

Preliminary survey of attitudes and use of internet/ social media among aircrew

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Disclaimer/ Conflict of interest

- None to declare
- Opinions of the author
- Not of the organisation

Background

- Time spent on
- Internet
- Social Media
 - Facebook
 - Whatsapp
 - Instagram

Cause for concern..

**Socio psychological and
health issues....**

**Poor academic
performance....**

Effects of Blue light and sleep....

Social Interactions : Military

And importantly..

Chronic sleep loss..

Day time sleepiness..

Effect on aircrew..

**Sleep loss and
performance..**

**Late night social media
affecting quality of sleep...**

media addiction caused a crash in 2013



Shiladitya Ray

NewsBytes 15 September 2018

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IAF Chief: Social media addiction caused a crash in 2013

15 Sep 2018: IAF Chief: Social media addiction caused a crash in 2013

In a rather shocking revelation, Indian Air Force Chief BS Dhanoa said on Friday that sleep deprivation, resultant of social media usage, caused an IAF jet to crash in 2013.

The revelation came on the back of Dhanoa's concerns about pilots not getting adequate sleep because of social media.

Now, he is looking for a system to identify sleep deprived pilots.

Here are the details.

Fact: Flights are in the mornings, and pilots are sleep deprived

"Everybody appears to be spending long hours on social media, late nights. Most flight briefings, sometimes, are as early as 6 am and pilots haven't had enough sleep," explained Dhanoa, speaking at the 57th Indian Society of Aerospace Medicine conference in Bengaluru.

Questionnaire study..

Aircrew : Fighter stream

IAM

Reporting for OPTRAM

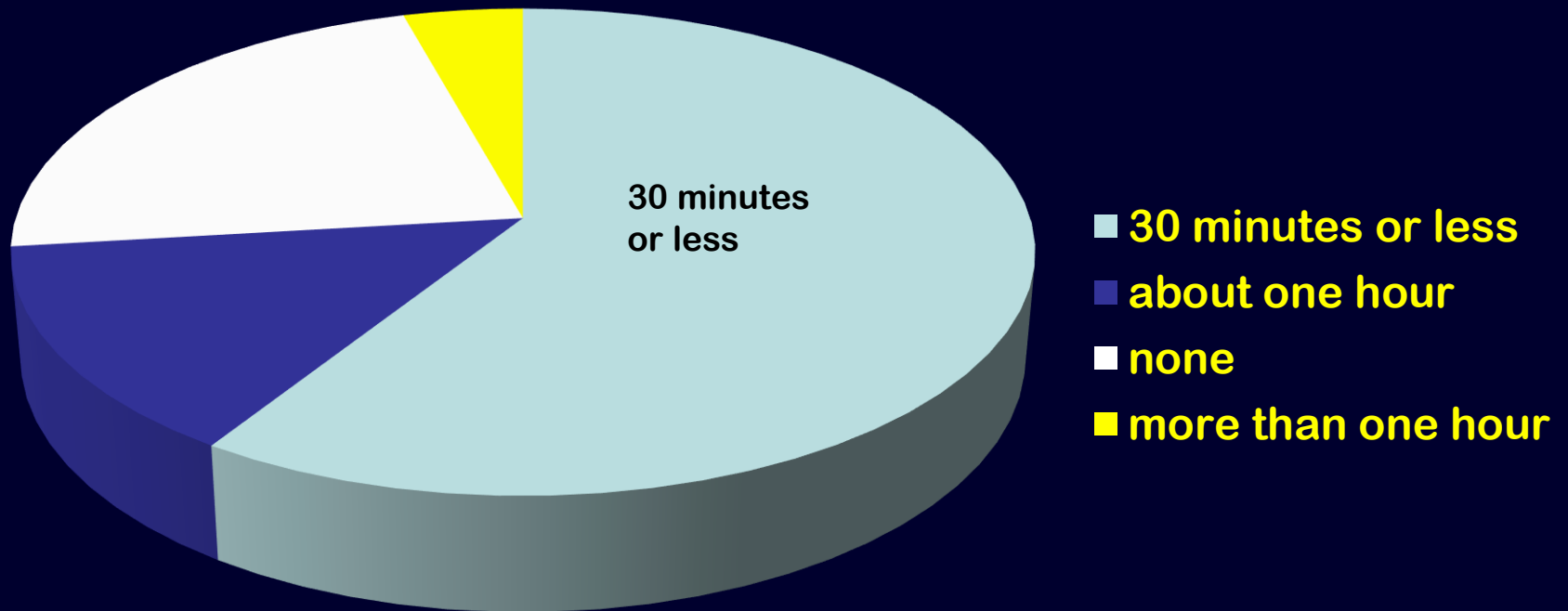
n=93,

Questionnaire

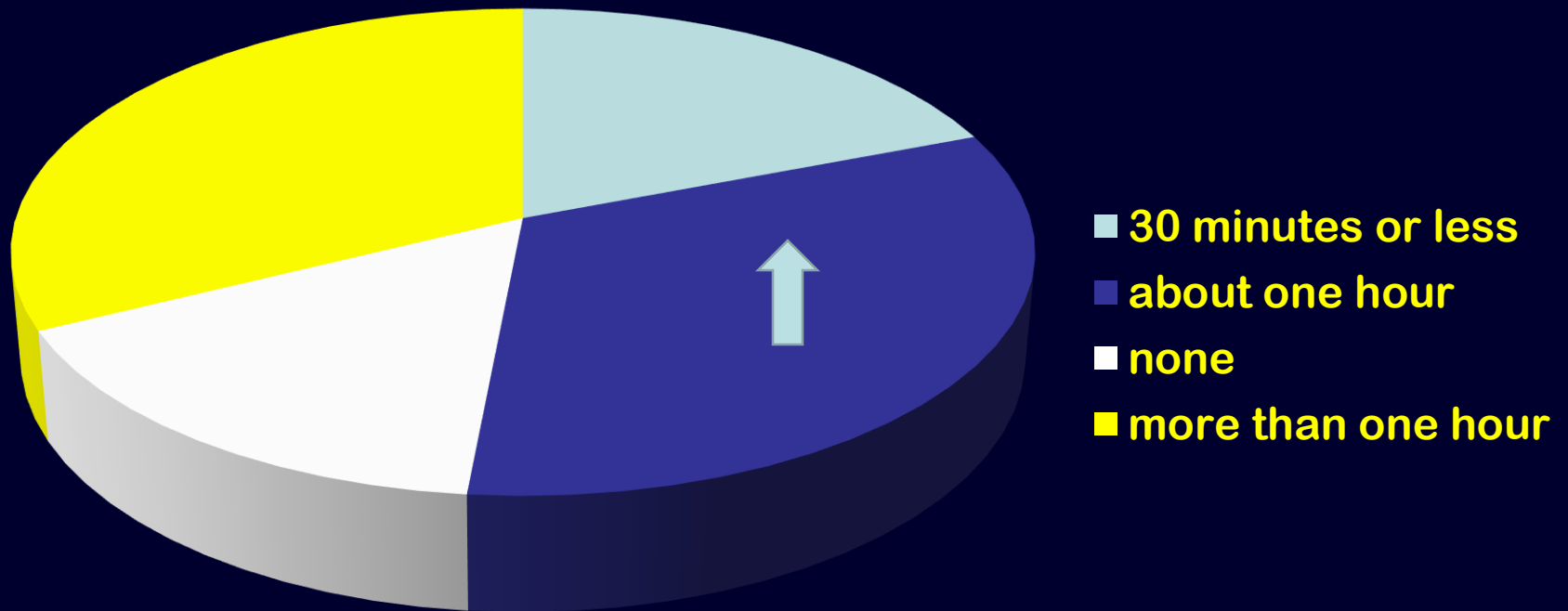
- **Daily activities**
 - Beyond internet
 - Weekday/ Weekend
- **Sleep habits**
- **Sleep quality**
- **Internet habits**
- **Intrusion of smart phone**
- **Day time sleepiness**
- **Overall effects**

