IADliber – Raising competences of adult educators as a means for adults liberation from Internet Addiction Disorder

2022-1-RO01-KA220-ADU-000087209

FOCUS GROUP ON PUBLIC AWARENESS ON INTERNET ADDICTION DISORDER (IAD)

SPAIN COUNTRY REPORT

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1. GENERAL INFORMATION

1.1. Participant Selection

Kindly describe the process of selecting participants for your focus group. Briefly describe which criteria were used to identify target participants and any actions take in order to elicit their participation:
The participants were chosen based on their professional profile and the people they work with (adults with disadvantage backgrounds and adults in vulnerable situations). This way we wanted to guarantee that the effects of this focus group would have a direct impact the project´s target group.

1.2. Focus Group Event

Kindly provide some general information for the following items related to the focus group event:	
Partner Organising the Event:	*Centre4Education*
Contact Person Responsible for the Event:	*Clara Ubani (clara.ubani@sea-teach.com)*
Date of the Focus Group Event:	*13/04/2023*
Approximate Length of the Discussion	*60 minutes*
Brief description of the setting (face-to-face/online/hybrid):	*Online*

1.3. Participant Profile

Summarise important details from the participant profile in this section by providing the following demographic information:	
Number of Participants:	*5*
Age (Mean):	*46*
Gender:	*4 women and 1 man*
Participants' Levels of Education:	*University degree*
Occupations of Participants:	*Adult Educators, Support on Disadvantaged Adults Association*
Years of Experience of Participants (Mean):	*6.5 years*
Size of Participants' Class (Mean):	*17*
Types of Learners Participants are responsible for:	*Adults in situations of vulnerability and disadvantage backgrounds*
List of Organisations represented by Participants:	*Naüm,* *Clean Boating* *Sea Teach*

1.4. Desk Research

Please include any material encountered when conducting desk research that was particularly relied on to inform participants, utilised to elicit responses during the focus group, or which can help provide additional insight to the results and the development of the survival kit:

According to the latest data available from the Spanish National Statistics Institute (INE) in 2022 in Spain, 94.5% of the population, aged 16 to 74, has used the Internet in the last three months, 0.6 points more than in 2021. This represents a total of 33.5 million users. Internet users have risen in recent years.

According to a study by the OCU, Organization of consumers and users, 25% of Spaniards between 18 and 64 years old show symptoms of being hooked to the Internet and 26% recognize that their personal life depends a lot on the mobile. According to data from the OCU study, Spaniards spend an average of 5 hours a day connected to the Internet or using their cell phones. Users spend more time on the computer or cell phone in their private life, 22 hours a week, than at work, 17 hours. In total, 39 hours a week, almost as long as the working day.

Searching for information, browsing social networks, and exchanging messages are the main activities that people engage in on the Internet.

The younger the users, the higher the percentage of people with a high rate of mobile addiction. Young people aged 18 to 24 have the highest mobile addiction rate (41 points out of 100), which could lead to an addiction problem in a few years' time. As age increases, Internet use decreases, with the lowest percentage in the 65-74 age group.

The results of the study show a close relationship between Internet and cell phone abuse and the degree of happiness. Those who are not so dependent on the Internet are generally more satisfied with life than those who show some dependence. The same is true for social networks, the greater the use of social networks, the lower the satisfaction with life.

Spain is the fourth country in the European Union that has grown the most in terms of internet access in homes, with an increase of 32 percentage points since 2011. The percentage of homes with internet coverage has increased in the last five years from 81% in 2016 to 95% in 2020, which represents almost all Spanish homes with internet connection. Since the beginning of the pandemic, the number of Internet users (people who have used the Internet in the last 3 months) has grown 3.7%. In addition, 83% of the Spanish population accesses the Internet every day and 81% go online several times a day. That is why in Spain, the impact of maladaptive use of the Internet is a matter of particular concern today, as it is a relatively recent problem and the demand for help is increasing.

