

# RESEARCH METHODOLOGY SURVEY REPORTS' Year 2020



**This survey has recently been accepted for publication**

<a href="mailto:info.ijip@gmail.com">info.ijip@gmail.com</a>
<b>ACCEPTANCE LETTER</b>
Letter number: IJIP/2021/IN/09/1672
Respected Sir/Madam,
First of all, we would like to thank you for submitting your paper to IJIP. It's my pleasure to inform you that, after the review, your paper, "A Cross-Sectional Questionnaire Based Study to Evaluate Subjective Sleep Quality among Undergraduate Students in India"– Author(s) Nirmegh Basu, Akansha Saxena, Ayushi Sarraf, Anoop Singh, Akshanshi Gulani, Mohini Yadav, Shalini Panwar, Vartika Mathur, Richa Misra has been selected with content unaltered to publish with the journal.

# Acknowledgement

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This survey has been an enriching learning experience. It served as a bridge between theoretical and practical working.

A debt of gratitude to **Sri Venkateswara College, University of Delhi** for permitting us to successfully conduct this survey. Our heartfelt gratitude to **The Department of Zoology** for offering the course on "Research Methodology" under S.E.C. which enhanced our skills in various facets.

The outcome of the study benefits from the help and direction from our supervisors- **Dr. Vartika Mathur** and **Dr. Richa Misra** who have been extraordinarily generous with their precious time and insights.

Also completion of this project would not have been possible without the extensive participation of students from across the nation who helped us with their valuable input. We are fortunate for all the earlier studies done in this field which established a substantial ground to build upon.

Special thanks to our classmates and seniors for providing suggestions throughout the course of the survey.

The incessant efforts of the team have been remarkable from devising the modus operandi to designing forms, analysing vast data and courageous critiquing as and when required.

## Aim of the Survey

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The purpose of this study was to determine the prevalence of poor sleep quality in a population of undergraduate students and to:

- Examine certain habits associated with sleep quality
- Explore the relationship between sleep quality and certain practices generally accepted as health risk factors for college students.

Hence this survey is a quest to find out whether or not adequate sleep is essential to feeling alert and working at peak performance.

The survey was conducted with a large group of Undergraduate students (**625 individuals**) from 20 different states of India including various **Technical Institutes** ( IIT Delhi, IIT Madras, IIT Guwahati , IIT Kanpur, NIT Kurukshetra, NIT Durgapur, NIT Agartala, MNIT Allahabad, VIT Vellore, KIIT Bhubaneswar, BITS Pilani, Jain College of Engineering Bangalore, NIFTs), **Law Universities** (NLU Mumbai & NLU Bangalore), **State Colleges** ( Loyola College Chennai, Tagore Arts College Puducherry, Patna Womens College, MAKAUT Kolkata, Delhi School of Economics), **Medical Colleges** (AIIMS Delhi, NRS Kolkata, Calcutta Medical College, DMCH Bihar, KGMC Lucknow, Motilal Nehru Medical College Allahabad, PGIMS Rohtak ) **Central Universities** (BHU, DU, AMU, Calcutta University, Viswa Bharti University, Tezpur University, Kerela University), **Agriculture Universities**(GKVK Bangalore, BCKV Kolkata, UBKV Coochbehar) & several **Private Colleges** (SRM Noida, SRM Chennai, Amity University, GL Bajaj Noida, St. Josephs' College Bangalore, Christ College Bangalore, Jyoti Nivas College Bangalore, Bishops Cotton Girls College Bangalore, MS Ramiah Bangalore, Narsee Monjee College Mumbai, St. Xaviers College Kolkata, Sikkim Manipal University Gangtok etc ) and across 8 countries worldwide.

## Pittsburgh Sleep Quality Index:

The Pittsburgh Sleep Quality Index (PSQI) is a widely accepted questionnaire that helps us to access sleep quality and disturbances over a one – month time interval. It is an important health assessment tool in both clinical and non-clinical populations.

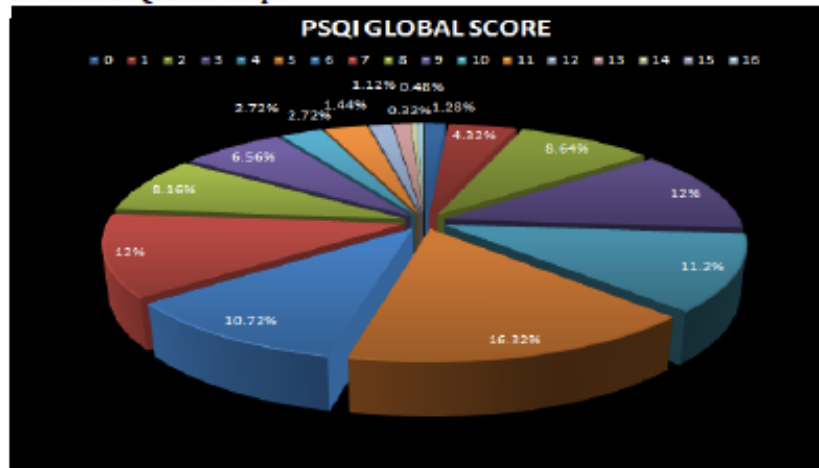
The PSQI was developed in 1988, by Buysse and his colleagues from University of Pittsburgh.