Results

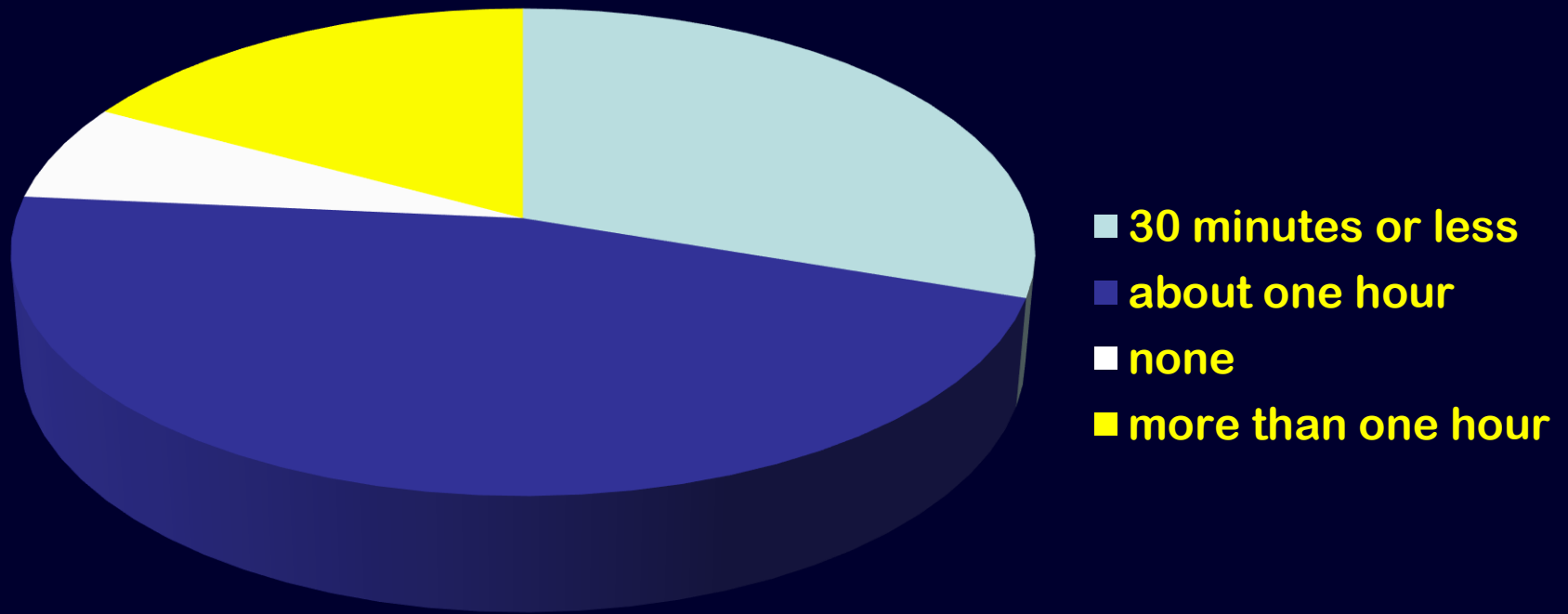
Daily Activities Watching TV



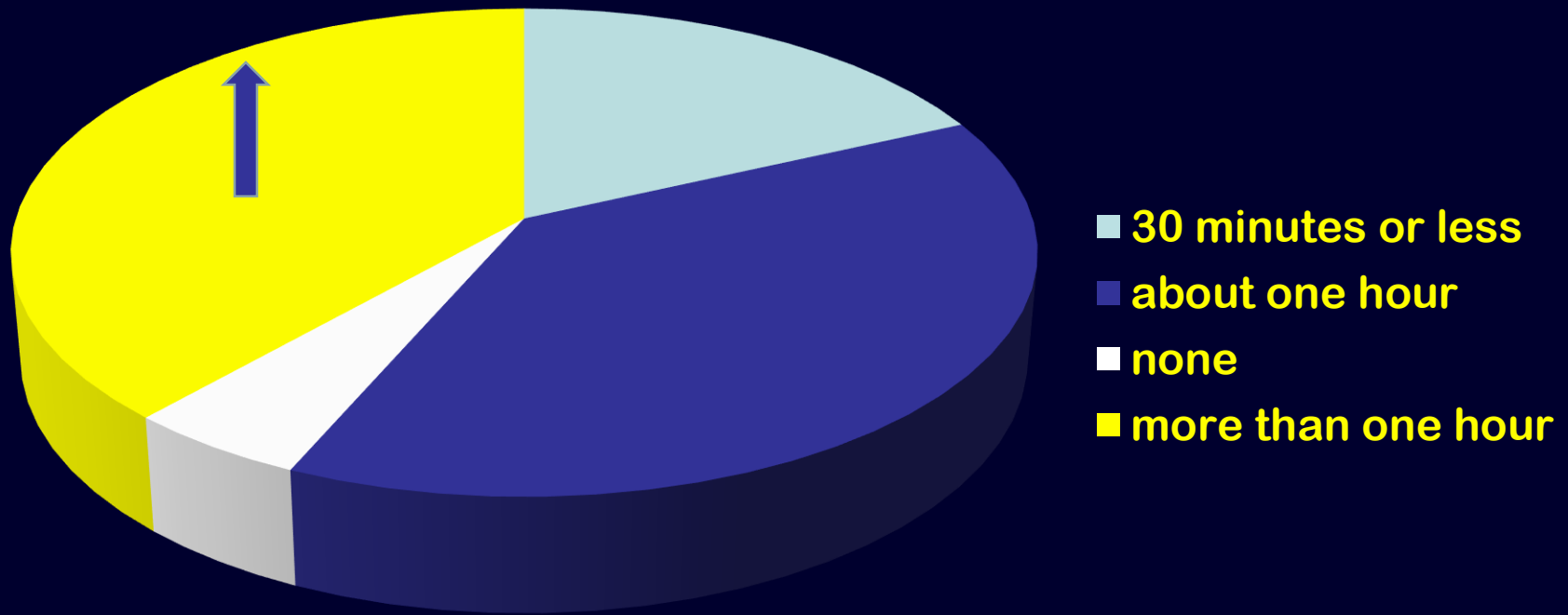
Daily Activities Watching TV



