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FLOW EXPERIENCE DURING ONLINE ACTIVITIES AS CHARACTERISTIC OF WORLD WIDE WEB. GREEK DATA

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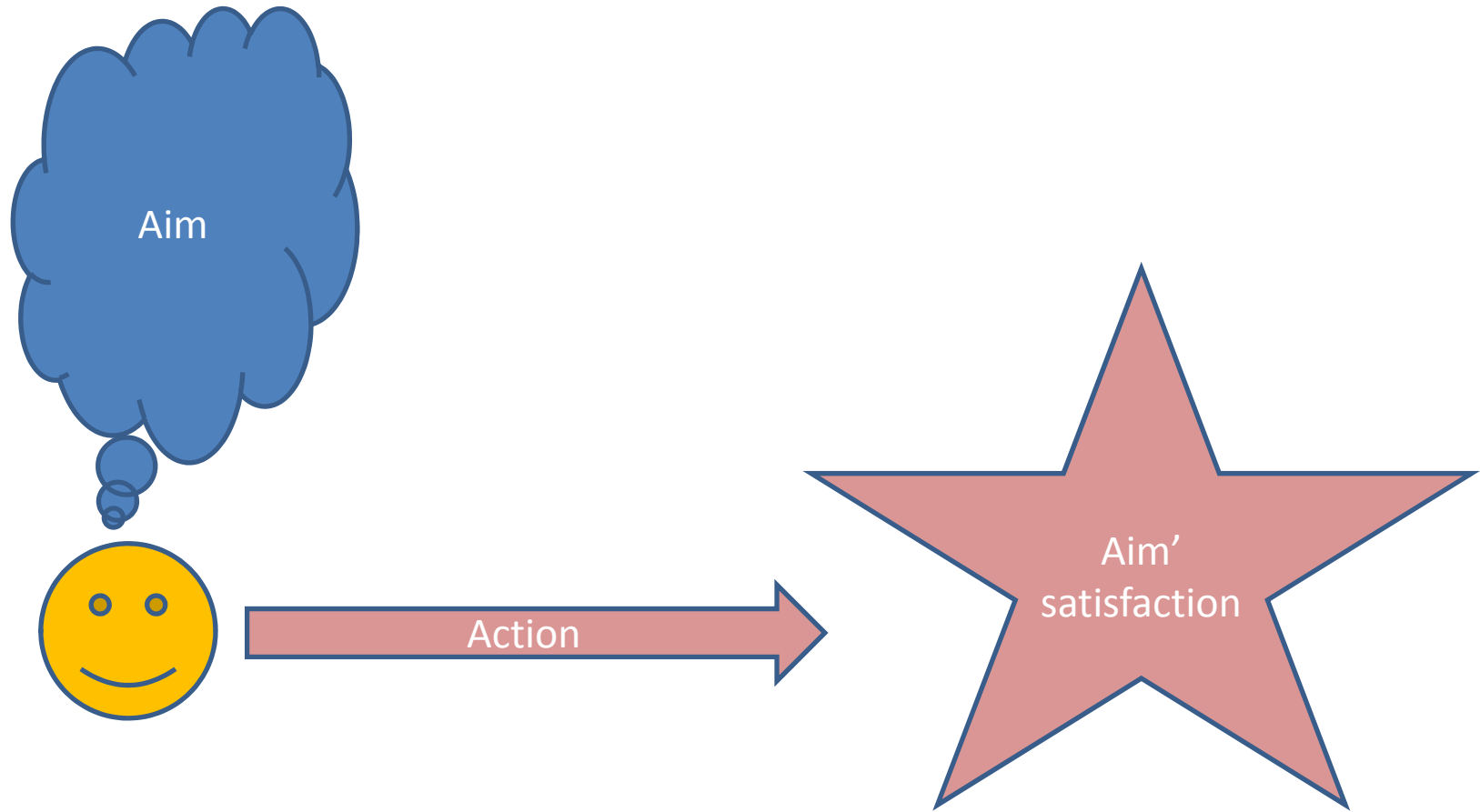
What constitutes a “good” life?

- Major issue of Positive Psychology
- “A good life is characterised by complete absorption of a person in whatever he is doing”
Jeanne Nakamura (2002)
- How can this be achieved? Where is the answer?
- In creativity... Getzels & Csikszentmihalyi, 1976

