



IO1/A2

VALIDATION OF USER MODELS & DEFINITION OF DESIRABLE SITUATIONS

National Report – [POLAND]

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I-AID	Version: 1
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Revision History

Version	Date	Author	Description	Action	Pages
[1]	27/04/2020	CWEP	Creation	C	39

(*) Action: C = Creation, I = Insert, U = Update, R = Replace, D = Delete

Referenced Documents

ID	Reference	Title
1	2019-1-UK01 KA204-062021	Project Application
2		

Applicable Documents

ID	Reference	Title
1	IO1.A1.1	User Model Design
2		

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1. Introduction

1.1 Objective of the survey

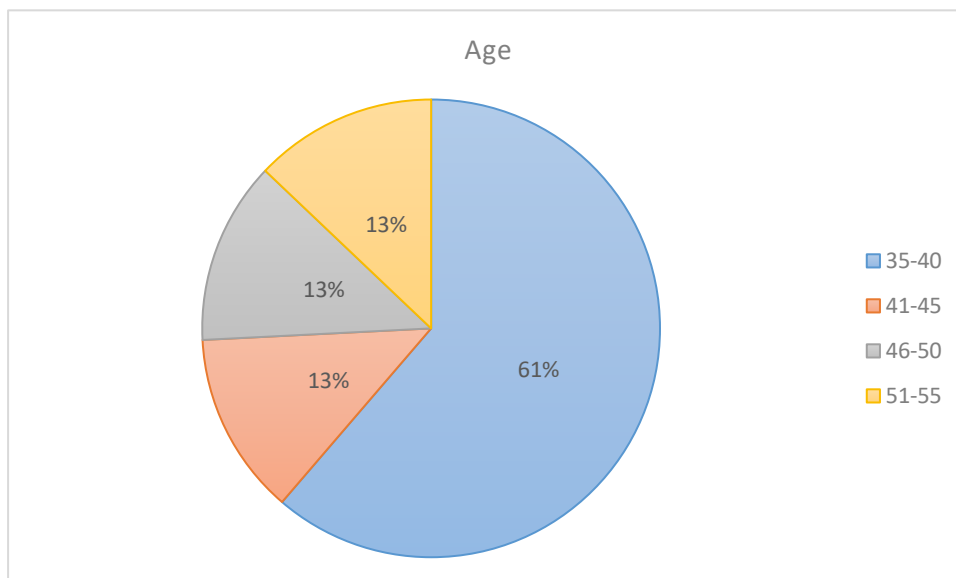
The aim of the survey was to understand the ‘As-Is’ situation of adults at risk of Internet Addiction in the Poland in order define their ‘To-Be’ situation. More specifically, the responses received aimed at validating the User Models elaborated in O1/A1: User Models Design created by AKNOW. Thus, we asked participants about their behaviour in relation to Internet use as well information about their personal characteristics. The results provided us with a clear picture of Internet use behaviours combined with personality traits, and demographical data among adults of 35 to 55 years old in the Poland. Based on the data collected, the consortium will elaborate the needs of the target group in terms of reduction of Internet use training.

1.2 Methodology

We managed to collect 31 responses from the target group. We decided that the best way to collect data would be to contact people from the target group via e-mail. Due to the fact that CWEP has a large number of shareholders and cooperating organizations, we asked them to complete the questionnaires.

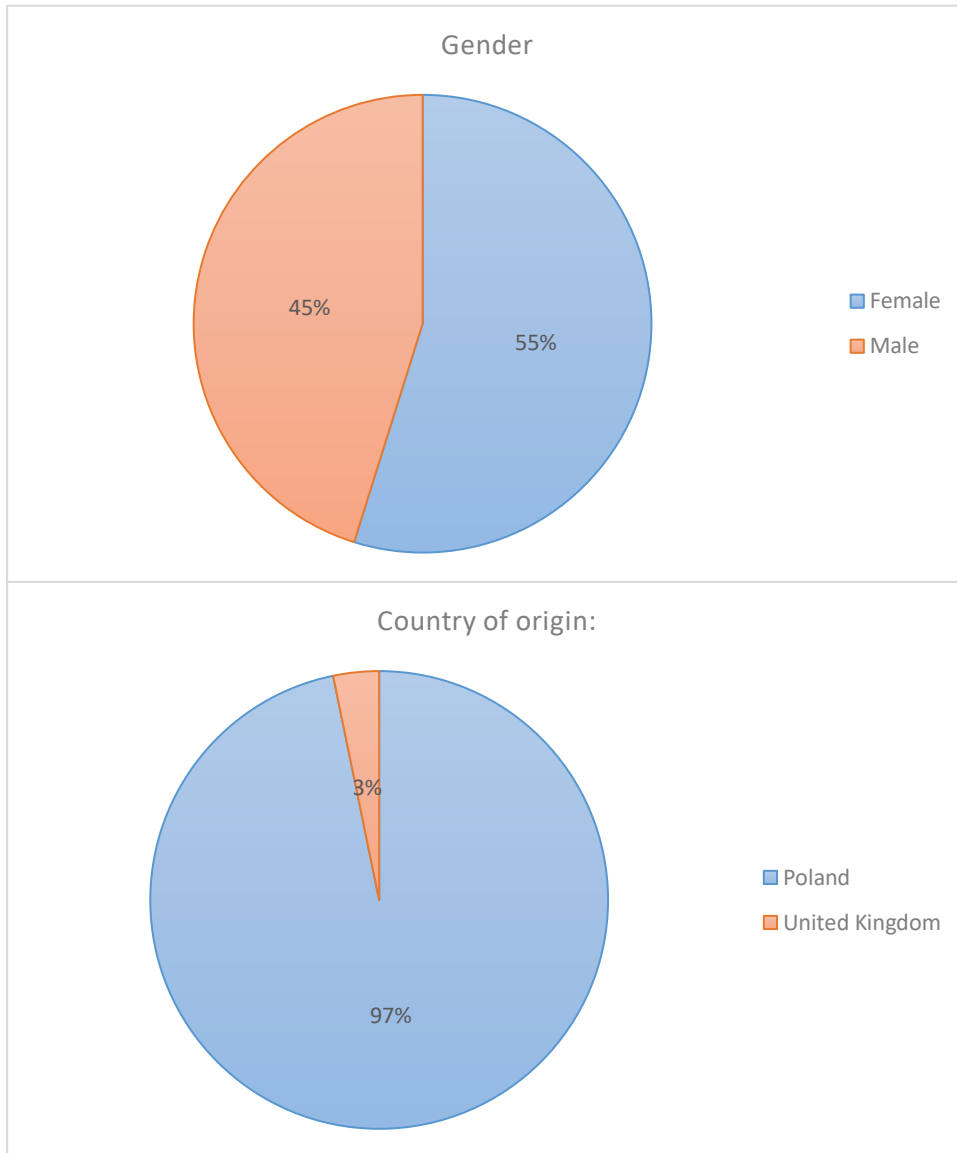
2. Survey Results

2.1 Participants



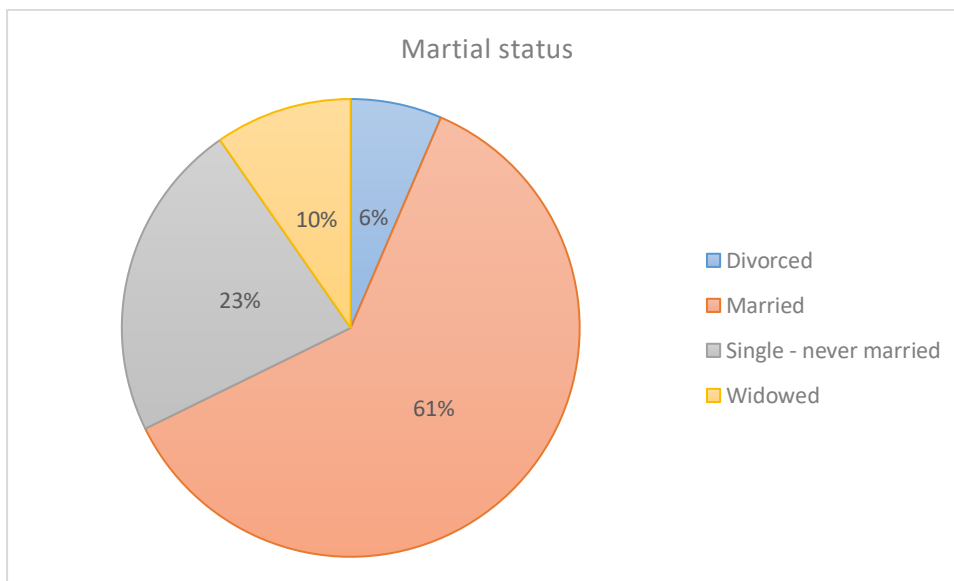
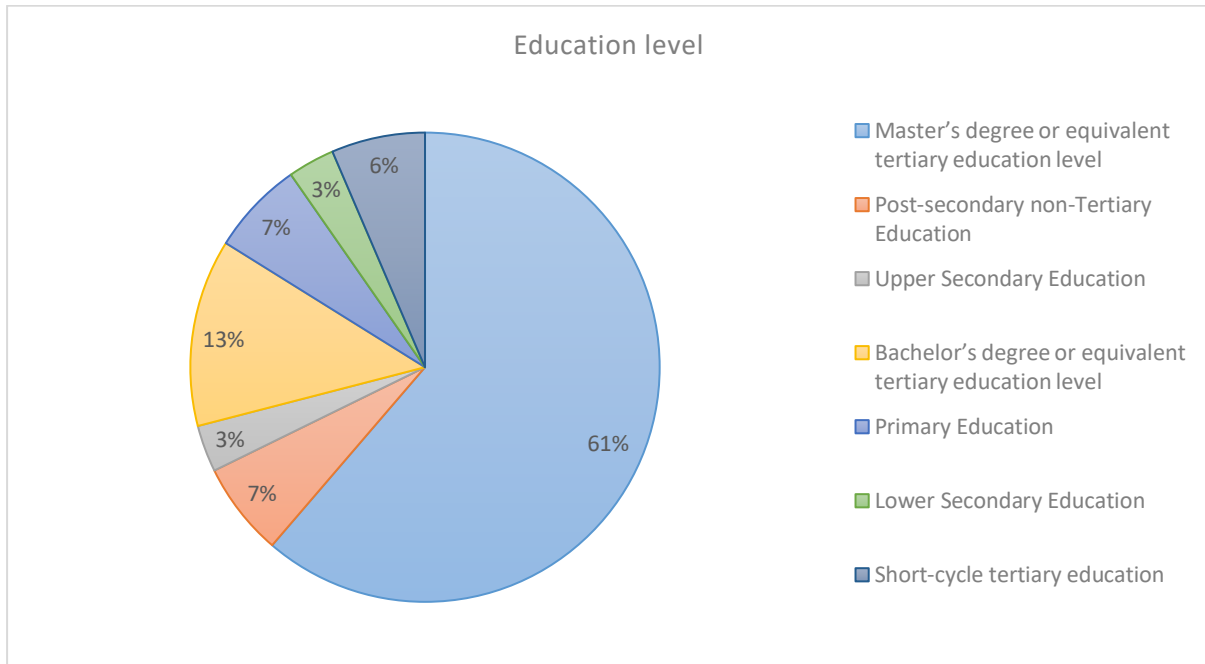
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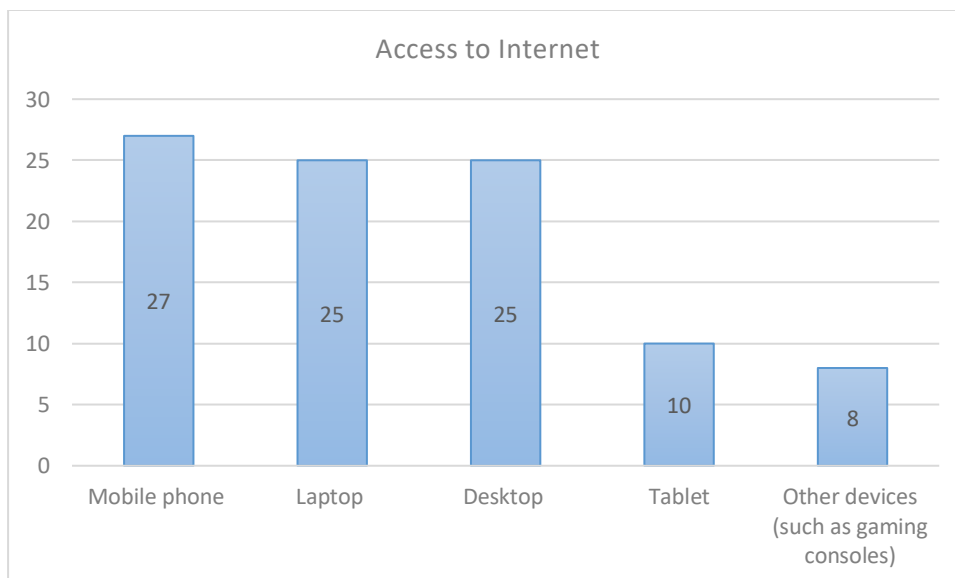
Your occupation			
Project Assistant	Teacher	paperwork	Teacher
Teacher	architect	writer	jurnalist
accountant	Warehouse manager	Cleaner	Pharmacist
Manager	office worker	IT Pro	Accountant