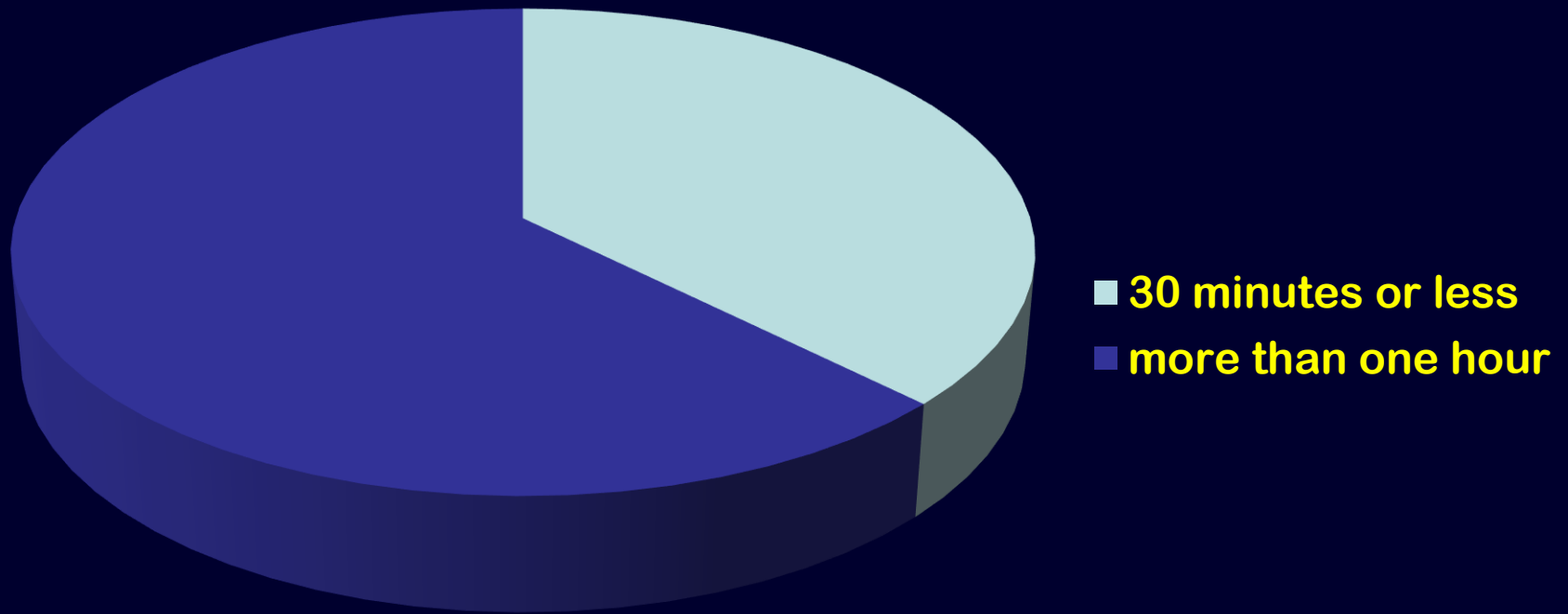
Daily Activities : Sports



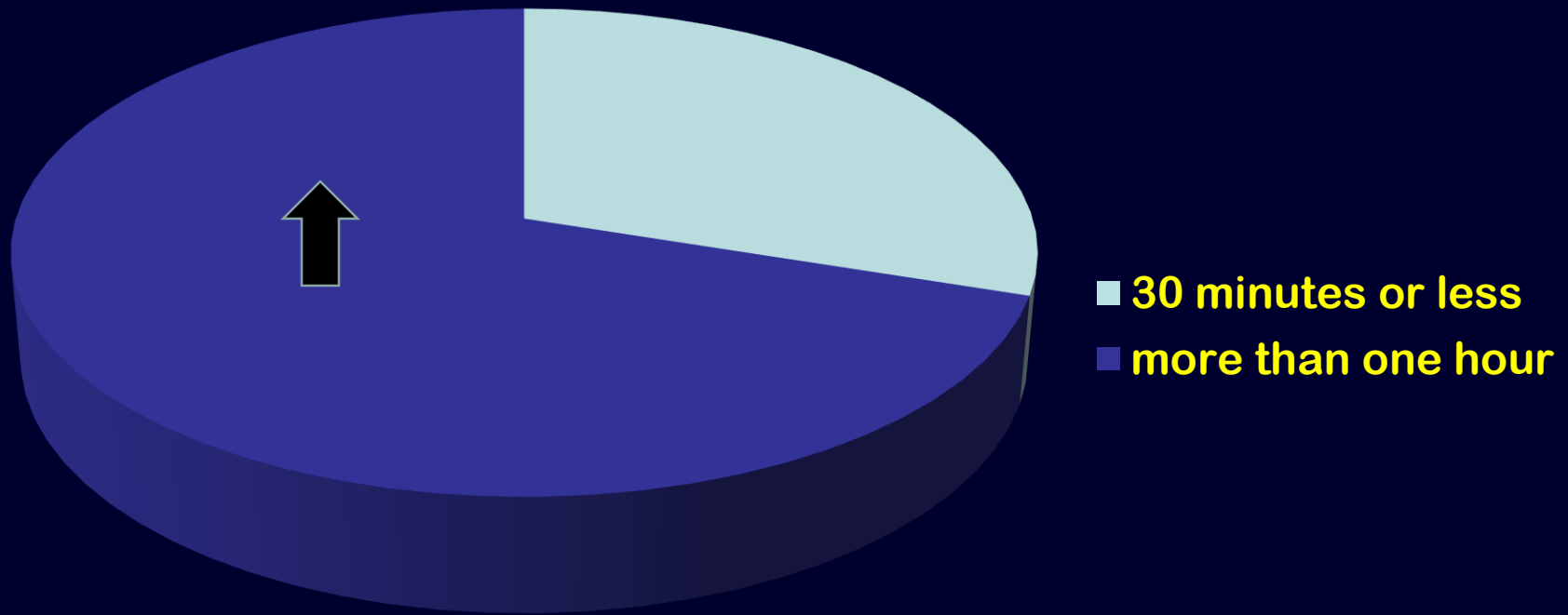
Daily Activities weekend : Sports