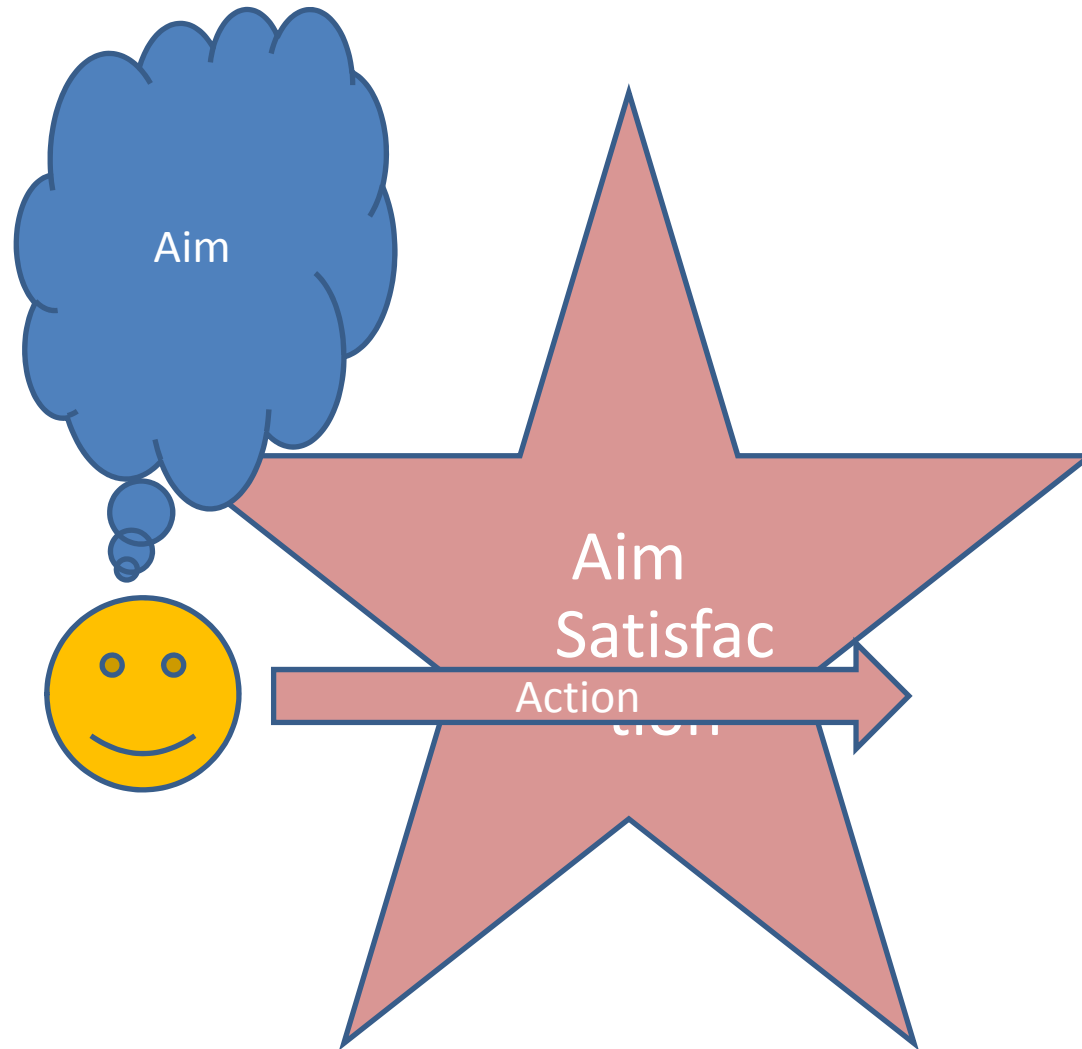
Painting...

- Which is the reason that forces a painter during painting to be so absorbed in his activity, so that he does not feel tired, hungry, thirsty?
- Autotelic activity
- = An activity in which the participation itself ensures the satisfaction, regardless the final results and the possible effects
- «I am there because I feel good, without caring how I will feel after finishing the action.»
- The aim is the activity itself, not its products (Deci & Ryan, 1985)





Intrinsic Motivation...



Csikszentmihalyi (1993) concluded that...

clear target



immediate feedback



balance between action's challenges and individual skills



merge of user's awareness of the action and the action itself



control over the activity



intense focus



loss of consciousness and sense of time



Autotelic activity



Conclusion...

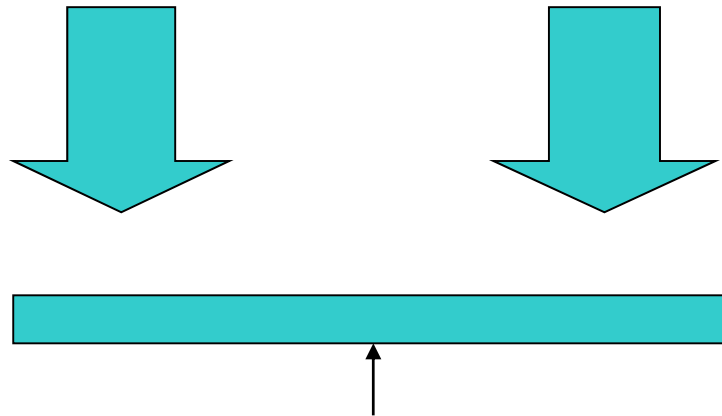
- **Autotelic** is every activity that its value and its purpose regard to the repetition, without any other direct or indirect aim (Thatcher et al., 2008)
- **Flow** is every situation where the consciousness is characterized by the loss of sense of time and is experienced by persons who are deeply involved in an immediate progressive process which provides them satisfaction (Thatcher et al., 2008).