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Teacher	Pensioner	Teacher	Librarian
Manager	Teacher	Teacher	Teacher
Office worker	architect	Office worker	Teacher
IT specialist	Teacher	Graphic designer	

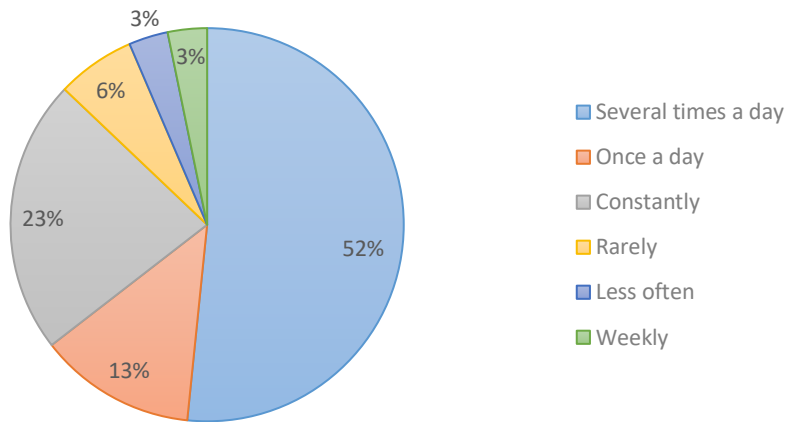
2.2 Access to Internet



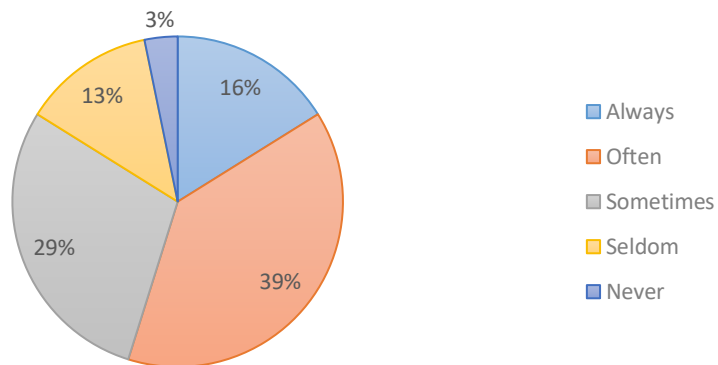
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How often do you have access to Internet?



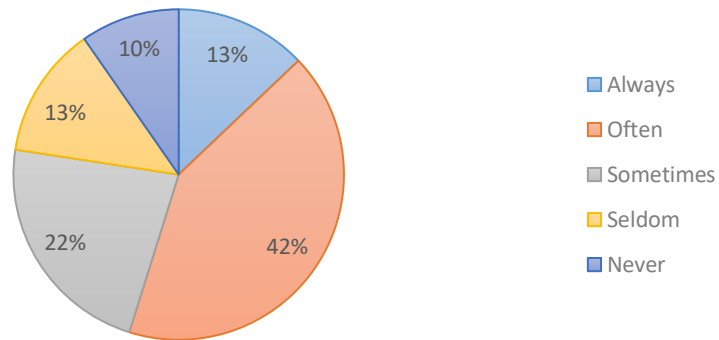
How often do you have access to the following groups of applications? [Social Networking (i.e., Facebook, Instagram, Tiktok, etc.)]



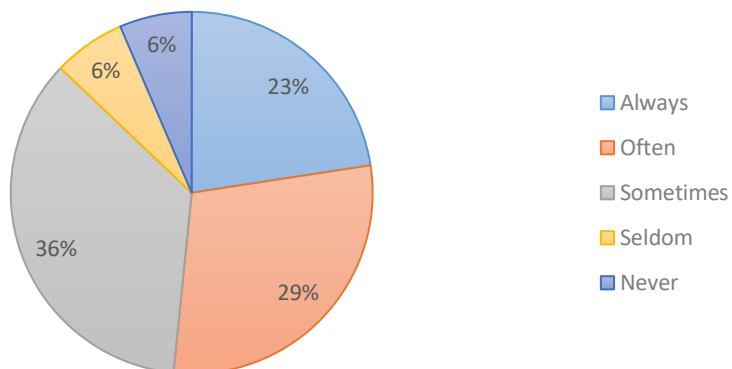
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How often do you have access to the following groups of applications? [Personal emails/Administration (e.g., banking, paying bills, booking, travel)]



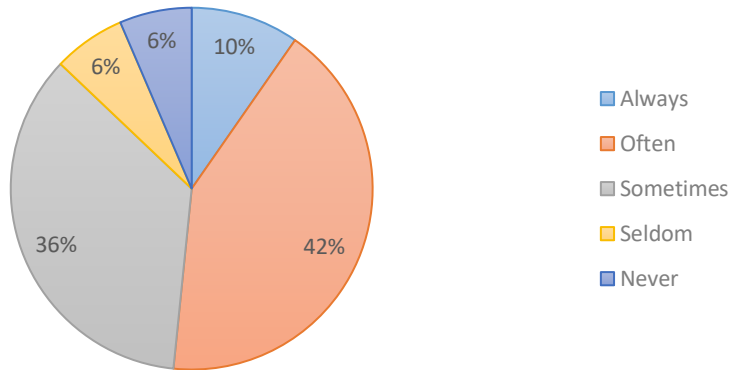
How often do you have access to the following groups of applications? [Academic/work-related surfing]



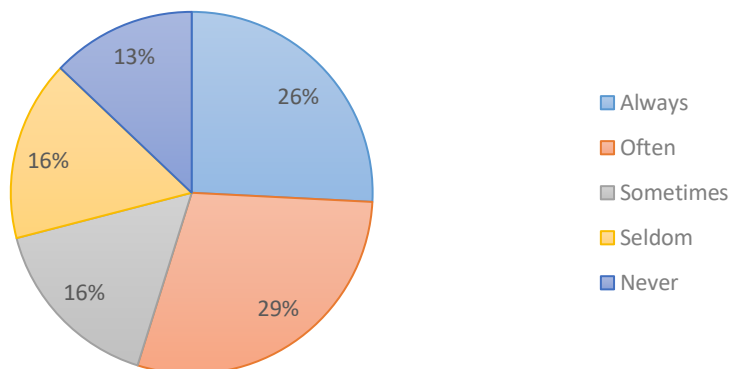
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How often do you have access to the following groups of applications? [General information search (News)]



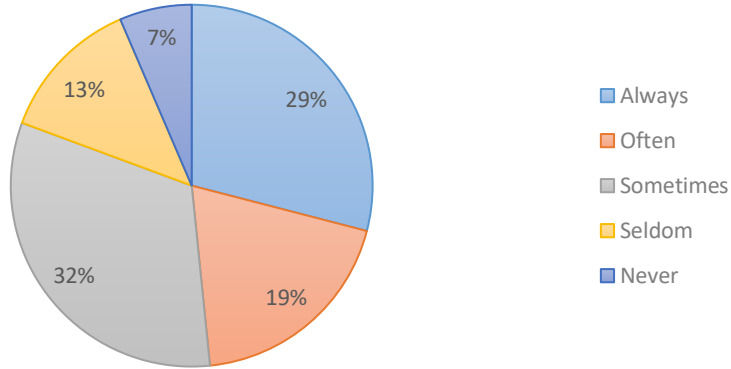
How often do you have access to the following groups of applications? [Streaming (e.g., Youtube, Netflix, etc.)]