2. DISCUSSION OF RESULTS

2.1. Topic 1: Mindfulness

Please provide below a detailed but concise analysis of the topics discussed, providing insight on the responses received and overall attitudes collected.	
Summarised responses for Reaction	*The participants think that Mindfulness is a technique known among the general public, however they all agree that it is not as common among younger generations and groups with social exclusion. This is due to them feeling that there is a lack of connection with the technique based on that group's personal situation. Although they think it is a relevant technique and the information available is helpful to start practicing it, they are afraid that it might not work on groups with difficult backgrounds.*
Summarised responses for Learning	*From their perspective there is enough material about the topic however they feel there is not enough time on the target group's life to focus on practising this technique.* *They show a positive attitude towards the effects of this technique regarding with IAD, however they feel that it is not a tangible practice nor easy to practice when suffering from IAD.*

Summarised responses for Behaviour	*All the participants agree that the most important change of behaviour expected with this technique is the control on how and when to use the internet. They also think that the time spent on social media might be significantly reduced if they practice mindfulness since being in the present might reduce the scrolling time.* *One of them also point out that it might be helpful for creating a sense of "strict necessity and goal oriented" being*
	that the target group only use internet for "necessary" research and for a specific goal (learn about something contact someone, etc)
Summarised responses for Results	*The participants believe it is easy to access information regarding mindfulness, but they may nor be as use or implemented as expected since the public has specific situations that prevent them from practicing this technique. They believe that even if it is quite an old technique it is still new to some target groups and that can be the cause of why it is not as used.*
Generalised overall viewpoint	*Overall, they think is a good technique but a bit hard to practice and implement in disadvantage group's routine.* *They are aware of its benefits and can see the potential to solve IAD, however they think that the educators of these disadvantaged adults do not have the knowledge or resources to train and teach the adults in order to build skills to prevent and confront this type of addiction.*

2.2. Topic 2: Other Methods of Focus

Please provide below a detailed but concise analysis of the topics discussed, providing insight on the responses received and overall attitudes collected.

Summarised responses for Reaction	*All of them think that the publics' level of knowledge regarding this technique is higher to the one for mindfulness. They believe is more tangible to implement into their routines and even more useful to overcome internet addiction. They all agree that different focus techniques are relevant to provoke a change in the mindset of those who suffer from addiction.*
Summarised responses for Learning	*Despite their first opinion regarding the relevance of this techniques, they believe there is a lack of knowledge and resources to learn about focus techniques, as well as a lack of public's awareness of the benefits and results of practicing these types of techniques. They feel that if there were training courses for the educators covering focus techniques, it would be easier to implement them in the routines of those who have internet addiction.*
Summarised responses for Behaviour	*The main changes of behaviour linked to these techniques were the decrease of irrational behaviour in the target group, the sustainable and long-term decrease of internet use and the improvement of personal relations of the people with IAD. Although, these are positive impacts they would have, the participants think that the public is not making use of them or at least not properly. They think this is due to not having proper guidance or training regarding these methods.*

Summarised responses for Results	*Participants show concern regarding the increase of knowledge regarding these techniques. They are positive about the increasing trend and popularity of this focus techniques among the public; however they believe this trend is only among a particular group of adults that do not specially suffer from a difficult background.* *Related with this, they do think that there is cultural factors that affect the learning of this techniques, since people in a disadvantage situation might not include focus technique into their routine getting the most out of it.*
Generalised overall viewpoint	*Although concerned about the difficulty of implementing these techniques into the adults life and detoxification process; they were positive about the effects of the techniques regarding IAD.*

2.3. Topic 3: Self-Awareness & Reliable Assessment of the Situation

Please provide below a detailed but concise analysis of the topics discussed, providing insight on the responses received and overall attitudes collected.	
Summarised responses for Reaction	*They all agree that the level of knowledge of this technique among the public is minimum. They think is a difficult term and it might be hard to exemplify it to make it more tangible for people in situation of vulnerability. They agree that the public might not be as interested or committed to this technique since it is quite an abstract technique that may require excessive effort from the target group.*
Summarised responses for Learning	*The material about self-awareness is a concerned for the participants. They think that on the internet there is resources appealing as "self-awareness" which in reality are quite damaging for the participants. They believe that the relevance of knowledge of this technique is not as easy and directly connected with internet addiction.*
Summarised responses for Behaviour	*Most of them think that the changes of behaviour expected might be the opposite to the desired ones. Some of them pointed out that some of these adults in disadvantages situations do not have their basic necessities covered (do not make ends meet) and focusing on self-awareness might be a negative way of focusing on the negative situations they are going through.* *One of them thinks the opposite way, she believes that everything starts with self-awareness and that the public should practice it linking it with their use of internet.*