How is the feeling of “Flow”;

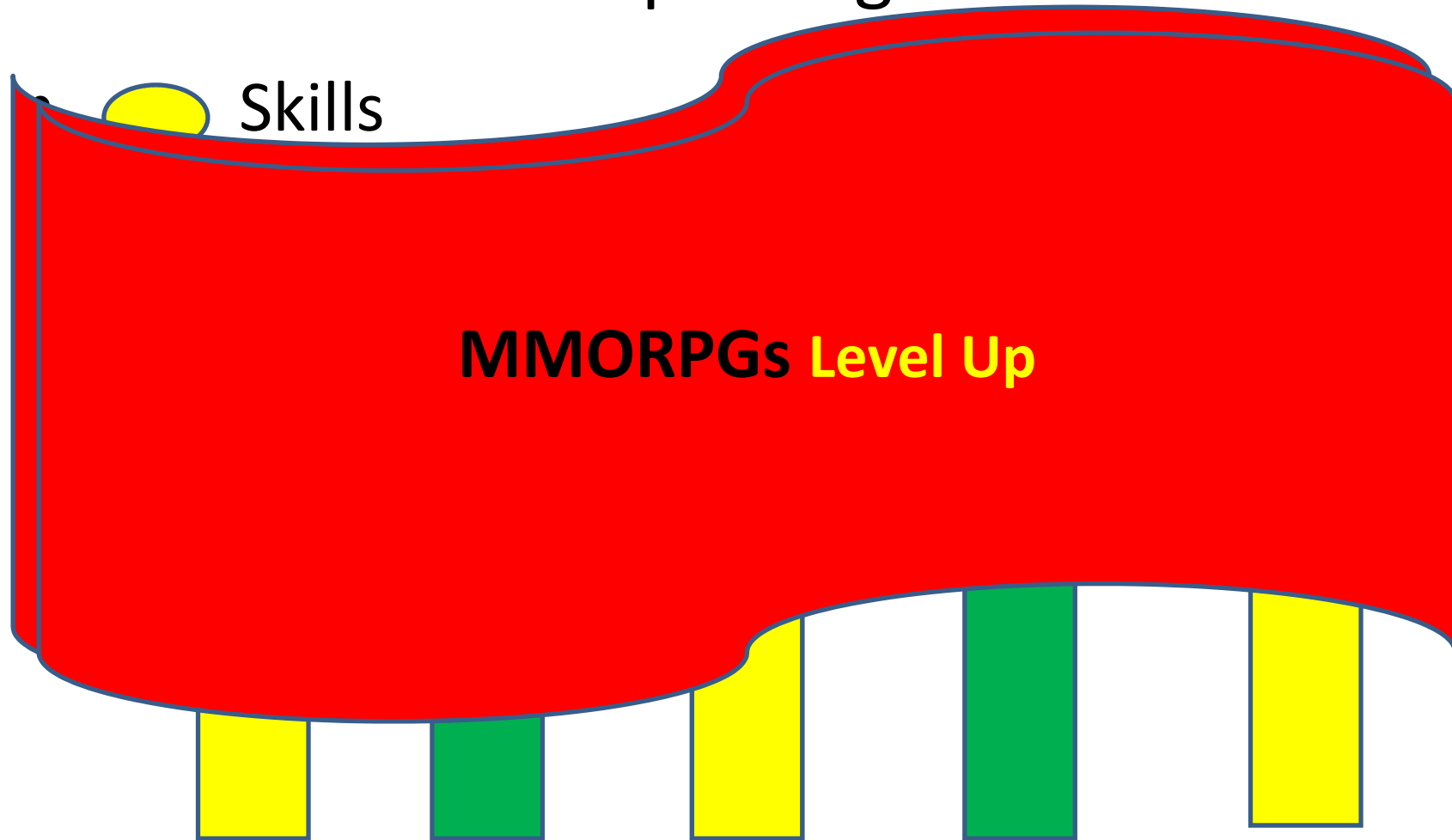
- One is deeply involved in what he is doing.
- It is a fragile sense that requires the continuously maintenance of a dynamic balance....

