Streaming: New ways to save time or procrastinate even more?

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ABSTRACT

This study addresses the interactivity of streaming and the changes that have been brought to how people watch television. The main goal of this research is to find out how streaming in general influences procrastination. Using a previous study as a model, relationships between ego depletion, procrastination, guilt, enjoyment, vitality, recovery experience, passion, and intrinsic needs satisfaction were tested using data from an online survey (N = 473). Results suggest that although an individual may procrastinate more after streaming (interactive media use) than after watching traditional television (noninteractive media use), subsequent negative effects typically associated with procrastination such as guilt and obsessive passion are lower in comparison to traditional television. Positive effects, such as recovery experience, harmonious passion, and enjoyment, are also more prevalent in streaming than in traditional television. Furthermore, not only have popular streaming platforms provided thousands of hours of TV content to be watched online at anytime, hit shows like *Orange Is The New Black* and *House of Cards* can *only* be watched online. With streaming giving more control to the viewer than ever before, this thesis will focus on whether this way of watching television will help users save time or procrastinate even more. These findings are an important step in understanding the role of streaming in a world where television is increasingly watched online and the user is in control rather than depending on traditional linear programming.

KEYWORDS: *Streaming, procrastination, video-on-demand, traditional television*

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1. Introduction

"The best part about procrastination is that you are never bored, because you have all kinds of things that you should be doing."

-Anonymous

Consider a person watching television. On one hand, watching TV can be helpful for relaxation from daily stress and can help improve one's mood. On the other hand, too much TV may result in feelings of shame and guilt. Previous studies (Reinecke, Hartmann, & Eden, 2014) have used watching TV (noninteractive media) and compared it to video games (interactive media) and as a result, found that both video games and watching TV can be used to procrastinate. In that specific study, watching TV involved traditional, old-fashioned TV viewing or, in other words, whatever is on. Since streaming now offers full control to the viewer, this new way of watching TV has the potential to influence procrastination very differently than traditional TV or video games.

A recent shift in digital technology has changed traditional television from linear programming to endless episodes and hours of video content readily available at the click of a mouse. Although there has been no investigation so far, this new wave in how TV is watched is far more interactive than old-fashioned TV, potentially having a greater impact on procrastination. For one, whether one pays for a monthly subscription or streams illegally, a recent Comcast poll found "82% of U.S. adults watch two or more episodes of a show in one sitting and 52% said they are purposely neglecting some other activity like housework, eating or showering while bingeing on TV shows." –(Umstead, 2013). How does streaming compare to traditional TV watching? This research seeks to answer what we do not know, specifically whether streaming will lead to more procrastination or reduce it.

Traditional ways of viewing television are being challenged by online distributive platforms (Netflix, Hulu, Amazon, HBO GO). Since the days of cable and satellite networks, VCRs to DVDs, the television viewing experience has seen many changes throughout the years (Einav & Carey, 2009). The current changes in television viewing call for a re-evaluation of many traditional assumptions, such as: all viewing is linear, programs are 30 or 60 minutes in length; watching TV requires a TV set; and TV is delivered over-the-air, cable or satellite (Einav & Carey, 2009). Following a programme previously meant watching it on a certain date, at a certain hour (Van den Broeck, Pierson, & Lievens, 2007) and episodes and their developing plots took weeks of build-up and multiple seasons to deliver. The Internet, the digital age, and the technological advancements have provided new means for television content to be easily accessed and the ability for viewers to seek out specific content on their own time. As more content became available online, the viewer took control of what to watch. In turn, this eliminated the traditional linear trickle of programming and introduced time shifted viewing (Einav & Carey, 2009) to consumers.

Streaming television shows is quickly transforming the traditional forms of consuming entertainment media. In recent years, online video streaming platforms have risen in their roles, not only as video-on-demand (VOD) providers, but also as producers of original content. With many of the popular shows such as *Transparent*, *House of Cards,* and *Orange is the New Black* only available online, the streaming platforms have become prevalent ways in which people consume media. In addition to original content, the platforms also provide thousands of films and old seasons of television shows to be viewed at one's leisure. Instant viewing, introduced by Netflix in 2007, allowed members to instantly watch television shows and movies on their personal computers. Consequently, the service grew so popular that competitors soon followed Netflix by introducing instant video content on platforms such as, Amazon Prime, HBO Go, and Hulu.