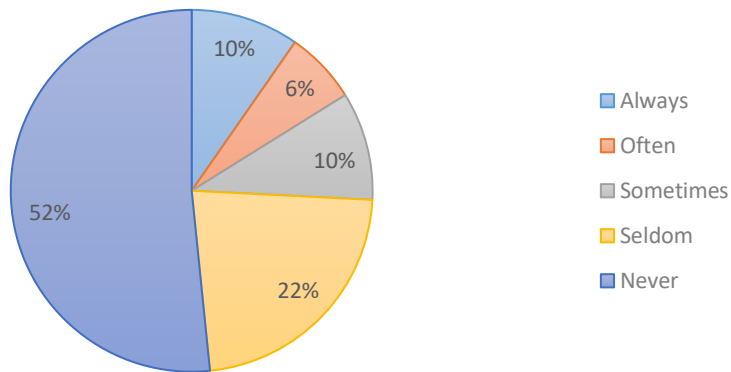
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How often do you have access to the following groups of applications? [Music]



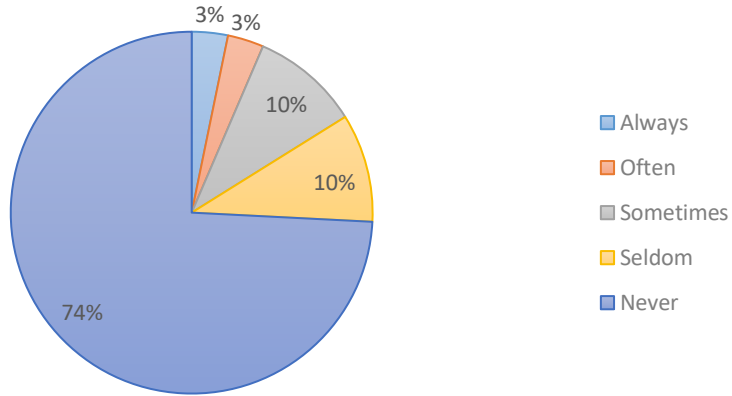
How often do you have access to the following groups of applications? [Online gaming websites]



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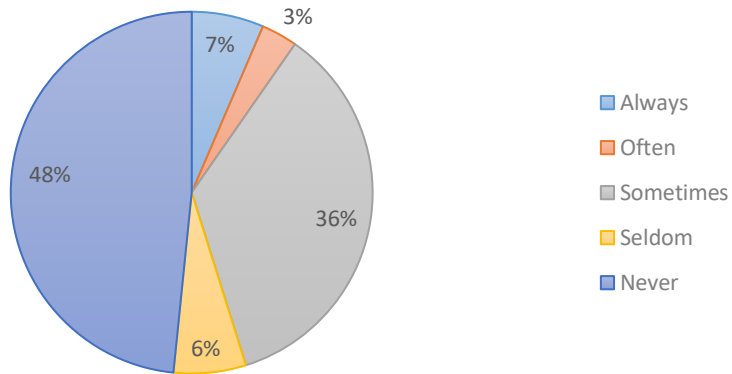
How often do you have access to the following groups of applications? [Online gambling]



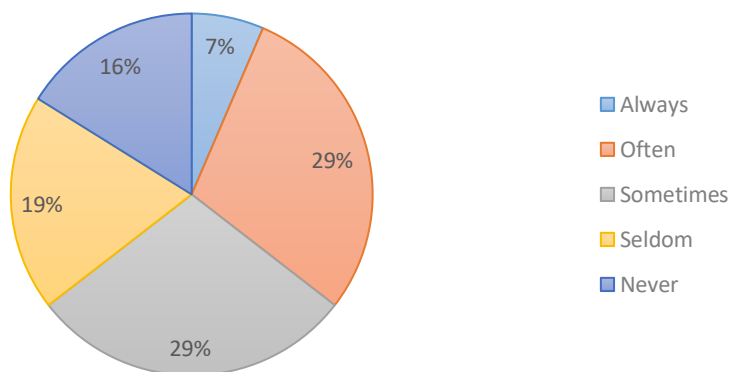
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How often do you have access to the following groups of applications? [Online Pornography]

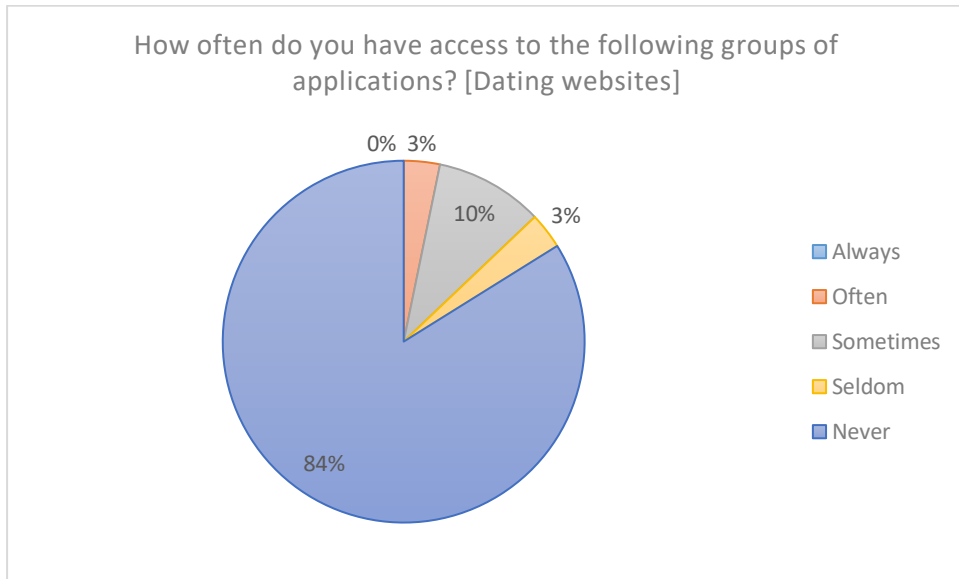


How often do you have access to the following groups of applications? [Online shopping (buying and selling)]

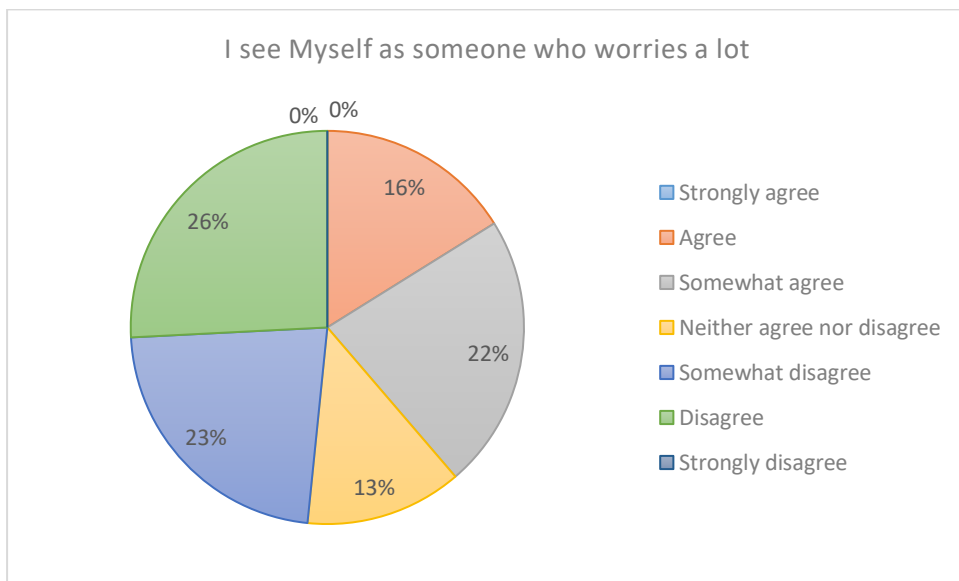


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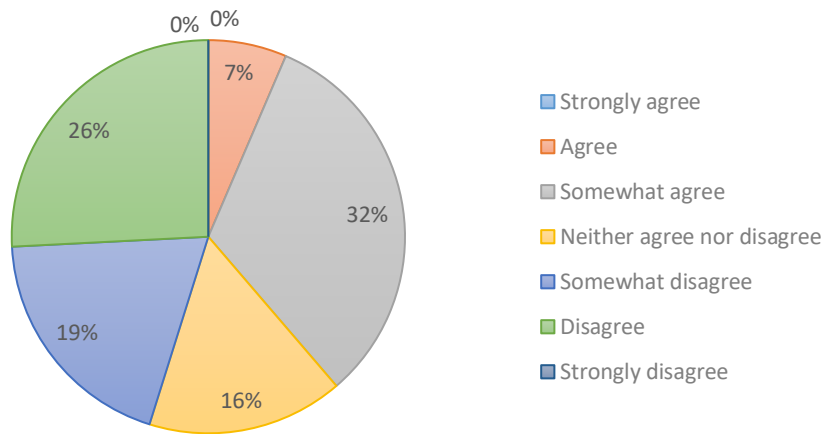
2.3 Quick Big Five Traits



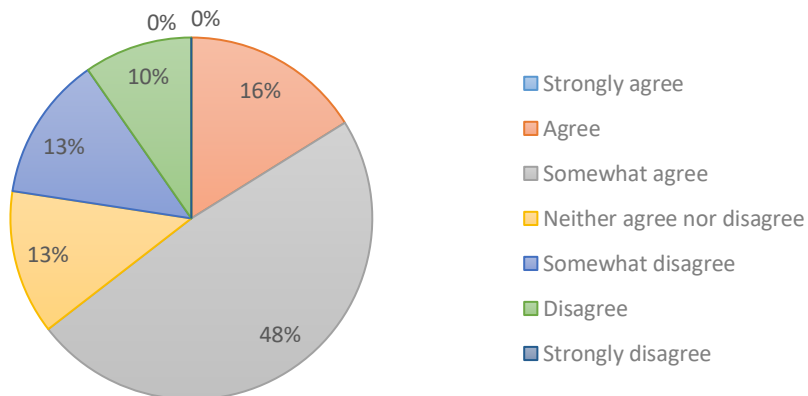
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I see Myself as someone who gets nervous easily