Action's challenges

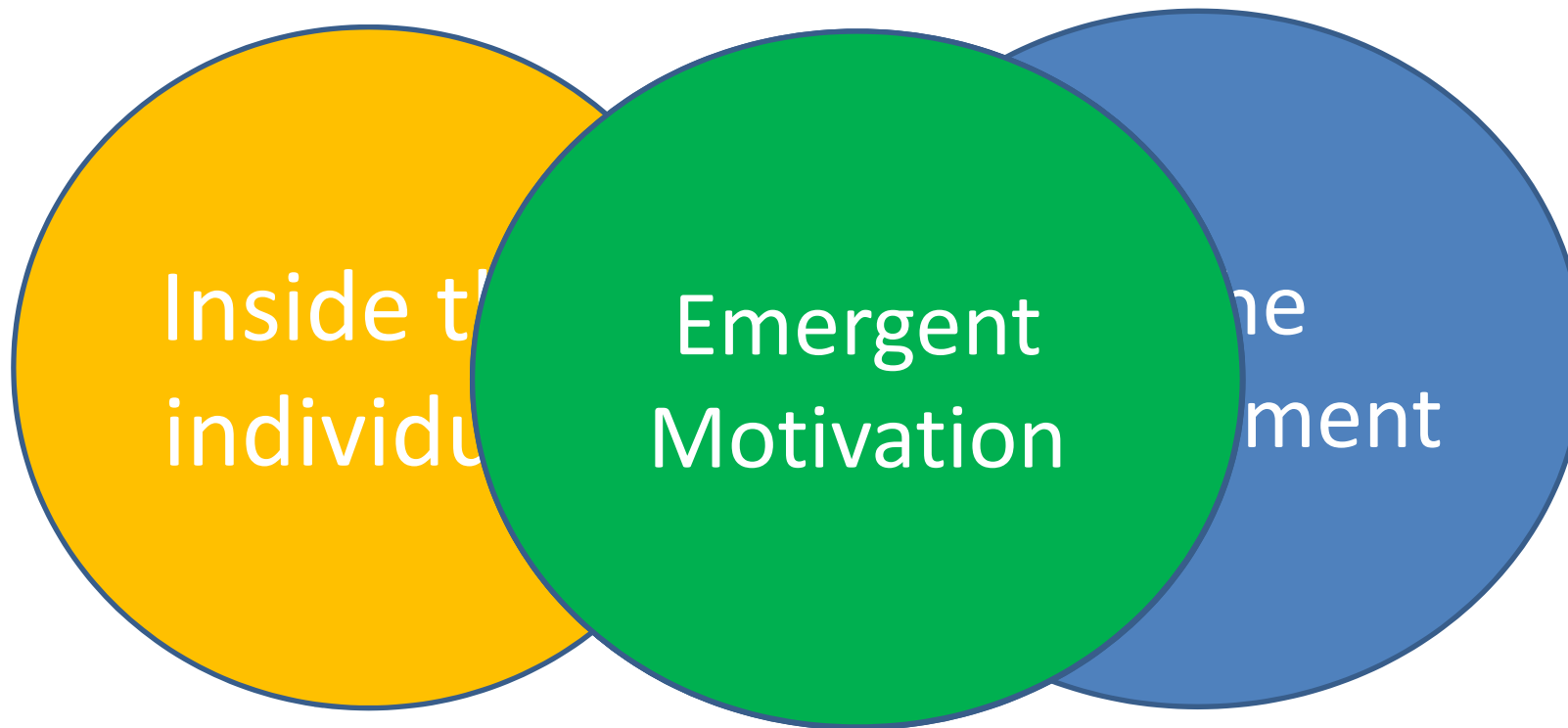
personal skills

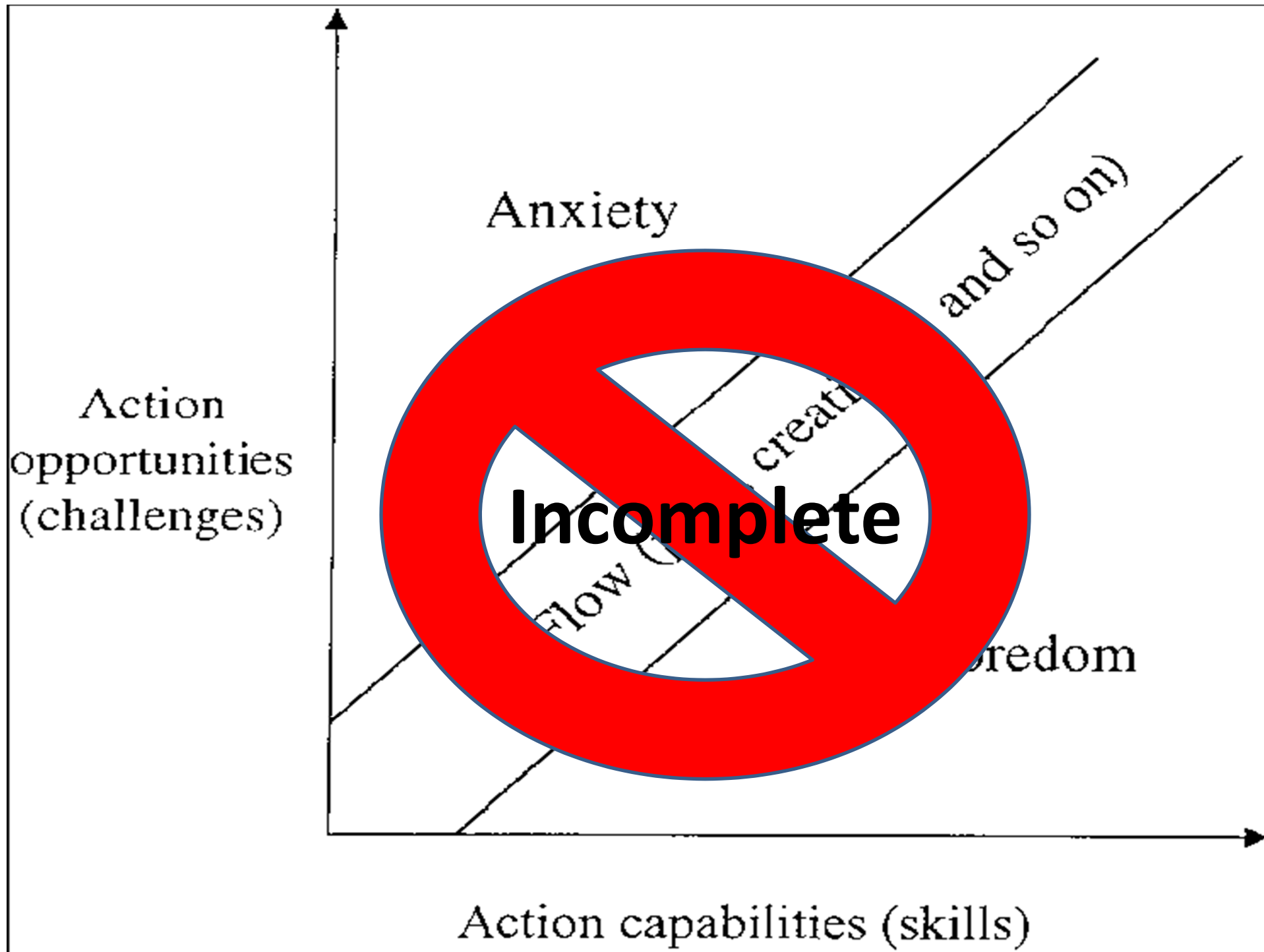


