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# My Internet — journal —

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# My internet journal

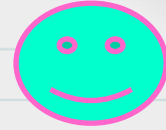
The Internet can be addictive. I think all of us nowadays have come to that conclusion. Especially now, as a teenager, I have seen the huge effect that the Internet and social media have had on the world, myself included.

**It's anything but almost impossible to stop looking at and browsing on our phone apps, isn't it?**

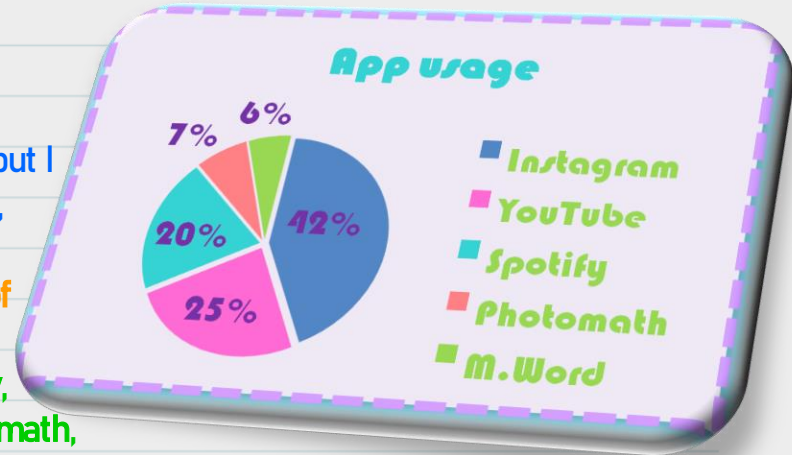
That's why I had the motivation to find out exactly how much time I spent on my phone over the course of one year, i.e beginning from April 2022 to April 2023 and see whether my app usage increases or decreases as time goes by.



# April 2022



- In April of last year, exam season in school was at its peak, which is why compared to the months before, my social media and overall app usage decreased. I spent the time on my phone and computer listening to music, watching videos, watching movies and TV shows in my free time, but I also used many educational apps when studying, doing homework and making school projects.
- The time I spent online in the entire month of April totaled to 77 hours and 53 minutes.
- My most used apps were: Instagram, Spotify, Netflix which I used in my spare time, and Photomath, Microsoft Word and Microsoft PowerPoint for school.

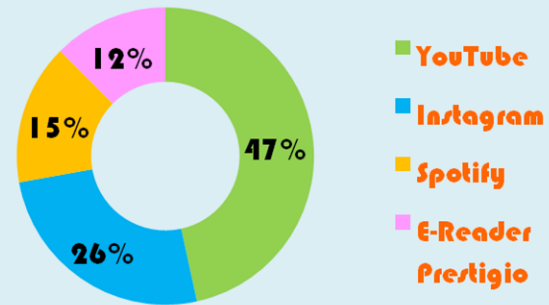


# May 2022

- In the month of May, as the end of the school year was nearer, I had more spare time, which is why, according to my results, I spent more time on my phone.
- I spent my time watching educational videos, listening to music, talking to friends, texting my friends, reading E-books etc.
- My most used apps were:  
YouTube, Instagram, Spotify, E-Reader Prestigio,  
Netflix  
etc.
- My monthly usage was: **80 hours and 27 minutes** (an average of 2.6 hours/day).

