



Project title:

CONOCO: “COping with NO mobility during COrona Virus times: Learning from each other”

REPORT ON SURVEY RESULTS

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This project has been funded with support from the European Commission. This document reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained herein.



Table of Contents

Preface.....	3
Methodology	3
Executive Summary of Survey Results.....	4
Sample.....	7
Pupils.....	9
Demographic Data.....	9
Activities and their contribution to coping with the lockdown data	13
Students.....	28
Demographic Data.....	28
Activities and their contribution to coping with the lockdown.....	31
Studies related activities and their contribution to coping with the lockdown	45
Grandparents/Older adults	51
Demographic Data.....	51
Activities and their contribution to coping with the lockdown.....	56
Parents.....	78
Demographic Data.....	78
Activities and their contribution to coping with the lockdown.....	82
Teachers - Professors	110
Demographic Data.....	110
Activities and their contribution to coping with the lockdown.....	114
Non teacher employees	142
Demographic Data.....	142
Activities and their contribution to coping with the lockdown.....	147
Work related activities and their contribution to coping with the lockdown	162
Employers	171
Demographic Data.....	171
Activities and their contribution to coping with the lockdown.....	176
Work related activities and their contribution to coping with the lockdown.....	190

Preface

The survey of the CONOCO Project has been administered online, and separate questionnaires were developed for each group of participants. The participants were given the choice to participate in the online survey bearing the role that they thought most representative of their social, family or work status.

Methodology

As a first step a pool of questions was formed by a review of the bibliography on the already existent surveys on the COVID-19 lockdown impact on people's everyday life and the dimensions that the impact extended to.

The questions were then reviewed by the members of the project team of the Aegean University resulting in the first draft of the questionnaire.

The draft questionnaire was reviewed by all the participating members in the project and it was converted in online form through EUSURVEY online surveys platform.

The online questionnaires were sent to all the project members for a thorough review of the functioning and the final format. All members were asked to submit their remarks on the questionnaire.

Following the remarks sent the final adjustments and corrections were performed and the final questionnaires were sent to each team for translation into their native languages.

The primary language of the questionnaire remained English and the questionnaires were translated in Greek, Italian, Romanian and German, providing the opportunity to the participants to complete the survey in their own language.

After the validation of each translation the questionnaires were uploaded in the dedicated webpage of the project from which the participants could complete the survey and also all members were notified on the dedicated translated webpage of the questionnaire.

After that the survey was promoted through all the dissemination channels of the project members to the public.

Executive Summary of Survey Results

The project survey aimed to collect the activities, practices and actions followed by the participants during the lockdown period of the COVID-19 pandemic, that helped them cope with the lockdown situation.

The survey was more specifically addressed to 7 groups of participants, pupils, students, grandparents/older adults, parents, teachers/professors, non-teacher employees and employers/businessmen.

The pupils that participated in the survey identified that during the lockdown the reception of equipment for distance education from their schools, in order to attend the online lesson helped them a lot. Also, they identified as important the regular, almost everyday contact with their classmates, their teachers and their friends and using online social networks for communication.

Other activities that contributed to coping with the situation that were identified were, the engagement in artistic activities, like painting or playing music, writing books for their pleasure, like novels etc, engaging in online and offline gaming and outdoors exercising, as permitted by the measures taken in their countries.

Finally, they also claimed that following private lessons to help them with school lessons and following other extracurricular courses online were also helpful to coping with the situation.

Regarding the participating students, the activities that were primarily identified as helpful were corresponding in physical form with their friends and relatives, the regular contact with their colleagues and listening to music. Also, the participating students that had received equipment from their institutions to help them in distance learning claimed in their totality that this was helpful or very helpful.

From the answers of the grandparents and older adults it was found that the primary factors that helped them cope with the situation were related to their children and grandchildren. Those were the regular communication with their children and grandchildren over the phone and online and also providing to them and receiving support (instructions, recommendations etc.) from them. Also, for the few participants that claimed that have engaged in such activities, gaming was identified as important.

The parents that participated in the survey reported that the frequent contact with other parents and with the teachers of their children was important to cope with the situation. Also, they thought that the support from their employers, from other parents, from groups and communities of parents and from the public services in charge of the health crisis situation, such as the ministries of health, of education etc. were also very important.

The few among them that stated that they received support from the state institutions in the form of childcare benefits also found that it was very important for them in order to cope with the lockdown.

Moreover, for the parents in the survey, the frequent organization of actions to help and inform other parents, the organization of frequent communication of the children with friends and relatives and the frequent organization of activities for their children at home were also perceived as helpful or very helpful for coping with the lockdown, as well as their own frequent communication with, friends and relatives over landline, mobile phones and online.

They also, stated that the upgrade of the connection to the internet and the procurement of new technological equipment (laptops, tablets etc.) for the children were important for dealing with the situation.

Lastly, they identified that discussing frequently with their children about the situation of the pandemic and the lockdown, providing support to other parents in the form of advice, recommendations etc. and also exercising outside of the house, as it was allowed by the measures in the region they lived in, were also important factors for dealing with the situation.

The teacher or professor employees from their side, in the context of their work identified that the ability to work from a distance in a regular everyday basis and having received equipment from their institution to do so, had positive impact on their effort to cope with the lockdown.

In that direction also helped the frequent, almost everyday contact with their students, their colleagues, the parents of their students and the management of their institution and the reception of help from their institution, their colleagues in the form of training, instructions, etc.

They also recognize as important the frequent support in the same form from the services of the state that were in charge of the situation, their colleagues and from professional groups that they were part of.

Moreover, they identify that the organization of different actions to help and inform their colleagues, their students and to provide them extracurricular activities to do, were also activities that contributed to coping with the lockdown.

Regarding their personal life, the most important activities they identified was the communication with their friends and relatives on their mobile phones and online and reading books for enjoyment.

As for the group of the non-teacher employees, the most important factors that identified as helpful for coping with the lockdown were all related to their work environment. In this context they claimed that frequent contact with their colleagues and organizing action to help and inform them were beneficial.

Also, receiving training, instructions, recommendations etc. from their employer, from their colleagues, the services of the state in charge of the health crisis and from groups or professional communities they were participating in, helped them a lot in coping with the lockdown.

Lastly, they also thought that it was very helpful to provide support (instructions, recommendations, training etc.) from their side to their colleagues.

Finally, for the group of businessmen/employers that participated in the survey, the findings were also primarily work related, as they identified that the frequent contact with their business partners and providing support to them (instructions, training etc.) as well as receiving support from them in the same ways, were important for coping with the lockdown.

The same positive impact was identified for the reception of support from the services of the state that dealt with the crisis and from professional communities or groups that they were a part of.

Other activities that contributed were the organization of activities or events for their employees not related to work matters.

Moreover, they stated that taking time to think and devise plans on the way that their business would work and integrating new technological tools in the functioning of their businesses had positive impact in coping with the situation.

Lastly, regarding their personal life, they claimed that writing and communicating with friends and relatives over mobile devices also helped them greatly in coping with the crisis.

Sample

In the context of the survey a total of 1103 questionnaires were collected.

From the initial screening of the completed questionnaires, it was found that in 183 cases the participants replied that they have not faced a lockdown in their region and therefore the responses were excluded from the sample of the survey, resulting in 920 cases that were analyzed.

Although the questionnaires were constructed in a way that multiple data could be collected for a single participant, from their initial selection of the role with which they would be participating in the survey, it was found that the participants stated as presented in Table 1

Table 1: Sample of the survey

	N	Percent
Employers	39	4,24%
Teacher/professor employees	289	31,41%
Employees (not teacher)	108	11,74%
Grand-parents/older adults	59	6,41%
Parents	159	17,28%
Pupils	75	8,15%
Students	191	20,76%
Total	920	

From the participants the percentage of women in the sample were as presented in table 2

Table 2: Female participants in the survey

	N	Percent (in group)
Employers	18	46,15%
Teacher/professor employees	224	77,51%
Employees (not teacher)	67	62,04%
Grand-parents/older adults	39	66,10%
Parents	107	67,30%
Pupils	24	32,00%
Students	84	43,98%
Total	563	61,20%

Also 33 participants stated that they belong to a group of people with special needs, even though from personal communications more participants claimed that they have some form of special need that they were reluctant to report.

Lastly, all the participants had the option to state if they are interested in participating in the interviews section of the survey.

Table 3: Interest in participation in the interviews

	Group (N)	Interested in participating in the interview (N)	Percent
Employers	39	5	12,82%
Teacher/professor employees	289	86	29,76%
Employees (not teacher)	108	26	24,07%
Grand-parents/older adults	59	9	15,25%
Parents	159	6	3,77%
Pupils	75	35	46,67%
Students	191	34	17,80%
Total	920	201	21,85%

Pupils

The first group of people reached was that of pupils, from preschool to upper secondary education age (5-17).

Demographic Data

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Cyprus	3	4,0	4,0
	Germany	1	1,3	1,3
	Greece	3	4,0	4,0
	Italy	46	61,3	61,3
	Romania	22	29,3	29,3
	Total	75	100,0	100,0

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	8,00	1	1,3	1,3
	11,00	4	5,3	6,7
	12,00	2	2,7	9,3
	13,00	3	4,0	13,3
	14,00	7	9,3	22,7
	15,00	12	16,0	38,7
	16,00	28	37,3	76,0
	17,00	17	22,7	98,7
	18,00	1	1,3	100,0
	Total	75	100,0	100,0

Class

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Preschool	1	1,3	1,3	1,3
	Lower primary education (1st-4th grade)	4	5,3	5,3	6,7
	Upper primary education (5th-6th Grade)	7	9,3	9,3	16,0
	Lower secondary education (Gymnasium)	28	37,3	37,3	53,3
	Upper secondary education (Lyceum)	35	46,7	46,7	100,0
	Total	75	100,0	100,0	

School

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Public	72	96,0	96,0	96,0
	Private	3	4,0	4,0	100,0
	Total	75	100,0	100,0	

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	51	68,0	68,0	68,0
	Female	24	32,0	32,0	100,0
	Total	75	100,0	100,0	

Brothers and Sisters

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	21	28,0	28,0	28,0
	One	39	52,0	52,0	80,0
	More than one	15	20,0	20,0	100,0
	Total	75	100,0	100,0	

Home_Life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	With mother & father	15	20,0	20,0	20,0
	With mother	4	5,3	5,3	25,3
	With father	1	1,3	1,3	26,7
	With mother & father & siblings	46	61,3	61,3	88,0
	With mother & siblings	6	8,0	8,0	96,0
	With father & siblings	3	4,0	4,0	100,0
Total		75	100,0	100,0	

Grandparetns Living Near

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	43	57,3	57,3	57,3
	Yes	32	42,7	42,7	100,0
	Total	75	100,0	100,0	

Special_needs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	68	90,7	90,7	90,7
	Yes	7	9,3	9,3	100,0
	Total	75	100,0	100,0	

Lockdown_dur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4 weeks	5	6,7	6,7	6,7
	6 weeks	2	2,7	2,7	9,3
	7 weeks	1	1,3	1,3	10,7
	8 weeks	26	34,7	34,7	45,3
	more than 8 weeks	39	52,0	52,0	97,3
	99,00	2	2,7	2,7	100,0
Total		75	100,0	100,0	

Measures_Follow

		Frequency	Percent	Valid Percent	Cumulative Percent
	Not so much	2	2,7	2,7	2,7
	Quite followed	5	6,7	6,7	9,3
Valid	In the majority of cases	27	36,0	36,0	45,3
	Strictly followed	41	54,7	54,7	100,0
	Total	75	100,0	100,0	

School_lockdown

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	3	4,0	4,0	4,0
Valid	Yes	72	96,0	96,0	100,0
	Total	75	100,0	100,0	

School_lockdown_period

		Frequency	Percent	Valid Percent	Cumulative Percent
	4 weeks	1	1,3	1,3	1,3
	7 weeks	1	1,3	1,3	2,7
	8 weeks	13	17,3	17,3	20,0
Valid	more than 8 weeks	57	76,0	76,0	96,0
	99,00	3	4,0	4,0	100,0
	Total	75	100,0	100,0	

Activities and their contribution to coping with the lockdown data
 The data on the lockdown parameters are shown below

Lessons_at_distance				
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	75	100,0	100,0	100,0

Contribution_1					
	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	Not at all	6	8,0	8,0	8,0
	A little	11	14,7	14,7	22,7
	Quite a bit	21	28,0	28,0	50,7
	Much	28	37,3	37,3	88,0
	Very much	9	12,0	12,0	100,0
	Total	75	100,0	100,0	

Lessons_regular					
	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	No	5	6,7	6,7	6,7
	Yes	70	93,3	93,3	100,0
	Total	75	100,0	100,0	

Contribution_2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	5,3	5,3	5,3
	A little	17	22,7	22,7	28,0
	Quite a bit	23	30,7	30,7	58,7
	Much	18	24,0	24,0	82,7
	Very much	12	16,0	16,0	98,7
	99,00	1	1,3	1,3	100,0
	Total	75	100,0	100,0	

Equipment_from_School

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	63	84,0	84,0	84,0
	Yes	12	16,0	16,0	100,0
	Total	75	100,0	100,0	

Contribution_3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	34,7	34,7	34,7
	A little	12	16,0	16,0	50,7
	Quite a bit	9	12,0	12,0	62,7
	Much	7	9,3	9,3	72,0
	Very much	3	4,0	4,0	76,0
	99,00	18	24,0	24,0	100,0
	Total	75	100,0	100,0	

Contact_classmates

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	5,3	5,3
	Few times	9	12,0	12,0
	Sometimes	11	14,7	14,7
	Often	15	20,0	20,0
	Very ofthe/almost everyday	36	48,0	48,0
	Total	75	100,0	100,0

Contribution_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	6	8,0	8,0
	A little	11	14,7	14,7
	Quite a bit	15	20,0	20,0
	Much	25	33,3	33,3
	Very much	18	24,0	24,0
	Total	75	100,0	100,0

Contact_teacher

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	6	8,0	8,0
	Few times	11	14,7	14,7
	Sometimes	10	13,3	13,3
	Often	12	16,0	16,0
	Very ofthe/almost everyday	36	48,0	48,0
	Total	75	100,0	100,0

Contribution_5

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	13,3	13,3
	A little	8	10,7	24,0
	Quite a bit	22	29,3	53,3
	Much	24	32,0	85,3
	Very much	11	14,7	100,0
	Total	75	100,0	100,0

Contact_friends

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	2,7	2,7
	Few times	15	20,0	20,0
	Sometimes	6	8,0	8,0
	Often	20	26,7	26,7
	Very ofthe/almost everyday	32	42,7	42,7
	Total	75	100,0	100,0

Contribution_6

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	5,3	5,3
	A little	9	12,0	17,3
	Quite a bit	15	20,0	37,3
	Much	19	25,3	62,7
	Very much	28	37,3	100,0
	Total	75	100,0	100,0

Online_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	23	30,7	30,7
	Yes	52	69,3	69,3
	Total	75	100,0	100,0

Contribution_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	15	20,0	20,0
	A little	4	5,3	25,3
	Quite a bit	14	18,7	44,0
	Much	27	36,0	80,0
	Very much	12	16,0	96,0
	99,00	3	4,0	100,0
	Total	75	100,0	100,0

Read_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	36	48,0	48,0
	Yes	39	52,0	52,0
	Total	75	100,0	100,0

Contribution_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	21,3	21,3
	A little	6	8,0	29,3
	Quite a bit	15	20,0	49,3
	Much	15	20,0	69,3
	Very much	10	13,3	82,7
	99,00	13	17,3	100,0
	Total	75	100,0	100,0

Artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
No	46	61,3	61,3	61,3
Valid Yes	29	38,7	38,7	100,0
Total	75	100,0	100,0	

Contribution_artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
Not at all	32	42,7	42,7	42,7
A little	2	2,7	2,7	45,3
Quite a bit	8	10,7	10,7	56,0
Valid Much	13	17,3	17,3	73,3
Very much	7	9,3	9,3	82,7
99,00	13	17,3	17,3	100,0
Total	75	100,0	100,0	

Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
No	69	92,0	92,0	92,0
Valid Yes	6	8,0	8,0	100,0
Total	75	100,0	100,0	

Contribution_Writing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	57,3	57,3	57,3
	A little	1	1,3	1,3	58,7
	Quite a bit	3	4,0	4,0	62,7
	Much	6	8,0	8,0	70,7
	Very much	1	1,3	1,3	72,0
	99,00	21	28,0	28,0	100,0
	Total	75	100,0	100,0	

Home_Exercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	16	21,3	21,3	21,3
	Yes	59	78,7	78,7	100,0
	Total	75	100,0	100,0	

Contribution_HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	8	10,7	10,7	10,7
	A little	8	10,7	10,7	21,3
	Quite a bit	16	21,3	21,3	42,7
	Much	23	30,7	30,7	73,3
	Very much	11	14,7	14,7	88,0
	99,00	9	12,0	12,0	100,0
	Total	75	100,0	100,0	

Outdoor_Exercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	53	70,7	70,7
	Yes	22	29,3	29,3
	Total	75	100,0	100,0

Contribution_OutdoorExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	27	36,0	36,0
	A little	2	2,7	38,7
	Quite a bit	8	10,7	49,3
	Much	10	13,3	62,7
	Very much	8	10,7	73,3
	99,00	20	26,7	100,0
	Total	75	100,0	100,0

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	37	49,3	49,3
	Yes	38	50,7	50,7
	Total	75	100,0	100,0

Contribution_WatchingTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	28	37,3	37,3
	A little	5	6,7	44,0
	Quite a bit	19	25,3	69,3
	Much	15	20,0	89,3
	Very much	3	4,0	93,3
	99,00	5	6,7	100,0
	Total	75	100,0	100,0

Watching_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	37	49,3	49,3
	Yes	38	50,7	50,7
	Total	75	100,0	100,0

Contribution_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	29,3	29,3
	A little	6	8,0	8,0
	Quite a bit	16	21,3	21,3
	Much	16	21,3	21,3
	Very much	3	4,0	4,0
	99,00	12	16,0	16,0
Total		75	100,0	100,0

OnlineTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	22	29,3	29,3
	Yes	53	70,7	70,7
	Total	75	100,0	100,0

Contribution_OnlineTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	17	22,7	22,7
	A little	8	10,7	33,3
	Quite a bit	16	21,3	54,7
	Much	21	28,0	82,7
	Very much	10	13,3	96,0
	99,00	3	4,0	100,0
Total		75	100,0	100,0

OnDemand

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	29	38,7	38,7
	Yes	46	61,3	61,3
	Total	75	100,0	100,0

Contribution_OnDemand

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	19	25,3	25,3
	A little	6	8,0	33,3
	Quite a bit	11	14,7	48,0
	Much	19	25,3	73,3
	Very much	10	13,3	86,7
	99,00	10	13,3	100,0
	Total	75	100,0	100,0

Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	11	14,7	14,7
	Yes	64	85,3	85,3
	Total	75	100,0	100,0

Contribution_Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	9,3	9,3
	A little	8	10,7	20,0
	Quite a bit	17	22,7	42,7
	Much	25	33,3	76,0
	Very much	16	21,3	97,3
	99,00	2	2,7	100,0
	Total	75	100,0	100,0

Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
	11	14,7	14,7	14,7
Valid Yes	64	85,3	85,3	100,0
Total	75	100,0	100,0	

Contribution_Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
	10	13,3	13,3	13,3
	5	6,7	6,7	20,0
	16	21,3	21,3	41,3
Valid	21	28,0	28,0	69,3
	21	28,0	28,0	97,3
	2	2,7	2,7	100,0
Total	75	100,0	100,0	

FamilyActivities

	Frequency	Percent	Valid Percent	Cumulative Percent
	26	34,7	34,7	34,7
Valid Yes	49	65,3	65,3	100,0
Total	75	100,0	100,0	