The streaming platforms (i.e. Netflix, Hulu, Amazon Prime, HBO Go) provide countless hours of content to viewers, in addition to, releasing full seasons at a time of hit cult shows. Online streaming has provided the ability for users to instantly watch as many episodes as they wish by paying for a monthly subscription or streaming illegally. As creator of *Breaking Bad*, Vince Gilligan, has said, consuming entertainment media "in a giant inhalation" has its consequences in the economics of the industry and on the viewers themselves. First, some viewers' wishes to watch more than one episode in one sitting has started the current era of "self-scheduled binge-watching" (Jenner, 2014). On the other hand, Van den Broeck et al., (2007) argue that VOD services may do the opposite and help viewers save time since the choice of when and what to watch is in their hands.

1.1. Research Question

Drawing on the outlined context, the main research question and subsequent hypotheses will enquire about the influence of streaming on procrastination among viewers who stream and use VOD services such as Netflix, Amazon Prime, Hulu, and HBO Go. Since there is no clear divide between users who stream and users who watch traditional TV, in order to compare between two methods, the aim of this research is to discover how streaming differs from traditional television and its likelihood impact on procrastination on the basis of an experimental design. Based on this knowledge, this research will attempt to answer the following research questions:

(RQ) *How does streaming behavior influence an individuals' tendency to procrastinate?*

1.2. Social and Scientific Relevance

Although procrastination is not a new concept, it is still a phenomenon that concerns the general

population. With new ways to watch television and easy access to content at any given time, being able to watch episode after episode of a favorite TV series may have different consequences on the viewers and their levels of procrastination than traditional TV. From a social perspective, by replicating previous studies and adjusting them to streaming, this research will contribute new insights to the existing problem of procrastination when combined with a new way to watch more TV than ever before. From a scientific perspective, the data gathered from this research should provide a comparative view of whether procrastination is more prevalent with users who stream versus those who chose to consume entertaining media in traditional ways.

2. Theories and Previous Research

2.1. Defining Procrastination

The failure to self-control and to needlessly postpone a task to the point of feeling subjective discomfort (Solomon & Rothblum, 1984, p. 503), is a common phenomenon that many have experienced at some point in their life. More commonly known as procrastination, there have been number frequently cited definitions in academia. In her article, Klingsieck listed and analyzed seven (e.g., Ferrari,1998; Lay & Schouwenburg, 1993; Lay, 1986; Milgram, Mey-Tal, & Levinson, 1998; Lay,1986; Steel,2007,2010; Steel, 2007; Ferrari,1998; Solomon & Rothblum, 1984; Simon & Pychyl, 2009) of the most used definitions and presented the combined definition of procrastination as "the voluntary delay of an intended and necessary and/or [personally] important activity, despite expecting potential negative consequences that outweigh the positive consequences of the delay" (2013, p. 26). In other words, procrastination involves doing something enjoyable, for example, entertaining media use such as watching TV or playing video games, while actively delaying the completion of other more significant and challenging tasks (Lavoie & Pychyl, 2001).

Many of the tasks an individual undertakes, like doing homework, working out, or watching television, are done voluntarily and under one's own self-control or self-regulation (Tuckman, 1991).Acts that require an individual to exercise influence over one's own behaviors, such as the activities mentioned above, are regarded as self-regulated performances (Tuckman, 1991, p. 474). Procrastination is the result of when an individual is no longer able to exercise control over his or her own behavior and lacks self-regulation. In addition, although research on procrastination has been extensive and difficult to summarize, it is typically organized along two different lines of reasoning. According to Klingsieck, Grund, Schmid, and Fries (2013), the first line of reasoning regards procrastination as a personality trait and researches individuals who procrastinate consistently. The second, regards procrastination as a behavioral problem that depends on situational factors, for example, delaying a task on purpose because of a certain setting or characteristic of the given task (Klingsieck et al., 2013, p. 399).