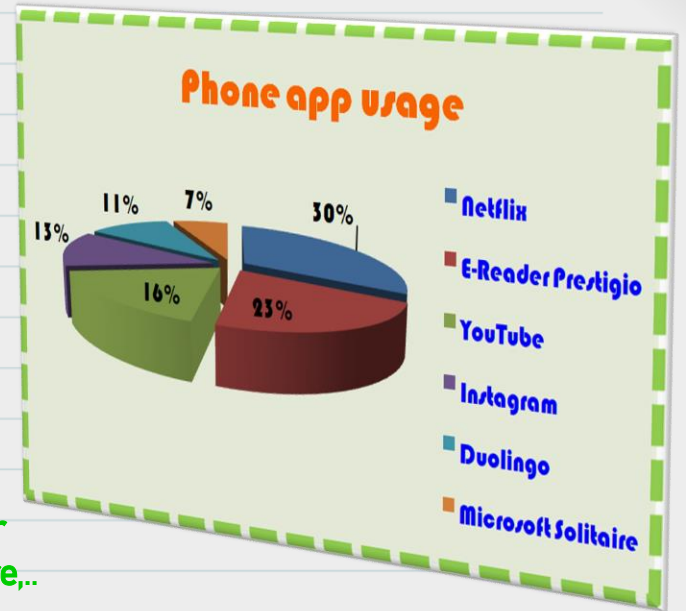


## Phone app usage



# June, July & August 2022

- After the school year came to an end and summer break began, I spent more time online, but I also spent a lot of time hanging out with my friends, which was lovely. I also read more, both e-books and regular paperback books, which was a nice change from all the studying I did before. Of course, apart from reading and spending time online, I also exercised, played video games, watched TV shows and movies, watched videos, listened to music, learned new languages etc.
- The time I spent in total during these three months was **361 hours and 16 minutes**, which equals to **around 4 hours a day online**.
- My most used apps were: **Netflix, YouTube, E-Reader Prestigio, Duolingo, Instagram, Spotify, Microsoft Solitaire,**...

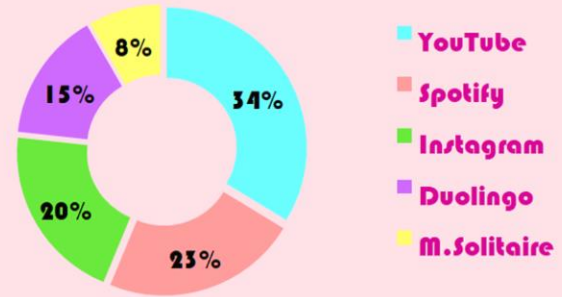


# September 2022

- As the new school year began and I started my third year of high school, I kept my focus on giving a good impression to my new professors in the subjects: **Ethics, Sociology and Pedagogy**, which is why I reduced my phone usage, yet at the same time I didn't see a huge difference in terms of the hours spent online at the end of the month.
- The total time I spent online was **76 hours and 23 minutes**, with my most used apps being **YouTube, Spotify, Instagram, Duolingo, M. Solitaire** etc.

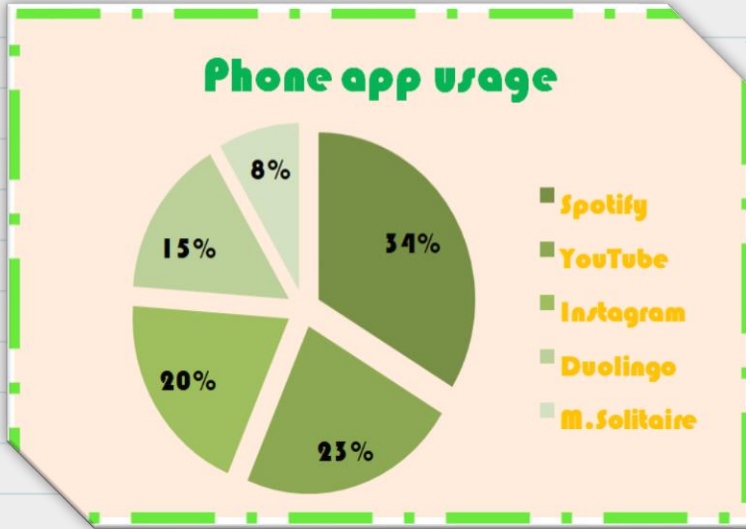


## Phone app usage





# October 2022

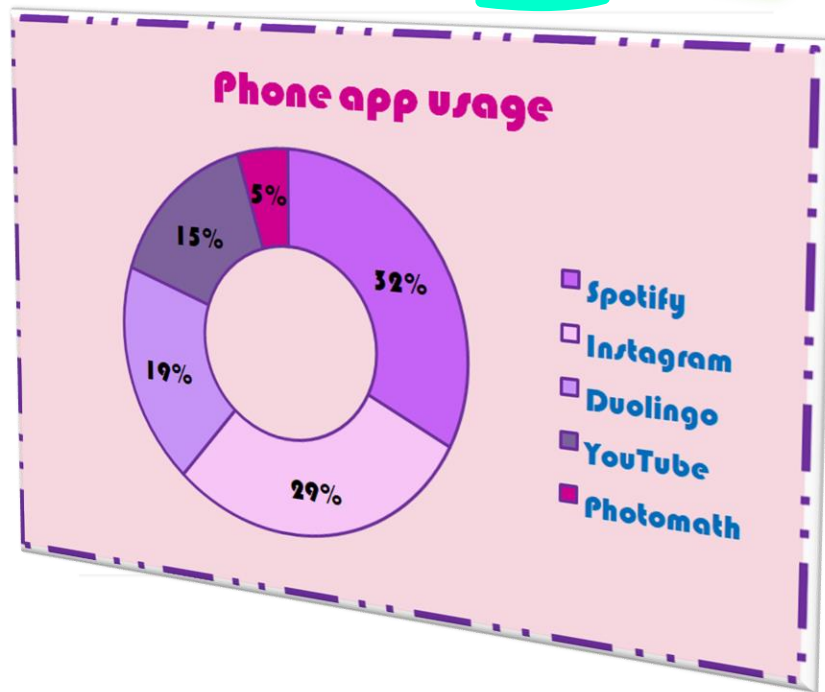


- In October, I noticed somewhat of a decrease in my Internet usage, but it wasn't anything drastic. I had tests in school because exam season had started, so I mainly listened to music and in my spare time watched videos, and I also continued using Duolingo for learning Spanish.

