the park | Appreciated surroundings |
| Example of ‘journey’ (3) | Use media to arrange meet-ups | Facilitates socialisation | Had trouble meeting people up | Appreciated importance of media |
| **1. Personal relationship to media** | Always online/on  Multitasking  Integral / not a big part of life  Music always on / soundtrack to my life | Addiction  Dependence  Reliance  No effects / confident and media literate | Withdrawal symptoms  Comfort eating / fidgeting  Didn’t know what to do with myself / felt bored  Sought alternatives  Hated/liked the silence | Realised I can be independent from media  Realised how addicted I am  Appreciated benefits of media |
| **2. Domestication** | Time spent at home  Everyday life revolves around media at home  Role of the bedroom | Isolation / withdrawal  Alienation / loneliness  Detachment from public space  Comfort / convenience | Went out / engaged in physical activities (*but see 5 – avoid overlap and duplication* *– this should focus more specifically on public v. private space)*  Observed others in buses  Noticed sights/sounds | Appreciated surroundings  Reflected on public space / urban or rural landscape  Appreciated time outside the home  Reminded me of positive non-mediated activities |
| **3. Socialisation** | Use of social media / social networking sites  Interactions with friends via media  Coming across people that wouldn’t normally meet in real life | Isolation / withdrawal  Alienation / loneliness  Lack of / more friends  Freedom / restriction  Comfort zone | Interacted more / less  Went over to friends  Knocked on people’s doors  Met people physically  Intimacy | Realised importance of media as agent of socialisation Realised media stops me from making friends  Realised virtual friendships are more/less/equally important to physical ones |
| **4. Time and info management** | Use media to find info / research / search engines / news / work / study  Read news / learn about the world / opportunities to do things and interact | Information saturation / overload  Filter bubble / broad horizons  Time-wasting / meaningless activities  Easier to find / organise stuff  Get more stuff done / knowledge  Distracted / attention span | Focused, calm, productive  Felt I had more time  Could process more/less info  Got more/less done | Revealed meaningless activities  Helped me prioritise |
| **5. Non-mediated activities** | Non-mediated activities are / aren’t part of my life  Sport, going out, walking, theatre, cinema, books etc  Older media forms of communication  Non-mediated communication | Losing non-mediated communication / life skills  New media empower / disempower us  Non-mediated cultures are better / missing out | Read books, wrote letters, engaged in non-mediated forms of communication / older media  Walked, engaged in physical activities | Helped me appreciate other cultures  Helped me appreciate non-mediated activities  Helped me appreciate older form of media |
| **6. Contemplation** | Use media to write / reflect about myself  Read things that challenge me / help me think  Construct or renegotiate my identity through media  Not enough time to reflect | Distraction  No time for self  No meditation/contemplation | Spent time thinking / reflecting about myself | Allowed me to reflect on my lifestyle  Discovered things about myself |
| **7. Role of media in society** | Social norms make using media unavoidable  Media make society develop, move faster, help intercultural/global understanding / awareness / political participation | Feel socially excluded because I don’t have/use media (before the study)  I feel compelled to buy / consume / use media even though I don’t need to  Media have positive effects on society | Observed other people’s media consumption  Noticed media penetration / ubiquity throughout my community / public space | Realised social importance of media  Realised media is unavoidable  Felt excluded because I didn’t use media |
| **8. Value of study and follow-up** |  |  | Challenging / difficult / impossible to complete  Study interesting / boring / useful / useless / illuminating / beneficial  Pleasantly / unpleasantly surprised | Would follow up / have followed up with changes to my routines  Would do again / will try to do again  Would encourage others to do |