Research Objectives and Coding Categories: the ‘Reflective Journey’

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|  | .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/onMultitaskingIntegral / not a big part of lifeMusic always on / soundtrack to my life | AddictionDependenceRelianceNo effects / confident and media literate | Withdrawal symptoms Comfort eating / fidgetingDidn’t know what to do with myself / felt boredSought alternativesHated/liked the silence | Realised I can be independent from mediaRealised how addicted I amAppreciated benefits of media |
| **2. Domestication** | Time spent at homeEveryday life revolves around media at homeRole of the bedroom | Isolation / withdrawalAlienation / lonelinessDetachment from public spaceComfort / 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 busesNoticed sights/sounds | Appreciated surroundingsReflected on public space / urban or rural landscapeAppreciated time outside the homeReminded me of positive non-mediated activities |
| **3. Socialisation** | Use of social media / social networking sitesInteractions with friends via mediaComing across people that wouldn’t normally meet in real life | Isolation / withdrawalAlienation / lonelinessLack of / more friendsFreedom / restrictionComfort zone | Interacted more / lessWent over to friendsKnocked on people’s doorsMet people physicallyIntimacy | Realised importance of media as agent of socialisationRealised media stops me from making friendsRealised 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 / studyRead news / learn about the world / opportunities to do things and interact | Information saturation / overloadFilter bubble / broad horizonsTime-wasting / meaningless activitiesEasier to find / organise stuffGet more stuff done / knowledgeDistracted / attention span | Focused, calm, productiveFelt I had more timeCould process more/less infoGot more/less done | Revealed meaningless activitiesHelped me prioritise |
| **5. Non-mediated activities** | Non-mediated activities are / aren’t part of my lifeSport, going out, walking, theatre, cinema, books etcOlder media forms of communicationNon-mediated communication | Losing non-mediated communication / life skillsNew media empower / disempower usNon-mediated cultures are better / missing out  | Read books, wrote letters, engaged in non-mediated forms of communication / older mediaWalked, engaged in physical activities | Helped me appreciate other culturesHelped me appreciate non-mediated activitiesHelped me appreciate older form of media |
| **6. Contemplation** | Use media to write / reflect about myselfRead things that challenge me / help me thinkConstruct or renegotiate my identity through mediaNot enough time to reflect | DistractionNo time for selfNo meditation/contemplation | Spent time thinking / reflecting about myself | Allowed me to reflect on my lifestyleDiscovered things about myself |
| **7. Role of media in society** | Social norms make using media unavoidableMedia 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 toMedia have positive effects on society | Observed other people’s media consumptionNoticed media penetration / ubiquity throughout my community / public space | Realised social importance of mediaRealised media is unavoidableFelt excluded because I didn’t use media |
| **8. Value of study and follow-up** |  |  | Challenging / difficult / impossible to completeStudy interesting / boring / useful / useless / illuminating / beneficialPleasantly / unpleasantly surprised | Would follow up / have followed up with changes to my routinesWould do again / will try to do againWould encourage others to do |