- The total time I spent online according to my results was **74 hours and 56 minutes**.
- My most used apps were **Spotify, YouTube, Duolingo, Instagram, M.Solitaire** etc.

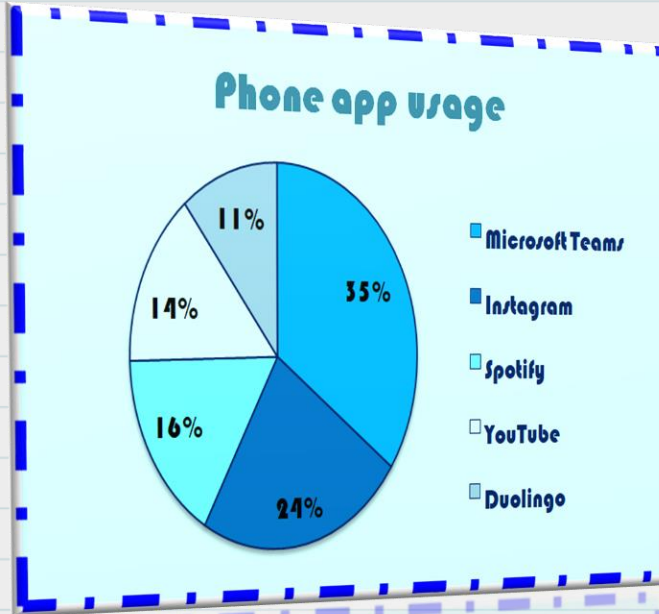
# November 2022

- In November, even though exam season was at the peak, I didn't notice a big change in the amount of time spent online. In fact, it was almost the same as the month before and my most used apps were almost the same.
- Most used apps: Spotify, Instagram, Duolingo, M.Solitaire, YouTube, Photomath etc.
- Time spent in total: **76 hours and 47 minutes.**





# December 2022



- In December, as the New Year drew closer and closer, I became more impatient in school, waiting for it to end so I could take a little break from all the studying I did. That's why this month I had a slight increase in my Internet usage.
- This month was the month when we also went to school online for a few weeks due to the fact that construction work was being done in our school, so that's why one of my most used apps was Microsoft Teams in December.
  - Time spent online in total: **80 hours and 28 minutes.**
  - Most used apps: **Microsoft Teams, Instagram, Spotify, YouTube, Duolingo, M.Solitaire etc.**



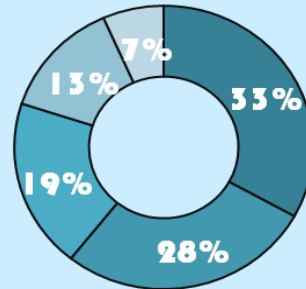
# My Internet journal the first week of my winter break

- Time I spent in total: 30 h & 3 minutes.
- My most used apps were: Instagram, Youtube, Netflix, Facebook etc.
- I spent the time: watching videos, browsing the Net, watching films and TV series, listening to music etc.



Most used apps:  
Instagram – 10h & 11min.  
YouTube – 8h & 28min.  
Netflix – 5h & 50min.

## Phone app usage



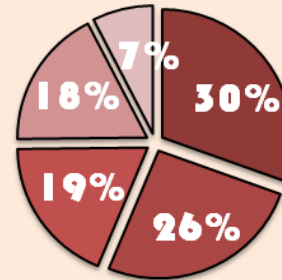
■ Instagram  
■ Youtube  
■ Netflix  
■ Spotify  
■ Facebook

# My Internet journal the second week of my winter break

- During the second week of my winter break I spent less time on my phone. I spent my time doing the same as the previous week, just reading and hanging out with my friends more, which was lovely.
- **Time spent in total:** 27 hours and 2 minutes.
- **My most used apps were:** Instagram, Youtube, Spotify, Netflix etc.

Most used apps:  
Instagram-7h & 30min.  
YouTube- 6h & 16min.