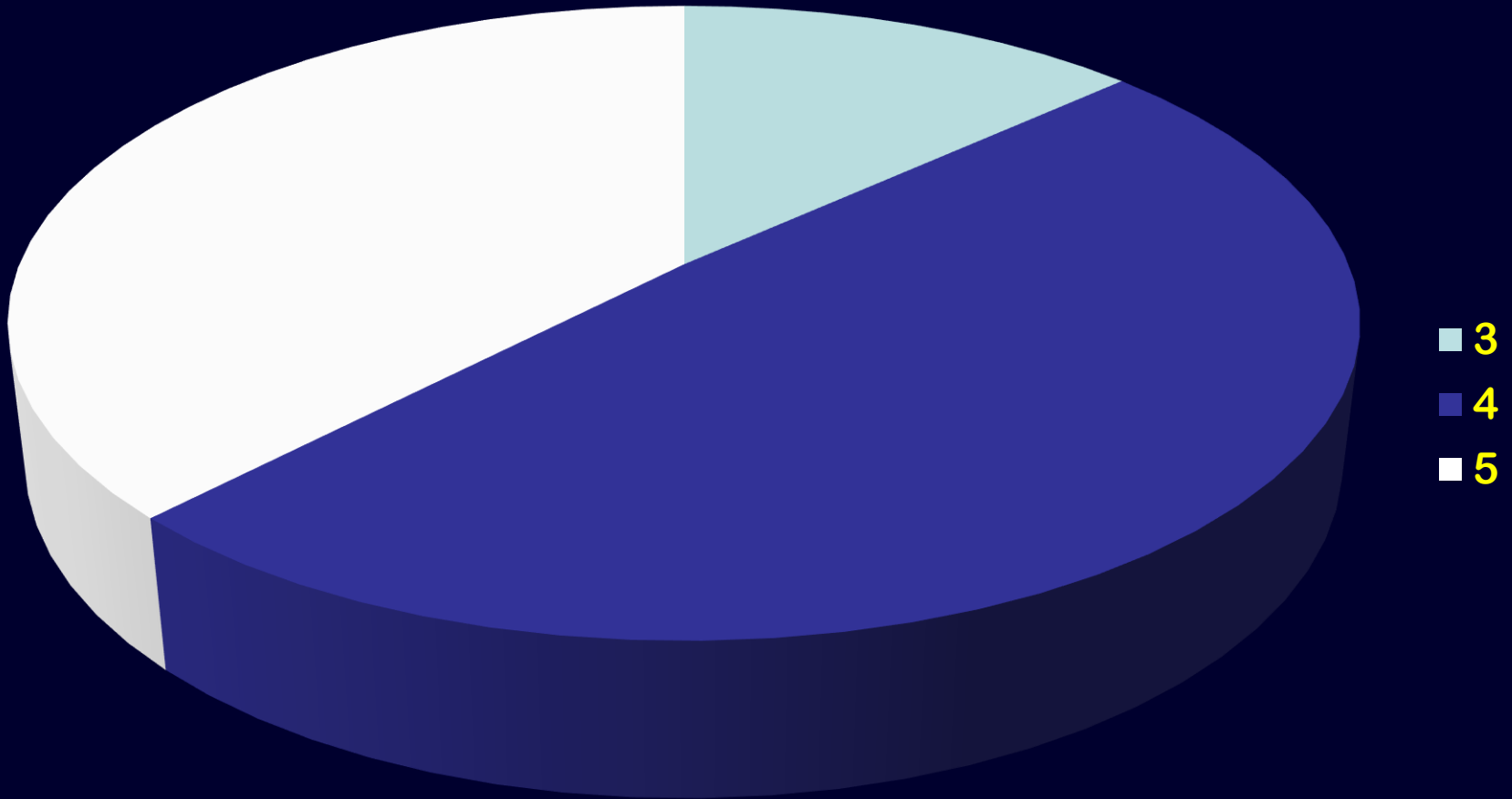
Daily Activities weekday : Social media



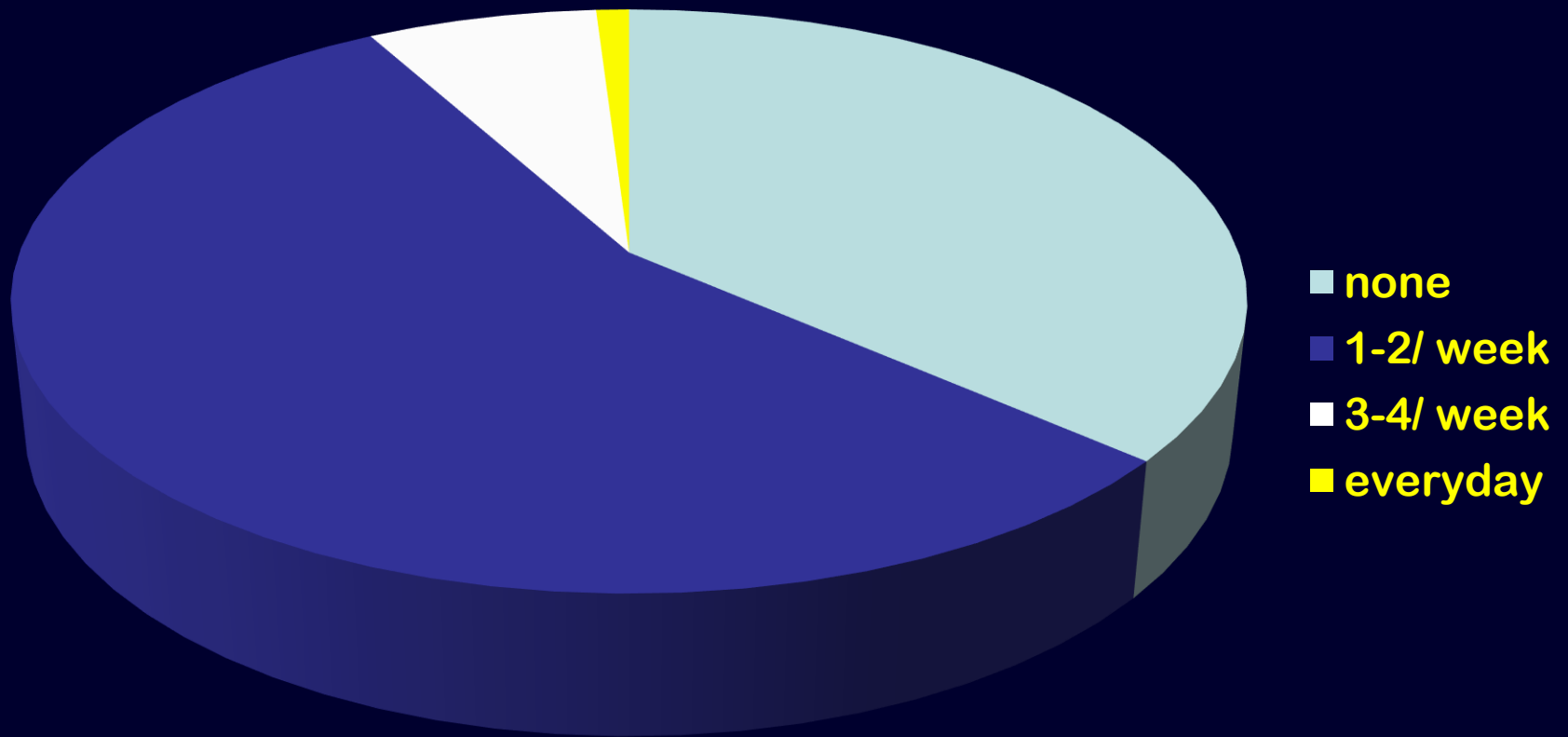
Daily Activities weekend : Social media