Contribution_FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	14	18,7	18,7	18,7
	A little	9	12,0	12,0	30,7
	Quite a bit	13	17,3	17,3	48,0
	Much	25	33,3	33,3	81,3
	Very much	5	6,7	6,7	88,0
	99,00	9	12,0	12,0	100,0
	Total	75	100,0	100,0	

OnlineLessons

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	50	66,7	66,7	66,7
	Yes	25	33,3	33,3	100,0
	Total	75	100,0	100,0	

Contribution_OnlineLessons

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	29	38,7	38,7	38,7
	A little	3	4,0	4,0	42,7
	Quite a bit	8	10,7	10,7	53,3
	Much	10	13,3	13,3	66,7
	Very much	5	6,7	6,7	73,3
	99,00	20	26,7	26,7	100,0
	Total	75	100,0	100,0	

PrivateLessons

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	66	88,0	88,0	88,0
	Yes	9	12,0	12,0	100,0
	Total	75	100,0	100,0	

Contribution_PrivateLessons

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	57,3	57,3	57,3
	A little	2	2,7	2,7	60,0
	Quite a bit	3	4,0	4,0	64,0
	Much	6	8,0	8,0	72,0
	Very much	1	1,3	1,3	73,3
	99,00	20	26,7	26,7	100,0
	Total	75	100,0	100,0	

Extracurricular

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	62	82,7	82,7	82,7
	Yes	13	17,3	17,3	100,0
	Total	75	100,0	100,0	

Contribution_Extracurricular

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	39	52,0	52,0	52,0
	A little	4	5,3	5,3	57,3
	Quite a bit	4	5,3	5,3	62,7
	Much	5	6,7	6,7	69,3
	Very much	4	5,3	5,3	74,7
	99,00	19	25,3	25,3	100,0
	Total	75	100,0	100,0	

OtherOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	47	62,7	62,7
	Yes	28	37,3	37,3
	Total	75	100,0	100,0

Contribution_OtherOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	41,3	41,3
	A little	4	5,3	46,7
	Quite a bit	14	18,7	65,3
	Much	9	12,0	77,3
	Very much	3	4,0	81,3
	99,00	14	18,7	100,0
Total		75	100,0	100,0

HoursOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2,00	1	1,3	1,4
	3,00	1	1,3	2,8
	4,00	2	2,7	5,6
	5,00	4	5,3	11,1
	6,00	8	10,7	22,2
	6,30	1	1,3	23,6
	7,00	4	5,3	29,2
	8,00	10	13,3	43,1
	9,00	6	8,0	51,4
	10,00	11	14,7	66,7
	11,00	3	4,0	70,8
	12,00	13	17,3	88,9
	13,00	3	4,0	93,1

	15,00	3	4,0	4,2	97,2
	16,00	2	2,7	2,8	100,0
	Total	72	96,0	100,0	
Missing	System	3	4,0		
	Total	75	100,0		

Students

The second group of people reached was that of students of vocational and tertiary education

Demographic Data

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Cyprus	7	3,7	3,7	3,7
Germany	2	1,0	1,0	4,7
Greece	56	29,3	29,3	34,0
Valid Italy	94	49,2	49,2	83,2
Romania	28	14,7	14,7	97,9
Other Countries	4	2,1	2,1	100,0
Total	191	100,0	100,0	

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
14,00	1	,5	,5	,5
15,00	1	,5	,5	1,1
16,00	2	1,0	1,1	2,2
18,00	77	40,3	41,4	43,5
19,00	52	27,2	28,0	71,5
20,00	11	5,8	5,9	77,4
Valid 21,00	11	5,8	5,9	83,3
22,00	6	3,1	3,2	86,6
23,00	3	1,6	1,6	88,2
24,00	7	3,7	3,8	91,9
25,00	3	1,6	1,6	93,5
26,00	3	1,6	1,6	95,2
29,00	1	,5	,5	95,7
31,00	1	,5	,5	96,2
32,00	2	1,0	1,1	97,3

33,00	1	,5	,5	97,8
34,00	1	,5	,5	98,4
47,00	2	1,0	1,1	99,5
233,00	1	,5	,5	100,0
Total	186	97,4	100,0	
Missing	System	5	2,6	
Total	191	100,0		

Marital_Status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	174	91,1	91,1
	Married	9	4,7	95,8
	99,00	8	4,2	100,0
	Total	191	100,0	100,0

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	105	55,0	55,0
	Female	84	44,0	99,0
	99,00	2	1,0	100,0
	Total	191	100,0	100,0

No_Children

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	,00	183	95,8	95,8
	1,00	3	1,6	97,4
	2,00	1	,5	97,9
	99,00	4	2,1	100,0
	Total	191	100,0	100,0

Level_Studies

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Post Secondary				
	Technical/Vocational education	62	32,5	32,5	32,5
	Undergraduate studies	89	46,6	46,6	79,1
	Post graduate studies	15	7,9	7,9	86,9
	99,00	25	13,1	13,1	100,0
Total		191	100,0	100,0	

Institution

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Public	171	89,5	89,5	89,5
	Private	4	2,1	2,1	91,6
	99,00	16	8,4	8,4	100,0
	Total	191	100,0	100,0	

Special_needs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	172	90,1	90,1	90,1
	Yes	9	4,7	4,7	94,8
	99,00	10	5,2	5,2	100,0
	Total	191	100,0	100,0	

Lockdown_dur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 week	4	2,1	2,1	2,1
	2 weeks	5	2,6	2,6	4,7
	3 weeks	2	1,0	1,0	5,8

4 weeks	13	6,8	6,8	12,6
5 weeks	2	1,0	1,0	13,6
6 weeks	4	2,1	2,1	15,7
7 weeks	5	2,6	2,6	18,3
8 weeks	19	9,9	9,9	28,3
more than 8 weeks	131	68,6	68,6	96,9
99,00	6	3,1	3,1	100,0
Total	191	100,0	100,0	

Measures_Follow

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not so much	19	9,9	9,9
	Quite followed	60	31,4	31,4
	In the majority of cases	74	38,7	38,7
	Strictly followed	35	18,3	18,3
	99,00	3	1,6	1,6
	Total	191	100,0	100,0

Activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

CommunicationFriends

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	12	6,3	6,3
	Yes	177	92,7	92,7
	99,00	2	1,0	1,0
	Total	191	100,0	100,0

Contribution_1

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	6,8	6,8	6,8
	A little	55	28,8	28,8	35,6
	Quite a bit	55	28,8	28,8	64,4
	Much	42	22,0	22,0	86,4
	Very much	24	12,6	12,6	99,0
	99,00	2	1,0	1,0	100,0
	Total	191	100,0	100,0	

CommunicationOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	28	14,7	14,7	14,7
	Yes	162	84,8	84,8	99,5
	99,00	1	,5	,5	100,0
	Total	191	100,0	100,0	

Contribution_2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	25	13,1	13,1	13,1
	A little	44	23,0	23,0	36,1
	Quite a bit	50	26,2	26,2	62,3
	Much	41	21,5	21,5	83,8
	Very much	26	13,6	13,6	97,4
	99,00	5	2,6	2,6	100,0
	Total	191	100,0	100,0	

CommunicationMobile

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	11	5,8	5,8
	Yes	178	93,2	93,2
	99,00	2	1,0	1,0
	Total	191	100,0	100,0

Contribution_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	6,8	6,8
	A little	49	25,7	25,7
	Quite a bit	49	25,7	58,1
	Much	46	24,1	82,2
	Very much	30	15,7	97,9
	99,00	4	2,1	100,0
	Total	191	100,0	100,0

Corresponding

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	153	80,1	80,1
	Yes	34	17,8	17,8
	99,00	4	2,1	2,1
	Total	191	100,0	100,0

Contribution_4

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	112	58,6	58,6	58,6
	A little	19	9,9	9,9	68,6
	Quite a bit	9	4,7	4,7	73,3
	Much	15	7,9	7,9	81,2
	Very much	12	6,3	6,3	87,4
	99,00	24	12,6	12,6	100,0
	Total	191	100,0	100,0	

Online_Social

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	40	20,9	20,9	20,9
	Yes	148	77,5	77,5	98,4
	99,00	3	1,6	1,6	100,0
	Total	191	100,0	100,0	

Contribution_Social

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	22,5	22,5	22,5
	A little	43	22,5	22,5	45,0
	Quite a bit	47	24,6	24,6	69,6
	Much	30	15,7	15,7	85,3
	Very much	20	10,5	10,5	95,8
	99,00	8	4,2	4,2	100,0
	Total	191	100,0	100,0	

Read_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	86	45,0	45,0
	Yes	103	53,9	99,0
	99,00	2	1,0	1,0
	Total	191	100,0	100,0

Contribution_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	74	38,7	38,7
	A little	27	14,1	52,9
	Quite a bit	35	18,3	71,2
	Much	27	14,1	85,3
	Very much	15	7,9	93,2
	99,00	13	6,8	100,0
	Total	191	100,0	100,0

Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	47	24,6	24,6
	Yes	144	75,4	100,0
	Total	191	100,0	100,0

Contribution_Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	53	27,7	27,7
	A little	46	24,1	51,8
	Quite a bit	42	22,0	73,8
	Much	31	16,2	90,1
	Very much	11	5,8	95,8
	99,00	8	4,2	100,0
	Total	191	100,0	100,0

Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	62	32,5	32,5
	Yes	126	66,0	98,4
	99,00	3	1,6	1,6
	Total	191	100,0	100,0

Contribution_Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	54	28,3	28,3
	A little	34	17,8	46,1
	Quite a bit	42	22,0	68,1
	Much	31	16,2	84,3
	Very much	15	7,9	92,1
	99,00	15	7,9	100,0
	Total	191	100,0	100,0

OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	86	45,0	45,0
	Yes	99	51,8	96,9
	99,00	6	3,1	3,1
	Total	191	100,0	100,0

Contribution_OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	68	35,6	35,6
	A little	35	18,3	53,9
	Quite a bit	37	19,4	73,3
	Much	20	10,5	83,8
	Very much	9	4,7	88,5
	99,00	22	11,5	100,0
	Total	191	100,0	100,0

Artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
	123	64,4	64,4	64,4
Valid Yes	68	35,6	35,6	100,0
Total	191	100,0	100,0	

Contribution_artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
	99	51,8	51,8	51,8
	18	9,4	9,4	61,3
	25	13,1	13,1	74,3
Valid Much	14	7,3	7,3	81,7
	10	5,2	5,2	86,9
99,00	25	13,1	13,1	100,0
Total	191	100,0	100,0	

Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
	133	69,6	69,6	69,6
Valid Yes	57	29,8	29,8	99,5
99,00	1	,5	,5	100,0
Total	191	100,0	100,0	

Contribution_Writing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	107	56,0	56,0	56,0
	A little	17	8,9	8,9	64,9
	Quite a bit	22	11,5	11,5	76,4
	Much	13	6,8	6,8	83,2
	Very much	10	5,2	5,2	88,5
	99,00	22	11,5	11,5	100,0
	Total	191	100,0	100,0	

PersonalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	114	59,7	59,7	59,7
	Yes	75	39,3	39,3	99,0
	99,00	2	1,0	1,0	100,0
	Total	191	100,0	100,0	

Contribution_PersonalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	89	46,6	46,6	46,6
	A little	31	16,2	16,2	62,8
	Quite a bit	25	13,1	13,1	75,9
	Much	16	8,4	8,4	84,3
	Very much	7	3,7	3,7	88,0
	99,00	23	12,0	12,0	100,0
	Total	191	100,0	100,0	

ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	83	43,5	43,5
	Yes	107	56,0	56,0
	99,00	1	,5	,5
	Total	191	100,0	100,0

Contribution_ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	64	33,5	33,5
	A little	40	20,9	54,5
	Quite a bit	33	17,3	71,7
	Much	23	12,0	83,8
	Very much	13	6,8	90,6
	99,00	18	9,4	90,6
	Total	191	100,0	100,0

HomeExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	40	20,9	20,9
	Yes	149	78,0	78,0
	99,00	2	1,0	1,0
	Total	191	100,0	100,0

Contribution_HomeExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	34	17,8	17,8
	A little	32	16,8	34,6
	Quite a bit	45	23,6	58,1
	Much	42	22,0	80,1
	Very much	29	15,2	95,3
	99,00	9	4,7	100,0
	Total	191	100,0	100,0

Outdoor_Exercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	70	36,6	36,6
	Yes	119	62,3	99,0
	99,00	2	1,0	100,0
	Total	191	100,0	100,0

Contribution_OutdoorExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	56	29,3	29,3
	A little	24	12,6	41,9
	Quite a bit	40	20,9	62,8
	Much	27	14,1	77,0
	Very much	25	13,1	90,1
	99,00	19	9,9	100,0
	Total	191	100,0	100,0

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	106	55,5	55,5
	Yes	81	42,4	97,9
	99,00	4	2,1	100,0
	Total	191	100,0	100,0

Contribution_WatchingTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	81	42,4	42,4
	A little	34	17,8	60,2
	Quite a bit	27	14,1	74,3
	Much	14	7,3	81,7
	Very much	10	5,2	86,9
	99,00	25	13,1	100,0
	Total	191	100,0	100,0

Watching_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	99	51,8	51,8
	Yes	87	45,5	97,4
	99,00	5	2,6	100,0
	Total	191	100,0	100,0

Contribution_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	78	40,8	40,8
	A little	25	13,1	53,9
	Quite a bit	28	14,7	68,6
	Much	27	14,1	82,7
	Very much	10	5,2	88,0
	99,00	23	12,0	100,0
	Total	191	100,0	100,0

OnlineTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	70	36,6	36,6
	Yes	117	61,3	97,9
	99,00	4	2,1	100,0
	Total	191	100,0	100,0

Contribution_OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	52	27,2	27,2	27,2
	A little	38	19,9	19,9	47,1
	Quite a bit	38	19,9	19,9	67,0
	Much	27	14,1	14,1	81,2
	Very much	18	9,4	9,4	90,6
	99,00	18	9,4	9,4	100,0
	Total	191	100,0	100,0	

OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	54	28,3	28,3	28,3
	Yes	134	70,2	70,2	98,4
	99,00	3	1,6	1,6	100,0
	Total	191	100,0	100,0	

Contribution_OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	22,5	22,5	22,5
	A little	32	16,8	16,8	39,3
	Quite a bit	41	21,5	21,5	60,7
	Much	33	17,3	17,3	78,0
	Very much	25	13,1	13,1	91,1
	99,00	17	8,9	8,9	100,0
	Total	191	100,0	100,0	

Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	23	12,0	12,0
	Yes	165	86,4	86,4
	99,00	3	1,6	1,6
	Total	191	100,0	100,0

Contribution_Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	19	9,9	9,9
	A little	39	20,4	20,4
	Quite a bit	42	22,0	22,0
	Much	48	25,1	25,1
	Very much	32	16,8	16,8
	99,00	11	5,8	5,8
	Total	191	100,0	100,0

Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	71	37,2	37,2
	Yes	116	60,7	60,7
	99,00	4	2,1	2,1
	Total	191	100,0	100,0

Contribution_Gaming

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	53	27,7	27,7	27,7
	A little	32	16,8	16,8	44,5
	Quite a bit	25	13,1	13,1	57,6
	Much	30	15,7	15,7	73,3
	Very much	31	16,2	16,2	89,5
	99,00	20	10,5	10,5	100,0
	Total	191	100,0	100,0	

Music

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	12	6,3	6,3	6,3
	Yes	175	91,6	91,6	97,9
	99,00	4	2,1	2,1	100,0
	Total	191	100,0	100,0	

Contribution_Music

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	6,3	6,3	6,3
	A little	25	13,1	13,1	19,4
	Quite a bit	23	12,0	12,0	31,4
	Much	49	25,7	25,7	57,1
	Very much	72	37,7	37,7	94,8
	99,00	10	5,2	5,2	100,0
	Total	191	100,0	100,0	

FamilyActivities

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	61	31,9	31,9
	Yes	125	65,4	97,4
	99,00	5	2,6	100,0
	Total	191	100,0	100,0

Contribution_FamilyActivities

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	22,5	22,5
	A little	41	21,5	44,0
	Quite a bit	47	24,6	68,6
	Much	21	11,0	79,6
	Very much	21	11,0	90,6
	99,00	18	9,4	90,6
	Total	191	100,0	100,0

Studies related activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

Institution_Lockdown

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	9,9	9,9
	Yes	167	87,4	87,4
	99,00	5	2,6	2,6
	Total	191	100,0	100,0

Inst_LockdownDur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 week	4	2,1	2,1	2,1
	2 weeks	7	3,7	3,7	5,8
	3 weeks	3	1,6	1,6	7,3
	4 weeks	4	2,1	2,1	9,4
	5 weeks	2	1,0	1,0	10,5
	6 weeks	2	1,0	1,0	11,5
	7 weeks	4	2,1	2,1	13,6
	8 weeks	13	6,8	6,8	20,4
	more than 8 weeks	134	70,2	70,2	90,6
	99,00	18	9,4	9,4	100,0
Total		191	100,0	100,0	

StayDuringLockdown

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	In my own house	20	10,5	10,5	10,5
	In my parents house	164	85,9	85,9	96,3
	99,00	7	3,7	3,7	100,0
	Total	191	100,0	100,0	

Contribution_Stay

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	16,2	16,2	16,2
	A little	37	19,4	19,4	35,6
	Quite a bit	53	27,7	27,7	63,4
	Much	34	17,8	17,8	81,2
	Very much	28	14,7	14,7	95,8
	99,00	8	4,2	4,2	100,0
	Total	191	100,0	100,0	

OnlineCourses

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	4	2,1	2,1
	Yes	182	95,3	95,3
	99,00	5	2,6	2,6
	Total	191	100,0	100,0

Contribution_OnlineCourses

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	20	10,5	10,5
	A little	49	25,7	36,1
	Quite a bit	42	22,0	58,1
	Much	39	20,4	78,5
	Very much	36	18,8	97,4
	99,00	5	2,6	100,0
	Total	191	100,0	100,0

CoursesRegular

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	28	14,7	14,7
	Yes	158	82,7	82,7
	99,00	5	2,6	2,6
	Total	191	100,0	100,0

Contribution_CoursesRegular

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	28	14,7	14,7
	A little	42	22,0	36,6
	Quite a bit	37	19,4	56,0
	Much	42	22,0	78,0
	Very much	31	16,2	94,2
	99,00	11	5,8	100,0
	Total	191	100,0	100,0

Equipment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	158	82,7	82,7
	Yes	28	14,7	97,4
	99,00	5	2,6	100,0
	Total	191	100,0	100,0

Contribution ContactColleagues

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	40	20,9	20,9
	A little	48	25,1	46,1
	Quite a bit	31	16,2	62,3
	Much	33	17,3	79,6
	Very much	31	16,2	95,8
	99,00	8	4,2	100,0
	Total	191	100,0	100,0

ContactProfessors

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	41	21,5	21,5
	Few times	59	30,9	52,4
	Sometimes	35	18,3	70,7
	Often	29	15,2	85,9
	Very often/almost everyday	22	11,5	97,4
	99,00	5	2,6	100,0
	Total	191	100,0	100,0

Contribution ContactProfessors

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	68	35,6	35,6	35,6
	A little	51	26,7	26,7	62,3
	Quite a bit	33	17,3	17,3	79,6
	Much	17	8,9	8,9	88,5
	Very much	10	5,2	5,2	93,7
	99,00	12	6,3	6,3	100,0
Total		191	100,0	100,0	

HoursOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,45	1	,5	,6	,6
	2,00	8	4,2	4,5	5,0
	2,50	1	,5	,6	5,6
	3,00	7	3,7	3,9	9,5
	3,50	1	,5	,6	10,1
	4,00	7	3,7	3,9	14,0
	5,00	20	10,5	11,2	25,1
	5,30	3	1,6	1,7	26,8
	6,00	18	9,4	10,1	36,9
	6,30	1	,5	,6	37,4
	7,00	13	6,8	7,3	44,7
	8,00	32	16,8	17,9	62,6
	8,30	1	,5	,6	63,1
	9,00	17	8,9	9,5	72,6
	10,00	18	9,4	10,1	82,7
	11,00	2	1,0	1,1	83,8
	12,00	16	8,4	8,9	92,7
	13,00	2	1,0	1,1	93,9
	13,45	1	,5	,6	94,4
	14,00	2	1,0	1,1	95,5
	14,30	1	,5	,6	96,1

	15,00	6	3,1	3,4	99,4
	16,00	1	,5	,6	100,0
	Total	179	93,7	100,0	
Missing	System	12	6,3		
	Total	191	100,0		

Grandparents/Older adults

The third group of people reached was that of students of older adults and grandparents

Demographic Data

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Cyprus	2	3,4	3,4	3,4
Germany	3	5,2	5,2	8,6
Greece	10	17,2	17,2	25,9
Valid Italy	30	51,7	51,7	77,6
Romania	12	20,7	20,7	98,3
Other Countries	1	1,7	1,7	100,0
Total	58	100,0	100,0	

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
46,00	1	1,7	1,7	1,7
52,00	2	3,4	3,4	5,2
62,00	2	3,4	3,4	8,6
64,00	1	1,7	1,7	10,3
65,00	8	13,8	13,8	24,1
66,00	2	3,4	3,4	27,6
67,00	3	5,2	5,2	32,8
Valid 68,00	1	1,7	1,7	34,5
69,00	2	3,4	3,4	37,9
70,00	3	5,2	5,2	43,1
71,00	1	1,7	1,7	44,8
72,00	2	3,4	3,4	48,3
73,00	6	10,3	10,3	58,6
74,00	3	5,2	5,2	63,8
75,00	1	1,7	1,7	65,5

76,00	2	3,4	3,4	69,0
77,00	1	1,7	1,7	70,7
78,00	2	3,4	3,4	74,1
79,00	2	3,4	3,4	77,6
80,00	2	3,4	3,4	81,0
81,00	3	5,2	5,2	86,2
82,00	2	3,4	3,4	89,7
83,00	1	1,7	1,7	91,4
84,00	1	1,7	1,7	93,1
85,00	2	3,4	3,4	96,6
92,00	1	1,7	1,7	98,3
94,00	1	1,7	1,7	100,0
Total	58	100,0	100,0	

Marital_Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	2	3,4	3,4	3,4
	Married	37	63,8	63,8	67,2
	Divorced	6	10,3	10,3	77,6
	Widowed	13	22,4	22,4	100,0
Total		58	100,0	100,0	

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	19	32,8	32,8	32,8
	Female	39	67,2	67,2	100,0
	Total	58	100,0	100,0	

EducationLevel

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primary school education	5	8,6	8,6	8,6
	Secondary education	20	34,5	34,5	43,1
	Post-Secondary/Technical Education	11	19,0	19,0	62,1
	Higher Education	18	31,0	31,0	93,1
	Postgraduate/Doctoral Degree	4	6,9	6,9	100,0
	Total	58	100,0	100,0	

Special needs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	55	94,8	94,8	94,8
	Yes	2	3,4	3,4	98,3
	99,00	1	1,7	1,7	100,0
	Total	58	100,0	100,0	

Lockdown_dur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2 weeks	3	5,2	5,2	5,2
	4 weeks	1	1,7	1,7	6,9
	6 weeks	3	5,2	5,2	12,1
	8 weeks	17	29,3	29,3	41,4
	more than 8 weeks	34	58,6	58,6	100,0
	Total	58	100,0	100,0	

Measures_Follow

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not so much	2	3,4	3,4	3,4
	Quite followed	8	13,8	13,8	17,2
	In the majority of cases	18	31,0	31,0	48,3
	Strictly followed	29	50,0	50,0	98,3
	99,00	1	1,7	1,7	100,0
	Total	58	100,0	100,0	

No_Child

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	5	8,6	8,6	8,6
	1	6	10,3	10,3	19,0
	2	30	51,7	51,7	70,7
	3	14	24,1	24,1	94,8
	4+	2	3,4	3,4	98,3
	99,00	1	1,7	1,7	100,0
Total		58	100,0	100,0	

No_Grandchild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	15	25,9	25,9	25,9
	1	9	15,5	15,5	41,4
	2	8	13,8	13,8	55,2
	3	11	19,0	19,0	74,1
	4+	14	24,1	24,1	98,3
	99,00	1	1,7	1,7	100,0
Total		58	100,0	100,0	

ChildHome

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	We live in the same building/house	4	6,9	6,9	6,9
	Very close to my house (eg same town)	17	29,3	29,3	36,2
	Quite close to my house	18	31,0	31,0	67,2
	Far from my house	7	12,1	12,1	79,3
	Very far from my house	4	6,9	6,9	86,2
	99,00	8	13,8	13,8	100,0
Total		58	100,0	100,0	

GrandchildHome

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	We live in the same building/house	1	1,7	1,7	1,7
	Very close to my house (eg same town)	8	13,8	13,8	15,5
	Quite close to my house	18	31,0	31,0	46,6
	Far from my house	8	13,8	13,8	60,3
	Very far from my house	5	8,6	8,6	69,0
	99,00	18	31,0	31,0	100,0
Total		58	100,0	100,0	

WorkStatus

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Working	7	12,1	12,1
	Pensioner	50	86,2	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

Work

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Teacher/Professor	1	1,7	20,0
	Employee	4	6,9	80,0
	Employer/Businessman	5	8,6	100,0
Missing	Total	53	91,4	
	System	58	100,0	

Activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

CommunicationFriends

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	1	1,7	1,7
	Yes	57	98,3	98,3
	Total	58	100,0	100,0

Contribution_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	9	15,5	15,5
	Quite a bit	21	36,2	51,7
	Much	12	20,7	72,4
	Very much	15	25,9	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	33	56,9	56,9
	Yes	25	43,1	43,1
	Total	58	100,0	100,0

Contribution_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	27	46,6	46,6
	A little	8	13,8	60,3
	Quite a bit	6	10,3	70,7
	Much	5	8,6	79,3
	Very much	7	12,1	91,4
	99,00	5	8,6	100,0
	Total	58	100,0	100,0

CommunicationMobile

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	20	34,5	34,5
	Yes	37	63,8	98,3
	99,00	1	1,7	1,7
	Total	58	100,0	100,0

Contribution_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	31,0	31,0
	A little	5	8,6	39,7
	Quite a bit	11	19,0	58,6
	Much	9	15,5	74,1
	Very much	11	19,0	93,1
	99,00	4	6,9	6,9
	Total	58	100,0	100,0

Corresponding

	Frequency	Percent	Valid Percent	Cumulative Percent
	50	86,2	86,2	86,2
Valid Yes	8	13,8	13,8	100,0
Total	58	100,0	100,0	

Contribution_4

	Frequency	Percent	Valid Percent	Cumulative Percent
	43	74,1	74,1	74,1
Valid	8	13,8	13,8	87,9
Quite a bit	1	1,7	1,7	89,7
Much	1	1,7	1,7	91,4
99,00	5	8,6	8,6	100,0
Total	58	100,0	100,0	

Online_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
	36	62,1	62,1	62,1
Valid	21	36,2	36,2	98,3
99,00	1	1,7	1,7	100,0
Total	58	100,0	100,0	

Contribution_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
	35	60,3	60,3	60,3
Valid	6	10,3	10,3	70,7
Quite a bit	7	12,1	12,1	82,8
Much	5	8,6	8,6	91,4
Very much	3	5,2	5,2	96,6
99,00	2	3,4	3,4	100,0
Total	58	100,0	100,0	

Read_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	14	24,1	24,1
	Yes	42	72,4	96,6
	99,00	2	3,4	100,0
	Total	58	100,0	100,0

Contribution_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	14	24,1	24,1
	A little	10	17,2	41,4
	Quite a bit	10	17,2	58,6
	Much	13	22,4	81,0
	Very much	10	17,2	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	32,8	32,8
	Yes	39	67,2	67,2
	Total	58	100,0	100,0

Contribution_Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	14	24,1	24,1
	A little	13	22,4	46,6
	Quite a bit	9	15,5	62,1
	Much	14	24,1	86,2
	Very much	6	10,3	96,6
	99,00	2	3,4	100,0
	Total	58	100,0	100,0

Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
	27	46,6	46,6	46,6
Valid Yes	31	53,4	53,4	100,0
Total	58	100,0	100,0	

Contribution_Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
	20	34,5	34,5	34,5
	12	20,7	20,7	55,2
	9	15,5	15,5	70,7
Valid	Much	7	12,1	82,8
	Very much	8	13,8	96,6
	99,00	2	3,4	100,0
	Total	58	100,0	100,0

OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
	35	60,3	60,3	60,3
Valid	Yes	23	39,7	39,7
	Total	58	100,0	100,0

Contribution_OtherHousehold

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	53,4	53,4	53,4
	A little	14	24,1	24,1	77,6
	Quite a bit	3	5,2	5,2	82,8
	Much	7	12,1	12,1	94,8
	Very much	1	1,7	1,7	96,6
	99,00	2	3,4	3,4	100,0
	Total	58	100,0	100,0	

Artistical

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	47	81,0	81,0	81,0
	Yes	11	19,0	19,0	100,0
	Total	58	100,0	100,0	

Contribution_artistical

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	42	72,4	72,4	72,4
	A little	3	5,2	5,2	77,6
	Quite a bit	2	3,4	3,4	81,0
	Much	5	8,6	8,6	89,7
	Very much	1	1,7	1,7	91,4
	99,00	5	8,6	8,6	100,0
	Total	58	100,0	100,0	

Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	51	87,9	87,9
	Yes	7	12,1	12,1
	Total	58	100,0	100,0

Contribution_Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	45	77,6	77,6
	A little	3	5,2	82,8
	Much	2	3,4	86,2
	Very much	2	3,4	89,7
	99,00	6	10,3	100,0
	Total	58	100,0	100,0

PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	45	77,6	77,6
	Yes	13	22,4	100,0
	Total	58	100,0	100,0

Contribution_PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	39	67,2	67,2
	A little	3	5,2	72,4
	Quite a bit	4	6,9	79,3
	Much	3	5,2	84,5
	Very much	4	6,9	91,4
	99,00	5	8,6	100,0
Total		58	100,0	100,0

ProfessionalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	45	77,6	77,6	77,6
	Yes	13	22,4	22,4	100,0
	Total	58	100,0	100,0	

Contribution_ProfessionalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	40	69,0	69,0	69,0
	A little	4	6,9	6,9	75,9
	Quite a bit	6	10,3	10,3	86,2
	Much	1	1,7	1,7	87,9
	Very much	2	3,4	3,4	91,4
	99,00	5	8,6	8,6	100,0
Total		58	100,0	100,0	

HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	33	56,9	56,9	56,9
	Yes	25	43,1	43,1	100,0
	Total	58	100,0	100,0	

Contribution_HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	53,4	53,4	53,4
	A little	10	17,2	17,2	70,7
	Quite a bit	8	13,8	13,8	84,5
	Much	5	8,6	8,6	93,1
	Very much	1	1,7	1,7	94,8
	99,00	3	5,2	5,2	100,0
Total		58	100,0	100,0	

Outdoor_Exercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	27	46,6	46,6
	Yes	31	53,4	53,4
	Total	58	100,0	100,0

Contribution_OutdoorExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	25	43,1	43,1
	A little	10	17,2	60,3
	Quite a bit	7	12,1	72,4
	Much	10	17,2	89,7
	Very much	4	6,9	96,6
	99,00	2	3,4	100,0
	Total	58	100,0	100,0

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	24	41,4	41,4
	Yes	34	58,6	58,6
	Total	58	100,0	100,0

Contribution_WatchingTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	31,0	31,0
	A little	10	17,2	48,3
	Quite a bit	8	13,8	62,1
	Much	8	13,8	75,9
	Very much	8	13,8	89,7
	99,00	6	10,3	100,0
	Total	58	100,0	100,0

Watching_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	30	51,7	51,7
	Yes	27	46,6	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

Contribution_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	25	43,1	43,1
	A little	11	19,0	62,1
	Quite a bit	7	12,1	74,1
	Much	7	12,1	86,2
	Very much	4	6,9	93,1
	99,00	4	6,9	100,0
	Total	58	100,0	100,0

OnlineTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	45	77,6	77,6
	Yes	12	20,7	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

Contribution_OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	42	72,4	72,4	72,4
	A little	6	10,3	10,3	82,8
	Quite a bit	3	5,2	5,2	87,9
	Much	1	1,7	1,7	89,7
	Very much	2	3,4	3,4	93,1
	99,00	4	6,9	6,9	100,0
Total		58	100,0	100,0	

OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	44	75,9	75,9	75,9
	Yes	14	24,1	24,1	100,0
	Total	58	100,0	100,0	

Contribution_OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	41	70,7	70,7	70,7
	A little	8	13,8	13,8	84,5
	Quite a bit	3	5,2	5,2	89,7
	Very much	3	5,2	5,2	94,8
	99,00	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	28	48,3	48,3
	Yes	29	50,0	98,3
	99,00	1	1,7	1,7
	Total	58	100,0	100,0

Contribution_Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	37,9	37,9
	A little	12	20,7	58,6
	Quite a bit	5	8,6	67,2
	Much	6	10,3	77,6
	Very much	7	12,1	89,7
	99,00	6	10,3	100,0
	Total	58	100,0	100,0

Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	55	94,8	94,8
	Yes	3	5,2	5,2
	Total	58	100,0	100,0

Contribution_Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	50	86,2	86,2
	Much	1	1,7	87,9
	Very much	1	1,7	89,7
	99,00	6	10,3	100,0
	Total	58	100,0	100,0

Music

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	32,8	32,8
	Yes	38	65,5	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

Contribution_Music

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	27,6	27,6
	A little	11	19,0	46,6
	Quite a bit	14	24,1	70,7
	Much	12	20,7	91,4
	Very much	2	3,4	94,8
	99,00	3	5,2	100,0
	Total	58	100,0	100,0

PartnerActiv

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	35	60,3	60,3
	Yes	23	39,7	39,7
	Total	58	100,0	100,0

Contribution_PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	53,4	53,4	53,4
	A little	9	15,5	15,5	69,0
	Quite a bit	7	12,1	12,1	81,0
	Much	4	6,9	6,9	87,9
	Very much	5	8,6	8,6	96,6
	99,00	2	3,4	3,4	100,0
Total		58	100,0	100,0	

ContactChildPhone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	6,9	6,9	6,9
	Sometimes	2	3,4	3,4	10,3
	Often	19	32,8	32,8	43,1
	Very often/almost everyday	30	51,7	51,7	94,8
	I do not have children	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

Contribution_ContactChildPhone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	12,1	12,1	12,1
	A little	3	5,2	5,2	17,2
	Quite a bit	7	12,1	12,1	29,3
	Much	14	24,1	24,1	53,4
	Very much	27	46,6	46,6	100,0
	Total	58	100,0	100,0	

ContactChildOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	37,9	37,9	37,9
	Few times	8	13,8	13,8	51,7
	Sometimes	8	13,8	13,8	65,5
	Often	12	20,7	20,7	86,2
	Very often/almost everyday	5	8,6	8,6	94,8
	I do not have children	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

Contribution_ContactChildOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	25	43,1	43,1	43,1
	A little	9	15,5	15,5	58,6
	Quite a bit	7	12,1	12,1	70,7
	Much	9	15,5	15,5	86,2
	Very much	5	8,6	8,6	94,8
	99,00	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

ContactGrandchildPhone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	5	8,6	8,6	8,6
	Few times	5	8,6	8,6	17,2
	Sometimes	8	13,8	13,8	31,0
	Often	14	24,1	24,1	55,2
	Very often/almost everyday	15	25,9	25,9	81,0
	I do not have children	11	19,0	19,0	100,0
	Total	58	100,0	100,0	

Contribution_ContactGrandchildPhone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	27,6	27,6	27,6
	A little	8	13,8	13,8	41,4
	Quite a bit	7	12,1	12,1	53,4
	Much	11	19,0	19,0	72,4
	Very much	15	25,9	25,9	98,3
	99,00	1	1,7	1,7	100,0
	Total	58	100,0	100,0	

ContactGrandChildOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	30	51,7	51,7	51,7
	Few times	1	1,7	1,7	53,4
	Sometimes	4	6,9	6,9	60,3
	Often	6	10,3	10,3	70,7
	Very often/almost everyday	6	10,3	10,3	81,0
	I do not have children	10	17,2	17,2	98,3
	99,00	1	1,7	1,7	100,0
Total		58	100,0	100,0	

Contribution_ContactGrandChildOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	38	65,5	65,5	65,5
	A little	2	3,4	3,4	69,0
	Quite a bit	3	5,2	5,2	74,1
	Much	4	6,9	6,9	81,0
	Very much	8	13,8	13,8	94,8
	99,00	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

ActivitiesOnlineGrandchild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	53,4	53,4	53,4
	Few times	7	12,1	12,1	65,5
	Sometimes	6	10,3	10,3	75,9
	Often	3	5,2	5,2	81,0
	I do not have children	10	17,2	17,2	98,3
	99,00	1	1,7	1,7	100,0
	Total	58	100,0	100,0	

Contribution_ActivitiesOnlineGrandchild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	39	67,2	67,2	67,2
	A little	8	13,8	13,8	81,0
	Quite a bit	3	5,2	5,2	86,2
	Much	4	6,9	6,9	93,1
	Very much	1	1,7	1,7	94,8
	99,00	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

ActivitiesF2FGrandChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	32	55,2	55,2	55,2
	Few times	4	6,9	6,9	62,1
	Sometimes	8	13,8	13,8	75,9
	Often	2	3,4	3,4	79,3
	Very often/almost everyday	1	1,7	1,7	81,0
	I do not have children	10	17,2	17,2	98,3
	99,00	1	1,7	1,7	100,0
Total		58	100,0	100,0	

Contribution_ActivitiesF2FGrandChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	40	69,0	69,0	69,0
	Quite a bit	6	10,3	10,3	79,3
	Much	5	8,6	8,6	87,9
	Very much	4	6,9	6,9	94,8
	99,00	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

ProvideSupportGrandChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	20,7	20,7	20,7
	Few times	7	12,1	12,1	32,8
	Sometimes	16	27,6	27,6	60,3
	Often	10	17,2	17,2	77,6
	Very often/almost everyday	2	3,4	3,4	81,0
	I do not have children	10	17,2	17,2	98,3
	99,00	1	1,7	1,7	100,0
Total		58	100,0	100,0	

Contribution_ProvideSupportGrandChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	37,9	37,9	37,9
	A little	12	20,7	20,7	58,6
	Quite a bit	11	19,0	19,0	77,6
	Much	9	15,5	15,5	93,1
	Very much	2	3,4	3,4	96,6
	99,00	2	3,4	3,4	100,0
Total		58	100,0	100,0	

AskSupportGrandChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	31,0	31,0	31,0
	Few times	13	22,4	22,4	53,4
	Sometimes	10	17,2	17,2	70,7
	Often	5	8,6	8,6	79,3
	Very often/almost everyday	1	1,7	1,7	81,0
	I do not have children	10	17,2	17,2	98,3
	99,00	1	1,7	1,7	
	Total	58	100,0	100,0	

Contribution_AskSupportGrandChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	28	48,3	48,3	48,3
	A little	9	15,5	15,5	63,8
	Quite a bit	9	15,5	15,5	79,3
	Much	7	12,1	12,1	91,4
	Very much	2	3,4	3,4	94,8
	99,00	3	5,2	5,2	
	Total	58	100,0	100,0	

AskSupportChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	17,2	17,2	17,2
	A little	7	12,1	12,1	29,3
	Quite a bit	24	41,4	41,4	70,7
	Much	11	19,0	19,0	89,7
	Very much	3	5,2	5,2	94,8
	6,00	3	5,2	5,2	
	Total	58	100,0	100,0	

Contribution_AskSupportChild

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	22,4	22,4
	A little	11	19,0	41,4
	Quite a bit	17	29,3	70,7
	Much	9	15,5	86,2
	Very much	8	13,8	100,0
	Total	58	100,0	100,0

ReceiveSupportChild

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	12,1	12,1
	A little	3	5,2	17,2
	Quite a bit	13	22,4	39,7
	Much	24	41,4	81,0
	Very much	8	13,8	94,8
	Total	58	100,0	100,0

Contribution_ReceiveSupportChild

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	17,2	17,2
	A little	10	17,2	34,5
	Quite a bit	11	19,0	53,4
	Much	14	24,1	77,6
	Very much	12	20,7	98,3
	Total	58	100,0	100,0

ReceiveSupportGrandChild

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	15,5	15,5
	A little	10	17,2	32,8
	Quite a bit	14	24,1	56,9
	Much	12	20,7	77,6
	Very much	5	8,6	86,2
	6,00	5	8,6	94,8
	99,00	3	5,2	100,0
	Total	58	100,0	100,0

Contribution_ReceiveSupportGrandChild

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	14	24,1	24,1
	A little	11	19,0	43,1
	Quite a bit	11	19,0	62,1
	Much	11	19,0	81,0
	Very much	8	13,8	94,8
	99,00	3	5,2	100,0
	Total	58	100,0	100,0

ContactGroupAgedPeople

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	51	87,9	87,9
	A little	3	5,2	93,1
	Quite a bit	2	3,4	96,6
	Much	1	1,7	98,3
	99,00	1	1,7	100,0
	Total	58	100,0	100,0

Contribution_ContactGroupAgedPeople

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	50	86,2	86,2	86,2
	A little	2	3,4	3,4	89,7
	Quite a bit	3	5,2	5,2	94,8
	99,00	3	5,2	5,2	100,0
	Total	58	100,0	100,0	

HoursOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	,00	9	15,5	16,7	16,7
	,10	1	1,7	1,9	18,5
	,25	1	1,7	1,9	20,4
	1,00	3	5,2	5,6	25,9
	2,00	9	15,5	16,7	42,6
	2,30	1	1,7	1,9	44,4
	3,00	6	10,3	11,1	55,6
	4,00	8	13,8	14,8	70,4
	5,00	5	8,6	9,3	79,6
	6,00	6	10,3	11,1	90,7
	7,00	2	3,4	3,7	94,4
	10,00	3	5,2	5,6	100,0
	Total	54	93,1	100,0	
Missing	System	4	6,9		
	Total	58	100,0		

Parents

The fourth group of people reached was that of parents

Demographic Data

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Cyprus	61	38,4	38,4
	Germany	8	5,0	5,0
	Greece	13	8,2	8,2
	Italy	16	10,1	10,1
	Romania	58	36,5	36,5
	Other Countries	3	1,9	1,9
Total		159	100,0	100,0

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4,00	1	,6	,6
	30,00	1	,6	,6
	31,00	1	,6	,6
	32,00	3	1,9	1,9
	33,00	2	1,3	1,3
	34,00	3	1,9	1,9
	35,00	4	2,5	2,5
	36,00	2	1,3	1,3
	37,00	4	2,5	2,5
	38,00	6	3,8	3,8
	39,00	3	1,9	1,9
	40,00	9	5,7	5,7
	41,00	16	10,1	10,1
	42,00	12	7,5	7,5
	43,00	8	5,0	5,0

44,00	8	5,0	5,2	53,9
45,00	7	4,4	4,5	58,4
46,00	5	3,1	3,2	61,7
47,00	12	7,5	7,8	69,5
48,00	7	4,4	4,5	74,0
49,00	5	3,1	3,2	77,3
50,00	9	5,7	5,8	83,1
51,00	9	5,7	5,8	89,0
52,00	4	2,5	2,6	91,6
53,00	4	2,5	2,6	94,2
55,00	1	,6	,6	94,8
56,00	5	3,1	3,2	98,1
57,00	1	,6	,6	98,7
58,00	2	1,3	1,3	100,0
Total	154	96,9	100,0	
Missing System	5	3,1		
Total	159	100,0		

Marital_Status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	4	2,5	2,5
	Married	138	86,8	86,8
	Divorced	11	6,9	96,2
	Widowed	3	1,9	98,1
	99,00	3	1,9	100,0
	Total	159	100,0	100,0

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	48	30,2	30,2
	Female	107	67,3	67,3
	99,00	4	2,5	2,5
	Total	159	100,0	100,0

No_Child

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	45	28,3	28,3
	2	82	51,6	79,9
	3	27	17,0	96,9
	4+	4	2,5	99,4
	99,00	1	,6	100,0
Total	159	100,0	100,0	

EducationLevel

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primary school education	10	6,3	6,3
	Secondary education	12	7,5	7,5
	Post-Secondary/Technical Education	15	9,4	9,4
	Higher Education	57	35,8	35,8
	Postgraduate/Doctoral Degree	63	39,6	39,6
	99,00	2	1,3	1,3
Total	159	100,0	100,0	

Special_needs

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	150	94,3	94,3
	Yes	7	4,4	4,4
	99,00	2	1,3	1,3
	Total	159	100,0	100,0

Measures_Follow

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	,6	,6	,6
	Not so much	5	3,1	3,1	3,8
	Quite followed	28	17,6	17,6	21,4
	In the majority of cases	86	54,1	54,1	75,5
	Strictly followed	39	24,5	24,5	100,0
	Total	159	100,0	100,0	

WorkStatus

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Teacher/professor employee	23	14,5	14,5	14,5
	Non Teacher employee	89	56,0	56,0	70,4
	Employer	24	15,1	15,1	85,5
	Not working/employed	12	7,5	7,5	93,1
	99,00	11	6,9	6,9	100,0
	Total	159	100,0	100,0	

ChildStayHome

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	7	4,4	4,4	4,4
	Yes	151	95,0	95,0	99,4
	99,00	1	,6	,6	100,0
	Total	159	100,0	100,0	

Activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

DiscussChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	,6	,6	,6
	Few times	5	3,1	3,1	3,8
	Sometimes	23	14,5	14,5	18,2
	Often	82	51,6	51,6	69,8
	Very often/almost everyday	45	28,3	28,3	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_DiscussChild

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	1,3	1,3	1,3
	A little	13	8,2	8,2	9,4
	Quite a bit	50	31,4	31,4	40,9
	Much	59	37,1	37,1	78,0
	Very much	33	20,8	20,8	98,7
	99,00	2	1,3	1,3	100,0
	Total	159	100,0	100,0	

ContactOtherParents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	6,3	6,3	6,3
	Few times	39	24,5	24,5	30,8
	Sometimes	44	27,7	27,7	58,5
	Often	53	33,3	33,3	91,8
	Very often/almost everyday	11	6,9	6,9	98,7
	99,00	2	1,3	1,3	100,0
	Total	159	100,0	100,0	

Contribution_ContactOtherParents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	8,2	8,2	8,2
	A little	37	23,3	23,3	31,4
	Quite a bit	58	36,5	36,5	67,9
	Much	39	24,5	24,5	92,5
	Very much	11	6,9	6,9	99,4
	99,00	1	,6	,6	100,0
	Total	159	100,0	100,0	

ContactChildTeachers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	16,4	16,4	16,4
	Few times	41	25,8	25,8	42,1
	Sometimes	38	23,9	23,9	66,0
	Often	30	18,9	18,9	84,9
	Very often/almost everyday	22	13,8	13,8	98,7
	99,00	2	1,3	1,3	100,0
	Total	159	100,0	100,0	

Contribution_ContactChildTeachers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	36	22,6	22,6	22,6
	A little	31	19,5	19,5	42,1
	Quite a bit	43	27,0	27,0	69,2
	Much	30	18,9	18,9	88,1
	Very much	16	10,1	10,1	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

SupportEmployer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	58	36,5	36,5	36,5
	Few times	29	18,2	18,2	54,7
	Sometimes	25	15,7	15,7	70,4
	Often	34	21,4	21,4	91,8
	Very often/almost everyday	10	6,3	6,3	98,1
	Total	99,00	1,9	1,9	100,0
		159	100,0	100,0	

Contribution SupportEmployer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	58	36,5	36,5	36,5
	A little	26	16,4	16,4	52,8
	Quite a bit	34	21,4	21,4	74,2
	Much	27	17,0	17,0	91,2
	Very much	10	6,3	6,3	97,5
	Total	99,00	4	2,5	100,0
		159	100,0	100,0	

SupportOtherParents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	68	42,8	42,8	42,8
	Few times	50	31,4	31,4	74,2
	Sometimes	32	20,1	20,1	94,3
	Often	8	5,0	5,0	99,4
	Total	99,00	1	,6	,6
		Total	159	100,0	100,0

Contribution_SupportOtherParents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	65	40,9	40,9
	A little	48	30,2	71,1
	Quite a bit	32	20,1	91,2
	Much	9	5,7	96,9
	99,00	5	3,1	100,0
	Total	159	100,0	100,0

ProvideSupportOtherParents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	32	20,1	20,1
	Few times	64	40,3	60,4
	Sometimes	42	26,4	86,8
	Often	16	10,1	96,9
	Very often/almost everyday	3	1,9	98,7
	99,00	2	1,3	100,0
Total		159	100,0	100,0

Contribution_ProvideSupportOtherParents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	34	21,4	21,4
	A little	68	42,8	64,2
	Quite a bit	32	20,1	84,3
	Much	19	11,9	96,2
	Very much	2	1,3	97,5
	99,00	4	2,5	100,0
Total		159	100,0	100,0

ReceiveSupportServices

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	65	40,9	40,9	40,9
	Few times	42	26,4	26,4	67,3
	Sometimes	28	17,6	17,6	84,9
	Often	18	11,3	11,3	96,2
	Very often/almost everyday	4	2,5	2,5	98,7
	99,00	2	1,3	1,3	100,0
Total		159	100,0	100,0	

Contribution_ReceiveSupportServices

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	67	42,1	42,1	42,1
	A little	45	28,3	28,3	70,4
	Quite a bit	25	15,7	15,7	86,2
	Much	19	11,9	11,9	98,1
	Very much	1	,6	,6	98,7
	99,00	2	1,3	1,3	100,0
Total		159	100,0	100,0	

Benefits

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	137	86,2	86,2	86,2
	Few times	9	5,7	5,7	91,8
	Sometimes	7	4,4	4,4	96,2
	Often	3	1,9	1,9	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_Benefits

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	128	80,5	80,5	80,5
	A little	13	8,2	8,2	88,7
	Quite a bit	5	3,1	3,1	91,8
	Much	4	2,5	2,5	94,3
	Very much	2	1,3	1,3	95,6
	99,00	7	4,4	4,4	100,0
Total		159	100,0	100,0	

SupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	110	69,2	69,2	69,2
	Few times	32	20,1	20,1	89,3
	Sometimes	11	6,9	6,9	96,2
	Often	2	1,3	1,3	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

Contribution_SupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	106	66,7	66,7	66,7
	A little	29	18,2	18,2	84,9
	Quite a bit	8	5,0	5,0	89,9
	Much	7	4,4	4,4	94,3
	Very much	1	,6	,6	95,0
	99,00	8	5,0	5,0	100,0
Total		159	100,0	100,0	

ActionInformOtherParents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	90	56,6	56,6	56,6
	Few times	37	23,3	23,3	79,9
	Sometimes	17	10,7	10,7	90,6
	Often	11	6,9	6,9	97,5
	Very often/almost everyday	1	,6	,6	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_ActionInformOtherParents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	90	56,6	56,6	56,6
	A little	34	21,4	21,4	78,0
	Quite a bit	14	8,8	8,8	86,8
	Much	14	8,8	8,8	95,6
	99,00	7	4,4	4,4	100,0
	Total	159	100,0	100,0	

ActionForCommunication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	10,1	10,1	10,1
	Few times	26	16,4	16,4	26,4
	Sometimes	46	28,9	28,9	55,3
	Often	50	31,4	31,4	86,8
	Very often/almost everyday	17	10,7	10,7	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

Contribution_ActionForCommunication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	10,1	10,1	10,1
	A little	24	15,1	15,1	25,2
	Quite a bit	48	30,2	30,2	55,3
	Much	42	26,4	26,4	81,8
	Very much	21	13,2	13,2	95,0
	99,00	8	5,0	5,0	100,0
	Total	159	100,0	100,0	

Contribution_ActionForCommunication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	10,1	10,1	10,1
	A little	24	15,1	15,1	25,2
	Quite a bit	48	30,2	30,2	55,3
	Much	42	26,4	26,4	81,8
	Very much	21	13,2	13,2	95,0
	99,00	8	5,0	5,0	100,0
	Total	159	100,0	100,0	

Contribution_ActionForCommunication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	10,1	10,1	10,1
	A little	24	15,1	15,1	25,2
	Quite a bit	48	30,2	30,2	55,3
	Much	42	26,4	26,4	81,8
	Very much	21	13,2	13,2	95,0
	99,00	8	5,0	5,0	100,0
	Total	159	100,0	100,0	

OrganizationKidsActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	6,3	6,3	6,3
	Few times	24	15,1	15,1	21,4
	Sometimes	44	27,7	27,7	49,1
	Often	49	30,8	30,8	79,9
	Very often/almost everyday	29	18,2	18,2	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_OrganizationKidsActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	5,7	5,7	5,7
	A little	24	15,1	15,1	20,8
	Quite a bit	37	23,3	23,3	44,0
	Much	49	30,8	30,8	74,8
	Very much	36	22,6	22,6	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

BuyEquipmentforKids

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	46	28,9	28,9	28,9
	Few times	37	23,3	23,3	52,2
	Sometimes	36	22,6	22,6	74,8
	Often	32	20,1	20,1	95,0
	Very often/almost everyday	3	1,9	1,9	96,9
	99,00	5	3,1	3,1	100,0
	Total	159	100,0	100,0	

Comntribution_BuyEquipmentforKids

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	41	25,8	25,8	25,8
	A little	19	11,9	11,9	37,7
	Quite a bit	33	20,8	20,8	58,5
	Much	44	27,7	27,7	86,2
	Very much	16	10,1	10,1	96,2
	99,00	6	3,8	3,8	100,0
Total		159	100,0	100,0	

UpgradeNetConnection

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	77	48,4	48,4	48,4
	Yes Once	54	34,0	34,0	82,4
	Yes more than one time	25	15,7	15,7	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contibution_UgradeNetConnection

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	64	40,3	40,3	40,3
	A little	8	5,0	5,0	45,3
	Quite a bit	25	15,7	15,7	61,0
	Much	26	16,4	16,4	77,4
	Very much	26	16,4	16,4	93,7
	99,00	10	6,3	6,3	100,0
Total		159	100,0	100,0	

NewTVSubscriptions

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	108	67,9	67,9	67,9
	Yes Once	39	24,5	24,5	92,5
Valid	Yes more than one time	9	5,7	5,7	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_NewTVSubscriptions

		Frequency	Percent	Valid Percent	Cumulative Percent
	Not at all	90	56,6	56,6	56,6
	A little	17	10,7	10,7	67,3
	Quite a bit	18	11,3	11,3	78,6
Valid	Much	13	8,2	8,2	86,8
	Very much	8	5,0	5,0	91,8
	99,00	13	8,2	8,2	100,0
	Total	159	100,0	100,0	

BuyNewMobServices

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	113	71,1	71,1	71,1
	Yes Once	35	22,0	22,0	93,1
Valid	Yes more than one time	8	5,0	5,0	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_BuyNewMobServices

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	98	61,6	61,6	61,6
	A little	6	3,8	3,8	65,4
	Quite a bit	19	11,9	11,9	77,4
	Much	14	8,8	8,8	86,2
	Very much	8	5,0	5,0	91,2
	99,00	14	8,8	8,8	100,0
Total		159	100,0	100,0	

CommunicationPhone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	6	3,8	3,8	3,8
	Yes	151	95,0	95,0	98,7
	99,00	2	1,3	1,3	100,0
	Total	159	100,0	100,0	

Contribution_CommunicationPhone

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	5	3,1	3,1	3,1
	A little	14	8,8	8,8	11,9
	Quite a bit	33	20,8	20,8	32,7
	Much	66	41,5	41,5	74,2
	Very much	37	23,3	23,3	97,5
	99,00	4	2,5	2,5	100,0
Total		159	100,0	100,0	

CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	26	16,4	16,4
	Yes	131	82,4	82,4
	99,00	2	1,3	1,3
	Total	159	100,0	100,0

Contribution_CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	24	15,1	15,1
	A little	10	6,3	6,3
	Quite a bit	34	21,4	21,4
	Much	49	30,8	30,8
	Very much	38	23,9	23,9
	99,00	4	2,5	2,5
	Total	159	100,0	100,0

CommunicationMobile

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	10	6,3	6,3
	Yes	147	92,5	92,5
	99,00	2	1,3	1,3
	Total	159	100,0	100,0

Contribution_CommunicationMobile

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	4,4	4,4	4,4
	A little	13	8,2	8,2	12,6
	Quite a bit	34	21,4	21,4	34,0
	Much	49	30,8	30,8	64,8
	Very much	50	31,4	31,4	96,2
	99,00	6	3,8	3,8	100,0
Total		159	100,0	100,0	

Corresponding

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	129	81,1	81,1	81,1
	Yes	27	17,0	17,0	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_Corresponding

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	112	70,4	70,4	70,4
	A little	5	3,1	3,1	73,6
	Quite a bit	12	7,5	7,5	81,1
	Much	10	6,3	6,3	87,4
	Very much	7	4,4	4,4	91,8
	99,00	13	8,2	8,2	100,0
Total		159	100,0	100,0	

Online_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	55	34,6	34,6
	Yes	101	63,5	98,1
	99,00	3	1,9	100,0
	Total	159	100,0	100,0

Contribution_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	52	32,7	32,7
	A little	26	16,4	49,1
	Quite a bit	31	19,5	68,6
	Much	22	13,8	82,4
	Very much	17	10,7	93,1
	99,00	11	6,9	100,0
	Total	159	100,0	100,0

Read_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	43	27,0	27,0
	Yes	113	71,1	71,1
	99,00	3	1,9	1,9
	Total	159	100,0	100,0

Contribution_Books

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	38	23,9	23,9	23,9
	A little	19	11,9	11,9	35,8
	Quite a bit	38	23,9	23,9	59,7
	Much	28	17,6	17,6	77,4
	Very much	30	18,9	18,9	96,2
	99,00	6	3,8	3,8	100,0
	Total	159	100,0	100,0	

Household

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	15	9,4	9,4	9,4
	Yes	138	86,8	86,8	96,2
	99,00	6	3,8	3,8	100,0
	Total	159	100,0	100,0	

Contribution_Cooking

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	24	15,1	15,1	15,1
	A little	20	12,6	12,6	27,7
	Quite a bit	33	20,8	20,8	48,4
	Much	47	29,6	29,6	78,0
	Very much	28	17,6	17,6	95,6
	99,00	7	4,4	4,4	100,0
	Total	159	100,0	100,0	

OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	57	35,8	35,8
	Yes	98	61,6	97,5
	99,00	4	2,5	100,0
	Total	159	100,0	100,0

Contribution_OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	51	32,1	32,1
	A little	25	15,7	47,8
	Quite a bit	29	18,2	66,0
	Much	25	15,7	81,8
	Very much	21	13,2	95,0
	99,00	8	5,0	100,0
	Total	159	100,0	100,0

Artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	98	61,6	61,6
	Yes	58	36,5	98,1
	99,00	3	1,9	100,0
	Total	159	100,0	100,0

Contribution_artistical

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	89	56,0	56,0	56,0
	A little	4	2,5	2,5	58,5
	Quite a bit	21	13,2	13,2	71,7
	Much	18	11,3	11,3	83,0
	Very much	15	9,4	9,4	92,5
	99,00	12	7,5	7,5	100,0
	Total	159	100,0	100,0	

Writing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	142	89,3	89,3	89,3
	Yes	13	8,2	8,2	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

Contribution_Writing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	128	80,5	80,5	80,5
	A little	6	3,8	3,8	84,3
	Quite a bit	2	1,3	1,3	85,5
	Much	2	1,3	1,3	86,8
	Very much	4	2,5	2,5	89,3
	99,00	17	10,7	10,7	100,0
	Total	159	100,0	100,0	

PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	73	45,9	45,9
	Yes	82	51,6	97,5
	99,00	4	2,5	100,0
	Total	159	100,0	100,0

Contribution_PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	67	42,1	42,1
	A little	17	10,7	52,8
	Quite a bit	27	17,0	69,8
	Much	21	13,2	83,0
	Very much	18	11,3	94,3
	99,00	9	5,7	100,0
	Total	159	100,0	100,0

ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	84	52,8	52,8
	Yes	72	45,3	98,1
	99,00	3	1,9	100,0
	Total	159	100,0	100,0

Contribution_ProfessionalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	74	46,5	46,5	46,5
	A little	11	6,9	6,9	53,5
	Quite a bit	21	13,2	13,2	66,7
	Much	24	15,1	15,1	81,8
	Very much	17	10,7	10,7	92,5
	99,00	12	7,5	7,5	100,0
	Total	159	100,0	100,0	

HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	63	39,6	39,6	39,6
	Yes	93	58,5	58,5	98,1
	99,00	3	1,9	1,9	100,0
	Total	159	100,0	100,0	

Contribution_HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	55	34,6	34,6	34,6
	A little	18	11,3	11,3	45,9
	Quite a bit	32	20,1	20,1	66,0
	Much	27	17,0	17,0	83,0
	Very much	21	13,2	13,2	96,2
	99,00	6	3,8	3,8	100,0
	Total	159	100,0	100,0	

Outdoor_Exercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	52	32,7	32,7
	Yes	101	63,5	96,2
	99,00	6	3,8	100,0
	Total	159	100,0	100,0

Contribution_OutdoorExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	44	27,7	27,7
	A little	16	10,1	37,7
	Quite a bit	24	15,1	52,8
	Much	36	22,6	75,5
	Very much	30	18,9	94,3
	99,00	9	5,7	100,0
	Total	159	100,0	100,0

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	88	55,3	55,3
	Yes	67	42,1	97,5
	99,00	4	2,5	100,0
	Total	159	100,0	100,0

Contribution_WatchingTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	77	48,4	48,4	48,4
	A little	26	16,4	16,4	64,8
	Quite a bit	16	10,1	10,1	74,8
	Much	19	11,9	11,9	86,8
	Very much	8	5,0	5,0	91,8
	99,00	13	8,2	8,2	100,0
Total		159	100,0	100,0	

Watching_Cable

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	69	43,4	43,4	43,4
	Yes	85	53,5	53,5	96,9
	99,00	5	3,1	3,1	100,0
	Total	159	100,0	100,0	

Contribution_Cable

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	58	36,5	36,5	36,5
	A little	21	13,2	13,2	49,7
	Quite a bit	26	16,4	16,4	66,0
	Much	23	14,5	14,5	80,5
	Very much	16	10,1	10,1	90,6
	99,00	15	9,4	9,4	100,0
Total		159	100,0	100,0	

OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	86	54,1	54,1	54,1
	Yes	69	43,4	43,4	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

Contribution_OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	73	45,9	45,9	45,9
	A little	24	15,1	15,1	61,0
	Quite a bit	21	13,2	13,2	74,2
	Much	20	12,6	12,6	86,8
	Very much	8	5,0	5,0	91,8
	99,00	13	8,2	8,2	100,0
	Total	159	100,0	100,0	

OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	81	50,9	50,9	50,9
	Yes	70	44,0	44,0	95,0
	99,00	8	5,0	5,0	100,0
	Total	159	100,0	100,0	

Contribution_OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	69	43,4	43,4	43,4
	A little	17	10,7	10,7	54,1
	Quite a bit	27	17,0	17,0	71,1
	Much	17	10,7	10,7	81,8
	Very much	11	6,9	6,9	88,7
	99,00	18	11,3	11,3	100,0
	Total	159	100,0	100,0	

Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	37	23,3	23,3
	Yes	118	74,2	97,5
	99,00	4	2,5	100,0
	Total	159	100,0	100,0

Contribution_Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	34	21,4	21,4
	A little	30	18,9	40,3
	Quite a bit	33	20,8	61,0
	Much	31	19,5	80,5
	Very much	24	15,1	95,6
	99,00	7	4,4	100,0
	Total	159	100,0	100,0

Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	112	70,4	70,4
	Yes	42	26,4	96,9
	99,00	5	3,1	100,0
	Total	159	100,0	100,0

Contribution_Gaming

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	101	63,5	63,5	63,5
	A little	13	8,2	8,2	71,7
	Quite a bit	10	6,3	6,3	78,0
	Much	12	7,5	7,5	85,5
	Very much	9	5,7	5,7	91,2
	99,00	14	8,8	8,8	100,0
Total		159	100,0	100,0	

Contribution_Gaming

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	101	63,5	63,5	63,5
	A little	13	8,2	8,2	71,7
	Quite a bit	10	6,3	6,3	78,0
	Much	12	7,5	7,5	85,5
	Very much	9	5,7	5,7	91,2
	99,00	14	8,8	8,8	100,0
Total		159	100,0	100,0	

Music

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	44	27,7	27,7	27,7
	Yes	111	69,8	69,8	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

Contribution_Music

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	40	25,2	25,2	25,2
	A little	15	9,4	9,4	34,6
	Quite a bit	28	17,6	17,6	52,2
	Much	37	23,3	23,3	75,5
	Very much	29	18,2	18,2	93,7
	99,00	10	6,3	6,3	100,0
	Total	159	100,0	100,0	

FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	20	12,6	12,6	12,6
	Yes	135	84,9	84,9	97,5
	99,00	4	2,5	2,5	100,0
	Total	159	100,0	100,0	

Contribution_FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	17	10,7	10,7	10,7
	A little	21	13,2	13,2	23,9
	Quite a bit	44	27,7	27,7	51,6
	Much	39	24,5	24,5	76,1
	Very much	30	18,9	18,9	95,0
	99,00	8	5,0	5,0	100,0
	Total	159	100,0	100,0	

PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	55	34,6	34,6	34,6
	Yes	94	59,1	59,1	93,7
Valid	I do not have a partner	5	3,1	3,1	96,9
	99,00	5	3,1	3,1	100,0
	Total	159	100,0	100,0	

Contribution_PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
	Not at all	51	32,1	32,1	32,1
	A little	15	9,4	9,4	41,5
	Quite a bit	37	23,3	23,3	64,8
Valid	Much	24	15,1	15,1	79,9
	Very much	22	13,8	13,8	93,7
	99,00	10	6,3	6,3	100,0
	Total	159	100,0	100,0	

HoursOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
	1,00	4	2,5	3,2	3,2
	2,00	2	1,3	1,6	4,8
	2,30	1	,6	,8	5,6
	3,00	8	5,0	6,3	11,9
	3,30	1	,6	,8	12,7
Valid	4,00	15	9,4	11,9	24,6
	5,00	14	8,8	11,1	35,7
	6,00	7	4,4	5,6	41,3
	7,00	4	2,5	3,2	44,4
	8,00	16	10,1	12,7	57,1
	9,00	4	2,5	3,2	60,3
	10,00	22	13,8	17,5	77,8

11,00	1	,6	,8	78,6
12,00	14	8,8	11,1	89,7
13,00	3	1,9	2,4	92,1
14,00	4	2,5	3,2	95,2
15,00	5	3,1	4,0	99,2
17,00	1	,6	,8	100,0
Total	126	79,2	100,0	
Missing	System	33	20,8	
Total	159	100,0		

Teachers - Professors

The next group of people reached was that of people working as teachers and professors, employees

[Demographic Data](#)

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Cyprus	24	8,3	8,3
	Germany	17	5,9	5,9
	Greece	38	13,1	13,1
	Italy	62	21,5	48,8
	Romania	123	42,6	91,3
	Other Countries	25	8,7	100,0
	Total	289	100,0	100,0

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20,00	1	,3	,4
	23,00	1	,3	,7
	25,00	1	,3	,4
	26,00	3	1,0	1,1
	27,00	4	1,4	1,4
	28,00	2	,7	,7
	29,00	7	2,4	2,5
	30,00	7	2,4	2,5
	31,00	4	1,4	1,4
	32,00	2	,7	,7
	33,00	3	1,0	1,1
	34,00	2	,7	,7
	35,00	8	2,8	2,8
				16,0

36,00	4	1,4	1,4	17,4
37,00	7	2,4	2,5	19,9
38,00	12	4,2	4,3	24,2
39,00	2	,7	,7	24,9
40,00	8	2,8	2,8	27,8
41,00	7	2,4	2,5	30,2
42,00	9	3,1	3,2	33,5
43,00	11	3,8	3,9	37,4
44,00	8	2,8	2,8	40,2
45,00	13	4,5	4,6	44,8
46,00	13	4,5	4,6	49,5
47,00	5	1,7	1,8	51,2
48,00	15	5,2	5,3	56,6
49,00	11	3,8	3,9	60,5
50,00	9	3,1	3,2	63,7
51,00	7	2,4	2,5	66,2
52,00	4	1,4	1,4	67,6
53,00	12	4,2	4,3	71,9
54,00	8	2,8	2,8	74,7
55,00	9	3,1	3,2	77,9
56,00	9	3,1	3,2	81,1
57,00	5	1,7	1,8	82,9
58,00	6	2,1	2,1	85,1
59,00	5	1,7	1,8	86,8
60,00	8	2,8	2,8	89,7
61,00	3	1,0	1,1	90,7
62,00	5	1,7	1,8	92,5
63,00	3	1,0	1,1	93,6
64,00	9	3,1	3,2	96,8
65,00	1	,3	,4	97,2
66,00	3	1,0	1,1	98,2
67,00	1	,3	,4	98,6
71,00	1	,3	,4	98,9
72,00	2	,7	,7	99,6
80,00	1	,3	,4	100,0
Total	281	97,2	100,0	

Missing	System	8	2,8		
Total		289	100,0		

Marital_Status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	57	19,7	19,7
	Married	198	68,5	68,5
	Divorced	21	7,3	7,3
	Widowed	7	2,4	2,4
	99,00	6	2,1	2,1
Total		289	100,0	100,0

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	59	20,4	20,4
	Female	224	77,5	77,5
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

No_Child

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	80	27,7	27,7
	1	84	29,1	56,7
	2	86	29,8	86,5
	3	23	8,0	94,5
	4+	6	2,1	96,5
	99,00	10	3,5	100,0
Total		289	100,0	100,0

EducationLevel

		Frequency	Percent	Valid Percent	Cumulative Percent
	Primary school education	4	1,4	1,4	1,4
	Secondary education	13	4,5	4,5	5,9
	Post-Secondary/Technical Education	3	1,0	1,0	6,9
Valid	Higher Education	140	48,4	48,4	55,4
	Postgraduate/Doctoral Degree	121	41,9	41,9	97,2
	99,00	8	2,8	2,8	100,0
	Total	289	100,0	100,0	

Special_needs

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	277	95,8	95,8	95,8
	Yes	6	2,1	2,1	97,9
Valid	99,00	6	2,1	2,1	100,0
	Total	289	100,0	100,0	

Lockdown_dur

		Frequency	Percent	Valid Percent	Cumulative Percent
	1 week	2	,7	,7	,7
	2 weeks	4	1,4	1,4	2,1
	3 weeks	2	,7	,7	2,8
	4 weeks	22	7,6	7,6	10,4
	5 weeks	5	1,7	1,7	12,1
Valid	6 weeks	7	2,4	2,4	14,5
	7 weeks	6	2,1	2,1	16,6
	8 weeks	57	19,7	19,7	36,3
	more than 8 weeks	176	60,9	60,9	97,2
	99,00	8	2,8	2,8	100,0
	Total	289	100,0	100,0	

Measures_Follow

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not so much	7	2,4	2,4
	Quite followed	46	15,9	15,9
	In the majority of cases	154	53,3	53,3
	Strictly followed	80	27,7	27,7
	99,00	2	,7	,7
	Total	289	100,0	100,0

Activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

CommunicationPhone

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	8	2,8	2,8
	Yes	279	96,5	96,5
	99,00	2	,7	,7
	Total	289	100,0	100,0

Contribution_CommunicationPhone

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	3,1	3,1
	A little	36	12,5	12,5
	Quite a bit	79	27,3	27,3
	Much	97	33,6	33,6
	Very much	66	22,8	22,8
	99,00	2	,7	,7
Total		289	100,0	100,0

CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	45	15,6	15,6
	Yes	242	83,7	83,7
	99,00	2	,7	,7
	Total	289	100,0	100,0

Contribution_CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	32	11,1	11,1
	A little	29	10,0	21,1
	Quite a bit	54	18,7	39,8
	Much	86	29,8	69,6
	Very much	76	26,3	95,8
	99,00	12	4,2	100,0
	Total	289	100,0	100,0

CommunicationMobile

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	12	4,2	4,2
	Yes	274	94,8	94,8
	99,00	3	1,0	1,0
	Total	289	100,0	100,0

Contribution_CommunicationMobile

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	3,8	3,8	3,8
	A little	30	10,4	10,4	14,2
	Quite a bit	63	21,8	21,8	36,0
	Much	91	31,5	31,5	67,5
	Very much	90	31,1	31,1	98,6
	99,00	4	1,4	1,4	100,0
	Total	289	100,0	100,0	

Corresponding

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	241	83,4	83,4	83,4
	Yes	44	15,2	15,2	98,6
	99,00	4	1,4	1,4	100,0
	Total	289	100,0	100,0	

Contribution_Corresponding

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	189	65,4	65,4	65,4
	A little	26	9,0	9,0	74,4
	Quite a bit	16	5,5	5,5	79,9
	Much	9	3,1	3,1	83,0
	Very much	14	4,8	4,8	87,9
	99,00	35	12,1	12,1	100,0
	Total	289	100,0	100,0	

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Online_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	105	36,3	36,3
	Yes	181	62,6	99,0
	99,00	3	1,0	100,0
	Total	289	100,0	100,0

Contribution_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	79	27,3	27,3
	A little	35	12,1	39,4
	Quite a bit	75	26,0	65,4
	Much	41	14,2	79,6
	Very much	31	10,7	90,3
	99,00	28	9,7	100,0
	Total	289	100,0	100,0

Read_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	43	14,9	14,9
	Yes	242	83,7	83,7
	99,00	4	1,4	1,4
	Total	289	100,0	100,0

Contribution_Books

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	38	13,1	13,1	13,1
	A little	28	9,7	9,7	22,8
	Quite a bit	47	16,3	16,3	39,1
	Much	101	34,9	34,9	74,0
	Very much	68	23,5	23,5	97,6
	99,00	7	2,4	2,4	100,0
	Total	289	100,0	100,0	

Household

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	44	15,2	15,2	15,2
	Yes	243	84,1	84,1	99,3
	99,00	2	,7	,7	100,0
	Total	289	100,0	100,0	

Contribution_Household

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	38	13,1	13,1	13,1
	A little	42	14,5	14,5	27,7
	Quite a bit	78	27,0	27,0	54,7
	Much	73	25,3	25,3	79,9
	Very much	46	15,9	15,9	95,8
	99,00	12	4,2	4,2	100,0
	Total	289	100,0	100,0	

Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	66	22,8	22,8
	Yes	220	76,1	76,1
	99,00	3	1,0	1,0
	Total	289	100,0	100,0

Contribution_Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	52	18,0	18,0
	A little	35	12,1	30,1
	Quite a bit	72	24,9	55,0
	Much	78	27,0	82,0
	Very much	40	13,8	95,8
	99,00	12	4,2	100,0
	Total	289	100,0	100,0

OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	130	45,0	45,0
	Yes	153	52,9	97,9
	99,00	6	2,1	100,0
	Total	289	100,0	100,0

Contribution_OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	105	36,3	36,3
	A little	42	14,5	50,9
	Quite a bit	46	15,9	66,8
	Much	41	14,2	81,0
	Very much	31	10,7	91,7
	99,00	24	8,3	100,0
	Total	289	100,0	100,0

Artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	174	60,2	60,2
	Yes	109	37,7	37,7
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

Contribution_artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	136	47,1	47,1
	A little	31	10,7	57,8
	Quite a bit	30	10,4	68,2
	Much	36	12,5	80,6
	Very much	20	6,9	87,5
	99,00	36	12,5	100,0
	Total	289	100,0	100,0

Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	225	77,9	77,9
	Yes	58	20,1	20,1
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

Contribution_Writing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	188	65,1	65,1	65,1
	A little	13	4,5	4,5	69,6
	Quite a bit	23	8,0	8,0	77,5
	Much	17	5,9	5,9	83,4
	Very much	8	2,8	2,8	86,2
	99,00	40	13,8	13,8	100,0
Total		289	100,0	100,0	

PersonalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	86	29,8	29,8	29,8
	Yes	196	67,8	67,8	97,6
	99,00	7	2,4	2,4	100,0
	Total	289	100,0	100,0	

Contribution_PersonalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	72	24,9	24,9	24,9
	A little	28	9,7	9,7	34,6
	Quite a bit	68	23,5	23,5	58,1
	Much	64	22,1	22,1	80,3
	Very much	40	13,8	13,8	94,1
	99,00	17	5,9	5,9	100,0
Total		289	100,0	100,0	

ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	68	23,5	23,5
	Yes	213	73,7	97,2
	99,00	8	2,8	100,0
	Total	289	100,0	100,0

Contribution_ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	60	20,8	20,8
	A little	24	8,3	29,1
	Quite a bit	64	22,1	51,2
	Much	71	24,6	75,8
	Very much	49	17,0	92,7
	99,00	21	7,3	100,0
	Total	289	100,0	100,0

HomeExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	101	34,9	34,9
	Yes	182	63,0	63,0
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

Contribution_HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	72	24,9	24,9	24,9
	A little	39	13,5	13,5	38,4
	Quite a bit	55	19,0	19,0	57,4
	Much	56	19,4	19,4	76,8
	Very much	39	13,5	13,5	90,3
	99,00	28	9,7	9,7	100,0
Total		289	100,0	100,0	

Outdoor_Exercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	123	42,6	42,6	42,6
	Yes	159	55,0	55,0	97,6
	99,00	7	2,4	2,4	100,0
	Total	289	100,0	100,0	

Contribution_OutdoorExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	98	33,9	33,9	33,9
	A little	29	10,0	10,0	43,9
	Quite a bit	50	17,3	17,3	61,2
	Much	51	17,6	17,6	78,9
	Very much	36	12,5	12,5	91,3
	99,00	25	8,7	8,7	100,0
Total		289	100,0	100,0	

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	143	49,5	49,5
	Yes	140	48,4	97,9
	99,00	6	2,1	100,0
	Total	289	100,0	100,0

Contribution_WatchingTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	118	40,8	40,8
	A little	43	14,9	55,7
	Quite a bit	46	15,9	71,6
	Much	35	12,1	83,7
	Very much	16	5,5	89,3
	99,00	31	10,7	100,0
	Total	289	100,0	100,0

