Possible panel questions and sample answers

A. About the title and research topic

1. What is your study all about?

Our study focuses on the lived experiences of fourth-year students regarding algorithmic engagement on social media and the digital burnout they may experience. We want to understand how personalized content affects their online experiences and how they manage their social media habits.

2. Why did you choose this topic?

We chose this topic because social media has become part of students' daily lives. We want to understand how personalized feeds and continuous social media engagement are experienced by students, especially those who are balancing academic responsibilities and personal activities.

3. What is algorithmic engagement?

Algorithmic engagement refers to how users interact with content recommended by social media platforms based on their interests and previous activities.

4. What is digital burnout?

Digital burnout refers to the mental and emotional exhaustion that may be associated with excessive or continuous use of digital platforms. It may include mental fatigue, difficulty concentrating, and reduced motivation.

5. Why did you choose fourth-year students?

We chose fourth-year students because they are handling important academic responsibilities and preparing for their professional careers. We want to understand how they experience social media engagement while managing these responsibilities.

6. What is the main purpose of your study?

The main purpose is to explore the personal experiences, perceptions, and coping strategies of fourth-year students regarding algorithmic engagement and digital burnout.

B. Background of the study and research gap

7. What is the research gap of your study?

Previous studies have discussed social media usage, algorithms, productivity, and digital burnout. However, there is still limited research focusing on how fourth-year students at National Teachers College personally experience algorithmic engagement and digital burnout.

8. Why is it important to address this research gap?

It is important because we want to understand the actual experiences of students, including their feelings, challenges, awareness of algorithms, and ways of managing their social media habits.

9. What makes your study different from previous studies?

Our study focuses on the lived experiences of fourth-year students at National Teachers College. Instead of focusing mainly on numerical measurements, we want to understand their personal stories and perspectives.

10. Is there already research about digital burnout?

Yes. There are previous studies about digital burnout, social media fatigue, and student productivity. However, our study focuses on the specific experiences of fourth-year students at National Teachers College.

C. Literature review and synthesis

11. What is the purpose of your literature review?

The literature review provides information about previous studies related to our topic. It helps us understand existing findings and establish the foundation of our research.

12. What are the three main themes of your literature review?

The three themes are:

1. Algorithmic Engagement and Personalized Social Media Content.
2. Digital Burnout and the Cognitive, Emotional, and Psychological Experiences of Students.
3. Algorithmic Awareness, Perceived Control, and Coping Strategies.

13. What is the difference between literature review and synthesis?

The literature review discusses previous studies related to our topic, while the synthesis combines and connects their important findings to identify common ideas and research gaps.

14. What did you discover from the related literature?

We found that previous studies discuss how algorithms recommend personalized content, how excessive social media use may be associated with digital fatigue, and why algorithmic awareness and coping strategies are important.

D. Theoretical framework

15. What theory supports your study?

Our study is anchored on the Uses and Gratifications Theory developed by Katz, Blumler, and Gurevitch in 1974.

16. Why did you choose Uses and Gratifications Theory?

We chose this theory because it explains why people use media to satisfy their needs, such as entertainment, information, social connection, relaxation, and escaping from academic pressure.

17. How is the theory connected to your research?

It is connected to our study because students use social media for different purposes. We want to understand their reasons for using these platforms and how they experience algorithmically recommended content.

18. What is the main idea of Uses and Gratifications Theory?

The main idea is that people actively choose and use media to satisfy their needs rather than simply receiving media content passively.

E. Research methodology

19. What research design did you use?

We used a qualitative phenomenological research design.

20. Why did you choose a qualitative approach?

We chose a qualitative approach because our study focuses on personal experiences, thoughts, feelings, and perspectives rather than numerical measurements.

21. Why phenomenology?

We chose phenomenology because it focuses on understanding the lived experiences of participants and the meanings they attach to those experiences.

22. Why not quantitative research?

Because our main objective is not to measure screen time or determine statistical relationships. We want to understand how students personally experience algorithmic engagement and digital burnout.

23. Who are your participants?

Our participants are fourth-year students of National Teachers College.