Procrastination is often associated as a typical, well-known behavior that causes problems for students. For example, "estimates indicate that 80%–95% of college students engage in procrastination (Ellis & Knaus, 1977; O'Brien, 2002) approximately 75% consider themselves procrastinators (Potts, 1987), and almost 50% procrastinate consistently and problematically" (Day, Mensink, & O'Sullivan, 2000; Haycock, 1993; Onwuegbuzie, 2000; Solomon & Rothblum, 1984). The absolute amount of procrastination is considerable, with some students reporting that it typically occupies over one third of their daily activities, often enacted through sleeping, playing, or TV watching (Pychyl, Lee, Thibodeau, & Blunt, 2000). Students are not the only ones affected. Other studies also show procrastination is an

extremely prevalent phenomenon amongst the general population, chronically affecting some 15%-20% of adults (Harriott & Ferrari, 1996). In fact, many who identify as procrastinators, report it is often enacted through TV watching (Pychyl et al., 2000). Consequently, television, as a form of entertaining media, is regarded as a common way of procrastination (Pychyl et al., 2000). This is further supported by Klingsieck et al., (2013) who have also suggested that watching television is linked to procrastination by being one of the main ways procrastination manifests itself.

2.2. The Problem

While some studies suggest the use of entertaining media may be a good way to relieve stress and may have a positive effect on one's psychological well being (Reinecke, Klatt, & Krämer, 2011; Reinecke, 2009a, 2009b) others have found an opposite and negative effect from media use (Kubey & Csikszentmihalyi, 1990; Mathers et al., 2009; Robinson & Martin, 2008). For example, "in a survey among college students, unscheduled media use was negatively related to trait self-control as well as the time spent on school work, and positively related to feelings of guilt" (Reinecke et al., 2014, p. 572). More specifically, guilt is defined as a "dysphoric feeling" related to the acknowledgment that an individual has violated a "personally significant, moral, or social standard" (Kugler & Jones, 1992, p. 218). With video-on-demand putting the viewer in control, users have even more freedom to choose what they want to watch and when to watch it. Therefore, the aspect of putting a potential procrastinator who "lacks self-control" in "total control" of unlimited programming to be watched whenever, wherever is the essence of this research.

2.3. Procrastination Online

In order to bring procrastination to an increasingly online world, it is worth mentioning that it is estimated that there are currently 300 million Internet subscribers with the United States and Canada noted as having some of the highest usage (Lavoie & Pychyl, 2001). The authors also point out that people have openly embraced the Internet into their daily lives in order to "communicate, transact, entertain, educate, and improve their connectivity and productivity" (Lavoie & Pychyl, 2001, p. 431). Even so, it is still unclear whether new technology and Internet improvement hold promises for efficiency and progress or, as Lavoie and Pychyl put it, is it "subverted by some of our more mundane motivational or volitional problems such as procrastination"(2001, p. 431). A growing trend, also referred to as "cyberslacking," establishes a false image of productivity promoted by using a computer or other devices. Cyberslacking also involves using the internet for entertainment purposes when one should be working (Lavoie & Pychyl, 2001). Furthermore, the Internet acts as a portal for virtual entertainment. Previous studies have found evidence supporting the idea that the Internet may be turning into the newest medium for procrastination. A PricewaterhouseCoopers poll states 38% of Canadians surveyed indicated they

would be watching television if the Internet did not exist, suggesting that the Internet may be replacing television as a form of entertainment and possibly as a form of procrastination (Lavoie & Pychyl, 2001). Although the Internet may in fact be replacing traditional television, it is not replacing the content but just making it available on a different, even more accessible platform. With each passing year, it becomes easier to find made-for-TV shows online, in addition to the fact that more and more online platforms are developing original series, such as *Orange Is The New Black* and *House of Cards*, which can only be watched online. Additionally, streaming online appeals to a young audience that is "difficult to reach on traditional television owing to their light television viewership and heavy usage of technology to avoid advertising" (Logan, 2011, p. 276). However, while the younger population is the one enjoying the benefits of streaming online, procrastination has always had the potential to be problematic.