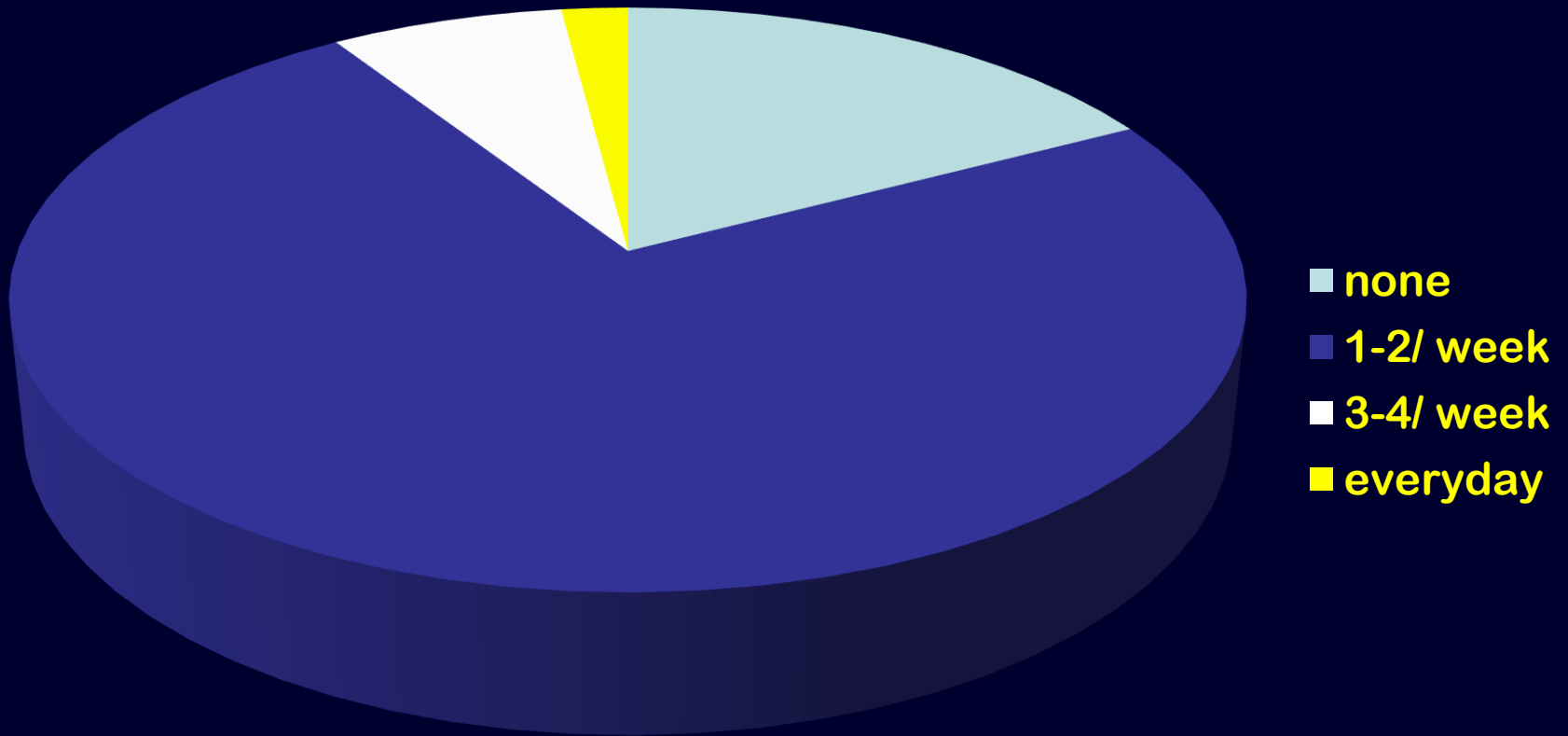
Quality of sleep



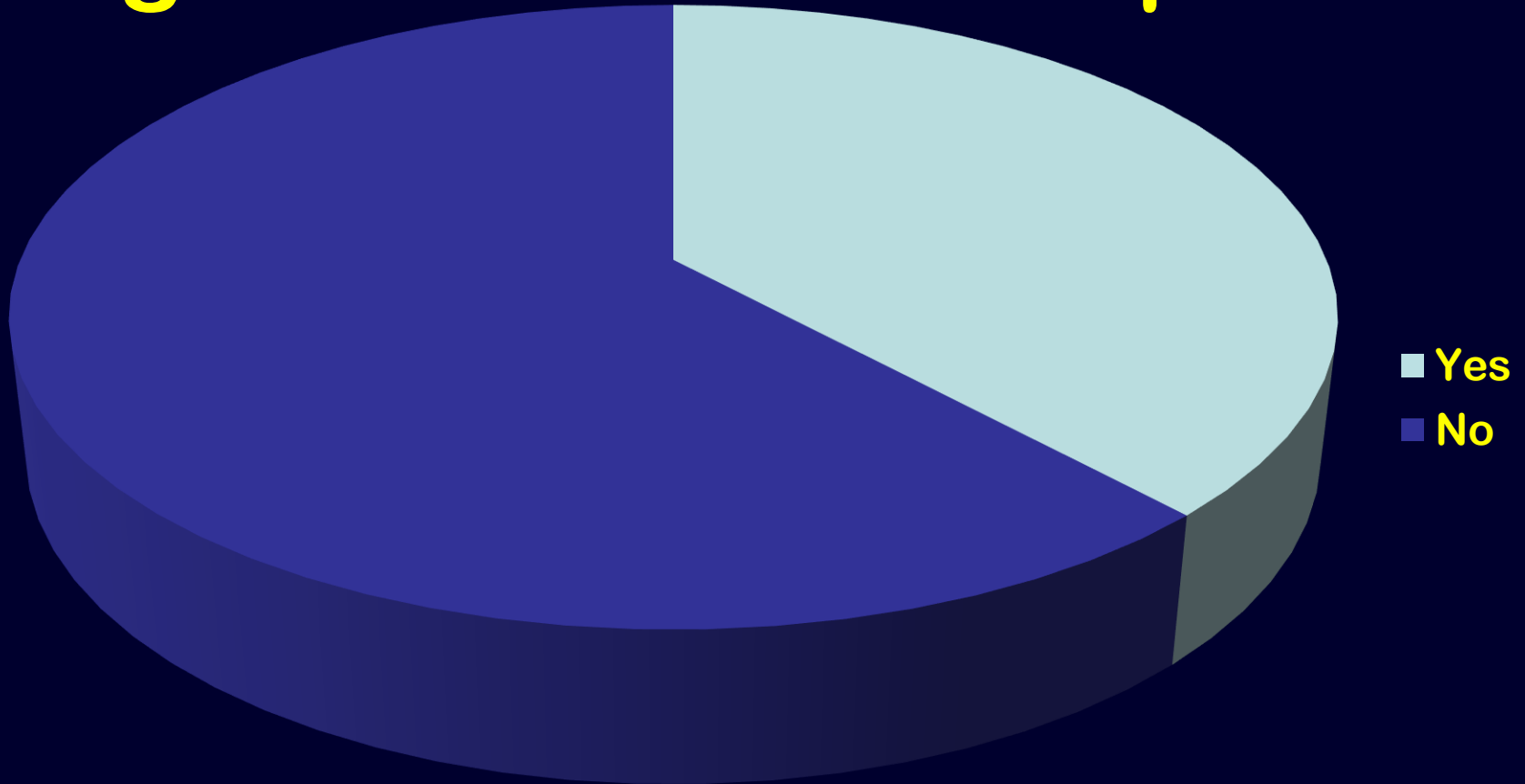
How often do you fall asleep in the crew room