The actual questionnaire consists of total 19 self –rated questions and 5 questions rated by the bed partner if there. This gives information about seven different components of sleep:

1. **Component 1** – Subjective Sleep Quality
2. **Component 2** – Sleep Latency
3. **Component 3** - Sleep Duration
4. **Component 4** – Habitual Sleep Efficiency
5. **Component 5** – Sleep Disturbances
6. **Component 6** – Use of Sleeping Medication
7. **Component 7**- Daytime Dysfunction



## 19. Global PSQI Score Graph



The scores of the seven components of the PSQI questions are summed up to give the global score. It has a range of 0-21, “0” indicating no difficulty and 21 indicating severe difficulties.91.2% of the students have global scores of less than 10, which signifies moderate quality of sleep. Out of the 91.2% students, 48.76% of them have score of 5 and below, which reflects that they are healthy sleepers.8.8% students has scores of more than 10, which reflects that they might have difficulties in sleeping and may be suffering from sleep related disorders.

# ANTIBIOTIC RESISTANCE

## PUBLIC AWARENESS SURVEY

### SUBMITTED BY :

Arundhati Sharma (2018001)

Durga Bahadur Mizor (2018037)

Prateek Goyal (2018060)

Shriya Rathore (2018033)

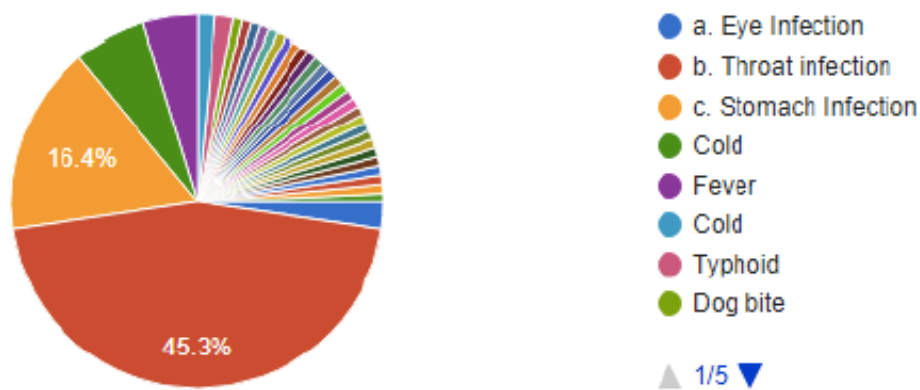
Somya Pathak (2018007)

Soumya Ranjan Mallick (2018052)



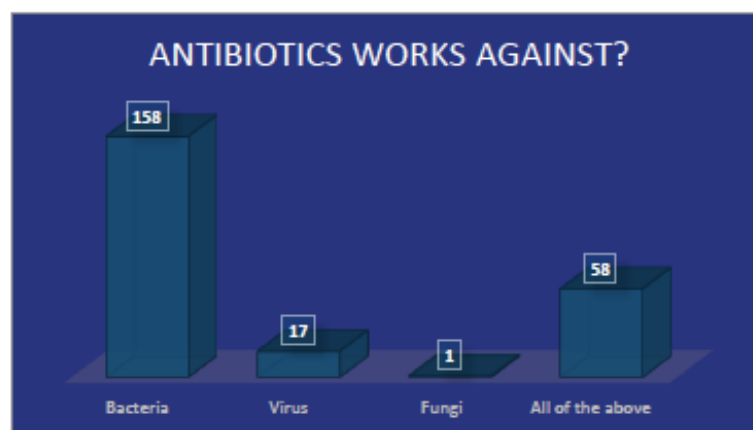
This aim of this survey was to improve understanding of current public awareness and common behaviours related to antibiotics. The three key areas of focus is: self-reported use of antibiotics, knowledge of antibiotics and knowledge of antibiotic resist. Survey information can serve as a basis to demonstrate an association between knowledge/awareness/practices on antibiotic use and AMR (Antimicrobial resistance).