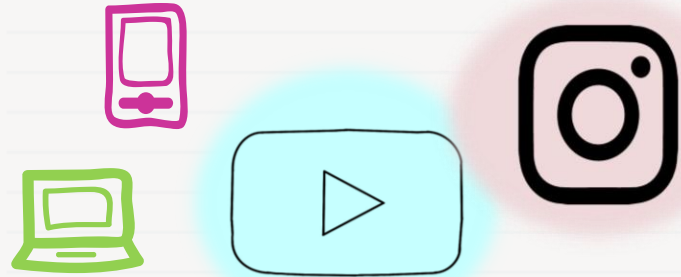
## Phone app usage



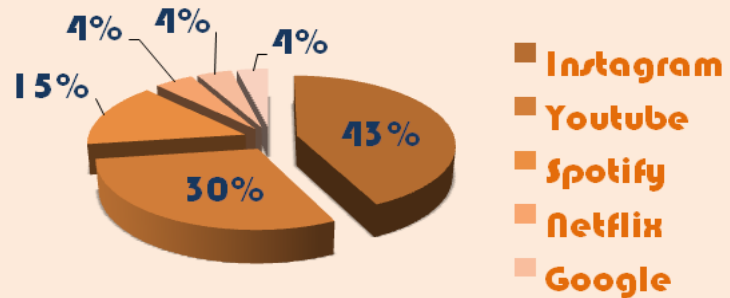
- Instagram
- Youtube
- Spotify
- Netflix
- Facebook

# My Internet journal the third week of my winter break

- The last week of my winter break I also spent watching videos, browsing on social media, listening to music etc.
- **Time spent in total:** 28 hours and 40 minutes, with Instagram and Youtube being my most used apps (12h & 10 min; 8h & 43 min).




### Phone app usage



# My Internet journal the last ten days of the month of January

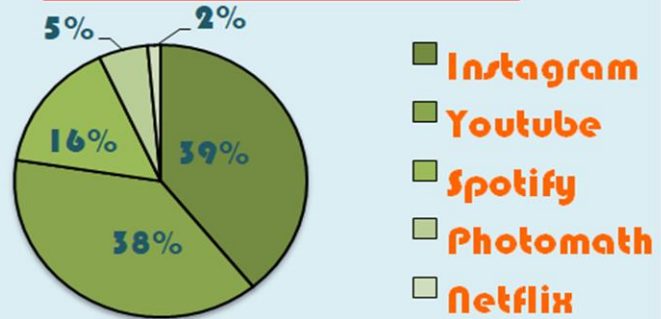
- **Time spent in total:** 35 hours and 49 minutes.
- **The apps I used most were:** Youtube, Instagram, Spotify and Photomath.
- This was the time when I started school after winter break and, apart from the apps I use daily, I also used educational apps, such as Photomath for example, which made my daily use rise.
- It was very interesting to see that I used more social media on my summer break compared to my winter break, something I hadn't expected.



Instagram usage: 12h & 6 min.  
Youtube usage: 11h & 30 min.  
Spotify usage: 6h & 30 min.  
Photomath: 1h 12 min.



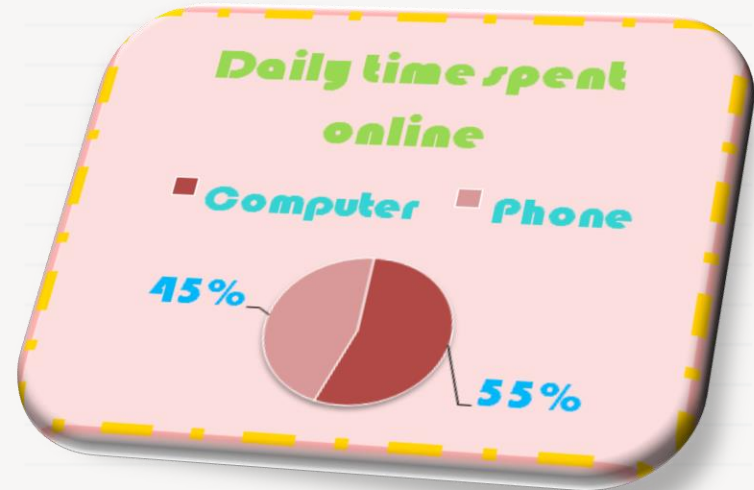
## Phone app usage



# My Internet journal in the month of February

- In February school got a little more intense, and I didn't use the Internet mainly in my leisure time, but for studying and making presentations. I spent more time on my computer making projects, studying, listening to music, watching videos etc.
- **My most used apps were:** YouTube, Spotify and Instagram, but also Microsoft Word and Microsoft PowerPoint for school.