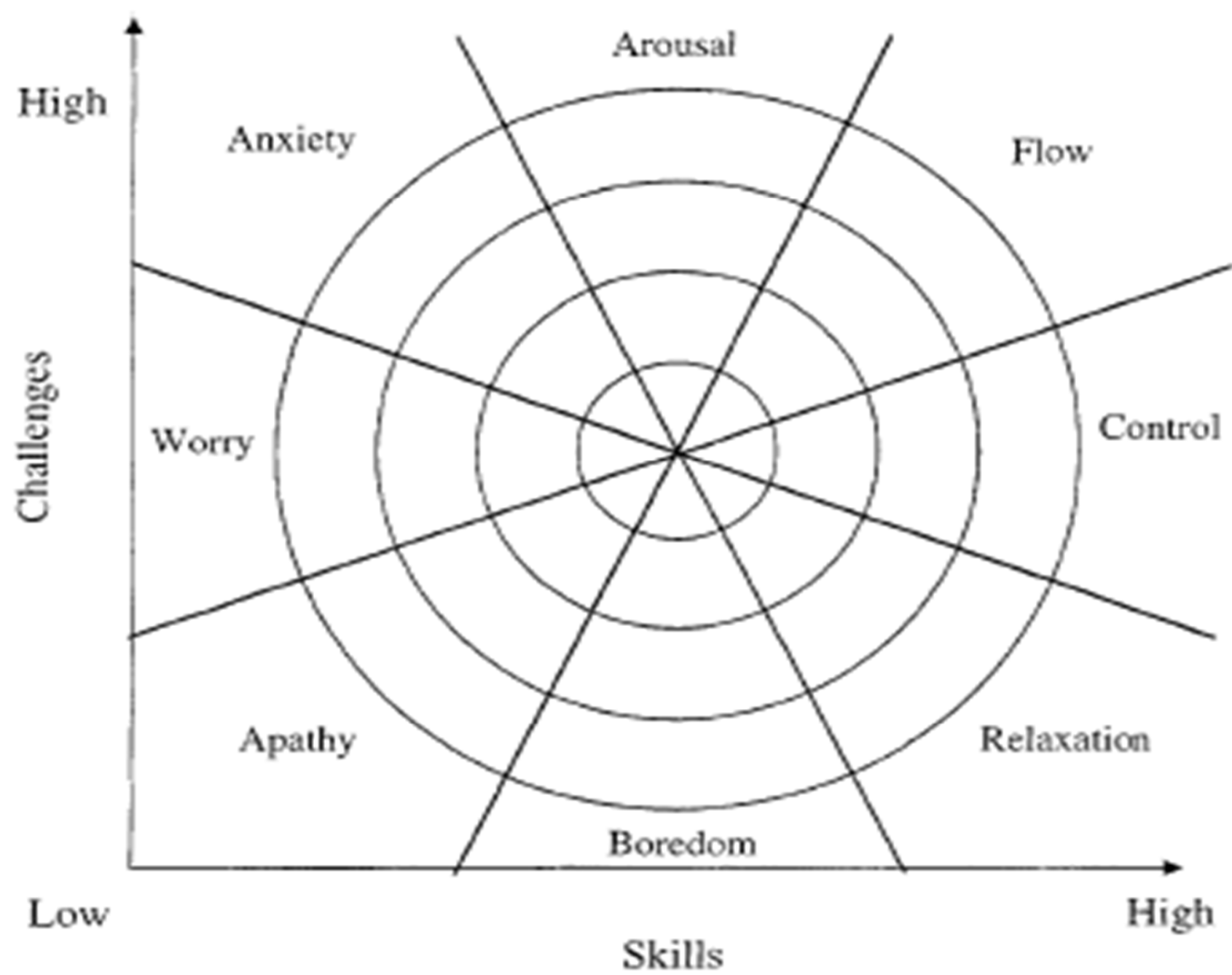
The more one is practicing... the more is improving...