2.4. From Traditional TV to Streaming Online: What Changed?

More and more homes are connected to high-speed internet, allowing users access to networks which can deliver any type of media at the click of a mouse (Baccarne, Evens, & Schuurman, 2013). There are three alternative sources of television, allowed by the growth of the internet: "(1) 'illegal, copyright infringement access' (peer-to-peer file sharing, torrents) (2) 'new, lawful access to live television or video files via new intermediaries' (Amazon, Apple, Hulu, Netflix) and finally (3) efforts by incumbent broadcasters, broadcast networks, direct broadcast satellite operators and cable television systems that offer new television everywhere services" (Baccarne et al., 2013, p. 49). Additionally, the advent of more screens (tablets, desktop computers, multiple televisions, laptops, smartphones) further challenges traditional ways of television viewing and encourages independent scheduling. Van den Broeck et al., (2007) highlight two main reasons why viewers prefer streaming and VOD services to traditional televisions. First, VOD allows users to easily watch the content of their choice. Second, users want to feel in control of the content they watch, they want to have the option to time-shift, and they want to watch the films or shows they want when they want it.

2.4.1. Changes in Dimensions

The first reason users prefer VOD over traditional television is because VOD has changed the dimensions of television, as they have been known. In the past, traditional broadcast television was viewed as a lean-back medium and determined by three dimensions: time, place, and content (Van den Broeck et al., 2007). In other words, certain types of programs could only be watched at a certain time at a certain place. Online video-on-demand has changed those basic dimensions. First, video-on-demand has influenced the time dimension because it allows for viewers to manage their own time and stream video at their convenience, thus eliminating fixed broadcasting schedules. Second, when it comes to content, VOD lets viewers choose what programming to watch and create their own broadcasting schedule according to

their likes and needs. Third, place is also changed because of VOD services. Regarded as a gathering point for family members, "the idea of the TV in the living room dates back to the fifties, when it was the only room in the house that was heated" (Hamill, 2003). Video-on-demand has replaced the television set and the TV in a living room setting with a variety of new screens (e.g. computers, tablets, smartphones, etc.)

2.4.2. Changes in Control

The second reasons users prefer VOD to traditional television is because they are in control of when and what content they watch. According to Van den Broeck et al., (2007), video-on-demand (VOD), as a service, has existed since the nineties and offers viewers the possibility to watch whatever they want, whenever they want it. In technical terms, "video-on-demand systems provide content over a network, by sending it to a PC or a top-box linked to a TV-set via downloads or streaming" (Van den Broeck et al., 2007, p. 29). In turn, the streamed content becomes immediately available to the user. It is this very function of video-on-demand that allows viewers to time-shift, or "to break loose with the existing broadcasting schedule" (Van den Broeck et al., 2007). This shift has translated into some significant and evident changes in viewership and audience behavior. According to Nielsen reports (Ramachandran, 2014), traditional TV viewing in the U.S. has slipped by 4%, while streaming has increased by 60%. The most drastic change is the small, but growing number of "cord-cutters," or pay TV subscribers who no longer pay cable providers for traditional TV (Baumgartner, 2014). Besides the "cord-cutters," there is no clear divide between users who watch old-fashioned TV and streamers. While adults over 55 still consume the most traditional TV, research has suggested that the younger population (18-34) increasingly prefers streaming and uses online episodic TV to augment their traditional television use (Logan, 2011).

2.5. More People Prefer Streaming

Given the above mentioned changes and in agreement with Van den Broeck et al., (2007), television has evolved from being consumed mainly in real-time on a television screen, to now being regularly watched as streamed content on a computer, smart phone, tablet, or other portable devices (Barkhuus, 2009). In her studies, Barkhuus (2009) also found many U.S. college students decreasingly watch real-time television and prefer to watch the content of their choosing based on their preference and whatever screen is available and convenient, further contributing to the shift toward preferring streaming over traditional television. These new changes, mainly the what, how and when to watch TV, have ultimately made streaming far more interactive than traditional television. Prior research has confirmed that control (an intrinsic need which will be discussed later on) and user demand are two central qualities

that separate interactive entertaining media, like video games, from noninteractive media, like movies or television (Reinecke et al., 2011).

