

Getting the BEST of Emergency Remote Teaching: [Recognizing and Managing Digital Fatigue]

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Interesting facts

APR 2020

GLOBAL DIGITAL GROWTH

THE YEAR-ON-YEAR CHANGE IN ESSENTIAL INDICATORS OF DIGITAL ADOPTION

TOTAL UNIQUE MOBILE INTERNET **ACTIVE SOCIAL** POPULATION **PHONE USERS USERS MEDIA USERS** +1.1% +2.5% **+7.1%** +8.7% APR 2020 vs. APR 2019 +82 MILLION +128 MILLION +301 MILLION +304 MILLION



SOURCES: POPULATION: UNITED NATIONS; LOCAL GOVERNMENT BODIES; MOBILE: GSMA INTELLIGENCE; INTERNET: ITU; GLOBALWEBINDEX; GSMA INTELLIGENCE; LOCAL TELECOMS REGULATORY AUTHORITIES AND GOVERNMENT BODIES; APIII; KEPIOS ANALYSIS; SOCIAL MEDIA: PLATFORMS' SELF-SERVICE ADVERTISING TOOLS; COMPANY ANNOUNCEMENTS AND EARNINGS REPORTS; CNNIC; CAFEBAZAAR; KEPIOS ANALYSIS. ALL LATEST AVAILABLE DATA IN JANUARY 2020. © COMPARABILITY ADVISORY: SOURCE AND BASE CHANGES.





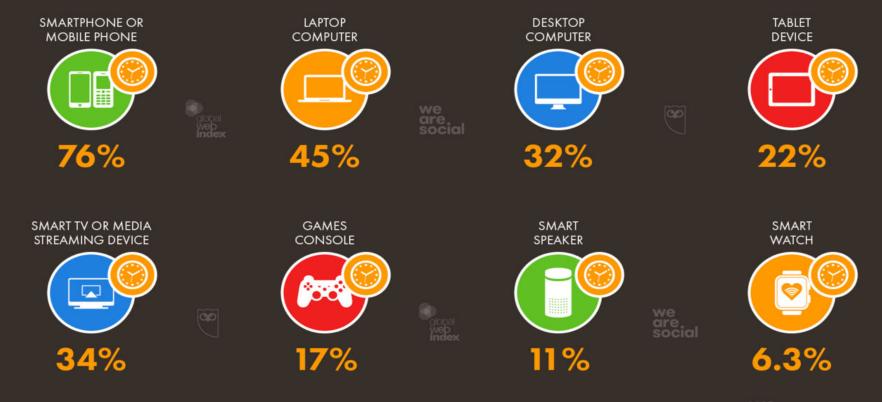


Interesting facts

APR 2020

COVID-19: PEOPLE SPENDING MORE TIME WITH DEVICES

PERCENTAGE OF INTERNET USERS AGED 16 TO 64 IN SELECT COUNTRIES* WHO REPORT SPENDING MORE TIME USING EACH DEVICE IN RECENT WEEKS

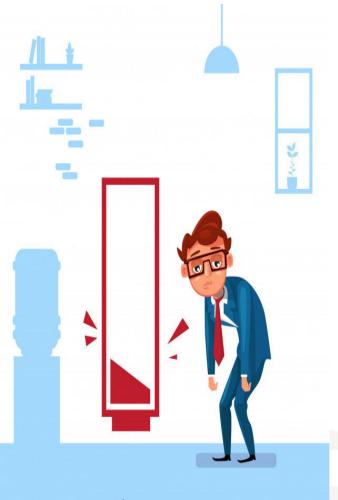


SOURCE: GLOBALWEBINDEX'S CORONAVIRUS MULTI-MARKET STUDY (WAVE 2, APRIL 2020). *NOTE: FIGURES REPRESENT THE FINDINGS OF A SURVEY OF INTERNET USERS AGED 16 TO 64 IN AUSTRALIA, BRAZIL, CANADA, CHINA, FRANCE, GERMANY, INDIA, IRELAND, ITALY, JAPAN, NEW ZEALAND, PHILIPPINES, SINGAPORE, SOUTH AFRICA, SPAIN, THE UNITED KINGDOM, AND THE UNITED STATES. DATA COLLECTION (FIELDWORK) TOOK PLACE BETWEEN MARCH 31 AND APRIL 02, 2020. SEE GLOBALWEBINDEX.COM FOR MORE DETAILS.









Do you feel **exhausted** physically and mentally after having continual online meetings?

Majority of your day is spent on apps and replying messages that are overwhelming?