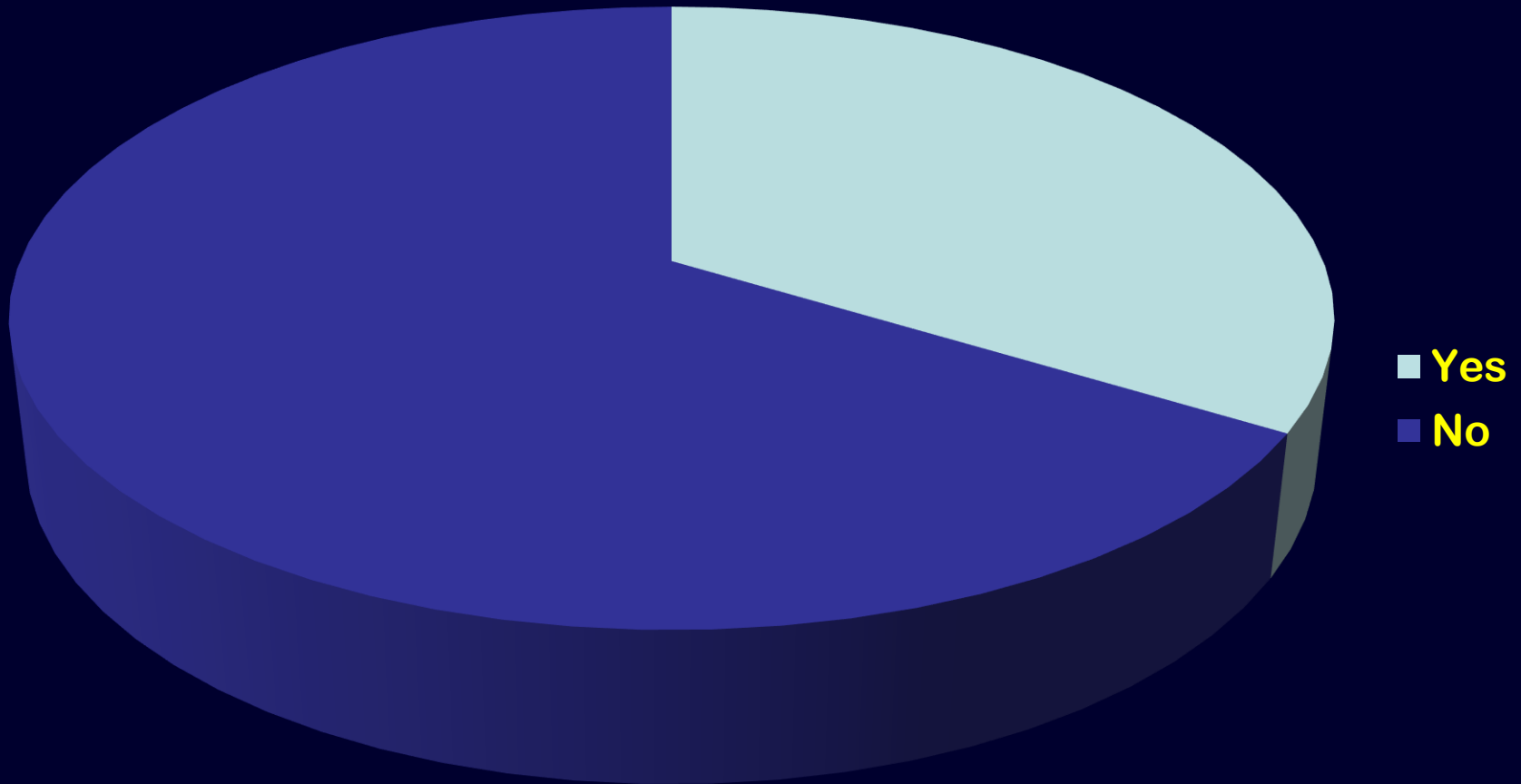
How often do you feel sleepy and tired in the day



**Attending official/social
function, do you need the
urge to check social updates**



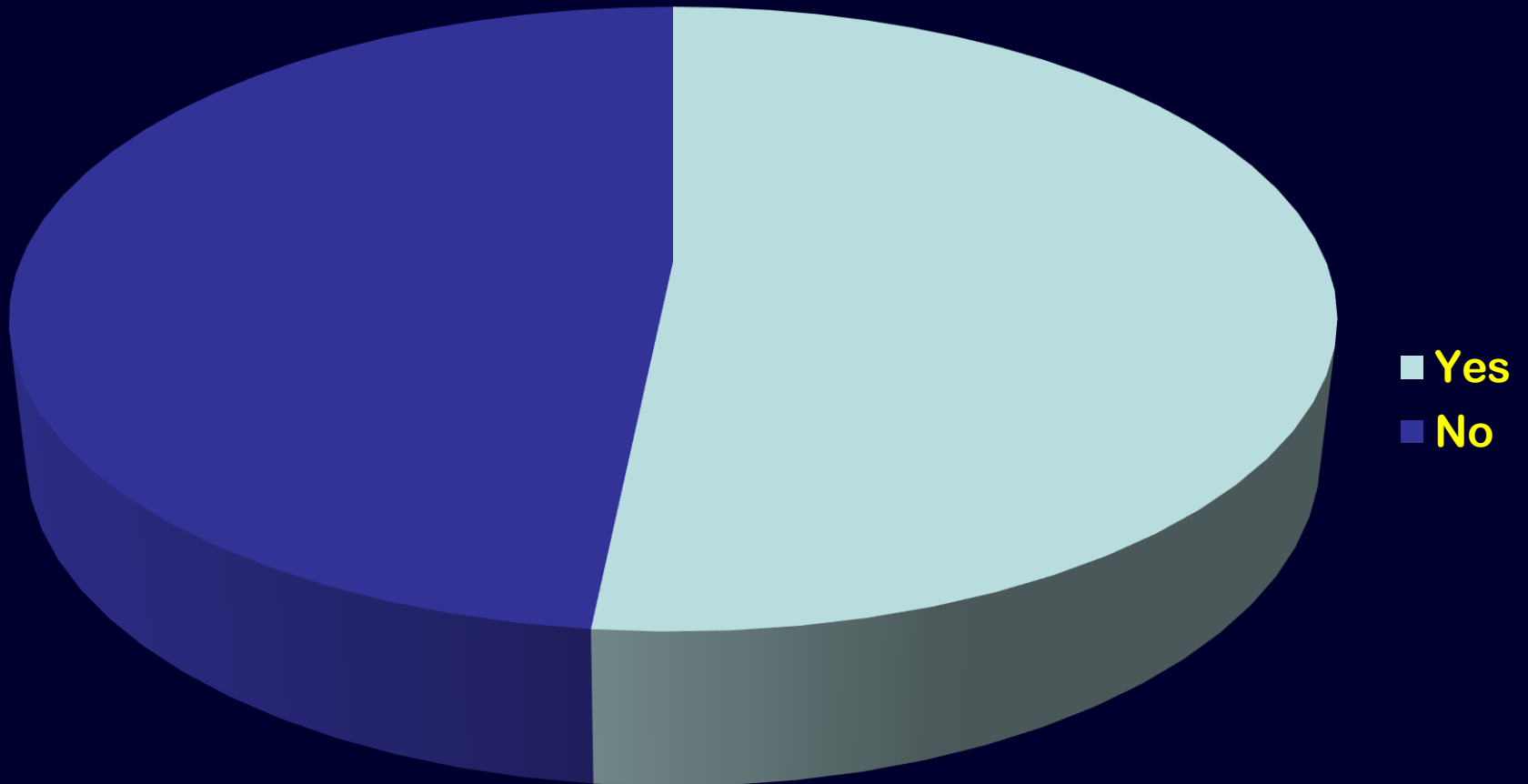
Do you carry the smartphone to the rest room