## 1. For what medical condition did you take antibiotics?



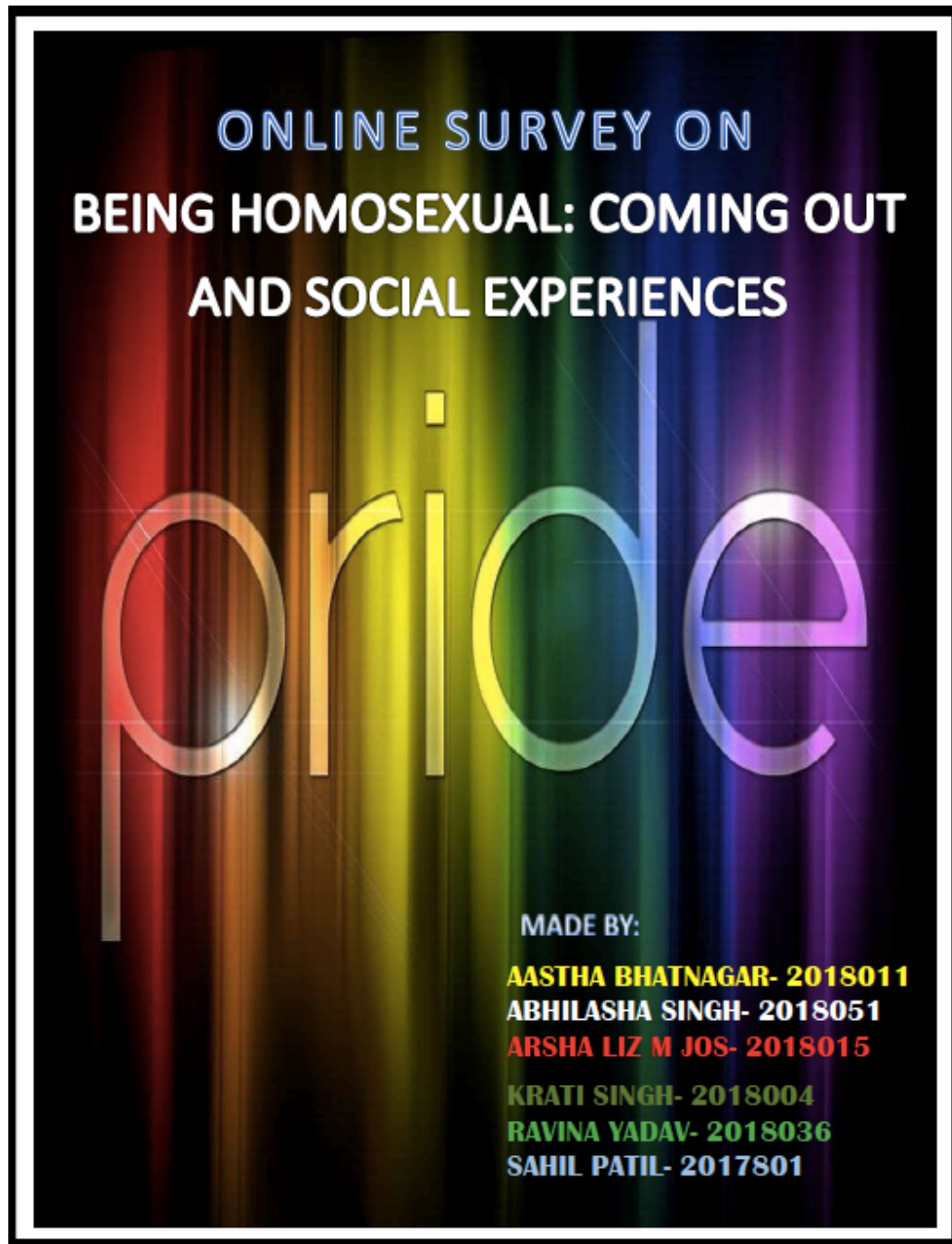
- Throat infection(45.3%), stomach infection were the most common ailments for antibiotic usage among others.

## ANTIBIOTIC AWARENESS



- When people were asked against what does antibiotic works majority of the population gave the correct answer that is bacteria.
- Many of the people also gave all of the above option which includes bacteria, virus, and fungi.





## PURPOSE OF THE SURVEY

The purpose of this survey was to scrutinize the impact of stereotypical and social thinking regarding sexuality on homosexuals. Another important aspect that was to be understood from this survey was the life experiences of homosexuals and how they deal with the social stigmas.

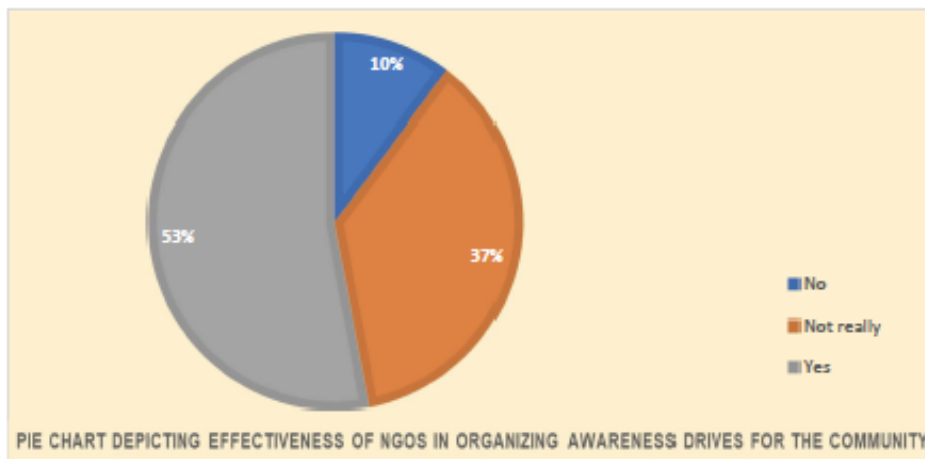
## METHODOLOGY

We created an online survey using Google Forms and circulated it among homosexuals across India. The survey questionnaire had the following questions-