Where is the **place** of the motivation?









INTER-NET = A “FLOW” NET

Hoffman & Novak (1996) and Chen ten years after (Chen, 2006) argued that specific characteristics and qualities, like the convenient use, the immediate feedback, the interactivity and the access to entertainment make internet suitable for experiencing flow.

Supporting the above, the net users reported positive feelings while being online (Chen, 2006).

Specifically it seems that flow experiences are in their peak in Massive Multiplayer Online Role Playing Games (MMORPGs), due to their interactive and absorbing nature (Wan & Chiou, 2006).



Research Questions

1. What is the proportion of adolescents who have experienced internet Flow?
2. Which internet applications are more related to flow experience and does adolescents' sex associate with different levels of flow?

Research Sample

- N= 1609 Adolescents
- Boys= 800 (49.8 %)
- Girls= 807(50.2 %)
- Mean Age= 16,13, SD= 0.87



Instruments

- Internet Flow was assessed with:
- **Internet Flow Questionnaire (Chen, Wigand & Nilan, 1999)**
- Bidirectional translation from bilingual translators
- The questionnaire consists of five pairs of self-reported questions situated on Flow experience.
- The first question of its pair provides a definition of the flow experience or a Flow characteristic and asks the participant to answer if he had experienced it or not. If positive the first question of the pair, the second asks to define the application in which he felt it.
- In order to extract the final score of flow, one had to add the number of positives answers in the first question of its of the five pairs.
- Reliability rate of the present version of the questionnaire was acceptable with a Kuder-Richardson20 of 0.70.



Question 1 of the First pair

- Did you ever have an experience described as following:
- “My mind isn’t wandering. I am not thinking of something else. I am totally involved in what I am doing. My body feels good. I don’t seem to hear anything. The world seems to cut off from me. I am less aware of myself and my problems. My concentration is like breathing. I never think of it. I am really oblivious to my surroundings after I really get going. When I start, I really do shut out the whole world. Once I stop, I can let it back in again. I am so involved in what I am doing, I don’t see myself as separate from what I am doing.”

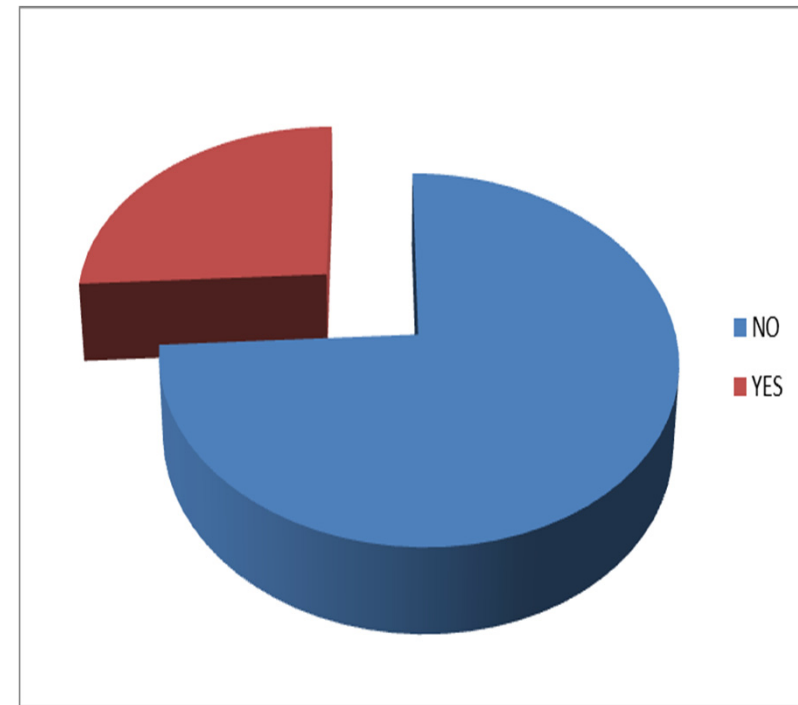
Question 1

What is the proportion of adolescents who have experienced internet Flow?