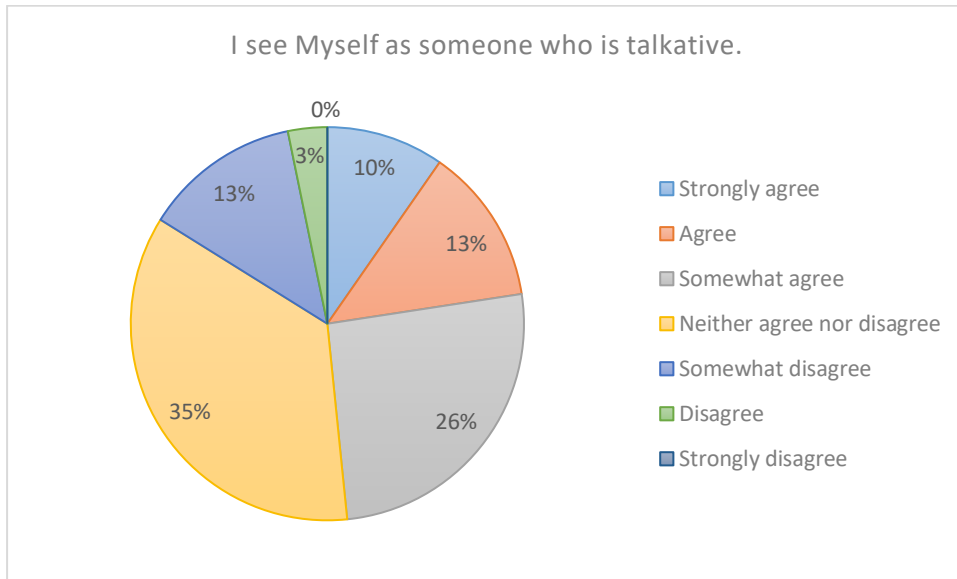


I see Myself as someone who remains calm in tense situations.



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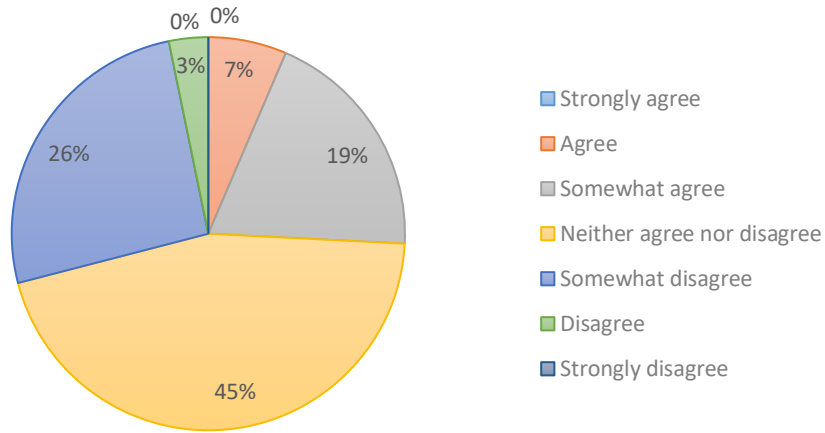
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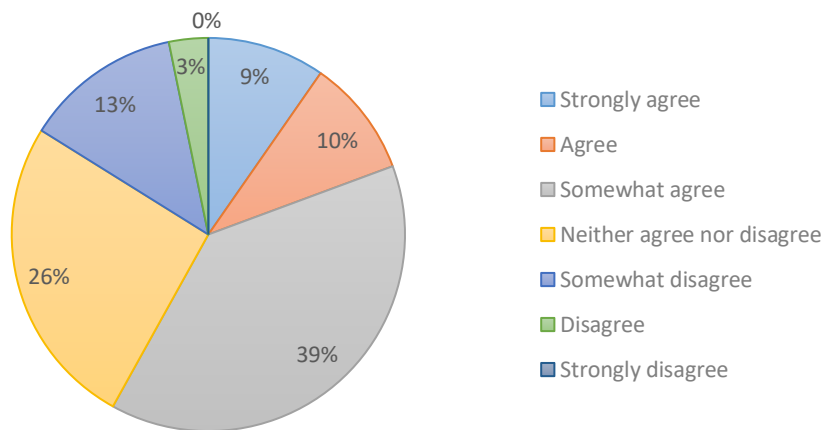
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I see Myself as someone who is reserved.



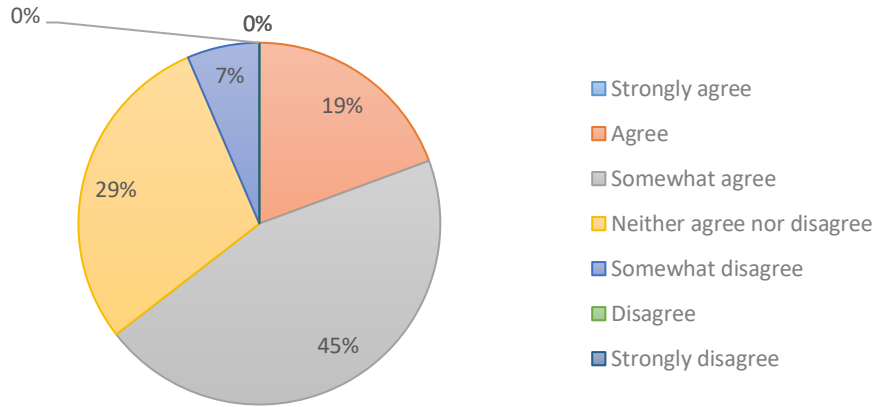
I see Myself as someone who is outgoing, sociable.



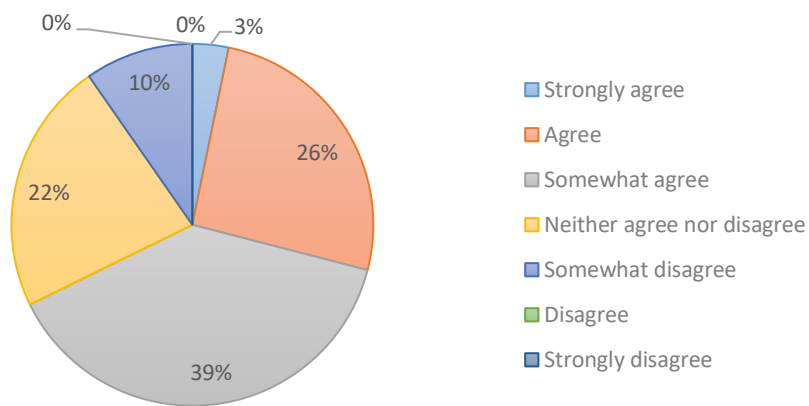
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I see Myself as someone who is original, comes up with new ideas.

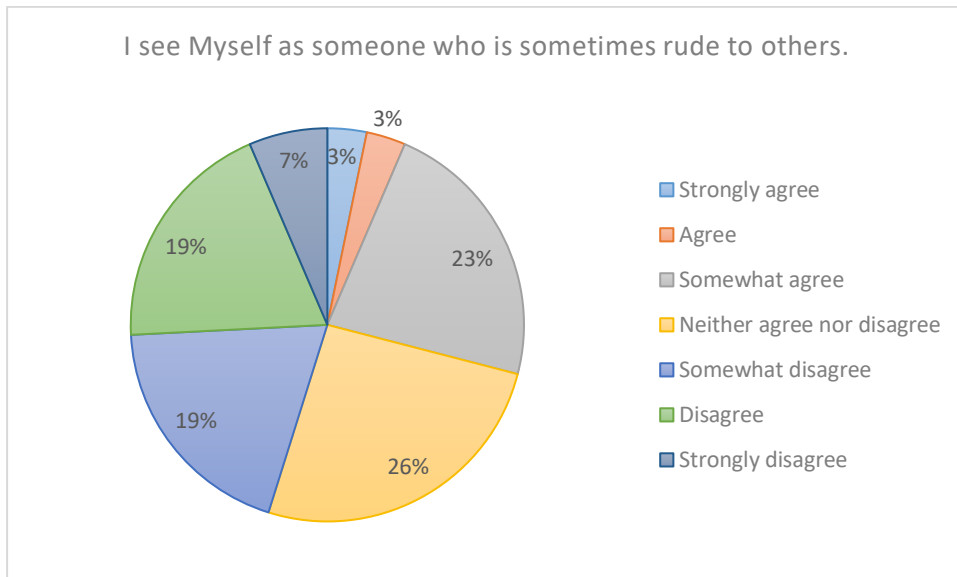
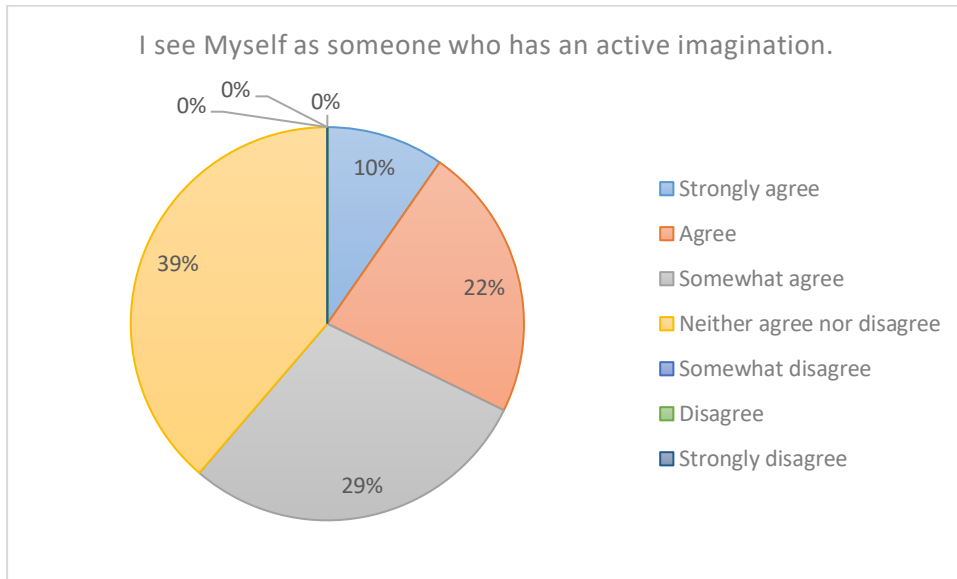


I see Myself as someone who values artistic, aesthetic experiences.