Watching_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	128	44,3	44,3
	Yes	153	52,9	97,2
	99,00	8	2,8	100,0
	Total	289	100,0	100,0

Contribution_Cable

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	104	36,0	36,0	36,0
	A little	34	11,8	11,8	47,8
	Quite a bit	45	15,6	15,6	63,3
	Much	53	18,3	18,3	81,7
	Very much	25	8,7	8,7	90,3
	99,00	28	9,7	9,7	100,0
Total		289	100,0	100,0	

OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	183	63,3	63,3	63,3
	Yes	95	32,9	32,9	96,2
	99,00	11	3,8	3,8	100,0
	Total	289	100,0	100,0	

Contribution_OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	149	51,6	51,6	51,6
	A little	23	8,0	8,0	59,5
	Quite a bit	33	11,4	11,4	70,9
	Much	33	11,4	11,4	82,4
	Very much	13	4,5	4,5	86,9
	99,00	38	13,1	13,1	100,0
Total		289	100,0	100,0	

OnDemand

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	171	59,2	59,2
	Yes	110	38,1	38,1
	99,00	8	2,8	2,8
	Total	289	100,0	100,0

Contribution_OnDemand

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	144	49,8	49,8
	A little	26	9,0	9,0
	Quite a bit	38	13,1	13,1
	Much	32	11,1	11,1
	Very much	16	5,5	5,5
	99,00	33	11,4	11,4
	Total	289	100,0	100,0

Surfing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	62	21,5	21,5
	Yes	218	75,4	75,4
	99,00	9	3,1	3,1
	Total	289	100,0	100,0

Contribution_Surfing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	48	16,6	16,6	16,6
	A little	36	12,5	12,5	29,1
	Quite a bit	77	26,6	26,6	55,7
	Much	66	22,8	22,8	78,5
	Very much	36	12,5	12,5	91,0
	99,00	26	9,0	9,0	100,0
	Total	289	100,0	100,0	

Gaming

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	225	77,9	77,9	77,9
	Yes	56	19,4	19,4	97,2
	99,00	8	2,8	2,8	100,0
	Total	289	100,0	100,0	

Contribution_Gaming

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	175	60,6	60,6	60,6
	A little	20	6,9	6,9	67,5
	Quite a bit	19	6,6	6,6	74,0
	Much	16	5,5	5,5	79,6
	Very much	7	2,4	2,4	82,0
	99,00	52	18,0	18,0	100,0
	Total	289	100,0	100,0	

Music

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	52	18,0	18,0
	Yes	231	79,9	79,9
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

Contribution_Music

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	38	13,1	13,1
	A little	40	13,8	27,0
	Quite a bit	71	24,6	51,6
	Much	73	25,3	76,8
	Very much	51	17,6	94,5
	99,00	16	5,5	100,0
	Total	289	100,0	100,0

FamilyActivities

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	93	32,2	32,2
	Yes	182	63,0	63,0
	I was alone/without family	8	2,8	2,8
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

Contribution_FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	72	24,9	24,9	24,9
	A little	28	9,7	9,7	34,6
	Quite a bit	45	15,6	15,6	50,2
	Much	72	24,9	24,9	75,1
	Very much	44	15,2	15,2	90,3
	99,00	28	9,7	9,7	100,0
	Total	289	100,0	100,0	

PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	87	30,1	30,1	30,1
	Yes	175	60,6	60,6	90,7
	I do not have a partner	21	7,3	7,3	97,9
	99,00	6	2,1	2,1	100,0
	Total	289	100,0	100,0	

Contribution_PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	68	23,5	23,5	23,5
	A little	18	6,2	6,2	29,8
	Quite a bit	70	24,2	24,2	54,0
	Much	58	20,1	20,1	74,0
	Very much	40	13,8	13,8	87,9
	99,00	35	12,1	12,1	100,0
	Total	289	100,0	100,0	

InstitutionLockdown

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	71	24,6	24,6
	Yes	212	73,4	97,9
	99,00	6	2,1	100,0
	Total	289	100,0	100,0

InstitutionLockdownPeriod

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 week	6	2,1	2,1
	2 weeks	7	2,4	2,4
	4 weeks	9	3,1	3,1
	5 weeks	2	,7	,7
	6 weeks	3	1,0	1,0
	7 weeks	6	2,1	2,1
	8 weeks	35	12,1	12,1
	more than 8 weeks	172	59,5	59,5
	99,00	49	17,0	17,0
	Total	289	100,0	100,0

WorkingFromDistance

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	11	3,8	3,8
	Yes	268	92,7	92,7
	99,00	10	3,5	3,5
	Total	289	100,0	100,0

WorkingUsual

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	72	24,9	24,9
	Yes	211	73,0	73,0
	99,00	6	2,1	2,1
	Total	289	100,0	100,0

Contribution_WorkingUsual

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	15	5,2	5,2
	A little	28	9,7	9,7
	Quite a bit	68	23,5	23,5
	Much	102	35,3	35,3
	Very much	66	22,8	22,8
	99,00	10	3,5	3,5
	Total	289	100,0	100,0

ReceiveEquipment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	235	81,3	81,3
	Yes	47	16,3	16,3
	99,00	7	2,4	2,4
	Total	289	100,0	100,0

Contribution_ReceiveEquipment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	172	59,5	59,5	59,5
	A little	13	4,5	4,5	64,0
	Quite a bit	15	5,2	5,2	69,2
	Much	22	7,6	7,6	76,8
	Very much	22	7,6	7,6	84,4
	99,00	45	15,6	15,6	100,0
	Total	289	100,0	100,0	

ContactStudents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	3,5	3,5	3,5
	Few times	11	3,8	3,8	7,3
	Sometimes	13	4,5	4,5	11,8
	Often	79	27,3	27,3	39,1
	Very often/almost everyday	168	58,1	58,1	97,2
	99,00	8	2,8	2,8	100,0
	Total	289	100,0	100,0	

Contribution_ContactStudents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	14	4,8	4,8	4,8
	A little	19	6,6	6,6	11,4
	Quite a bit	45	15,6	15,6	27,0
	Much	100	34,6	34,6	61,6
	Very much	95	32,9	32,9	94,5
	99,00	16	5,5	5,5	100,0
	Total	289	100,0	100,0	

ContactColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	5	1,7	1,7	1,7
	Few times	24	8,3	8,3	10,0
	Sometimes	61	21,1	21,1	31,1
	Often	122	42,2	42,2	73,4
	Very often/almost everyday	71	24,6	24,6	97,9
	99,00	6	2,1	2,1	100,0
Total		289	100,0	100,0	

Contribution_ContactColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	3,5	3,5	3,5
	A little	46	15,9	15,9	19,4
	Quite a bit	73	25,3	25,3	44,6
	Much	97	33,6	33,6	78,2
	Very much	52	18,0	18,0	96,2
	99,00	11	3,8	3,8	100,0
Total		289	100,0	100,0	

ContactParentsofStudents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	77	26,6	26,6	26,6
	Few times	41	14,2	14,2	40,8
	Sometimes	56	19,4	19,4	60,2
	Often	71	24,6	24,6	84,8
	Very often/almost everyday	28	9,7	9,7	94,5
	99,00	16	5,5	5,5	100,0
Total		289	100,0	100,0	

Contribution_ContactParents of Students

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	69	23,9	23,9	23,9
	A little	51	17,6	17,6	41,5
	Quite a bit	51	17,6	17,6	59,2
	Much	62	21,5	21,5	80,6
	Very much	26	9,0	9,0	89,6
	99,00	30	10,4	10,4	100,0
	Total	289	100,0	100,0	

ContactManagement

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	4,2	4,2	4,2
	Few times	33	11,4	11,4	15,6
	Sometimes	61	21,1	21,1	36,7
	Often	119	41,2	41,2	77,9
	Very often/almost everyday	49	17,0	17,0	94,8
	99,00	15	5,2	5,2	100,0
	Total	289	100,0	100,0	

Contribution_ContactManagement

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	9,0	9,0	9,0
	A little	50	17,3	17,3	26,3
	Quite a bit	73	25,3	25,3	51,6
	Much	87	30,1	30,1	81,7
	Very much	40	13,8	13,8	95,5
	99,00	13	4,5	4,5	100,0
	Total	289	100,0	100,0	

ReceiveSupportInstitution

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	7,6	7,6	7,6
	Few times	37	12,8	12,8	20,4
	Sometimes	73	25,3	25,3	45,7
	Often	115	39,8	39,8	85,5
	Very often/almost everyday	31	10,7	10,7	96,2
	99,00	11	3,8	3,8	100,0
	Total	289	100,0	100,0	

Contribution_ReceiveSupportInstitution

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	9,0	9,0	9,0
	A little	59	20,4	20,4	29,4
	Quite a bit	76	26,3	26,3	55,7
	Much	80	27,7	27,7	83,4
	Very much	36	12,5	12,5	95,8
	99,00	12	4,2	4,2	100,0
	Total	289	100,0	100,0	

ReceiveSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	36	12,5	12,5	12,5
	Few times	47	16,3	16,3	28,7
	Sometimes	122	42,2	42,2	70,9
	Often	62	21,5	21,5	92,4
	Very often/almost everyday	11	3,8	3,8	96,2
	99,00	11	3,8	3,8	100,0
	Total	289	100,0	100,0	

Contribution_ReceiveSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	29	10,0	10,0	10,0
	A little	64	22,1	22,1	32,2
	Quite a bit	89	30,8	30,8	63,0
	Much	68	23,5	23,5	86,5
	Very much	21	7,3	7,3	93,8
	99,00	18	6,2	6,2	100,0
	Total	289	100,0	100,0	

ProvideSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	21	7,3	7,3	7,3
	Few times	54	18,7	18,7	26,0
	Sometimes	109	37,7	37,7	63,7
	Often	70	24,2	24,2	87,9
	Very often/almost everyday	24	8,3	8,3	96,2
	99,00	11	3,8	3,8	100,0
	Total	289	100,0	100,0	

Contribution_ProvideSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	7,6	7,6	7,6
	A little	64	22,1	22,1	29,8
	Quite a bit	93	32,2	32,2	61,9
	Much	66	22,8	22,8	84,8
	Very much	23	8,0	8,0	92,7
	99,00	21	7,3	7,3	100,0
	Total	289	100,0	100,0	

ReceiveSupportState

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	104	36,0	36,0	36,0
	Few times	76	26,3	26,3	62,3
	Sometimes	66	22,8	22,8	85,1
	Often	30	10,4	10,4	95,5
	Very often/almost everyday	4	1,4	1,4	96,9
	99,00	9	3,1	3,1	100,0
Total		289	100,0	100,0	

Contribution_ReceiveSupportState

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	98	33,9	33,9	33,9
	A little	85	29,4	29,4	63,3
	Quite a bit	44	15,2	15,2	78,5
	Much	30	10,4	10,4	88,9
	Very much	7	2,4	2,4	91,3
	99,00	25	8,7	8,7	100,0
Total		289	100,0	100,0	

ReceiveSupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	104	36,0	36,0	36,0
	Few times	59	20,4	20,4	56,4
	Sometimes	69	23,9	23,9	80,3
	Often	35	12,1	12,1	92,4
	Very often/almost everyday	7	2,4	2,4	94,8
	99,00	15	5,2	5,2	100,0
Total		289	100,0	100,0	

Contribution_ReceiveSupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	89	30,8	30,8	30,8
	A little	59	20,4	20,4	51,2
	Quite a bit	65	22,5	22,5	73,7
	Much	31	10,7	10,7	84,4
	Very much	13	4,5	4,5	88,9
	99,00	32	11,1	11,1	100,0
	Total	289	100,0	100,0	

ActionHelpColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	88	30,4	30,4	30,4
	Few times	67	23,2	23,2	53,6
	Sometimes	68	23,5	23,5	77,2
	Often	45	15,6	15,6	92,7
	Very often/almost everyday	9	3,1	3,1	95,8
	99,00	12	4,2	4,2	100,0
	Total	289	100,0	100,0	

Contribution_ActionHelpColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	72	24,9	24,9	24,9
	A little	66	22,8	22,8	47,8
	Quite a bit	65	22,5	22,5	70,2
	Much	40	13,8	13,8	84,1
	Very much	14	4,8	4,8	88,9
	99,00	32	11,1	11,1	100,0
	Total	289	100,0	100,0	

ActionHelpStudents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	25	8,7	8,7	8,7
	Few times	39	13,5	13,5	22,1
	Sometimes	65	22,5	22,5	44,6
	Often	93	32,2	32,2	76,8
	Very often/almost everyday	54	18,7	18,7	95,5
	Total	99,00	13	4,5	100,0
		289	100,0	100,0	

Contribution_ActionHelpStudents

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	9,0	9,0	9,0
	A little	40	13,8	13,8	22,8
	Quite a bit	77	26,6	26,6	49,5
	Much	79	27,3	27,3	76,8
	Very much	49	17,0	17,0	93,8
	Total	99,00	18	6,2	100,0
		289	100,0	100,0	

OrganizeExtracurricular

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	105	36,3	36,3	36,3
	Few times	52	18,0	18,0	54,3
	Sometimes	70	24,2	24,2	78,5
	Often	37	12,8	12,8	91,3
	Very often/almost everyday	8	2,8	2,8	94,1
	Total	99,00	17	5,9	100,0
		289	100,0	100,0	

Contribution_OrganizeExtracurricular

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	89	30,8	30,8	30,8
	A little	51	17,6	17,6	48,4
	Quite a bit	58	20,1	20,1	68,5
	Much	40	13,8	13,8	82,4
	Very much	18	6,2	6,2	88,6
	99,00	33	11,4	11,4	100,0
Total		289	100,0	100,0	

HoursOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	,45	1	,3	,4	,4
	1,00	1	,3	,4	,7
	2,00	6	2,1	2,2	3,0
	3,00	18	6,2	6,6	9,6
	4,00	18	6,2	6,6	16,2
	5,00	26	9,0	9,6	25,8
	5,30	2	,7	,7	26,6
	6,00	40	13,8	14,8	41,3
	6,30	1	,3	,4	41,7
	7,00	23	8,0	8,5	50,2
	8,00	49	17,0	18,1	68,3
	9,00	11	3,8	4,1	72,3
	10,00	39	13,5	14,4	86,7
	10,30	1	,3	,4	87,1
	11,00	6	2,1	2,2	89,3
	11,30	1	,3	,4	89,7
	12,00	18	6,2	6,6	96,3
	12,30	1	,3	,4	96,7
	14,00	2	,7	,7	97,4
	15,00	1	,3	,4	97,8
	16,00	3	1,0	1,1	98,9

20,00	1	,3	,4	99,3
60,00	1	,3	,4	99,6
300,00	1	,3	,4	100,0
Total	271	93,8	100,0	
Missing	System	18	6,2	
Total	289	100,0		

Non teacher employees

The next group of people reached was that of people working as employees

Demographic Data

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Cyprus	10	9,3	9,3
	Germany	10	9,3	18,5
	Greece	23	21,3	39,8
	Italy	21	19,4	59,3
	Romania	22	20,4	79,6
	Other Countries	22	20,4	100,0
	Total	108	100,0	100,0

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	19,00	2	1,9	2,0
	21,00	1	,9	1,0
	22,00	1	,9	1,0
	23,00	1	,9	1,0
	24,00	2	1,9	2,0
	26,00	2	1,9	2,0
	27,00	4	3,7	3,9
	28,00	2	1,9	2,0
	29,00	1	,9	1,0
	30,00	3	2,8	2,9
	31,00	2	1,9	2,0
	33,00	1	,9	1,0
	34,00	3	2,8	2,9
	35,00	3	2,8	2,9
	36,00	3	2,8	2,9
				30,4

37,00		1	,9	1,0
38,00		1	,9	1,0
39,00		1	,9	1,0
40,00		5	4,6	4,9
41,00		2	1,9	2,0
42,00		5	4,6	4,9
43,00		6	5,6	5,9
44,00		5	4,6	4,9
45,00		1	,9	1,0
46,00		3	2,8	2,9
47,00		3	2,8	2,9
48,00		2	1,9	2,0
49,00		4	3,7	3,9
50,00		2	1,9	2,0
51,00		2	1,9	2,0
52,00		3	2,8	2,9
53,00		6	5,6	5,9
54,00		1	,9	1,0
55,00		3	2,8	2,9
56,00		1	,9	1,0
57,00		4	3,7	3,9
58,00		2	1,9	2,0
59,00		2	1,9	2,0
60,00		1	,9	1,0
61,00		1	,9	1,0
63,00		2	1,9	2,0
66,00		1	,9	1,0
599,00		1	,9	1,0
Total		102	94,4	100,0
Missing	System	6	5,6	
Total		108	100,0	

Marital_Status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	36	33,3	33,3
	Married	63	58,3	91,7
	Divorced	5	4,6	96,3
	99,00	4	3,7	100,0
	Total	108	100,0	100,0

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	38	35,2	35,2
	Female	67	62,0	97,2
	99,00	3	2,8	100,0
	Total	108	100,0	100,0

No_Child

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	49	45,4	45,4
	1	26	24,1	69,4
	2	22	20,4	89,8
	3	6	5,6	95,4
	99,00	5	4,6	100,0
	Total	108	100,0	100,0

EducationLevel

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primary school education	2	1,9	1,9	1,9
	Secondary education	6	5,6	5,6	7,4
	Post-Secondary/Technical Education	9	8,3	8,3	15,7
	Higher Education	56	51,9	51,9	67,6
	Postgraduate/Doctoral Degree	33	30,6	30,6	98,1
	99,00	2	1,9	1,9	100,0
	Total	108	100,0	100,0	

Special_needs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	105	97,2	97,2	97,2
	Yes	1	,9	,9	98,1
	99,00	2	1,9	1,9	100,0
	Total	108	100,0	100,0	

Lockdown_dur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2 weeks	1	,9	,9	,9
	3 weeks	3	2,8	2,8	3,7
	4 weeks	8	7,4	7,4	11,1
	6 weeks	3	2,8	2,8	13,9
	7 weeks	2	1,9	1,9	15,7
	8 weeks	18	16,7	16,7	32,4
	more than 8 weeks	71	65,7	65,7	98,1
	99,00	2	1,9	1,9	100,0
	Total	108	100,0	100,0	

Measures_Follow

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not so much	4	3,7	3,7	3,7
	Quite followed	14	13,0	13,0	16,7
	In the majority of cases	64	59,3	59,3	75,9
	Strictly followed	25	23,1	23,1	99,1
	99,00	1	,9	,9	100,0
	Total	108	100,0	100,0	

WorkplaceLockdown

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	55	50,9	50,9	50,9
	Yes	53	49,1	49,1	100,0
	Total	108	100,0	100,0	

WorkplaceLockdownPeriod

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 week	5	4,6	4,6	4,6
	2 weeks	1	,9	,9	5,6
	3 weeks	2	1,9	1,9	7,4
	4 weeks	2	1,9	1,9	9,3
	5 weeks	1	,9	,9	10,2
	6 weeks	3	2,8	2,8	13,0
	7 weeks	3	2,8	2,8	15,7
	8 weeks	9	8,3	8,3	24,1
	more than 8 weeks	33	30,6	30,6	54,6
	99,00	49	45,4	45,4	100,0
Total		108	100,0	100,0	

WorkingFromDistance

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	34	31,5	31,5
	Yes	69	63,9	95,4
	99,00	5	4,6	100,0
Total	108	100,0	100,0	

Activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

CommunicationPhone

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	8	7,4	7,4
	Yes	100	92,6	92,6
	Total	108	100,0	100,0

Contribution_CommunicationPhone

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	6	5,6	5,6
	A little	23	21,3	21,3
	Quite a bit	27	25,0	51,9
	Much	25	23,1	75,0
	Very much	25	23,1	98,1
	99,00	2	1,9	100,0
Total	108	100,0	100,0	

CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	26	24,1	24,1
	Yes	82	75,9	75,9
	Total	108	100,0	100,0

Contribution_CommunicationOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	16,7	16,7	16,7
	A little	15	13,9	13,9	30,6
	Quite a bit	20	18,5	18,5	49,1
	Much	27	25,0	25,0	74,1
	Very much	23	21,3	21,3	95,4
	99,00	5	4,6	4,6	100,0
	Total	108	100,0	100,0	

CommunicationMobile

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	9	8,3	8,3	8,3
	Yes	98	90,7	90,7	99,1
	99,00	1	,9	,9	100,0
	Total	108	100,0	100,0	

Contribution_CommunicationMobile

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	5	4,6	4,6	4,6
	A little	14	13,0	13,0	17,6
	Quite a bit	20	18,5	18,5	36,1
	Much	33	30,6	30,6	66,7
	Very much	32	29,6	29,6	96,3
	99,00	4	3,7	3,7	100,0
	Total	108	100,0	100,0	

Corresponding

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	85	78,7	78,7
	Yes	22	20,4	99,1
	99,00	1	,9	
	Total	108	100,0	100,0

Contribution_Corresponding

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	60	55,6	55,6
	A little	7	6,5	62,0
	Quite a bit	5	4,6	66,7
	Much	8	7,4	74,1
	Very much	6	5,6	79,6
	99,00	22	20,4	
	Total	108	100,0	100,0

Online_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	52	48,1	48,1
	Yes	55	50,9	99,1
	99,00	1	,9	
	Total	108	100,0	100,0

Contribution_Social

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	40	37,0	37,0	37,0
	A little	13	12,0	12,0	49,1
	Quite a bit	15	13,9	13,9	63,0
	Much	16	14,8	14,8	77,8
	Very much	12	11,1	11,1	88,9
	99,00	12	11,1	11,1	100,0
Total		108	100,0	100,0	

Read_Books

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	29	26,9	26,9	26,9
	Yes	79	73,1	73,1	100,0
	Total	108	100,0	100,0	

Contribution_Books

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	24	22,2	22,2	22,2
	A little	10	9,3	9,3	31,5
	Quite a bit	24	22,2	22,2	53,7
	Much	27	25,0	25,0	78,7
	Very much	16	14,8	14,8	93,5
	99,00	7	6,5	6,5	100,0
Total		108	100,0	100,0	

Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	28	25,9	25,9
	Yes	79	73,1	73,1
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	25	23,1	23,1
	A little	25	23,1	46,3
	Quite a bit	22	20,4	66,7
	Much	19	17,6	84,3
	Very much	12	11,1	95,4
	99,00	5	4,6	100,0
	Total	108	100,0	100,0

Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	28	25,9	25,9
	Yes	80	74,1	74,1
	Total	108	100,0	100,0

Contribution_Cooking

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	21	19,4	19,4	19,4
	A little	16	14,8	14,8	34,3
	Quite a bit	20	18,5	18,5	52,8
	Much	25	23,1	23,1	75,9
	Very much	17	15,7	15,7	91,7
	99,00	9	8,3	8,3	100,0
Total		108	100,0	100,0	

OtherHousehold

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	46	42,6	42,6	42,6
	Yes	61	56,5	56,5	99,1
	99,00	1	,9	,9	
	Total	108	100,0	100,0	100,0

Contribution_OtherHousehold

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	34	31,5	31,5	31,5
	A little	24	22,2	22,2	53,7
	Quite a bit	20	18,5	18,5	72,2
	Much	13	12,0	12,0	84,3
	Very much	9	8,3	8,3	92,6
	99,00	8	7,4	7,4	100,0
Total		108	100,0	100,0	

Artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	69	63,9	63,9
	Yes	39	36,1	36,1
	Total	108	100,0	100,0

Contribution_artistical

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	52	48,1	48,1
	A little	8	7,4	55,6
	Quite a bit	10	9,3	64,8
	Much	11	10,2	75,0
	Very much	11	10,2	85,2
	99,00	16	14,8	100,0
Total		108	100,0	100,0

Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	100	92,6	92,6
	Yes	8	7,4	7,4
	Total	108	100,0	100,0

Contribution_Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	75	69,4	69,4
	A little	3	2,8	72,2
	Quite a bit	4	3,7	75,9
	Very much	2	1,9	77,8
	99,00	24	22,2	100,0
	Total	108	100,0	100,0

PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	50	46,3	46,3
	Yes	57	52,8	99,1
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	36	33,3	33,3
	A little	12	11,1	44,4
	Quite a bit	23	21,3	65,7
	Much	10	9,3	75,0
	Very much	13	12,0	87,0
	99,00	14	13,0	100,0
	Total	108	100,0	100,0

ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	49	45,4	45,4
	Yes	58	53,7	99,1
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_ProfessionalDevelopment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	36	33,3	33,3	33,3
	A little	16	14,8	14,8	48,1
	Quite a bit	20	18,5	18,5	66,7
	Much	12	11,1	11,1	77,8
	Very much	11	10,2	10,2	88,0
	99,00	13	12,0	12,0	100,0
	Total	108	100,0	100,0	

HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	38	35,2	35,2	35,2
	Yes	69	63,9	63,9	99,1
	99,00	1	,9	,9	
	Total	108	100,0	100,0	100,0

Contribution_HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	29	26,9	26,9	26,9
	A little	16	14,8	14,8	41,7
	Quite a bit	23	21,3	21,3	63,0
	Much	16	14,8	14,8	77,8
	Very much	16	14,8	14,8	92,6
	99,00	8	7,4	7,4	
	Total	108	100,0	100,0	100,0

Outdoor_Exercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	38	35,2	35,2
	Yes	68	63,0	98,1
	99,00	2	1,9	100,0
	Total	108	100,0	100,0

Contribution_OutdoorExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	28,7	28,7
	A little	9	8,3	37,0
	Quite a bit	11	10,2	47,2
	Much	23	21,3	68,5
	Very much	25	23,1	91,7
	99,00	9	8,3	100,0
	Total	108	100,0	100,0

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	59	54,6	54,6
	Yes	47	43,5	98,1
	99,00	2	1,9	100,0
	Total	108	100,0	100,0

Contribution_WatchingTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	39,8	39,8	39,8
	A little	11	10,2	10,2	50,0
	Quite a bit	15	13,9	13,9	63,9
	Much	16	14,8	14,8	78,7
	Very much	6	5,6	5,6	84,3
	99,00	17	15,7	15,7	100,0
Total		108	100,0	100,0	

Watching_Cable

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	54	50,0	50,0	50,0
	Yes	53	49,1	49,1	99,1
	99,00	1	,9	,9	100,0
	Total	108	100,0	100,0	

Contribution_Cable

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	39	36,1	36,1	36,1
	A little	9	8,3	8,3	44,4
	Quite a bit	22	20,4	20,4	64,8
	Much	16	14,8	14,8	79,6
	Very much	8	7,4	7,4	87,0
	99,00	14	13,0	13,0	100,0
Total		108	100,0	100,0	

OnlineTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	66	61,1	61,1
	Yes	41	38,0	38,0
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_OnlineTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	47	43,5	43,5
	A little	7	6,5	6,5
	Quite a bit	18	16,7	16,7
	Much	10	9,3	9,3
	Very much	8	7,4	7,4
	99,00	18	16,7	16,7
	Total	108	100,0	100,0

OnDemand

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	56	51,9	51,9
	Yes	51	47,2	47,2
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	44	40,7	40,7	40,7
	A little	12	11,1	11,1	51,9
	Quite a bit	17	15,7	15,7	67,6
	Much	16	14,8	14,8	82,4
	Very much	8	7,4	7,4	89,8
	99,00	11	10,2	10,2	100,0
Total		108	100,0	100,0	

Surfing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	25	23,1	23,1	23,1
	Yes	81	75,0	75,0	98,1
	99,00	2	1,9	1,9	100,0
	Total	108	100,0	100,0	

Contribution_Surfing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	20	18,5	18,5	18,5
	A little	22	20,4	20,4	38,9
	Quite a bit	22	20,4	20,4	59,3
	Much	24	22,2	22,2	81,5
	Very much	12	11,1	11,1	92,6
	99,00	8	7,4	7,4	100,0
Total		108	100,0	100,0	

Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	83	76,9	76,9
	Yes	24	22,2	22,2
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	63	58,3	58,3
	A little	4	3,7	3,7
	Quite a bit	6	5,6	5,6
	Much	12	11,1	11,1
	Very much	4	3,7	3,7
	99,00	19	17,6	17,6
	Total	108	100,0	100,0

Music

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	30	27,8	27,8
	Yes	77	71,3	71,3
	99,00	1	,9	,9
	Total	108	100,0	100,0

Contribution_Music

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	16,7	16,7	16,7
	A little	23	21,3	21,3	38,0
	Quite a bit	16	14,8	14,8	52,8
	Much	26	24,1	24,1	76,9
	Very much	13	12,0	12,0	88,9
	99,00	12	11,1	11,1	100,0
	Total	108	100,0	100,0	

FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	29	26,9	26,9	26,9
	Yes	61	56,5	56,5	83,3
	I was alone/without family	17	15,7	15,7	99,1
	99,00	1	,9	,9	100,0
	Total	108	100,0	100,0	

Contribution_FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	35	32,4	32,4	32,4
	A little	14	13,0	13,0	45,4
	Quite a bit	19	17,6	17,6	63,0
	Much	17	15,7	15,7	78,7
	Very much	11	10,2	10,2	88,9
	99,00	12	11,1	11,1	100,0
	Total	108	100,0	100,0	

PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	31	28,7	28,7	28,7
	Yes	51	47,2	47,2	75,9
Valid	I do not have a partner	25	23,1	23,1	99,1
	99,00	1	,9	,9	100,0
	Total	108	100,0	100,0	

Contribution_PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
	Not at all	36	33,3	33,3	33,3
	A little	7	6,5	6,5	39,8
	Quite a bit	24	22,2	22,2	62,0
Valid	Much	14	13,0	13,0	75,0
	Very much	8	7,4	7,4	82,4
	99,00	19	17,6	17,6	100,0
	Total	108	100,0	100,0	

Work related activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

WorkingUsual

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	22	20,4	20,4	20,4
Valid	Yes	86	79,6	79,6	100,0
	Total	108	100,0	100,0	

Contribution_WorkingUsual

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	12,0	12,0	12,0
	A little	8	7,4	7,4	19,4
	Quite a bit	31	28,7	28,7	48,1
	Much	19	17,6	17,6	65,7
	Very much	33	30,6	30,6	96,3
	99,00	4	3,7	3,7	100,0
Total		108	100,0	100,0	

SubsidizedPlan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	91	84,3	84,3	84,3
	Yes	16	14,8	14,8	99,1
	99,00	1	,9	,9	100,0
	Total	108	100,0	100,0	

Contribution_SubsidizedPlan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	64	59,3	59,3	59,3
	A little	5	4,6	4,6	63,9
	Quite a bit	3	2,8	2,8	66,7
	Much	4	3,7	3,7	70,4
	Very much	5	4,6	4,6	75,0
	99,00	27	25,0	25,0	100,0
Total		108	100,0	100,0	

ReceiveEquipment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	62	57,4	57,4
	Yes	45	41,7	99,1
	99,00	1	,9	100,0
	Total	108	100,0	100,0

Contribution_ReceiveEquipment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	44	40,7	40,7
	A little	9	8,3	49,1
	Quite a bit	6	5,6	54,6
	Much	13	12,0	66,7
	Very much	14	13,0	79,6
	99,00	22	20,4	100,0
	Total	108	100,0	100,0

WorkMoreHours

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	33	30,6	30,6
	Few times	11	10,2	40,7
	Sometimes	31	28,7	69,4
	Often	17	15,7	85,2
	Very often/almost everyday	15	13,9	99,1
	99,00	1	,9	100,0
	Total	108	100,0	100,0

Contribution_WorkMoreHours

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	43	39,8	39,8	39,8
	A little	20	18,5	18,5	58,3
	Quite a bit	14	13,0	13,0	71,3
	Much	16	14,8	14,8	86,1
	Very much	4	3,7	3,7	89,8
	99,00	11	10,2	10,2	100,0
	Total	108	100,0	100,0	

ContactEmployer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	3	2,8	2,8	2,8
	Few times	9	8,3	8,3	11,1
	Sometimes	18	16,7	16,7	27,8
	Often	31	28,7	28,7	56,5
	Very often/almost everyday	45	41,7	41,7	98,1
	99,00	2	1,9	1,9	100,0
	Total	108	100,0	100,0	

Contribution_ContactEmployer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	16,7	16,7	16,7
	A little	17	15,7	15,7	32,4
	Quite a bit	25	23,1	23,1	55,6
	Much	18	16,7	16,7	72,2
	Very much	21	19,4	19,4	91,7
	99,00	9	8,3	8,3	100,0
	Total	108	100,0	100,0	

ContactColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	3	2,8	2,8	2,8
	Few times	8	7,4	7,4	10,2
	Sometimes	12	11,1	11,1	21,3
	Often	32	29,6	29,6	50,9
	Very often/almost everyday	52	48,1	48,1	99,1
	99,00	1	,9	,9	100,0
Total		108	100,0	100,0	

Contribution_ReceiveSupportEmployer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	24	22,2	22,2	22,2
	A little	23	21,3	21,3	43,5
	Quite a bit	18	16,7	16,7	60,2
	Much	15	13,9	13,9	74,1
	Very much	14	13,0	13,0	87,0
	99,00	14	13,0	13,0	100,0
Total		108	100,0	100,0	

ReceiveSupportColleagueas

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	31	28,7	28,7	28,7
	Few times	22	20,4	20,4	49,1
	Sometimes	25	23,1	23,1	72,2
	Often	17	15,7	15,7	88,0
	Very often/almost everyday	7	6,5	6,5	94,4
	99,00	6	5,6	5,6	100,0
Total		108	100,0	100,0	

Contribution_ReceiveSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	24,1	24,1	24,1
	A little	18	16,7	16,7	40,7
	Quite a bit	19	17,6	17,6	58,3
	Much	20	18,5	18,5	76,9
	Very much	10	9,3	9,3	86,1
	99,00	15	13,9	13,9	100,0
	Total	108	100,0	100,0	

ProvideSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	23	21,3	21,3	21,3
	Few times	16	14,8	14,8	36,1
	Sometimes	32	29,6	29,6	65,7
	Often	22	20,4	20,4	86,1
	Very often/almost everyday	10	9,3	9,3	95,4
	99,00	5	4,6	4,6	100,0
	Total	108	100,0	100,0	

Contribution_ProvideSupportColleagues

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	23	21,3	21,3	21,3
	A little	20	18,5	18,5	39,8
	Quite a bit	24	22,2	22,2	62,0
	Much	19	17,6	17,6	79,6
	Very much	10	9,3	9,3	88,9
	99,00	12	11,1	11,1	100,0
	Total	108	100,0	100,0	

ReceiveSupportState

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	76	70,4	70,4	70,4
	Few times	9	8,3	8,3	78,7
	Sometimes	15	13,9	13,9	92,6
	Often	4	3,7	3,7	96,3
	Very often/almost everyday	1	,9	,9	97,2
	99,00	3	2,8	2,8	100,0
Total		108	100,0	100,0	

Contribution_ReceiveSupportState

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	59	54,6	54,6	54,6
	A little	11	10,2	10,2	64,8
	Quite a bit	9	8,3	8,3	73,1
	Much	5	4,6	4,6	77,8
	Very much	2	1,9	1,9	79,6
	99,00	22	20,4	20,4	100,0
Total		108	100,0	100,0	

ReceiveSupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	73	67,6	67,6	67,6
	Few times	13	12,0	12,0	79,6
	Sometimes	13	12,0	12,0	91,7
	Often	4	3,7	3,7	95,4
	99,00	5	4,6	4,6	100,0
	Total	108	100,0	100,0	

Contribution_ReceiveSupportGroups

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	58	53,7	53,7
	A little	14	13,0	66,7
	Quite a bit	9	8,3	75,0
	Much	8	7,4	82,4
	99,00	19	17,6	100,0
	Total	108	100,0	100,0

ActionHelpColleagues

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	66	61,1	61,1
	Few times	23	21,3	82,4
	Sometimes	14	13,0	95,4
	Often	4	3,7	99,1
	Very often/almost everyday	1	,9	,9
	Total	108	100,0	100,0

Contribution_ActionHelpColleagues

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	45	41,7	41,7
	A little	20	18,5	60,2
	Quite a bit	10	9,3	69,4
	Much	7	6,5	75,9
	Very much	4	3,7	79,6
	99,00	22	20,4	100,0
Total		108	100,0	100,0

HoursOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
	,30	1	,9	1,0	1,0
	1,00	4	3,7	3,9	4,9
	2,00	9	8,3	8,7	13,6
	3,00	6	5,6	5,8	19,4
	4,00	8	7,4	7,8	27,2
	5,00	3	2,8	2,9	30,1
	6,00	7	6,5	6,8	36,9
	7,00	2	1,9	1,9	38,8
	8,00	15	13,9	14,6	53,4
Valid	9,00	1	,9	1,0	54,4
	10,00	25	23,1	24,3	78,6
	11,00	3	2,8	2,9	81,6
	12,00	12	11,1	11,7	93,2
	13,00	1	,9	1,0	94,2
	14,00	1	,9	1,0	95,1
	15,00	2	1,9	1,9	97,1
	16,00	2	1,9	1,9	99,0
	18,00	1	,9	1,0	100,0
	Total	103	95,4	100,0	
Missing	System	5	4,6		
	Total	108	100,0		

Employers

The last group of people reached was that of employers

Demographic Data

The demographic data of the group are as below

Country

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Cyprus	1	2,6	2,6
	Germany	3	7,7	7,7
	Greece	3	7,7	7,7
	Italy	14	35,9	53,8
	Romania	15	38,5	92,3
	Other Countries	3	7,7	100,0
	Total	39	100,0	100,0

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	22,00	1	2,6	2,7
	23,00	1	2,6	2,7
	25,00	1	2,6	2,7
	28,00	1	2,6	2,7
	30,00	1	2,6	2,7
	34,00	1	2,6	2,7
	37,00	1	2,6	2,7
	39,00	3	7,7	8,1
	40,00	1	2,6	2,7
	41,00	2	5,1	5,4
	43,00	2	5,1	5,4
	44,00	2	5,1	5,4
	45,00	1	2,6	2,7
	46,00	1	2,6	2,7
	47,00	1	2,6	2,7

48,00	1	2,6	2,7	56,8
49,00	3	7,7	8,1	64,9
50,00	1	2,6	2,7	67,6
51,00	1	2,6	2,7	70,3
53,00	3	7,7	8,1	78,4
56,00	1	2,6	2,7	81,1
57,00	1	2,6	2,7	83,8
58,00	1	2,6	2,7	86,5
60,00	1	2,6	2,7	89,2
61,00	1	2,6	2,7	91,9
62,00	1	2,6	2,7	94,6
63,00	1	2,6	2,7	97,3
64,00	1	2,6	2,7	100,0
Total	37	94,9	100,0	
Missing	System	2	5,1	
Total	39	100,0		

Marital_Status					
		Frequency	Percent	Valid Percent	Cumulative Percent
	Single	9	23,1	23,1	23,1
	Married	25	64,1	64,1	87,2
Valid	Divorced	4	10,3	10,3	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Gender					
		Frequency	Percent	Valid Percent	Cumulative Percent
	Male	19	48,7	48,7	48,7
	Female	18	46,2	46,2	94,9
Valid	99,00	2	5,1	5,1	100,0
	Total	39	100,0	100,0	

No_Child

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	13	33,3	33,3
	1	8	20,5	53,8
	2	11	28,2	82,1
	3	6	15,4	97,4
	99,00	1	2,6	
	Total	39	100,0	100,0