The study also found many participants indicated that instead of "watching 'whatever is on', they selectively choose exactly the content they find enjoyable"(Barkhuus, 2009). Online streaming has since become a popular and mainstream form of watching television. This is supported by Einav and Carey (2009), who mention "according to Comscore, within a period of 18 months, from early 2006 to mid 2007, the number of unique streamers doubled from approximately 65 million to 130 million; the number of total streams grew from approximately 3.5 billion to 9 billion; by the third quarter of the decade nearly three in four internet users streamed video content in any given month". In a study which applied the uses and gratifications framework, basic motivations were found (Bondad-Brown, Rice, & Pearce, 2012), which also apply to online streaming the same way as to traditional viewing of television. In another similar study, Charney and Greenberg (2002), identified eight Internet gratification dimensions: keep informed, diversion-entertainment, peer identity, good feelings, communication, sights and sounds, career, and coolness. Ultimately, the study concluded that unlike any other medium, the Internet provides a convenient way for a user to satisfy a range of different needs (Bondad-Brown et al., 2012; Charney & Greenberg, 2002). In other words, streaming content online "combines the instant gratification of TV with the personal control of the Internet" (Bondad-Brown et al., 2012).

2.6. A Big Bang Example

New platforms and new ways to watch television, whether illegally or via streaming platforms such as Netflix, Hulu, or Amazon has increased the availability of contents and has put the viewer in control. Van den Broeck et al., (2007) even presents the idea that with VOD, users will save time by only watching the programmes they preferred, essentially reducing the total time spent on watching TV. At the same time, the authors also argue that the time-saving hypothesis is not likely, "as television clearly forms an important part of daily lives and the activity of watching television is often more important that the content that is actually watched" (Van den Broeck et al., 2007, p. 31). Taking both of the authors' suggestions in account, VOD still provides more control than traditional television and ultimately it is the viewer who will have to exercise more self-control of what, when, how much of a programme to watch. This, in turn, can have an impact on procrastination, which has often been associated watching television and lack of self-control. In essence, streaming provides new and convenient ways for an user to watch whatever they want, whenever they want, but results may show that users may be able to save more time than ever before by being in control of how they consume media content, or that streaming can be a new way procrastination can manifest itself.

To illustrate the shift streaming has created, take for example the popular American sitcom *The*

Big Bang Theory. The series premiered on CBS in September of 2007 and has had eight successful seasons. The show is centered on five characters living in California and became extremely popular thanks to its geeky characters that include an aerospace engineer, an astrophysicist, and a physicist. According to Schneider (2015), *The Big Bang Theory* topped the charts for 2014 as it was watched by 23.1 million viewers. In addition to reigning king of traditional television, the show was also the third most pirated show ranked by number of worldwide torrent downloads with 33.4 million (Spangler, 2015). Other shows with similar broadcast and streamed following include *Game of Thrones, The Walking Dead, Mad Men* and many more. Regardless of what specific show, each one was made to air on a certain date, at a certain time. Since video-on-demand has eliminated the linear model of how television should be viewed, viewers have two options of watching their favorite show.

Option one, or the traditional way, would be to tune to CBS every Thursday at 8/7 central. The problem this option poses for potential procrastinators is obvious. Yes, the new episode starts at 8 P.M., but how many hours of TV will one watch before and after the new episode of *Big Bang?* Some authors argue that with traditional television and linear programming, viewers are forced to watch programmes they do not like, such as a "bridging" program between two programmes they do like (Van den Broeck et al., 2007, p. 31). Option two would be to stream the new episode online. However, that does not eliminate the possibility of watching multiple episodes of one show or another. Streaming platforms use advanced predictive algorithms, or recommender systems, to profile a user's preference and recommend personalized suggestions that will increase the likelihood of the user to keep watching (Takács, Pilászy, Németh, & Tikk, 2008). For example, in 2012, Netflix introduced its own predictive algorithm, also known as the "post-play" feature. Once an episode ends, the credits are minimized into the corner of the screen and the next installment automatically begins to load up. Unless manually stopped, the next episode will start playing 15 seconds after the initial episode is finished. This feature is also available for movies, giving a personalized suggestion of three choices to watch next (D'Orazio, 2015). It would be wrong to assume that one option is better than the other; however, which one is more likely to reduce procrastination and eliminate possible feelings of guilt?