Summarised responses for Results	*They all agree that the public has not increase their knowledge around this topic and that the personal situations of each of them conditions the difficulty of implementing it.* *As mentioned, most of them are concerned about the lack of time and willingness of the public to focus on self-awareness regarding their difficult situations (economic, social, mental, etc)*
Generalised overall viewpoint	*The general opinion about this technique is that it is too abstract and difficult to exemplify for it to be implemented as a technique to overcome internet addiction.*

2.4. Topic 4: IAD Prevention Among Adults

Please provide below a detailed but concise analysis of the topics discussed, providing insight on the responses received and overall attitudes collected.	
Summarised responses for Reaction	*The main issue they found out connected with the prevention of IAD is the lack of knowledge of its existence among the public.* *They know IAD is an important problem however they believe that it cannot prevented if there is no guidelines or limits at a national level regarding internet use. They believe that adult educators are committed to learn about IAD prevention and techniques to avoid this kind of addiction, but on the other hand the public and target groups may not be as involved in learning about prevention due to them not knowing how to identify this addiction.*

Summarised responses for Learning	*Connected with the abovementioned they believe the public's level of knowledge is limited concerning this technique. There is no real education about the advantages but most important disadvantages of using internet nor limits at a national level on platforms that should be use for specific groups, etc. There is a high concern about no proper guidelines or training regarding prevention of IAD*
Summarised responses for Behaviour	*If prevention techniques were implemented among the public the desired results would be a decrease of the idealization of social media, decrease of feelings of not belonging, a balanced social life. For now, the participants do not think that there has been the desired change in behaviour concerning the topic, they are even afraid that it is only getting worse.*
Summarised responses for Results	*The participants agree that among adults there has been a higher education on prevention than on younger generations (specially parents) but are concerned about the lack of actual implementation. They believe the situation has been normalized and instead of limiting the use of internet the society has normalize that all our daily chores/task can be conducted through a device connected to internet.*
Generalised overall viewpoint	*They all find prevention an important technique to overcome internet addiction, however they are concerned about the lack of knowledge and training regarding it, and the lack of general and national guidelines to identify this addiction and to set up rules or methods to prevent it.*

2.5. Conclusion

Summarise the findings of your focus group by providing a brief overview of the collected responses, together with the overall attitude or viewpoints of the group taken in response to the topics discussed:

Most of them agree that the technique that would cause a higher impact on overcoming internet addiction is the "other methods of focus". They think that it would be easier to implement into the public's routine and that they are "smaller steps" and more achievable than other techniques.

One of them believe that self-awareness should be the starting point to both, prevent and overcome this kind of addiction. To this the rest of them oppose, arguing that it is a difficult technique and easy on theory but hard on practicing it.

As an addition they mentioned meditation as another possible technique since they think that although it is connected with mindfulness and even self-awareness it is easier to practice and exemplify to the public.

All of them have agree that the proper technique to overcome addiction depends on the level of addiction and the age and personal situation of the person.

Draw conclusions based on the insight produced by the focus group. Conclusions should reflect the overall consensus of the participant group's opinions:

Overall conclusions were that there is a lack of education of prevention and overcoming techniques, but mostly a lack of education on internet addiction. They believe that there should be national guidelines on levels of addiction and means of controlling it, as well as factional and practical resources on how to overcome it. They all think that these techniques are theoretically known however they agree that there is no proper way of practically implementing them.

They are concerned about the public pression of using social media and the idealization of lives that are not actually real. For that, they are grateful for projects like this since they believe there is a lack of proper training for them (adult educators) regarding this aspect.

2.6. Recommendations

Within this section, offer any recommendations that derive from the findings and conclusions drawn within the previous section. Recommendations should be derived solely from the findings of the focus group, not from the desk research referenced in section 2.4:

Based on the participants feedback and suggestions I believe that we should focus on easier and tangible resources. Time and personal difficult situations of our target group is a crucial concern among the educators so we should focus on proving examples and practical resources of the techniques.

I also believe that techniques such as mindfulness or methods of focus are the easier and more connected to overcoming internet addiction. Self-awareness might be a tricky one since it is quite hard to "describe" and "exemplify".

The educators suggested to provide guidelines and structure not only regarding the prevention and overcoming techniques but concerning internet addictions as such, since they believe there is a lack of knowledge about what IAD really is, how to prevented and what steps should be followed if someone suffer form this addiction.

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