EducationLevel

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Secondary education	6	15,4	15,4
	Post-Secondary/Technical Education	4	10,3	25,6
	Higher Education	20	51,3	76,9
	Postgraduate/Doctoral Degree	8	20,5	97,4
	99,00	1	2,6	
	Total	39	100,0	100,0

Special_needs

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	36	92,3	92,3
	Yes	1	2,6	94,9
	99,00	2	5,1	100,0
	Total	39	100,0	100,0

Lockdown_dur

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4 weeks	1	2,6	2,6
	8 weeks	17	43,6	43,6
	more than 8 weeks	21	53,8	53,8
	Total	39	100,0	100,0

Measures_Follow

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Quite followed	6	15,4	15,4
	In the majority of cases	19	48,7	48,7
	Strictly followed	14	35,9	35,9
	Total	39	100,0	100,0

BusinessLockdown

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	16	41,0	41,0
	Yes	22	56,4	56,4
	99,00	1	2,6	2,6
	Total	39	100,0	100,0

BusinessLockdownPeriod

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1 week	1	2,6	2,6
	3 weeks	1	2,6	2,6
	4 weeks	3	7,7	7,7
	5 weeks	2	5,1	5,1
	6 weeks	1	2,6	2,6
	8 weeks	5	12,8	12,8
	more than 8 weeks	9	23,1	23,1
	99,00	17	43,6	43,6
	Total	39	100,0	100,0

WorkingDistanceMode

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	12	30,8	30,8
	Yes	26	66,7	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

WayofWorking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	It was the same/almost the same	6	15,4	15,4
	I had to make small diversifications	10	25,6	41,0
	It was quite diversified	6	15,4	56,4
	There were many diversifications that had to be made in order to be able to function	11	28,2	84,6
	I had to change completely the way of work	4	10,3	94,9
	99,00	2	5,1	100,0
	Total	39	100,0	100,0

Activities and their contribution to coping with the lockdown
 The data on the lockdown parameters are shown below

CommunicationPhone

	Frequency	Percent	Valid Percent	Cumulative Percent
No	1	2,6	2,6	2,6
Valid Yes	38	97,4	97,4	100,0
Total	39	100,0	100,0	

Contribution_CommunicationPhone

	Frequency	Percent	Valid Percent	Cumulative Percent
Not at all	1	2,6	2,6	2,6
A little	6	15,4	15,4	17,9
Quite a bit	10	25,6	25,6	43,6
Much	12	30,8	30,8	74,4
Very much	10	25,6	25,6	100,0
Total	39	100,0	100,0	

CommunicationOnline

	Frequency	Percent	Valid Percent	Cumulative Percent
No	8	20,5	20,5	20,5
Valid Yes	31	79,5	79,5	100,0
Total	39	100,0	100,0	

Contribution_CommunicationOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	17,9	17,9	17,9
	A little	5	12,8	12,8	30,8
	Quite a bit	8	20,5	20,5	51,3
	Much	11	28,2	28,2	79,5
	Very much	7	17,9	17,9	97,4
	Total	39	100,0	100,0	100,0

CommunicationMobile

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	2	5,1	5,1	5,1
	Yes	37	94,9	94,9	100,0
	Total	39	100,0	100,0	100,0

Contribution_CommunicationMobile

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	5,1	5,1	5,1
	A little	5	12,8	12,8	17,9
	Quite a bit	5	12,8	12,8	30,8
	Much	14	35,9	35,9	66,7
	Very much	13	33,3	33,3	100,0
	Total	39	100,0	100,0	100,0

Corresponding

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	28	71,8	71,8
	Yes	11	28,2	28,2
	Total	39	100,0	100,0

Contribution_Corresponding

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	20	51,3	51,3
	A little	2	5,1	5,1
	Quite a bit	4	10,3	10,3
	Much	4	10,3	76,9
	Very much	3	7,7	84,6
	99,00	6	15,4	100,0
Total		39	100,0	100,0

Online_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	15	38,5	38,5
	Yes	24	61,5	61,5
	Total	39	100,0	100,0

Contribution_Social

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	25,6	25,6
	A little	7	17,9	43,6
	Quite a bit	5	12,8	56,4
	Much	11	28,2	84,6
	Very much	1	2,6	87,2
	99,00	5	12,8	100,0
Total		39	100,0	100,0

Read_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	9	23,1	23,1
	Yes	30	76,9	76,9
	Total	39	100,0	100,0

Contribution_Books

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	8	20,5	20,5
	A little	5	12,8	33,3
	Quite a bit	10	25,6	59,0
	Much	9	23,1	82,1
	Very much	6	15,4	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	11	28,2	28,2
	Yes	28	71,8	71,8
	Total	39	100,0	100,0

Contribution_Household

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	23,1	23,1
	A little	7	17,9	41,0
	Quite a bit	12	30,8	71,8
	Much	3	7,7	79,5
	Very much	4	10,3	89,7
	99,00	4	10,3	100,0
	Total	39	100,0	100,0

Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	12	30,8	30,8
	Yes	27	69,2	69,2
	Total	39	100,0	100,0

Contribution_Cooking

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	28,2	28,2
	A little	7	17,9	46,2
	Quite a bit	10	25,6	71,8
	Much	5	12,8	84,6
	Very much	4	10,3	94,9
	99,00	2	5,1	5,1
	Total	39	100,0	100,0

OtherHousehold

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	12	30,8	30,8
	Yes	27	69,2	69,2
	Total	39	100,0	100,0

Contribution_OtherHousehold

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	30,8	30,8	30,8
	A little	8	20,5	20,5	51,3
	Quite a bit	11	28,2	28,2	79,5
	Much	4	10,3	10,3	89,7
	Very much	1	2,6	2,6	92,3
	99,00	3	7,7	7,7	100,0
	Total	39	100,0	100,0	

Artistical

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	30	76,9	76,9	76,9
	Yes	9	23,1	23,1	100,0
	Total	39	100,0	100,0	

Contribution_artistical

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	23	59,0	59,0	59,0
	A little	1	2,6	2,6	61,5
	Quite a bit	4	10,3	10,3	71,8
	Much	2	5,1	5,1	76,9
	Very much	2	5,1	5,1	82,1
	99,00	7	17,9	17,9	100,0
	Total	39	100,0	100,0	

Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	35	89,7	89,7
	Yes	4	10,3	100,0
	Total	39	100,0	100,0

Contribution_Writing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	26	66,7	66,7
	A little	1	2,6	69,2
	Much	2	5,1	74,4
	Very much	1	2,6	76,9
	99,00	9	23,1	100,0
	Total	39	100,0	100,0

PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	20	51,3	51,3
	Yes	19	48,7	100,0
	Total	39	100,0	100,0

Contribution_PersonalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	33,3	33,3
	A little	3	7,7	41,0
	Quite a bit	7	17,9	59,0
	Much	6	15,4	74,4
	Very much	3	7,7	82,1
	99,00	7	17,9	100,0
Total		39	100,0	100,0

ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	48,7	48,7
	Yes	19	48,7	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Contribution_ProfessionalDevelopment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	33,3	33,3
	A little	5	12,8	46,2
	Quite a bit	5	12,8	59,0
	Much	5	12,8	71,8
	Very much	4	10,3	82,1
	99,00	7	17,9	100,0
	Total	39	100,0	100,0

HomeExercising

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	13	33,3	33,3
	Yes	24	61,5	94,9
	99,00	2	5,1	100,0
	Total	39	100,0	100,0

Contribution_HomeExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	25,6	25,6	25,6
	A little	5	12,8	12,8	38,5
	Quite a bit	12	30,8	30,8	69,2
	Much	2	5,1	5,1	74,4
	Very much	5	12,8	12,8	87,2
	99,00	5	12,8	12,8	100,0
	Total	39	100,0	100,0	

Outdoor_Exercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	17	43,6	43,6	43,6
	Yes	20	51,3	51,3	94,9
	99,00	2	5,1	5,1	100,0
	Total	39	100,0	100,0	

Contribution_OutdoorExercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	25,6	25,6	25,6
	A little	2	5,1	5,1	30,8
	Quite a bit	9	23,1	23,1	53,8
	Much	6	15,4	15,4	69,2
	Very much	5	12,8	12,8	82,1
	99,00	7	17,9	17,9	100,0
	Total	39	100,0	100,0	

Watching_TV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	20	51,3	51,3
	Yes	18	46,2	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Contribution_WatchingTV

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	17	43,6	43,6
	A little	8	20,5	64,1
	Quite a bit	7	17,9	82,1
	Much	3	7,7	89,7
	99,00	4	10,3	100,0
Total		39	100,0	100,0

Watching_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	14	35,9	35,9
	Yes	24	61,5	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Contribution_Cable

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	28,2	28,2
	A little	10	25,6	53,8
	Quite a bit	12	30,8	84,6
	Much	3	7,7	92,3
	99,00	3	7,7	100,0
Total		39	100,0	100,0

OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	48,7	48,7	48,7
	Yes	18	46,2	46,2	94,9
	99,00	2	5,1	5,1	100,0
	Total	39	100,0	100,0	

Contribution_OnlineTV

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	28,2	28,2	28,2
	A little	4	10,3	10,3	38,5
	Quite a bit	10	25,6	25,6	64,1
	Much	3	7,7	7,7	71,8
	Very much	2	5,1	5,1	76,9
	99,00	9	23,1	23,1	100,0
	Total	39	100,0	100,0	

OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	13	33,3	33,3	33,3
	Yes	25	64,1	64,1	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_OnDemand

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	17,9	17,9	17,9
	A little	6	15,4	15,4	33,3
	Quite a bit	13	33,3	33,3	66,7
	Much	4	10,3	10,3	76,9
	Very much	2	5,1	5,1	82,1
	99,00	7	17,9	17,9	100,0
Total		39	100,0	100,0	

Surfing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	7	17,9	17,9	17,9
	Yes	31	79,5	79,5	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_Surfing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	5	12,8	12,8	12,8
	A little	10	25,6	25,6	38,5
	Quite a bit	15	38,5	38,5	76,9
	Much	4	10,3	10,3	87,2
	Very much	1	2,6	2,6	89,7
	99,00	4	10,3	10,3	100,0
Total		39	100,0	100,0	

Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	29	74,4	74,4
	Yes	9	23,1	23,1
	99,00	1	2,6	2,6
	Total	39	100,0	100,0

Contribution_Gaming

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	20	51,3	51,3
	A little	3	7,7	59,0
	Quite a bit	1	2,6	61,5
	Much	3	7,7	69,2
	Very much	2	5,1	74,4
	99,00	10	25,6	100,0
Total		39	100,0	100,0

Music

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	6	15,4	15,4
	Yes	32	82,1	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Contribution_Music

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	3	7,7	7,7	7,7
	A little	4	10,3	10,3	17,9
	Quite a bit	16	41,0	41,0	59,0
	Much	7	17,9	17,9	76,9
	Very much	5	12,8	12,8	89,7
	99,00	4	10,3	10,3	100,0
	Total	39	100,0	100,0	

FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	9	23,1	23,1	23,1
	Yes	25	64,1	64,1	87,2
	I was alone/without family	4	10,3	10,3	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_FamilyActivities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	23,1	23,1	23,1
	A little	6	15,4	15,4	38,5
	Quite a bit	7	17,9	17,9	56,4
	Much	7	17,9	17,9	74,4
	Very much	5	12,8	12,8	87,2
	99,00	5	12,8	12,8	100,0
	Total	39	100,0	100,0	

PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	13	33,3	33,3	33,3
	Yes	21	53,8	53,8	87,2
Valid	I do not have a partner	4	10,3	10,3	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_PartnerActiv

		Frequency	Percent	Valid Percent	Cumulative Percent
	Not at all	11	28,2	28,2	28,2
	A little	2	5,1	5,1	33,3
	Quite a bit	7	17,9	17,9	51,3
Valid	Much	8	20,5	20,5	71,8
	Very much	4	10,3	10,3	82,1
	99,00	7	17,9	17,9	100,0
	Total	39	100,0	100,0	

Work related activities and their contribution to coping with the lockdown

The data on the lockdown parameters are shown below

SubsidizedPlan

		Frequency	Percent	Valid Percent	Cumulative Percent
	No	23	59,0	59,0	59,0
	Yes	15	38,5	38,5	97,4
Valid	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_SubsidizedPlan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	33,3	33,3
	A little	10	25,6	59,0
	Quite a bit	3	7,7	66,7
	Much	6	15,4	82,1
	99,00	7	17,9	100,0
	Total	39	100,0	100,0

ContactEmployees

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	5,1	5,1
	Few times	4	10,3	10,3
	Sometimes	2	5,1	5,1
	Often	13	33,3	33,3
	Very often/almost everyday	17	43,6	43,6
	99,00	1	2,6	2,6
	Total	39	100,0	100,0

Contribution_ContactEmployees

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	10,3	10,3
	A little	7	17,9	28,2
	Quite a bit	8	20,5	48,7
	Much	11	28,2	76,9
	Very much	8	20,5	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

ContactBusinessPartners

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	2,6	2,6	2,6
	Few times	5	12,8	12,8	15,4
	Sometimes	11	28,2	28,2	43,6
	Often	12	30,8	30,8	74,4
	Very often/almost everyday	8	20,5	20,5	94,9
	99,00	2	5,1	5,1	100,0
	Total	39	100,0	100,0	

Contribution_ContactBusinessPartners

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	2,6	2,6	2,6
	A little	7	17,9	17,9	20,5
	Quite a bit	16	41,0	41,0	61,5
	Much	7	17,9	17,9	79,5
	Very much	6	15,4	15,4	94,9
	99,00	2	5,1	5,1	100,0
	Total	39	100,0	100,0	

ReceiveSupportState

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	23	59,0	59,0	59,0
	Few times	10	25,6	25,6	84,6
	Sometimes	3	7,7	7,7	92,3
	Often	2	5,1	5,1	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_ReceiveSupportState

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	46,2	46,2
	A little	9	23,1	69,2
	Quite a bit	2	5,1	74,4
	Much	2	5,1	79,5
	99,00	8	20,5	100,0
	Total	39	100,0	100,0

ReceiveSupportBusinessPartners

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	33,3	33,3
	Few times	9	23,1	56,4
	Sometimes	12	30,8	87,2
	Often	4	10,3	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Contribution_ReceiveSupportBusinessPartners

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	23,1	23,1
	A little	11	28,2	51,3
	Quite a bit	8	20,5	71,8
	Much	5	12,8	84,6
	Very much	1	2,6	87,2
	99,00	5	12,8	100,0
Total		39	100,0	100,0

ProvideSupportBusinessPartners

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	16	41,0	41,0	41,0
	Few times	10	25,6	25,6	66,7
	Sometimes	6	15,4	15,4	82,1
	Often	5	12,8	12,8	94,9
	Very often/almost everyday	1	2,6	2,6	97,4
	99,00	1	2,6	2,6	100,0
Total		39	100,0	100,0	

Contribution_ProvideSupportBusinessPartners

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	25,6	25,6	25,6
	A little	9	23,1	23,1	48,7
	Quite a bit	7	17,9	17,9	66,7
	Much	6	15,4	15,4	82,1
	Very much	1	2,6	2,6	84,6
	99,00	6	15,4	15,4	100,0
Total		39	100,0	100,0	

ReceiveSupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	18	46,2	46,2	46,2
	Few times	9	23,1	23,1	69,2
	Sometimes	6	15,4	15,4	84,6
	Often	4	10,3	10,3	94,9
	Very often/almost everyday	1	2,6	2,6	97,4
	99,00	1	2,6	2,6	100,0
Total		39	100,0	100,0	

Contribution_ReceiveSupportGroups

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	14	35,9	35,9	35,9
	A little	8	20,5	20,5	56,4
	Quite a bit	6	15,4	15,4	71,8
	Much	4	10,3	10,3	82,1
	Very much	2	5,1	5,1	87,2
	99,00	5	12,8	12,8	100,0
	Total	39	100,0	100,0	

OrganizeActionForEmployees

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	22	56,4	56,4	56,4
	Few times	7	17,9	17,9	74,4
	Sometimes	5	12,8	12,8	87,2
	Often	3	7,7	7,7	94,9
	Very often/almost everyday	1	2,6	2,6	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_OrganizeActionForEmployees

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	17	43,6	43,6	43,6
	A little	6	15,4	15,4	59,0
	Quite a bit	7	17,9	17,9	76,9
	Much	2	5,1	5,1	82,1
	Very much	1	2,6	2,6	84,6
	99,00	6	15,4	15,4	100,0
	Total	39	100,0	100,0	

IntegrateNewTechTools

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	15	38,5	38,5	38,5
	Few times	7	17,9	17,9	56,4
	Sometimes	8	20,5	20,5	76,9
	Often	5	12,8	12,8	89,7
	Very often/almost everyday	3	7,7	7,7	97,4
	99,00	1	2,6	2,6	100,0
Total		39	100,0	100,0	

Contribution_IntegrateNewTechTools

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	28,2	28,2	28,2
	A little	8	20,5	20,5	48,7
	Quite a bit	6	15,4	15,4	64,1
	Much	3	7,7	7,7	71,8
	Very much	6	15,4	15,4	87,2
	99,00	5	12,8	12,8	100,0
Total		39	100,0	100,0	

ConsultExpert

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	33	84,6	84,6	84,6
	Few times	3	7,7	7,7	92,3
	Sometimes	2	5,1	5,1	97,4
	99,00	1	2,6	2,6	100,0
	Total	39	100,0	100,0	

Contribution_ConsultExpert

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	23	59,0	59,0	59,0
	A little	2	5,1	5,1	64,1
	Quite a bit	4	10,3	10,3	74,4
	99,00	10	25,6	25,6	100,0
	Total	39	100,0	100,0	

Planning

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	13	33,3	33,3	33,3
	Few times	7	17,9	17,9	51,3
	Sometimes	7	17,9	17,9	69,2
	Often	10	25,6	25,6	94,9
	Very often/almost everyday	1	2,6	2,6	97,4
	99,00	1	2,6	2,6	100,0
Total		39	100,0	100,0	

Contribution_Planning

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	30,8	30,8	30,8
	A little	10	25,6	25,6	56,4
	Quite a bit	5	12,8	12,8	69,2
	Much	7	17,9	17,9	87,2
	Very much	1	2,6	2,6	89,7
	99,00	4	10,3	10,3	100,0
Total		39	100,0	100,0	

InformationToClients

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,00	7	17,9	17,9
	2,00	7	17,9	35,9
	3,00	11	28,2	64,1
	4,00	12	30,8	94,9
	5,00	1	2,6	97,4
	99,00	1	2,6	100,0
	Total	39	100,0	100,0

Contribution_InformationToClients

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,00	5	12,8	12,8
	2,00	13	33,3	46,2
	3,00	10	25,6	71,8
	4,00	6	15,4	87,2
	5,00	2	5,1	92,3
	99,00	3	7,7	100,0
	Total	39	100,0	100,0

HoursOnline

		Frequency	Percent	Valid Percent	Cumulative Percent
	,00	1	2,6	2,9	2,9
	1,00	2	5,1	5,7	8,6
	2,00	3	7,7	8,6	17,1
	2,30	1	2,6	2,9	20,0
	3,00	4	10,3	11,4	31,4
	4,00	2	5,1	5,7	37,1
	4,50	1	2,6	2,9	40,0
Valid	6,00	6	15,4	17,1	57,1
	8,00	6	15,4	17,1	74,3
	9,00	2	5,1	5,7	80,0
	10,00	3	7,7	8,6	88,6
	12,00	2	5,1	5,7	94,3
	14,00	1	2,6	2,9	97,1
	16,00	1	2,6	2,9	100,0
	Total	35	89,7	100,0	
Missing	System	4	10,3		
	Total	39	100,0		