2.7. Intrinsic Needs

Two factors linked together to watching television are enjoyment and intrinsic needs. Ryan, Rigby, and Przybylski (2006) present a perspective that defines enjoyment as the "satisfaction of three intrinsic needs related to psychological well-being: autonomy, competence, and relatedness" (Deci & Ryan, 1985). Furthermore, according to Deci and Ryan (Deci & Ryan, 2000; Ryan & Deci, 2001), autonomy refers to an individual's willingness while doing a specific task; relatedness is the connectedness an individual feels to others; and competence is the need for a challenge. The three needs

are part of the primary theory of human self-determination (SDT) (Deci & Ryan, 2000), which is a theory of human motivation that centers on the level to which an individual's behaviors are volitional or self-determined. In other words, the theory suggests that an individual is motivated to participate in activities that satisfy basic psychological needs, defined as "innate psychological nutriments that are essential for ongoing psychological growth, integrity, and well-being'' (Deci & Ryan, 2000, p. 229). One of the outcomes of satisfying the three intrinsic motivations is enjoyment of an activity. This is supported by Tamborini et al. (2010) and Ryan, Huta, and Deci (2008), who recently found that "video games (e.g., motion controllers) that enhanced feelings of fulfillment (e.g., competency) resulted in higher levels of self-reported enjoyment."

No research has been done in regards to streaming, but there has been substantial research done on video games and intrinsic motivations, which can be applied to streaming. According to Przybylski, Rigby and Ryan (Przybylski, Rigby, & Ryan, 2010), a sub theory of SDT, cognitive evaluation theory (CET) has lead research on intrinsic motivations in leisure domains amongst others. Research based on CET suggests activities foster greater intrinsic motivations to the extent to which they satisfy the three human needs mentioned above: competence, autonomy, and relatedness. The authors also claim there is proof video games have tapped into the motivational process, at times even better than traditional forms of entertainment media.

Over the years, video game developers have improved game designs and environments to better meet the autonomy, relatedness, and competence needs of gamers in a similar way streaming has the potential to meet the intrinsic needs of TV viewers. For example, in the realm of competence needs, current games such as *HALO 3* use the "Internet to match players against one another on the basis of their history of in-game performance" (Przybylski et al., 2010). This feature is similar to streaming and its "post-play" and predictive algorithms currently used by platforms such as Netflix to make a personalized suggestion based on what the user has already watched (Takács et al., 2008). In the realm of autonomy needs, video games have shifted from arcades to being home-based. Game developers also supported autonomy by giving players options "over multiple game elements: what missions they choose, the skills they acquire, and how their characters appear" (Przybylski et al., 2010). In terms of streaming, autonomy needs are supported by the possibility for the user to choose what content to watch, what medium to watch it on, and what time to watch it. Video game developers have improved the third fundamental human need, relatedness, as they have used Internet supported technologies to maintain relationships between players such as web forums and chats. The authors suggest these qualities allow players to develop social bonds which would allow players to interact in person or remotely (Przybylski et al., 2010). Streaming platforms also use the Internet to create communities between users. Take for example one of the most popular and widely pirated shows, *Game of Thrones.* Although originally made by HBO