Online Survey on Being Homosexual: Idk

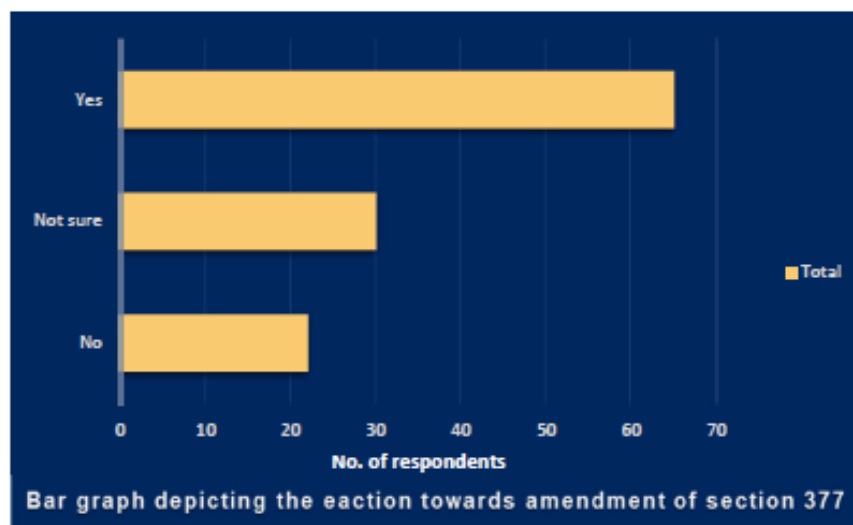
Questions Responses 117

**Q11. Do you feel that NGOs are effective in organizing awareness drives for the people of your community?**



The graph shows that a majority of 53% feel that NGOs are effective in organizing awareness drives for homosexuals, while a great portion (37%) are confused if they are really effective. Only 10% feel that the efforts of NGOs are not effective enough

**Q12. Do you think amendment of section 377 promotes acceptance of homosexuals publicly?**





# SURVEY REPORT

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**ASSESSMENT OF NEWS  
CONSUMPTION HABITS AND IMPACT  
OF FAKE NEWS AMONG INDIAN  
YOUTH.**

SUBMITTED TO:

Dr. Vartika Mathur

Dr. Richa Misra

SUBMITTED BY:

Amit Bhatt (2018048)

Vaibhav Sharma (2018012)

Rishabh Yadav (2018039)





# Survey Form



## Survey on Fake News

Hello there! Are you annoyed with those constant Whatsapp forwards which sound dubious? These days, with constant bombardment of information, it's difficult to tell what's fake or what's not. ☹

Do you think you're too smart to fall for fake news?

Fill this survey to find out.

Better yet, help your parents fill it too!

\*The information shall be used for Academic purposes only. Anonymity shall be maintained at all costs!

Next

What age group do you belong to? \*

10-20

21-30

31-40

What is your residential setting? \*

City

Small town

Village

Washing hands with soap and water is better than using sanitizer for preventing coronavirus infection.\*



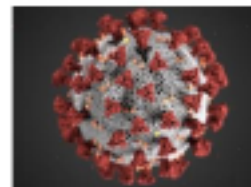
True

False

Not Sure

Never heard of it.

If you are able to hold your breath for 10 seconds without coughing, you are not a victim of COVID.\*



True

False

Not Sure

Never heard of it.

In the past four years, India's GDP growth rate has fallen from 7-8% to 3%.\*



True

False

Not Sure

Never heard of it.

Benefit received from mobile phones increases when the battery percentage is low.\*



True

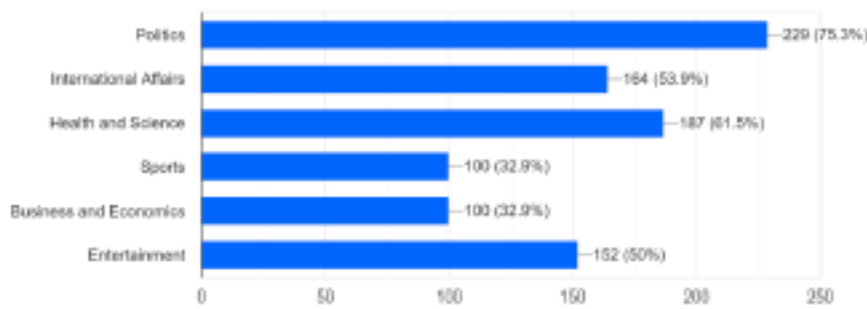
False

Not Sure

Never heard of it.