Results

	Frequency	Percent	Valid Percent	Cumulative Percent
NO	1158	55,4	74,1	74,1
YES	404	19,3	25,9	100
Total	1562	74,7	100	
Missing	19	0,9		
System	509	24,4		
Total	528	25,3		
Total	2090	100		



Question 2

Which internet applications are more related to flow experience and does adolescents' sex associate with different levels of flow?

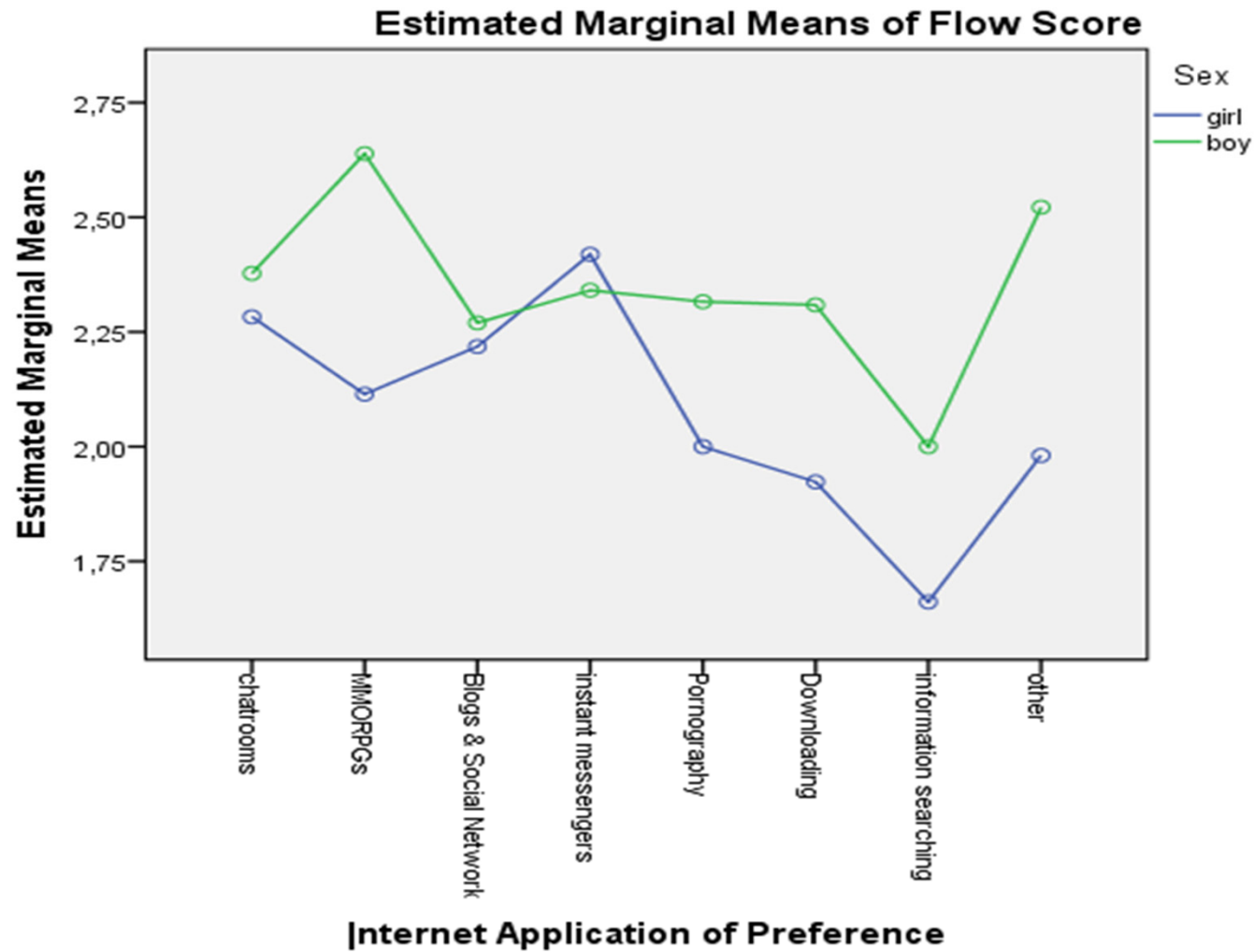


Results

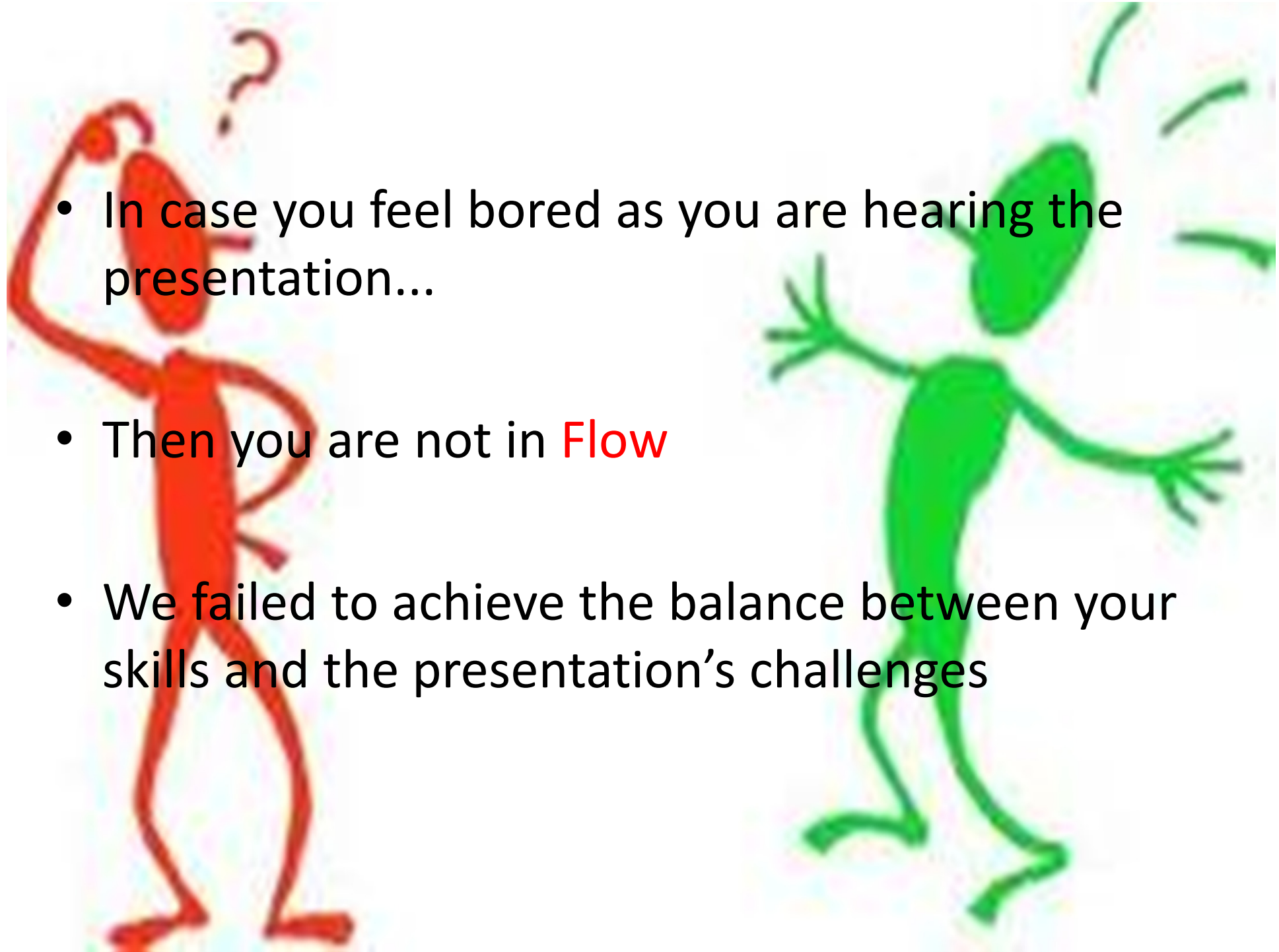
- In order to examine differences in Flow scores of students regarding their internet application of preference and sex we conducted one two-way univariate analysis of variance with Flow as the dependent variable and internet application of first preference and sex as fixed factors.
- The main effect of internet application of preference on Flow score was found to be significant. Mean level of Flow for MMORPGs ($M= 2.38$) compared to Information Searching ($M= 1.83$) resulted to an $F(1, 1534) = 3.48$ $p < .001$, $\eta^2 = .016$.
- The main effect of sex on Flow score was found to be significant. Mean level of Flow for boys ($M= 2.35$) compared to girls ($M= 2.08$) resulted to an $F(1, 1534) = 5.08$ $p < .05$, $\eta^2 = .003$.
- The interaction was not significant.



Results



Discussion: Question 1 Finding:



- In case you feel bored as you are hearing the presentation...
- Then you are not in **Flow**
- We failed to achieve the balance between your skills and the presentation's challenges

Thank you