in the United States, now in its fifth season, the show premiered simultaneously worldwide. In a statement, Michael Lombard, HBO president of programming said "We are thrilled to see our international partners jumping on board to bring *Game of Thrones*, one of the most universally loved television shows in the world, to global audiences at the same time it airs on HBO in the U.S." (Battersby, 2015). This feature, enabled by the Internet, helps fans around the world connect near and far. In a panel about the value of cult TV fandoms, such as the one for *Game of Thrones* and other hit shows, psychology professor Dr. Travis Langley explained that "there's a following, there's an excitement… Thanks to the internet, there's a stronger sense of community" (Knight & Manual, 2015). To illustrate the popularity of the show, *Game of Thrones* averages 10.3 million total views per episode, the show had 4.2 million Facebook followers and 465,000 Twitter followers as of 2012 (Adalian et al., 2012). Today, those figures have increased to 15 million and 2.63 million Facebook and Twitter followers respectively (retrieved from: https://www.facebook.com/GameOfThrones, 2015; https://twitter.com/gameofthrones 2015). The most popular online communities of the show include Westeros.org and WinterIsComing.net for news, forums, and role play; ToweroftheHand.com, for rereading the books; Podcastoficeandfire.com for podcasts (Adalian et al., 2012). Other shows with a similar following also regularly streamed include *Mad Med, True Blood, Community, Arrested Development*, and *Doctor Who* (Adalian et al., 2012). Unlike traditional television, streaming brings a single show, whether it is *The Bing Bang Theory* or *Game of Thrones*, to audiences around the world, connects them using Internet technologies, catering to relatedness needs.

In line with the above-mentioned research on video games and intrinsic needs satisfaction, entertainment media (Przybylski et al., 2010; Ryan et al., 2006) falls within the realm of intrinsically rewarding activities. Given that streaming is a form of entertainment media and even more interactive than traditional television, it is vital for this research to investigate whether streaming leads to enjoyment and intrinsic needs satisfaction rather than procrastination and feelings of guilt.

2.8. Ego-depletion and Passion

Ego-depletion and passion, two other factors linked to watching television, can also be used to find any potential relationship between streaming and procrastination. First, ego-depletion is an important predictor of how media users appraise their use of entertaining media (Reinecke et al., 2014). According to Baumeister, Bratslavsky, Muraven, and Tice (Baumeister, Bratslavsky, Muraven, & Tice, 1998), the basic idea behind ego-depletion is that the self's act of making a choice draws on limited resources, similar to strength or energy. Thus, the act of making a choice will have an impact on the making of consequent choices. Ego-depletion is defined as a "temporary reduction in the self's capacity or willingness to engage in volitional action," or the state of when an individual's will power is exhausted.

Research has shown (Reinecke et al., 2014) that ego-depleted individuals are more prone to seek pleasant and undemanding activities, such as entertaining media. Furthermore, Hofmann, Vohs, and Baumeister (2012), found that entertaining media use was the desire least successfully controlled in everyday life, and that individuals who were already fatigued are more likely to give into desires to use entertaining media. In addition, Reinecke et al., argue that ego-depleted individuals are prone to engage in negative appraisals of entertaining media use, perceiving it as an unjustified form of procrastination which then evokes guilt (2014, p. 360). Although past studies (Reinecke et al., 2014) have tested the relationship between ego-depletion and procrastination and old-fashioned TV watching versus video games, not much research has been done to test the relationship between ego-depletion and streaming versus traditional television. As previously mentioned, this new shift in how television can be watched can have the potential to increase or decrease levels of procrastination, therefore, impacting ego-depletion.

Second, defined as "a strong inclination toward an activity that people like, find important, and in which they invest time and energy" (Vallerand et al., 2003, p. 756), passion is also a factor that can be measured when it comes to watching TV. While some viewers may have harmonious passion (HP) about watching television, which causes no negative effects, others with obsessive passion (OP) are controlled by the need to engage in the activity they are passionate about. Individuals with obsessive passion also can experience feelings of guilt, unlike individuals with harmonious passions. (Vallerand et al., 2003). Both ego-depleted individuals and those with obsessive passion similarly experience doing something (i.e. streaming) while they should have been doing something else, which later has negative effects.