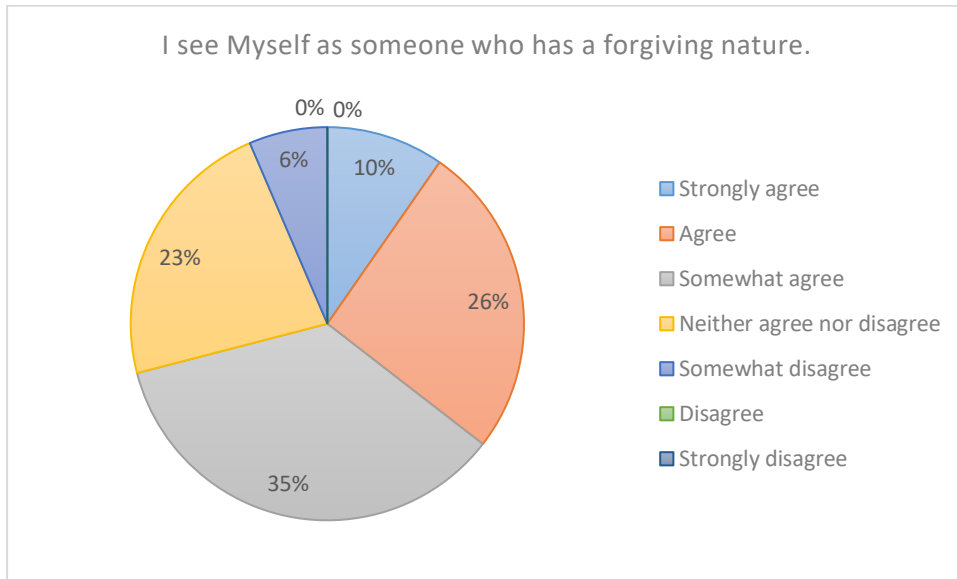
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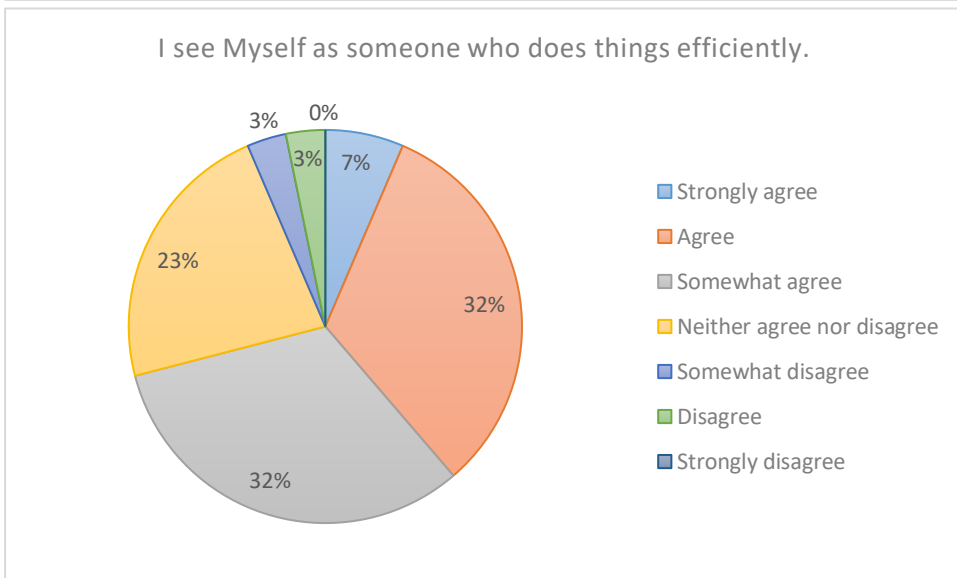
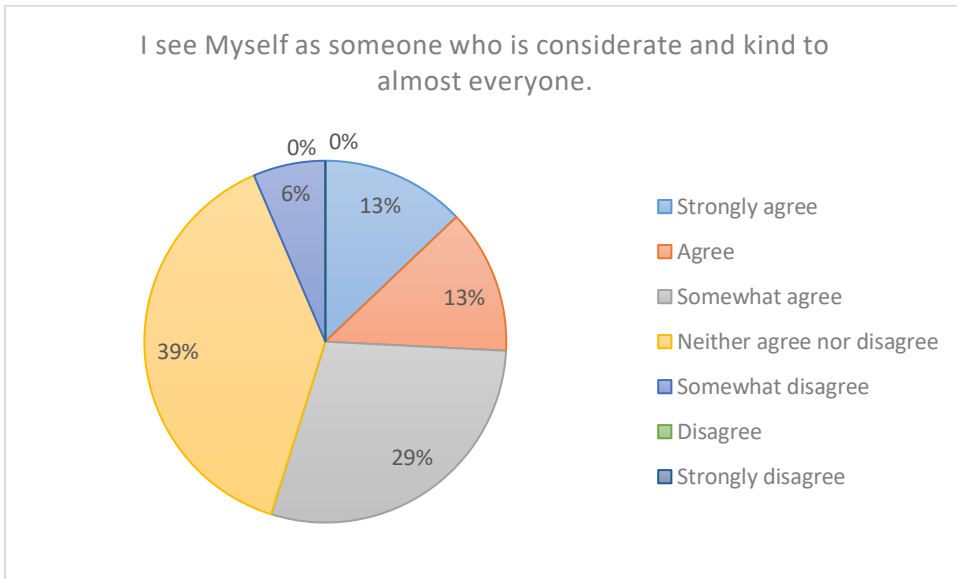
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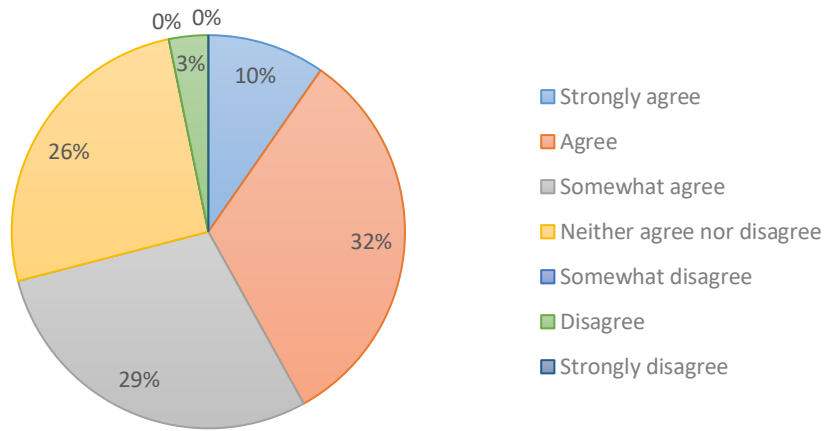
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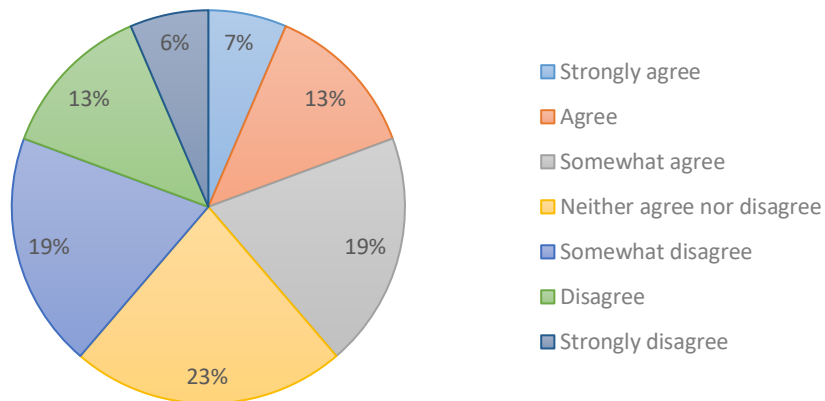
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I see Myself as someone who works thoroughly.

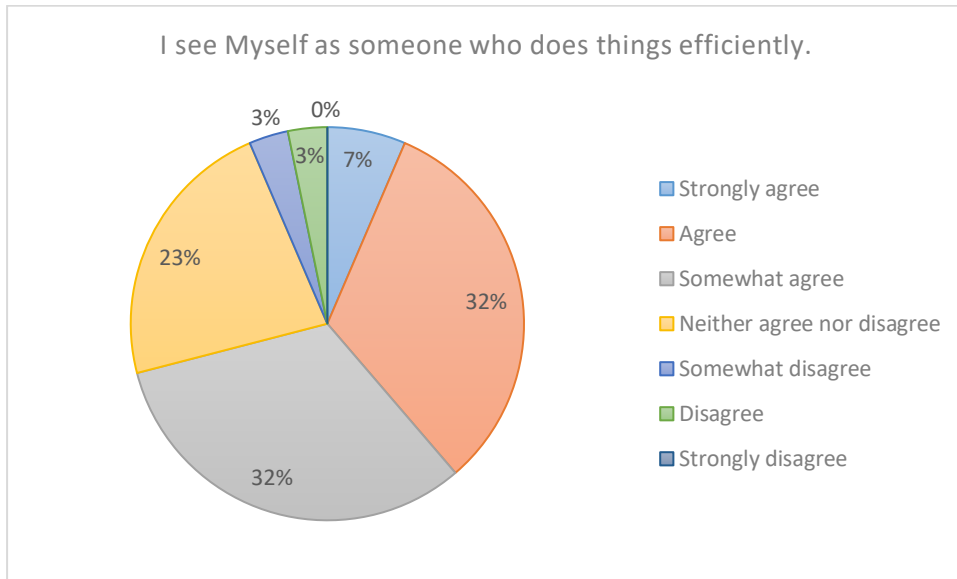


I see Myself as someone who tends to be lazy.

