

Survey Analysis Report

This report analyzes the results of the survey related to the project: “UNPLUGGING FOR A BRIGHTER FUTURE. INTERNET AND SOCIAL MEDIA”. Below are the response percentages for each question:

1. **How do social networks affect your self-expression?**
 - Do not affect: 50.00%
 - Affect positively: 40.00%
 - Affect negatively: 10.00%
2. **How do social networks affect your sleep quality?**
 - Affect negatively: 70.00%
 - Do not affect: 30.00%
3. **How do social networks affect your bad mood?**
 - Do not affect: 80.00%
 - Improve it: 10.00%
 - Worsen it: 10.00%
4. **How do social networks affect your good mood?**
 - Do not affect: 60.00%
 - Improve it: 40.00%
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5. **How do social networks affect your sense of identity?**
 - Do not affect: 70.00%
 - Affect positively: 20.00%
 - Affect negatively: 10.00%
6. **How do social networks affect your fear of missing out (FOMO)?**
 - Do not affect: 60.00%
 - I'm afraid of missing out: 30.00%
 - I'm not afraid of missing out: 10.00%
7. **How do social networks affect your self-perception of appearance?**
 - Do not affect: 60.00%
 - Affect negatively: 30.00%
 - Affect positively: 10.00%
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8. **How do social networks affect your perception of others' appearance?**
 - Do not affect: 70.00%
 - Affect negatively: 20.00%
 - Affect positively: 10.00%
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9. **How do social networks affect your sense of community?**
 - Do not affect: 50.00%
 - Affect positively: 40.00%

- Affect negatively: 10.00%
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- 10. How do social networks affect the spread of bullying?**
 - Help spread bullying: 60.00%
 - Greatly help spread bullying: 30.00%
 - Do not affect: 10.00%
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- 11. How do social networks affect your real-life relationships?**
 - Do not affect: 50.00%
 - Affect positively: 30.00%
 - Affect negatively: 20.00%
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- 12. How do social networks affect your anxiety?**
 - Increase anxiety: 50.00%
 - Do not affect: 40.00%
 - Greatly reduce anxiety: 10.00%
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- 13. How do social networks affect your emotional state?**
 - Do not affect: 60.00%
 - Affect positively: 30.00%
 - Affect negatively: 10.00%
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- 14. How do social networks affect your sense of loneliness?**
 - Do not affect: 50.00%
 - Decrease the feeling of loneliness: 30.00%
 - Increase it: 20.00%

Conclusion

The analysis of the survey responses reveals that social networks have a mixed impact on individuals. While some aspects such as self-expression and sense of community are positively affected, other areas like sleep quality and anxiety are negatively impacted. It is important to find a balance in social network usage to maximize the benefits while minimizing the negative effects.