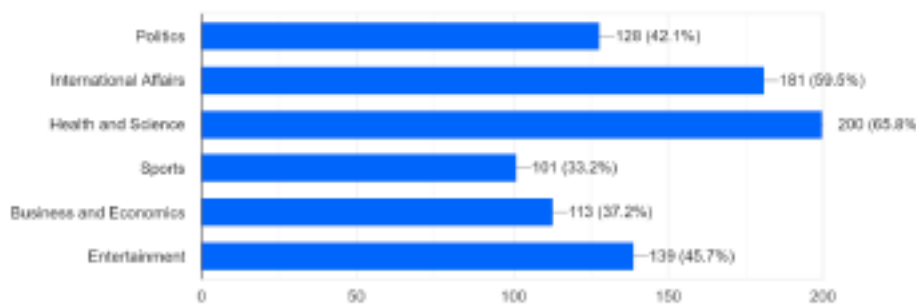
What kind of news do you encounter the most?

304 responses



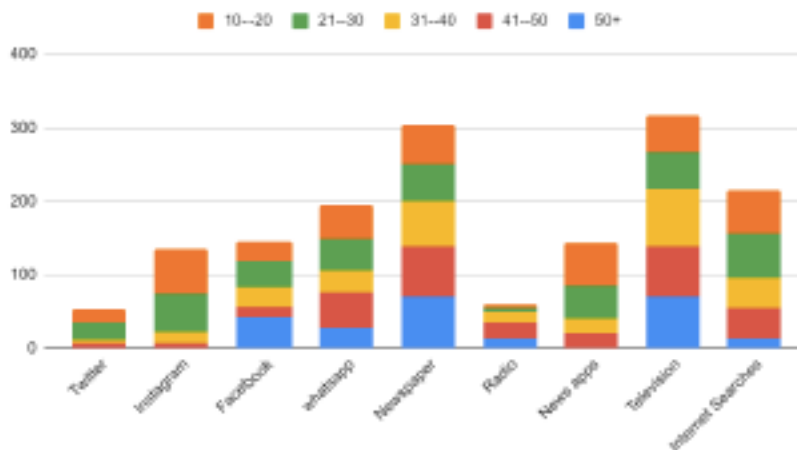
What kind of news do you like to see?

304 responses



- Most of the participants wanted to see news about health and science and international affairs but found the discourse to be dominated news about politics. The margin of this disparity was less pronounced in topics like sports and entertainment.

VARIATION IN SOURCES OF INFORMATION WITH AGE GROUPS



- The stacked bar graph shows that Instagram and Twitter have an overwhelming majority of younger people (10-30) whereas Facebook finds preference in the older population group (50+). The younger generation prefers having more number of sources as compared to older population. This suggests that the point of vulnerability for younger generation differs from that of older generation.