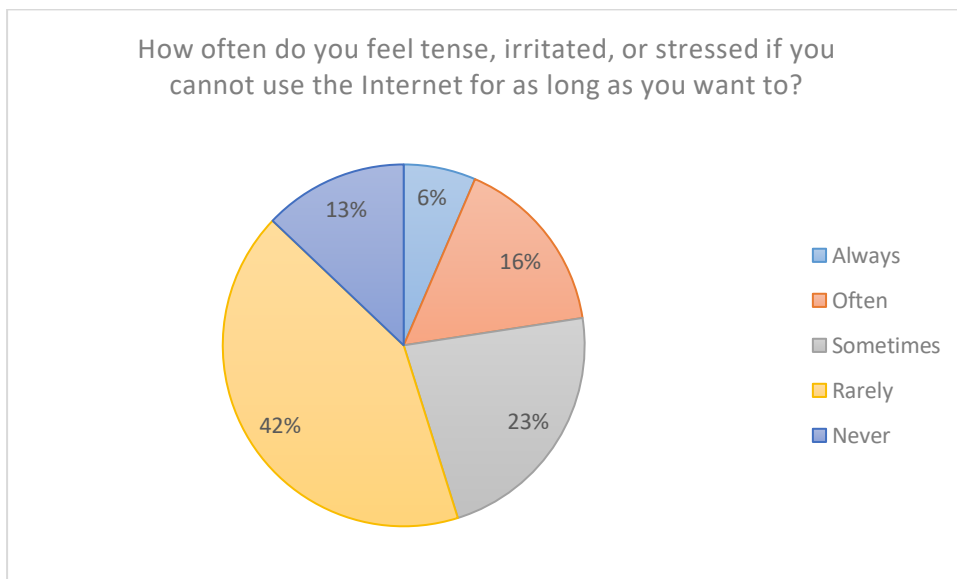


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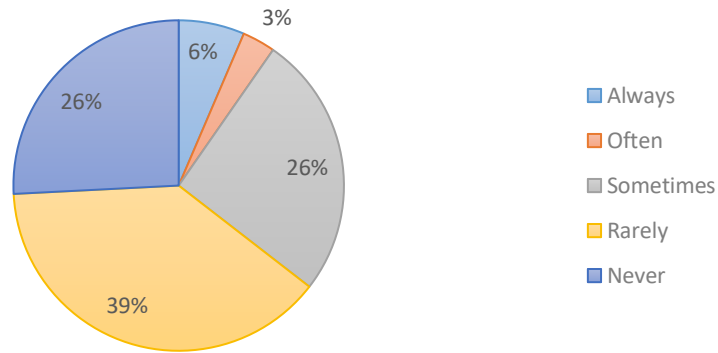
2.4 Problematic Internet Use



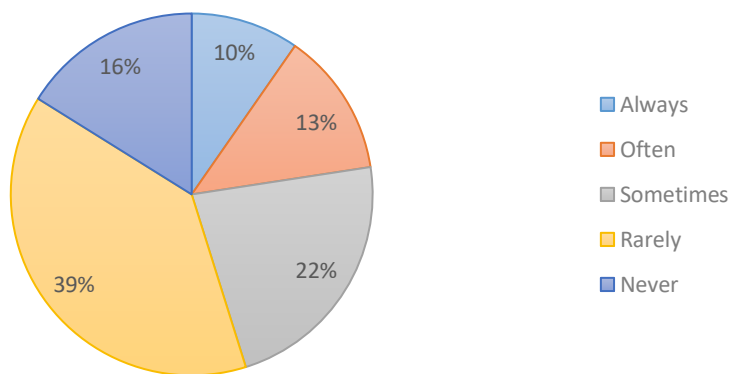
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How often do you fantasize about the Internet, or think about what it would be like to be online when you are not on the Internet?



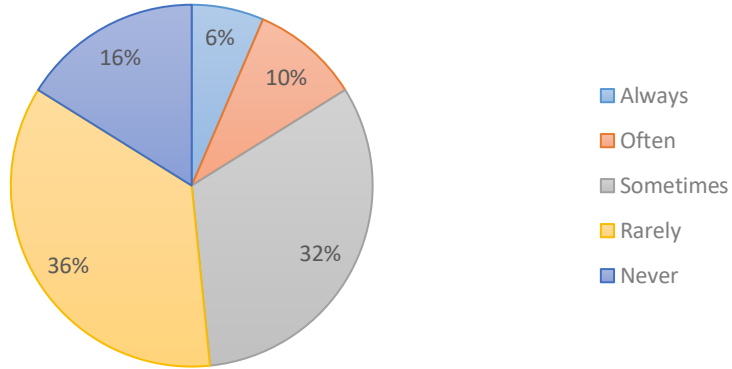
How often do you feel tense, irritated, or stressed if you cannot use the Internet for several days?



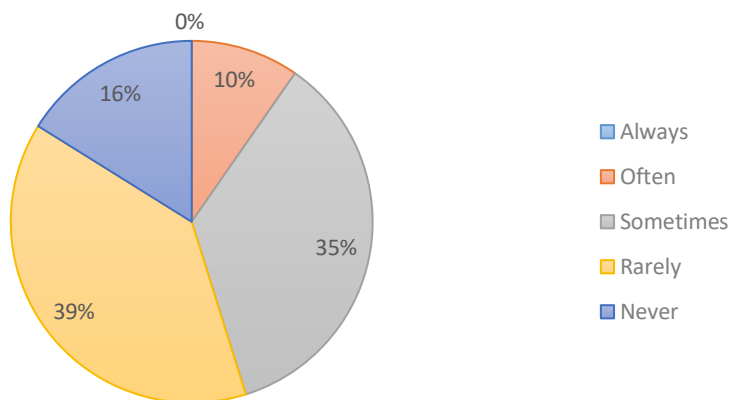
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How often does it happen to you that you wish to decrease the amount of time spent online but you do not succeed



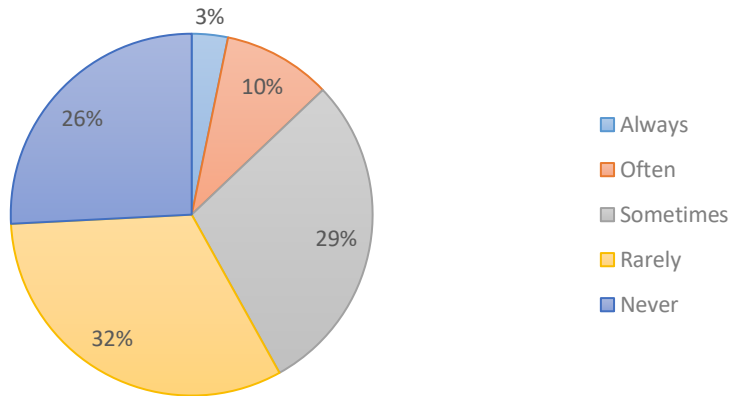
How often do you feel that your Internet usage causes problems for you?



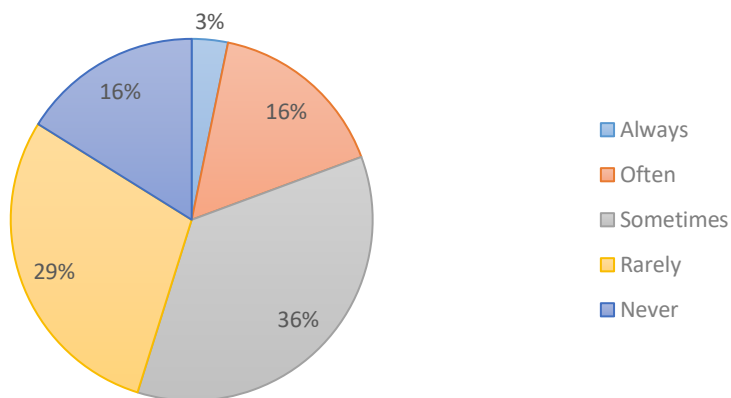
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How often do you dream about visiting specific platforms or websites on the internet?



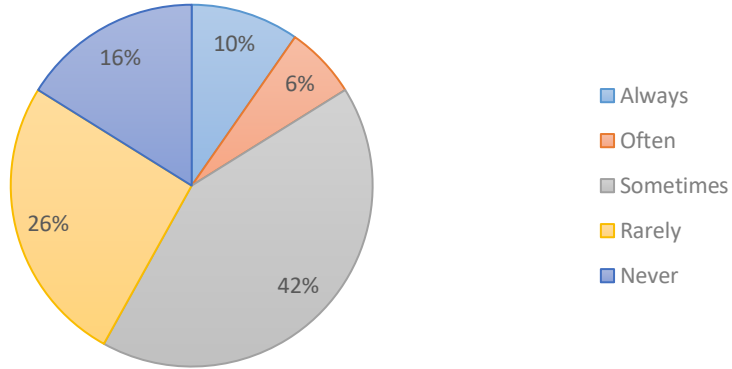
How often do you realize saying when you are online, “just a couple of more minutes and I will stop”?



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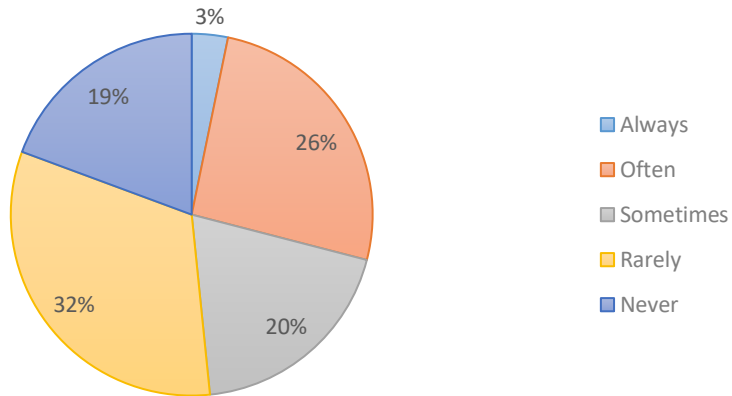
How often do you feel that you should decrease the amount of time spent online



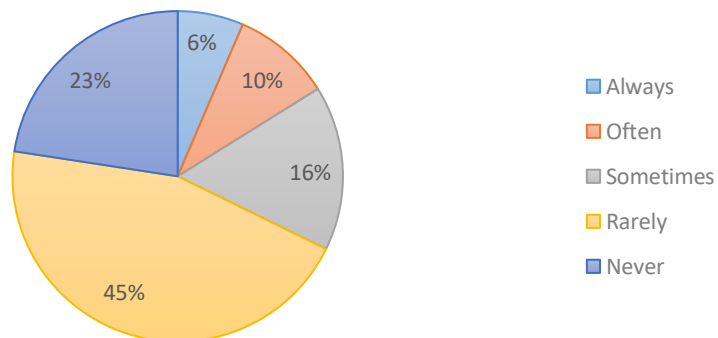
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How often do people in your life complain about spending too much time online?