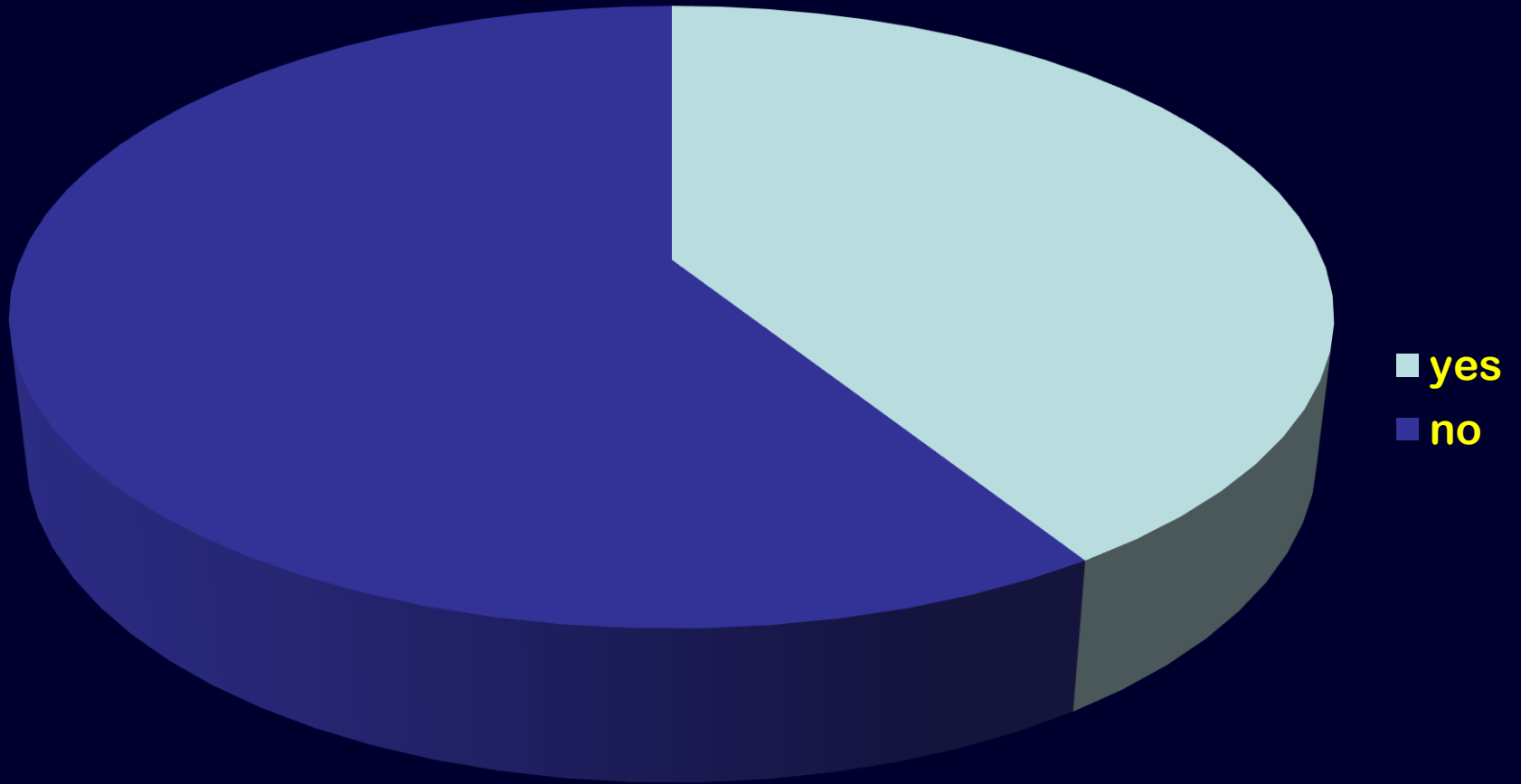
Overall...