**Online Survey on Gaming addiction among undergraduate students.**

Submitted by-

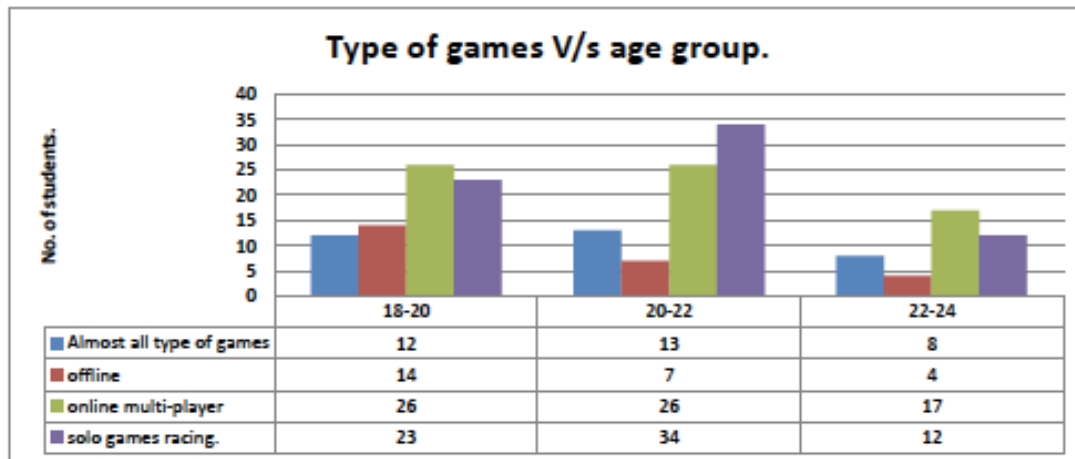
Mrigank gupta :- 2018055

Abhishek gargvanshi:-  
2018030

## Purpose of this survey

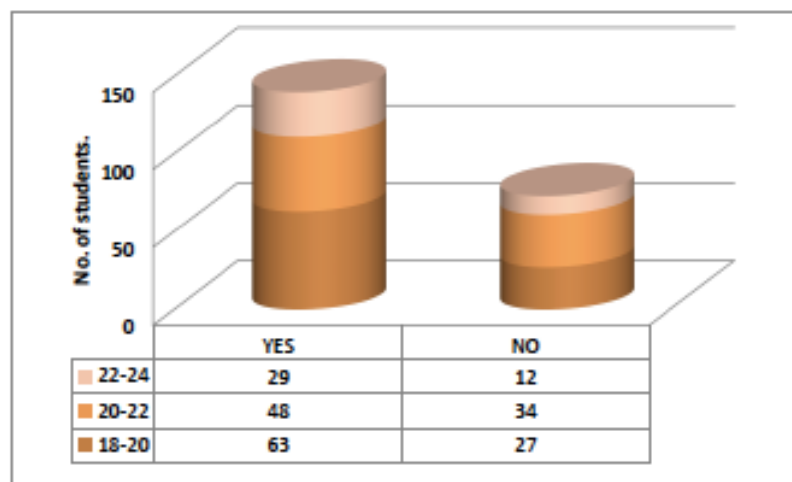
The aim of this survey is to provide an insight into current perspectives on Internet gaming. How it is affecting the health, social behavior and academic performance of undergraduate students. Using a holistic approach, taking into consideration the mass appeal of online games, the context of Internet gaming addiction.

✦ Different kind of games popular among different age group of students.



The graph shows the popular games among different age group. The online multiplayer games is either first or second choice among various age group, showing its high popularity among students.

Among all the students who filled this survey, 66.2% people accepted that they see gaming as a way to escape their problems, they consider it a way to avoid the stress. According to a study, shows when asked why they play, those answering to escape reality and to reduce stress had more problems of procrastination than those who play for



entertainment, reward or social reasons.

✦ Procrastination due to gaming V/s Age.



# The Relationship Between Self-Esteem & Selfie Habits Among Different Age Groups

## *Survey Report*

SUBMITTED BY:

Mansi Dhingra-2018049

Vishal Singh-2018014

Shivam Kumar-2018044

Manushree Dhoundiyal-2018701



**Survey goal:** To interpret the relationship between self-esteem and the habit of selfie taking and posting, among people of different age groups.

**Defining Variables:**

**Selfie:** A “selfie” is a self-photograph, usually taken by cellphone or webcam, mainly in order to upload it to social network sites (SNS) (Weiser, 2015). [Ref: PMID: 28603308]

**Self-esteem:** perception of oneself, self-worth

**SNS (Social Networking Sites):** an online vehicle for creating relationships with other people who share an interest, background or real relationship

Previous research has shown that there certainly is a relationship between self-esteem and selfie habits. But some researchers advocate that there is a positive relationship between them while others say that a negative relationship exists. In our study, we aim to investigate this relationship in our sub-sample and also see how it holds true for people in different age groups.

## **Rosenberg Self-Esteem Scale**

**Description:**

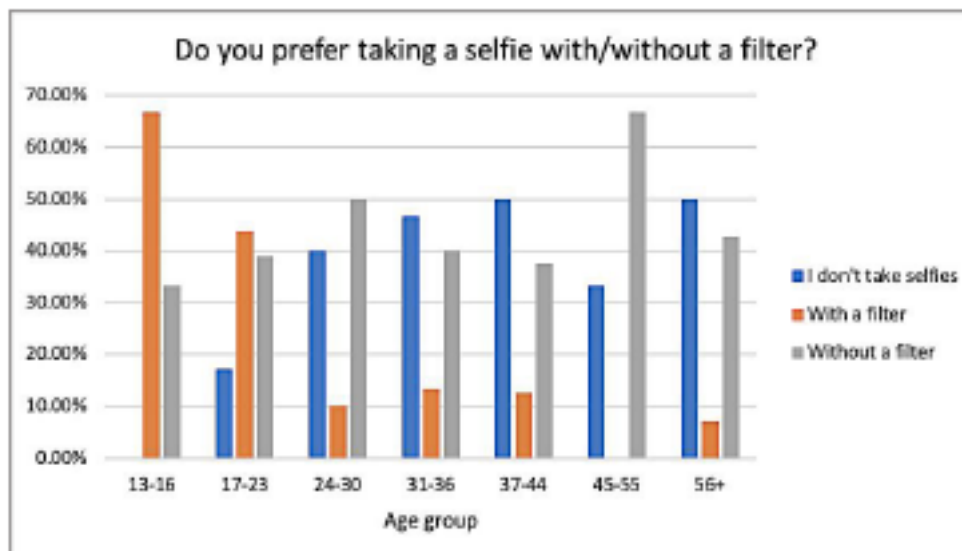
It is a 10-item scale that measures global self-worth by measuring both positive as well as negative feelings about the self. The scale is believed to be unidimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

The Rosenberg Self Esteem Scale is designed in the form of a ten-item Likert-type scale with items answered on a four-point scale—from strongly agree to strongly disagree. Five of the items have positively worded statements and five have negatively worded ones. The scale measures global self-worth by measuring both positive and negative feelings about the self.

**Scoring:**

Items 2, 5, 6, 8, 9 are reverse scored.