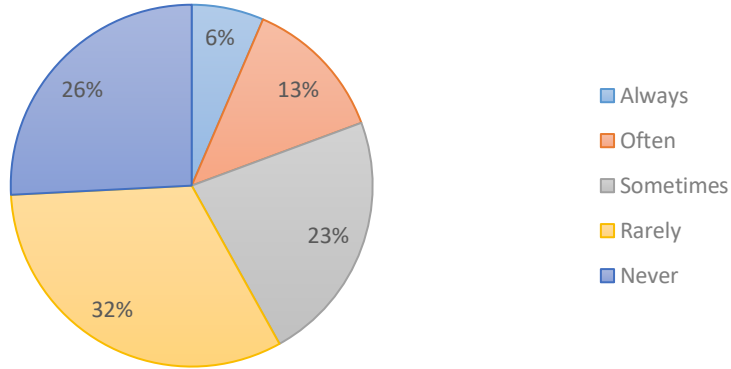
How often does it happen to you that you feel depressed, moody, or nervous when you are not on the Internet and these feelings stop once you are back online?



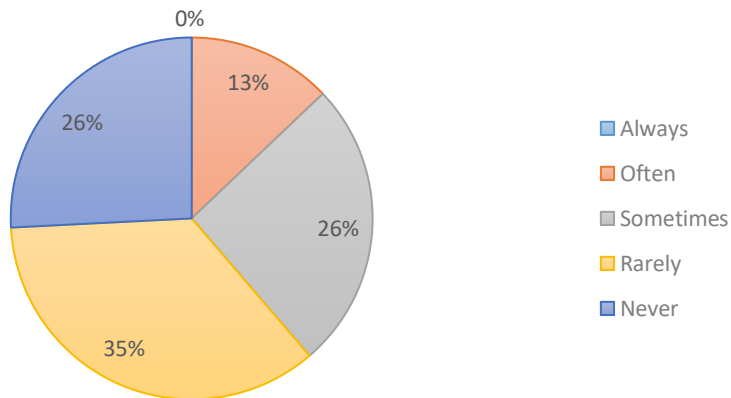
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How often do you choose the Internet rather than going out?



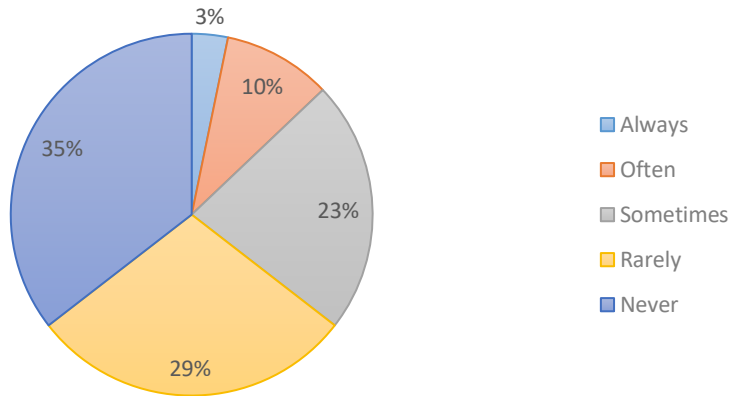
How often do you try to conceal the amount of time spent online?



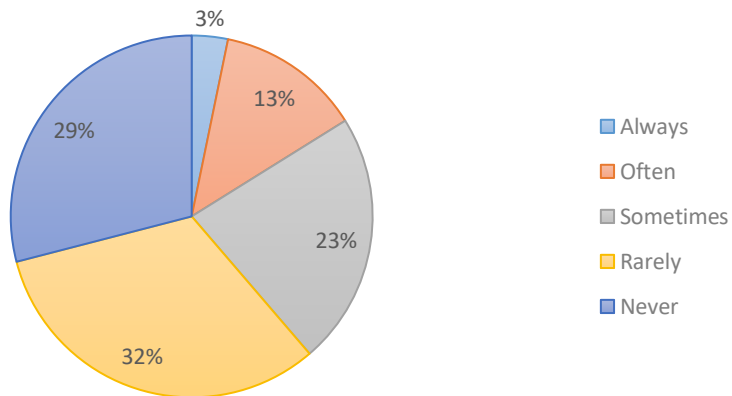
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How often do you think that you should ask for help in relation to your Internet use?



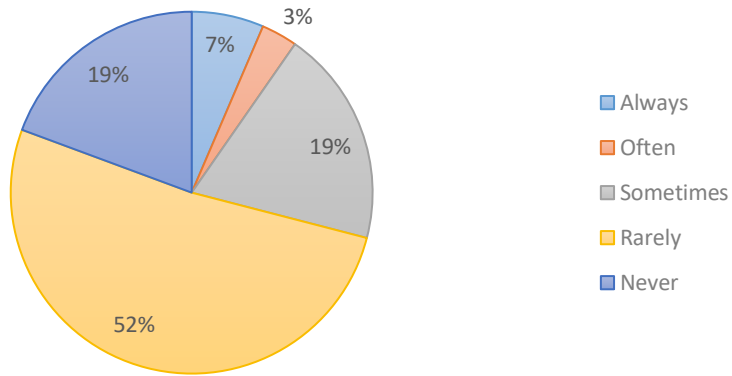
How often does the use of Internet impair your work or your efficacy?



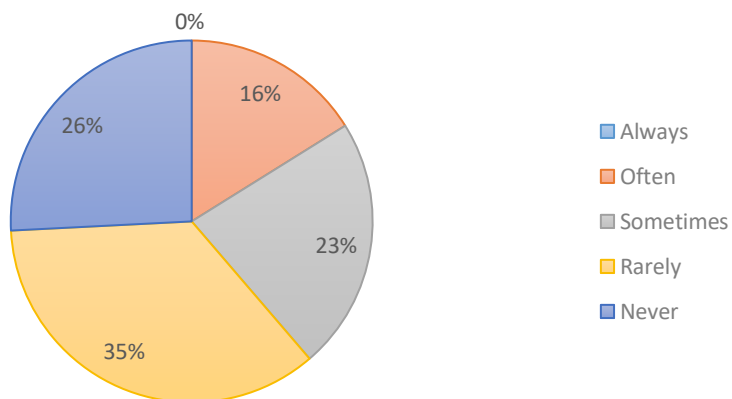
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How often do you neglect household chores to spend more time online?

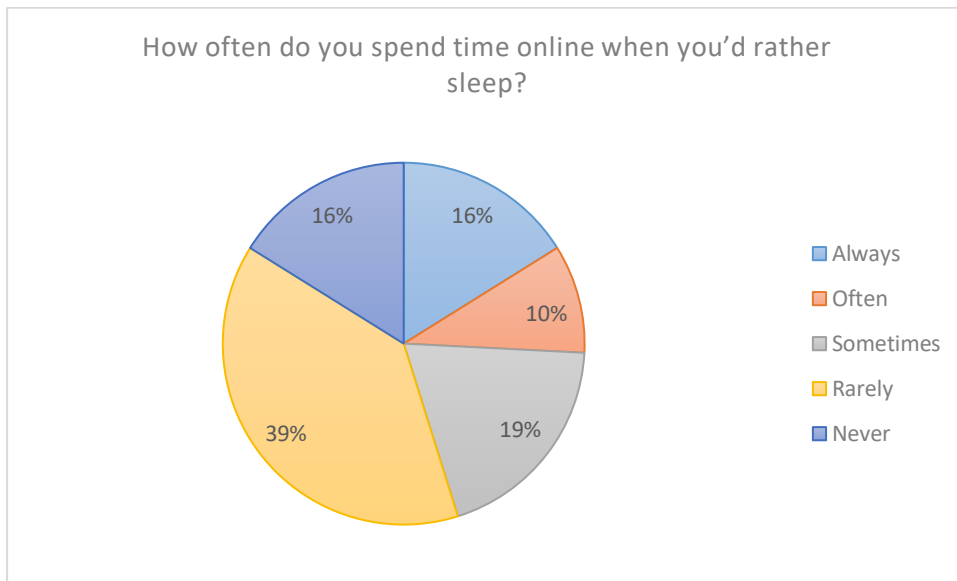


How often do you choose the Internet rather than being with your partner?

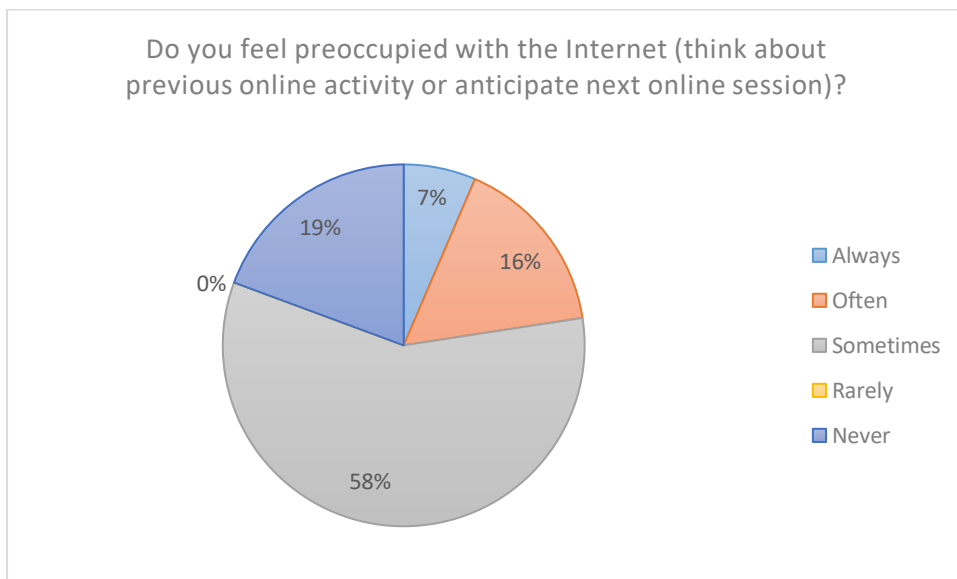


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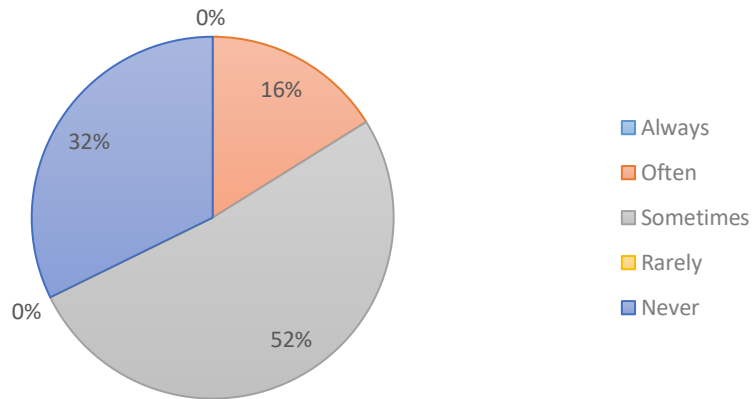
2.5 Internet Addiction Test