**Internet usage in the night
affects**

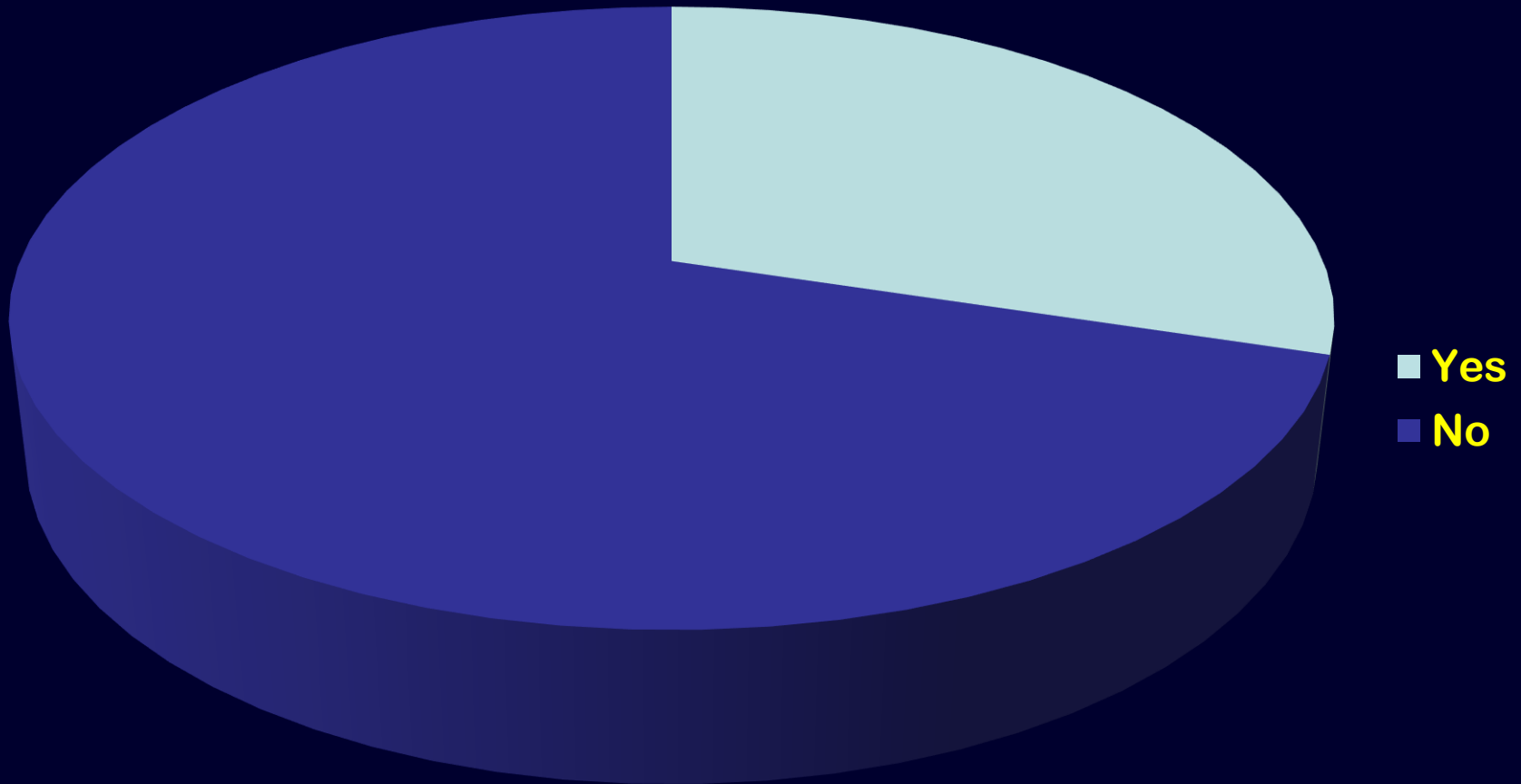
Quantity of sleep



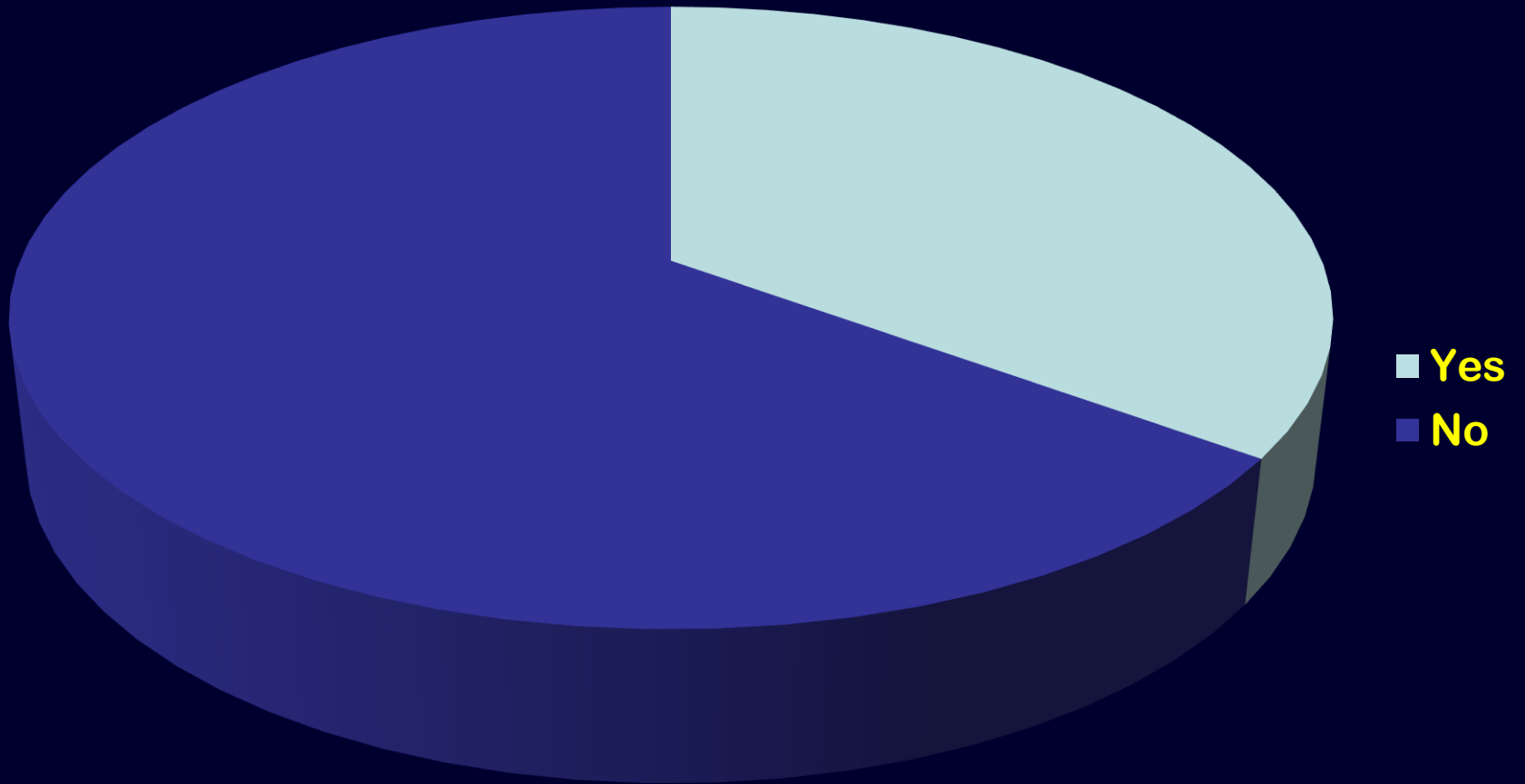
Sleep Quality



Performance (Ground)



Performance (Air)



**So what do we make out of
it?**

Nothing spectacular

**First of its type :
no comparison**

Internet/ Social Media

- Time spent
 - Weekday/Weekend
- Eating into physical activities
 - Face to face social
- Quality/Quantity of sleep
- Affects daytime sleepiness

Contrary view...

- *“Blaming every incident/accident on social media without any deliberate thought is gross injustice to those aircrew who limit their time online and phone usage after 10 pm, much to the discomfort of their near and dear ones”*
- *Blue Sky Oct 2018*

Future

**Continued
education/sensitization**

Determining pre flight fitness



Thank You