The responses were scored as, “Strongly Disagree” 1 point, “Disagree” 2 points, “Agree” 3 points, and “Strongly Agree” 4 points. Sum scores for all ten items. The scores were kept on continuous scale. Higher scores indicate higher self-esteem.



The first graph tells us that people with low self-esteem most prefer filters and this preference steadily decreases with increase in a self-esteem score. People with higher self-esteem hugely prefer taking selfies without a filter.

In the second graph, we plot selfie preference with age. We see the significant reduction in percentage of people who prefer filters, as they grow old (orange bar).

## CONCLUSION

Inferring from the graphs, we can conclude that there is a negative relation between

- 1) self-esteem and selfie-taking habit
- 2) self-esteem and selfie-uploading habit
- 3) self-esteem and preference for using filters
- 4) self-esteem and deletion of selfie after uploading, because of less no. of likes

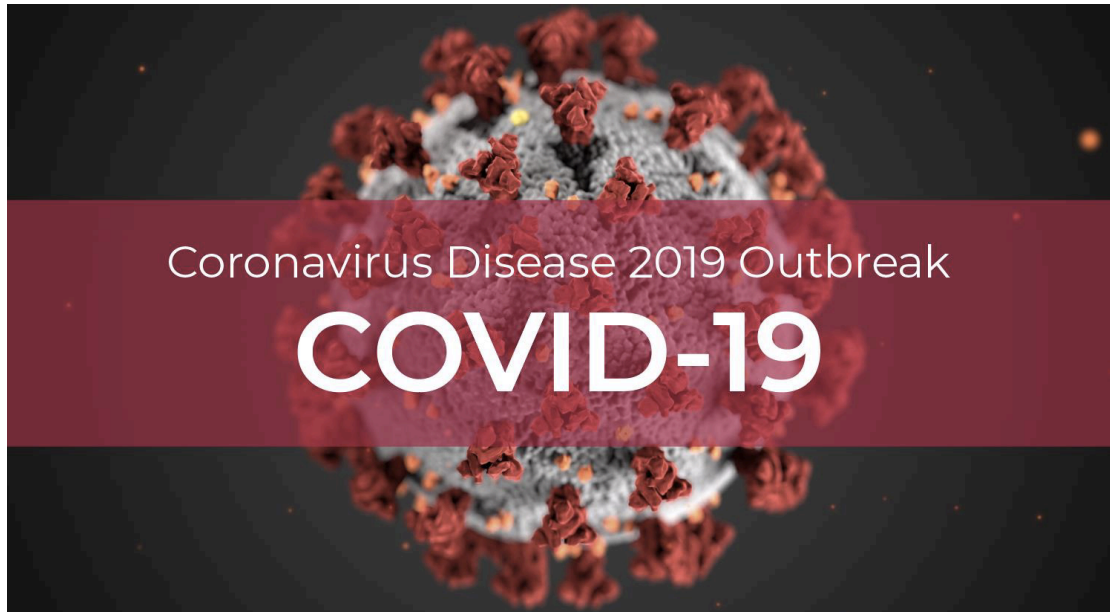
We also saw that the amount of selfie engagement is less in the older generations as compared to the millennials. So, overall, comparing different age groups, younger people are taking and uploading more selfies than their elders.

On one hand, people can be grouped into low, middle and high levels of self-esteem in all age groups and on the other hand, the elder generations tend to be less engaged in selfie-taking and posting habits.

Deriving from this, we can conclude that people's idea of self-esteem loosens its association with selfies and the related feedback from social media with age.

Or perhaps, the association of habits and self-esteem manifest in other forms in elder people at the present time.

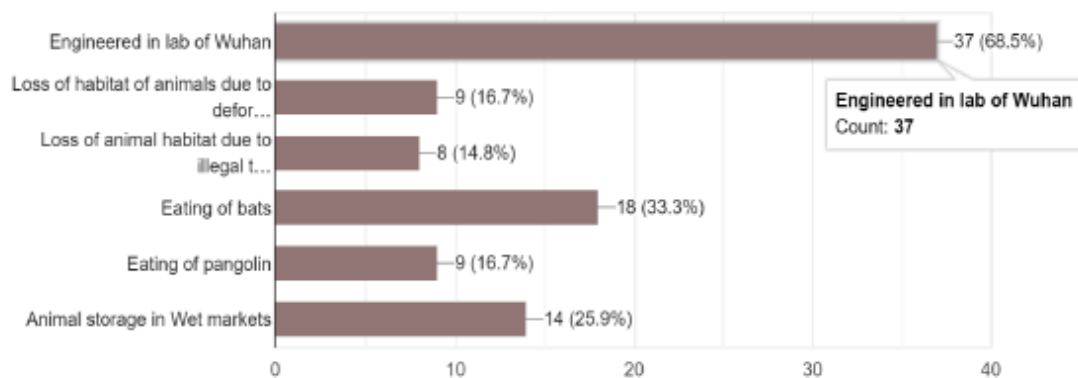
Additionally, we found that people put significant effort in taking a perfect selfie before uploading it (as is reflected in the difference between no. of selfies taken and uploaded); and this difference is seen to be decreasing with age.



