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

Air Cmde Narinder Taneja VSM
Indian Air Force
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

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

- 30 minutes or less
- about one hour
- none
- more than one hour
Daily Activities Watching TV

- 30 minutes or less
- About one hour
- None
- More than one hour
Daily Activities: Sports

- 30 minutes or less
- About one hour
- None
- More than one hour
Daily Activities weekend: Sports

- 30 minutes or less
- About one hour
- None
- More than one hour
Daily Activities weekday:

Social media

- 30 minutes or less
- More than one hour
Daily Activities weekend: Social media

- 30 minutes or less
- more than one hour
How often do you fall asleep in the crew room

- none
- 1-2/ week
- 3-4/ week
- everyday
How often do you feel sleepy and tired in the day

- none
- 1-2/ week
- 3-4/ week
- everyday
Attending official/social function, do you need the urge to check social updates

- Yes
- No
Do you carry the smartphone to the rest room

- Yes
- No
Overall...

Internet usage in the night affects
Quantity of sleep

- Yes
- No
Sleep Quality

- yes
- no
Performance (Ground)
Performance (Air)

- Yes
- No
So what do me 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