

## Survey analysis

To gain more insight into the subject of habit building specifically for our target group of students, we conducted a survey. The survey was spread digitally through WhatsApp groups, leading to 93 respondents.

The survey consisted of questions about the respondents' experience with habit building, what tools they have used for that and what problems they ran into. Along with this we also included a set of Likert-scale questions to determine how well the habit-building is going, as well as demographic questions about the age, study status, and living situation of the respondents.

### *General observations*

Creating habits seems to be something nearly all students have experience with, with 92 out of 93 respondents answering they have tried to create a habit at least once. 61 out of 93 answered that they have used a tool for this at least once, of which 35 reported it as being helpful, and 4 considered it very helpful.

Overall it can be seen that students consider themselves decent at making a planning to reach their goals, but sticking to the planning becomes more difficult.

The students report themselves as being good at sticking to their good intentions for the first week, but this score drops significantly when taken over a month.

	Formulating an achievable goal for yourself	Focusing on one goal at a time	Making a planning to reach your goal	Sticking to your planning if you make one	Using a systematic approach to achieve your goal	Sticking to your good intentions in the first week	Sticking to your good intentions in the first month	Sticking to your plan when you fail 1 time	Sticking to your plan when you fail more than 1 time
<b>Mean</b>	3,65168539	2,66292134	3,07865168	2,36	2,95505618	4,03370786	2,97752809	2,96629213	2,247191011

**Table 1:** Mean values of the likert-scale answers

### *Living with parents versus moved out students*

Roughly half (48 out of 93) of our respondents reported still living with their parents. This allowed us to analyze if students who have moved out report a different experience with habit building. We do have to keep in mind here that the average age of the students who moved out was close to 2 years higher than those living with their parents, which could also play a role in any observed differences.

In table 1 you can see that those students who reported having moved out from their parents score themselves higher on average on most points. Most notable is their higher scores in making a planning and using a systematic approach to reach goals. They also appear to be better at sticking to a plan when they fail sometimes.

	Formulating an achievable goal for	Focusing on one goal at a time	Making a planning to reach your goal	Sticking to your planning if you make	Using a systematic approach to achieve your	Sticking to your good intentions in the first	Sticking to your good intentions in the first	Sticking to your plan when you fail 1 time	Sticking to your plan when you fail more
--	------------------------------------	--------------------------------	--------------------------------------	---------------------------------------	---	---	---	--	--

	yourself			one	goal	week	month		than 1 time
<b>Moved out</b>	3,7317073	2,65853658	3,31707317	2,48648648	3,17073170	4	2,97560975	3,07317073	2,39024390
<b>Living with parents</b>	3,58333333	2,66666666	2,875	2,23684210	2,77083333	4,0625	2,97916666	2,875	2,125

**Table 1:** mean values of the Likert-scale answers of students who moved out versus those living with their parents

*Conclusions*