Juggling through many apps while trying to achieve expectations for teaching and learning?

Sometimes you feel disengaged?

Image: Freepik.com



What is Digital Fatigue?



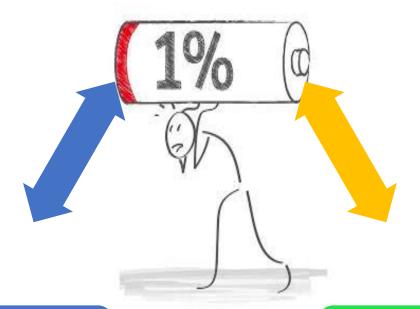
Image: Freepik.com

Digital fatigue is a state of mental exhaustion and disengagement when we are required to use multiple apps and tools in daily lives.

However, it is **not** classified as a medical condition.



Emotional exhaustion



Disengaged



Work related dissatisfaction



Some of the possible symptoms

Physical:

Fatigue, poor sleeping quality, tight muscles, back pain

Cognitive:

difficult to commit/be responsible and concentrate

Society:

Social withdrawal, disengaged

Emotion:

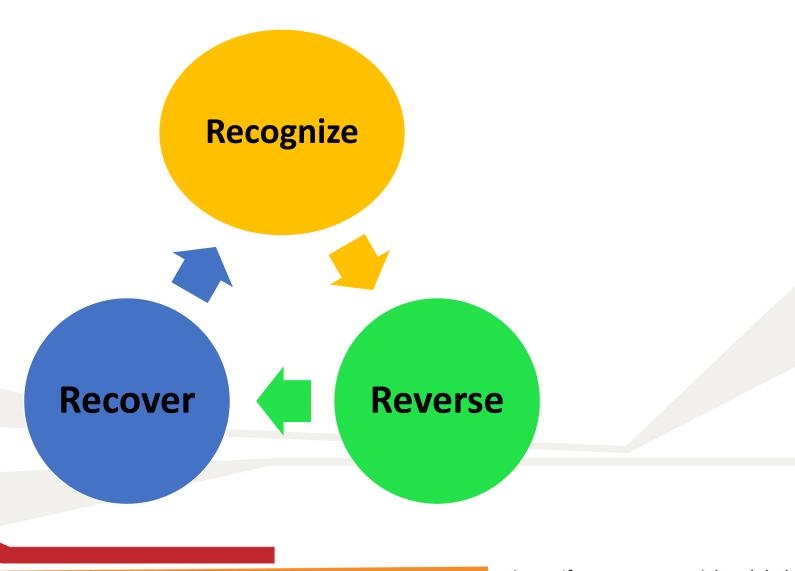
easily agitated, annoyed, stressful

Energy:

lack of enjoyment in work/study, diminishing of self-confidence



Managing Digital Fatigue: The "Three R" Approach



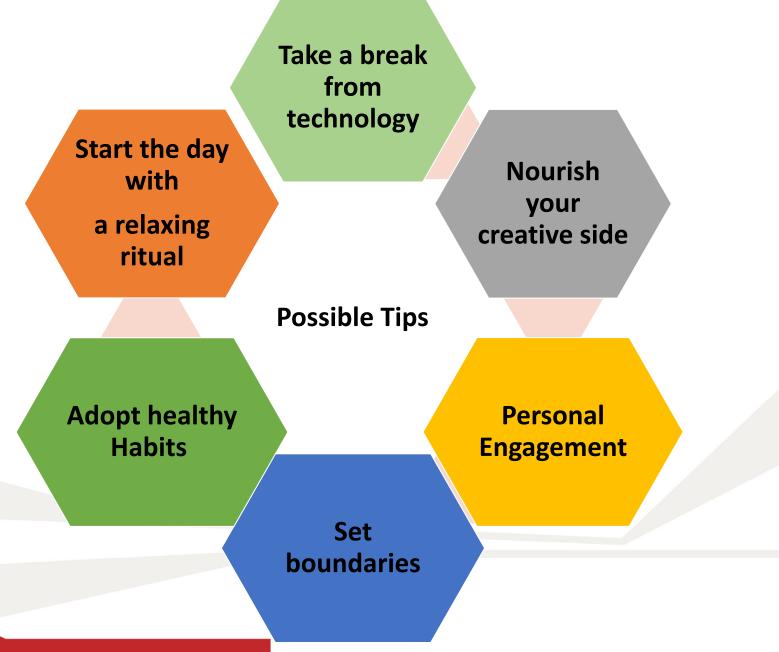




Image: Freepik.com

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