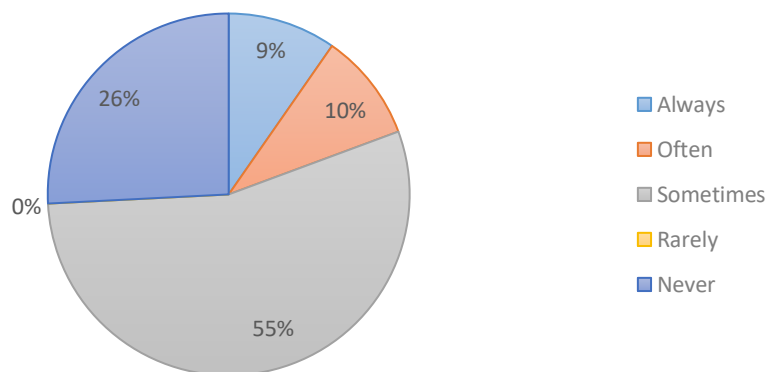
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Do you feel the need to use the Internet with increasing amounts of time in order to achieve satisfaction?



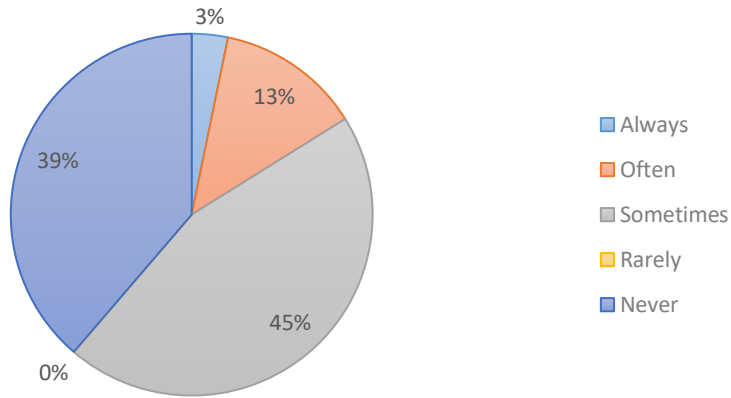
Have you repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?



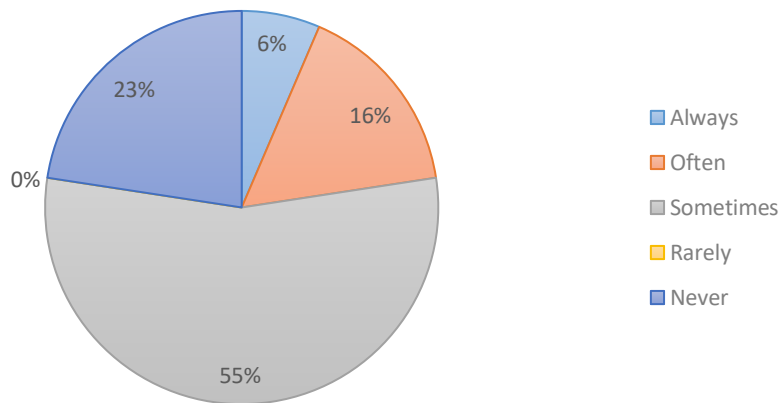
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Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?



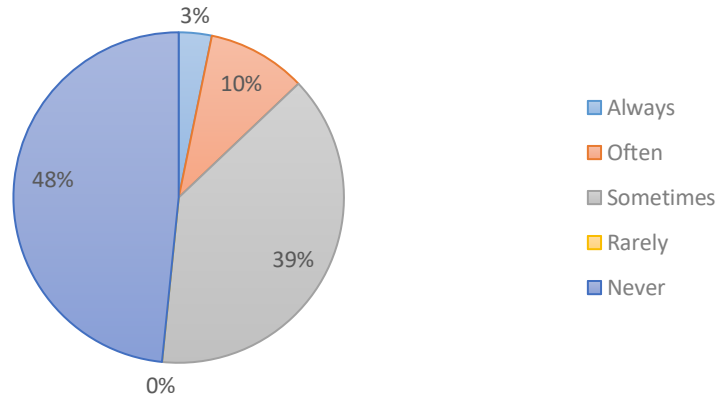
Do you stay online longer than originally intended?



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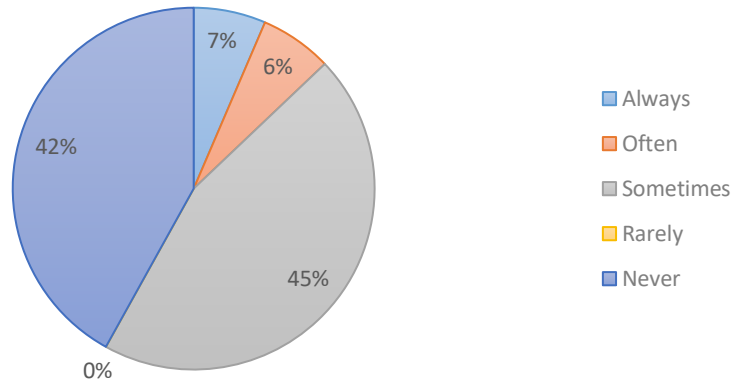
Have you jeopardized or risked the loss of significant relationship, job, educational or career opportunity because of the Internet?



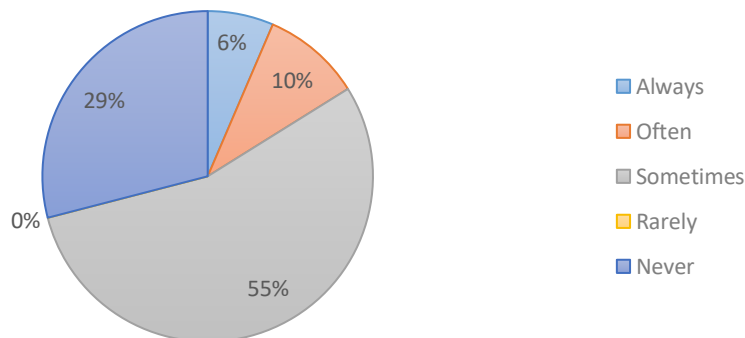
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Have you lied to family members, therapist, or others to conceal the extent of involvement with the Internet?



Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression)?



3. Conclusions

- 61% of all survey participants in Poland are between 35-40 years old. The rest of the age groups received 13% each.
- As far as gender is concerned, the results do not differ so much: 55% of the answers come from women and 45% from men.
- Among the participants of the survey, to 97% of them Poland was country of origin. For 3% it was Great Britain
- The vast majority of responses were received from people with higher education.

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- 61% of the participants marked answer - Married
- Although the participants of the survey perform different works, the most common answer was "Teacher".
- - The survey showed that among the survey participants the most popular access to the Internet is by mobile phone, laptop and desktop.
- More than half of the survey participants have access to internet several times a day
- As for the question "How often do you have access to the following groups of application":
 - like Facebook, Instagram, Tiktok etc. - the most common answer was – "Often" (39%)
 - Personal emails/ Administration (e.g., banking, paying bills, booking, travel) – the most common answer was - "Often" (42%)
 - Academic/work-related surfing – the most common answer was - Sometimes (36%)
 - General information (News) – the most common answer was – Often (42%)
 - Streaming (e.g., YouTube, Netflix, etc.) – the most common answer was – Often (29%)
 - Music – the most common answer was – Sometimes (32%)
 - Online gaming websites – the most common answer was – Never (52%)
 - Online gambling – the most common answer was – Never (74%)
 - Online Pornography – the most common answer was – Never – 48%
 - Online Shopping – the most common answer was – Often (29%) and Sometimes (29%)
 - Dating websites – the most common answer was – Never (84%)
- In the Quick Big Five Traits section of the questionnaire, the majority of the respondents indicated that they strongly agree, agree or somewhat agree with the below sentences:
 - I see Myself as someone who remains calm in tense situations.
 - I see Myself as someone who is outgoing, sociable.
 - I see Myself as someone who is original, comes up with new ideas.
 - I see Myself as someone who values artistic, aesthetic experiences.
 - I see Myself as someone who has an active imagination.
 - I see Myself as someone who has a forgiving nature.
 - I see Myself as someone who is considerate and kind to almost everyone.
 - I see Myself as someone who does things efficiently.
 - I see Myself as someone who works thoroughly.
 - I see Myself as someone who does things efficiently.
- In the questions regarding problematic Internet use behaviours most of the survey respondents mentioned that they always, often, or sometimes:
 - They saying when they online, "just a couple of more minutes and I will stop".
 - Feel that they should decrease the amount of time spent online.
- In the Internet Addiction Test section of the survey most of the participants said that they always, often, or sometimes:

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- Feel preoccupied with the Internet (think about previous online activity or anticipate next online session).
- Feel the need to use the Internet with increasing amounts of time in order to achieve satisfaction.
- Have made unsuccessful efforts to control, cut back, or stop Internet use.
- Feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use.
- Stay online longer than originally intended.
- Have jeopardized or risked the loss of significant relationship, job, educational or career opportunity because of the Internet.
- Have lied to family members, therapist, or others to conceal the extent of involvement with the Internet.
- Use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression).

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