24. What sampling technique did you use?

We used convenience sampling, which is a non-probability sampling technique. It involves selecting participants based on their availability and accessibility.

25. Why did you choose convenience sampling?

We chose this technique because it allows us to reach eligible fourth-year students who are available and willing to participate in the study.

F. Research instrument and data gathering

26. What is your research instrument?

We will use a semi-structured interview guide containing open-ended questions.

27. Why did you choose semi-structured interviews?

We chose semi-structured interviews because they allow participants to explain their experiences freely. They also allow researchers to ask follow-up questions for clarification.

28. What are the main areas covered by your interview questions?

The questions focus on three areas:

- Experiences with personalized social media feeds and recommended content.
- Experiences of digital burnout, such as mental fatigue and difficulty concentrating.
- Algorithmic awareness, perceived control, and coping strategies.

29. How will you validate your research instrument?

1 expert validators will review the interview questions based on their clarity, relevance, alignment with the research objectives, and appropriateness for the participants.

30. How will you gather your data?

We will conduct semi-structured interviews with the participants. Before the interviews, we will explain the purpose of the study, provide informed consent, and ask permission to record the sessions.

31. How will you protect your participants?

We will ensure voluntary participation, informed consent, confidentiality, and protection of their personal information. Participants may also decline to answer questions or withdraw from the study.

G. Data analysis

32. How will you analyze your collected data?

We will use Colaizzi's Seven-Step Method of Phenomenological Analysis to understand and organize the participants' lived experiences.

33. Why did you choose Colaizzi's method?

We chose this method because it provides a systematic process for analyzing participants' experiences, identifying significant statements, determining meanings, and developing themes.

34. What will you do after conducting the interviews?

We will transcribe the recorded interviews, read the transcripts several times, identify significant statements, formulate meanings, and organize the findings according to Colaizzi's seven-step process.

H. Significance, limitations, and contribution

35. Who will benefit from your study?

The beneficiaries include fourth-year students, teachers and faculty members, National Teachers College, educators, parents and guardians, and future researchers.

36. How can your study help students?

It may help students reflect on their social media habits and understand their experiences regarding digital engagement, attention, emotions, and academic responsibilities.

37. What is the importance of your study to future researchers?

It can serve as a reference for future studies related to algorithmic engagement, digital burnout, and digital well-being.

38. What are the limitations of your study?

Our study focuses only on fourth-year students at National Teachers College. Since it uses a qualitative phenomenological approach, the findings are based on the participants' personal experiences and cannot automatically be generalized to all college students.

39. Does your study prove that social media algorithms cause digital burnout?

No. Our study does not aim to establish a direct cause-and-effect relationship. Instead, it explores how participants experience and interpret algorithmic engagement and digital burnout.

40. What do you expect your study to contribute?

We expect our study to provide a deeper understanding of students' experiences with personalized social media content, digital exhaustion, algorithmic awareness, and coping strategies.

Important questions you should prepare for

Possible question	What you should know
How many participants will you interview?	Your exact approved target number
What are your inclusion criteria?	Who qualifies to participate
What are your research questions?	Memorize your exact Statement of the Problem
What are Colaizzi's seven steps?	Know the sequence of analysis

Who are your three validators?	Their qualifications or assigned expertise
What is your interview guide based on?	Its actual source or development process
How will you ensure the credibility of your findings?	The actual procedures stated in your methodology

Does your study prove that algorithms cause digital burnout?

Sample answer
No. Our study explores the participants' lived experiences and does not aim to establish a direct cause-and-effect relationship.

How will you analyze your data?

Sample answer
We will use Colaizzi's Seven-Step Method of Phenomenological Analysis to identify significant statements, meanings, and themes from the participants' experiences.

Why did you choose Uses and Gratifications Theory?

Sample answer
Because it explains why students use social media to satisfy needs such as entertainment, information, social connection, and relaxation.

What is the research gap of your study?

Sample answer
There is limited research focusing on the actual experiences of fourth-year students at National Teachers College regarding algorithmic engagement and digital burnout.

Why did you choose a phenomenological research design?

Sample answer

Because our study focuses on understanding the lived experiences and personal perspectives of fourth-year students.