○ My daily average came down to 3.5 hours on my phone and computer together → 25 hours a week.

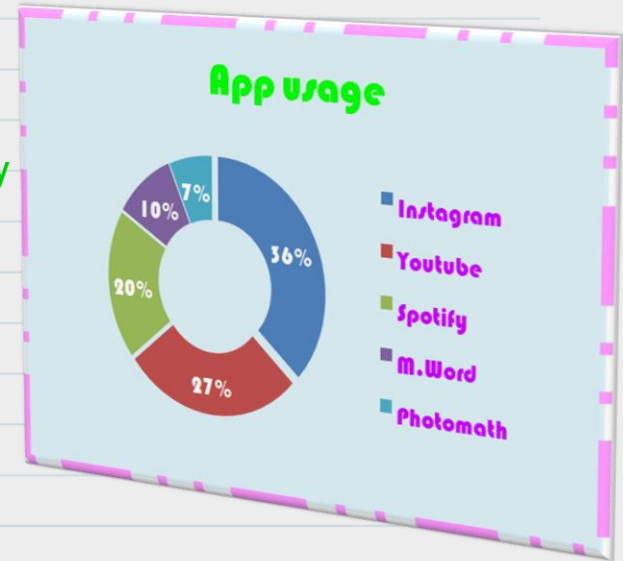




# March 2023

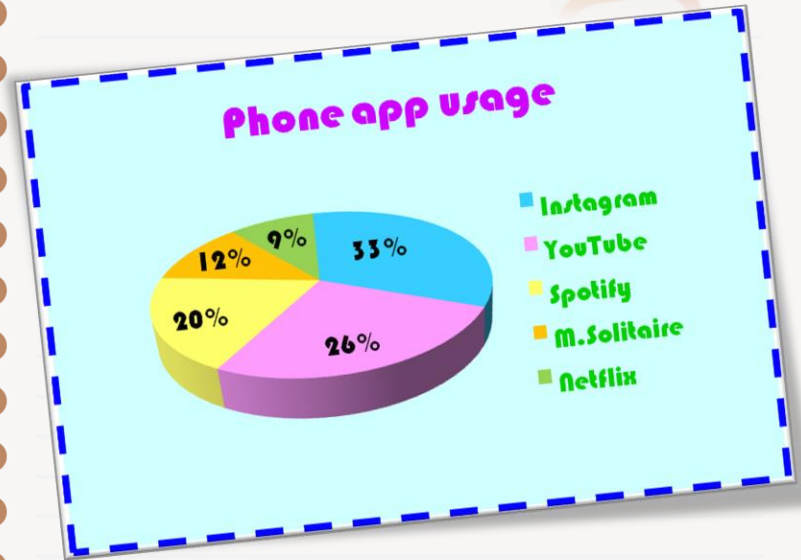


- In March, I had many activities inside and outside of school, in that I had many tests, projects and also many competitions that I participated in. They needed thorough preparation and studying. I also attended my first Erasmus+ project abroad. All those factors combined caused my social media usage to drop. As the month of March was quite a busy month I didn't have much time for reading and also hanging out with my friends too.
- The time I spent in total was **73 hours and 37 minutes**, which equals to around **2.6 hours** a day.
- My most used apps were: **Instagram, YouTube, Spotify, Photomath, M.Word and M.PowerPoint** etc.



# April 2023

- Compared to March, April was more relaxed in terms of school, projects, competitions which is why I noticed that that I spent more time online.
- I also realized how the responsibilities and tasks I had each month throughout the year affected my Internet usage, which was super interesting.
- The time I spent in total in April was **78 hours and 54 minutes**, which equals to around more **2 and a half hours** a day.
- Most used apps: **Instagram, YouTube, Spotify, M. Solitaire, Netflix** etc.







# Conclusion



As modern technology progresses and develops, people will be exposed to numerous advantages, but also disadvantages that social media and the Internet offer that affect people's lives immensely. With this Internet diary of mine, I realized the amount of time we actually spend online can be used for something else more beneficial for our health and wellbeing, even though I have to say that I am very grateful to be living in this era, where knowledge is available to us only with a few clicks, which is truly incredible.

I also came to the conclusion that, the modern man not only sees social media as an escape from reality, but he also has become obsessed with it, as he spends his daily life mindlessly scrolling, instead of doing other activities. I believe that everybody should make their own Internet diary and see how social media and the Internet affects their lives, and most importantly, their mental health because it can be truly an enlightening experience..



**Thank you for  
your attention!**



**Erasmus+**