Submitted by: Rohit kumar singh Roll no: 2018025

15. What is the reason of origin of SARS Cov-2?

54 responses



Above graph represents, 37- engineered in lab of Wuhan, 18- eating of bats, 14-animal storage in Wet markets. 9 – loss of habitat of animals due to deforestation, 9-eating of pangolin, 8- loss of animal habitat due to illegal trading.





SUBMITTED BY:-

Priyanka Meena (2018043)

Anshika Garg (2018050)

Akshita Khosla (2018008)

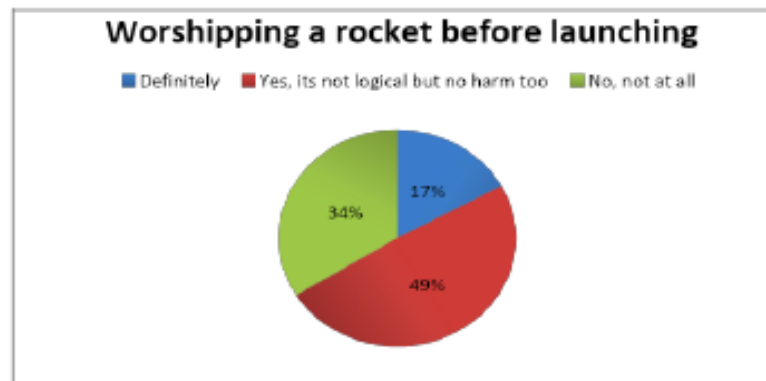
Kiran Yadav (2018034)

Garima Chauhan (2018038)

### PURPOSE OF SURVEY

- The purpose of choosing this topic for the survey is that most of the group members found it interesting to check if the things that they follow or are prevalent in society are followed by how many people and what are the basis of their beliefs.
- We wanted to check if it is true that people related to the field of science and young educated people are less superstitious.
- Also, we were interested in other superstitions being followed by others and knowing the logic behind the superstitions if any.
- It was a day to day related topic to which most people could relate to and could get involved in it making it a bigger success.
- The main aim was to relate it with different factors like background, age, qualification, gender, etc. and analyze the findings.

## 16. WORSHIPPING A ROCKET BEFORE LAUNCHING.....

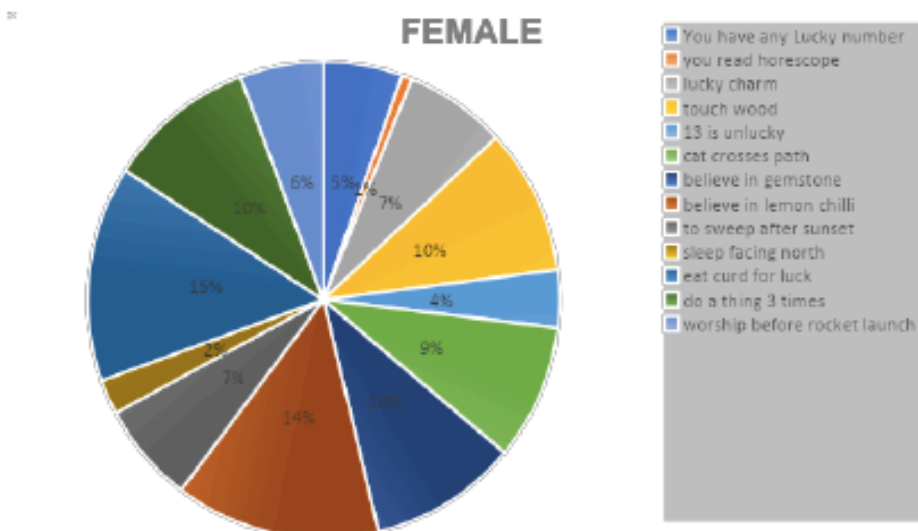


The above pie chart represents,

Out of the total 458 respondents who participated in the survey, almost half of them believed that they would not mind worshipping before a rocket launch. 17% of the respondents believed that they would worship the rocket before it's launch whereas 34% of the respondents did not support the idea of worshipping at all. The highest ratio of respondents believed in worshipping before the launch even if there is no logical reason behind them doing it. So out of 458 respondents, 380 respondents would worship the rocket. This shows that a major portion of the society still believes that it is not a bad idea to worship before some important work, even if no logic is involved.

So the trends that were observed after the graph plotting on different factors may be concluded as:

### ❖ GENDER:



In this pie chart, the beliefs of female in superstitions are shown; which beliefs they follow the most.

This graph is to represent females, this made by the responses of 264 females.

By this graph, we can easily predict that the superstition "to have spoonful of curd before any work to get success" is most prevalent among females. About 15% of females of total, believe in this superstition.

On other side the superstition, that is "to believe lemon and chilli can ward off evil" is also very prevalent. About 14% of female believe in this superstition.

Females also believe in other superstitions but not vividly.