2.8.1. Ego Depletion and Procrastination

As previously stated, ego depletion is one of the factors linked to entertainment media and has been subsequently used to find links between streaming and procrastination. Authors argue that "exposure to entertaining media that results in experiences that are primarily pleasant and joyful" (Vorderer, 2001, p. 251), may represent such an appealing activity, thus it may be commonly sought by ego-depleted individuals (Hartmann, 2006), which establishes a strong link between ego depletion and entertaining media use. The results of previous studies (Hofmann et al., 2012) also show that people have the most difficulty controlling their desires to consume entertainment media use, like watching TV, in their day to day life (Reinecke et al., 2014, p. 571). Ultimately, ego-depleted individuals, because of their reduced self-control, have a strong tendency to give in to the desire of using media, even if hinders other important tasks. Ego-depleted individuals are, therefore, at greater risk of having a conflict between use of entertaining media and other activities, which they view as a form of procrastination (Reinecke et al., 2014, p. 571).

Other studies (Kubey & Csikszentmihalyi, 1990) have also found that although watching

television is linked to a rise in relaxation and mood during exposure, the positive effects are very brief. According to Kubey and Csikszentmihalyi, "the decreased positive affect after television exposure may be indicative of a negative post hoc appraisal" (1990, p. 145). That is to say, the viewer knows he or she could have done something more productive; therefore, after watching TV, the viewer is less likely to feel as good about themselves as he or she would after a more useful activity. In addition, Reinecke, Hartmann, and Eden (2014) argue that although exposure to entertaining media (e.g. watching television) may potentially relieve stress and strain, ego-depleted individuals may be particularly prone to engage in *negative* appraisals of entertaining media use, perceiving it as an unjustified form of procrastination that, in turn, evokes guilt and diminishes recovery effects" (2014, p. 570).

With ego-depletion strongly linked to entertaining media use, streaming television online may have huge implications for ego-depleted individuals and procrastinators. As mentioned before, unlike traditional TV, streaming lets the user control what to watch and where to watch it, which can be problematic, given the fact that entertaining media is the desire least successfully controlled in everyday life. In addition, since an individual is in control while streaming rather than zapping through channels, streaming may potentially be deemed as more productive, thus decreasing procrastination and therefore eliminating the consequent feelings of quilt. Furthermore, not only can streaming potentially reduce procrastination and guilt, but it may also lead to enjoyment, which scholars agree is a pleasurable response to media use (Tamborini et al., 2010). However, the opposite and negative appraisal may occur, further supporting why ego-depletion is an important factors to research in the context of streaming.

2.8.2. Passion and Procrastination

As previously mentioned, watching television has been a popular form of entertainment and a part of people's daily lives. In a study by Vallerand et al., (2003), when asked about activities that were "dear to their heart," participants identified 'watching television' (a part of a larger umbrella of activities labeled as 'passive leisure') (2003, p. 760). In other words, participants described themselves as passionate about watching television. In order for an activity to be a passion for an individual, it has to be important in their lives, meaning it has to be something they like and spend time on consistently (Vallerand et al., 2003). However, two types of passion exist. In harmonious passion (HP), the person is not compelled to do an activity unless they choose to do so. Someone with an obsessive passion (OP), on the other hand, feels compelled to engage in the activity they like because of "internal contingencies that come to control them" (Vallerand et al., 2003, p. 757). Moreover, with obsessive passion, an individual may experience negative emotional experience once engagement in the passionate activity is ended. In other words, "the person could feel guilty for having played golf in the morning when he was supposed to take care of the lawn and garden"(Vallerand et al., 2003, p. 578). Similar to ego-depletion, their study found that OP was unrelated to positive affect and positively associated with negative affect during and

after activity engagement (Vallerand et al., 2003, p. 765).

2.8. Recovery Experience and Vitality

After addressing potential associations between ego depletion and negative appraisals of streaming and traditional television as a form of procrastination, this research will also address how this potential negative appraisal of media use influences media-induced recovery, vitality, and enjoyment. First, recovery is defined as "the process of replenishing depleted resources or rebalancing suboptimal systems" (Sonnentag & Zijlstra, 2006, p. 331) and is a vital process of self-regulation tied to well being (Sluiter, de Croon, Meijman, & Frings-Dresen, 2003; Sonnentag & Zijlstra, 2006). Second, vitality is the subjective feeling of "aliveness" and energy intuitively available to a person (Ryan & Frederick, 1997) and greatly influences one's recovery outcome. The two factors are connected by previous research, which has demonstrated that media-induced recovery is significantly related to indicators of psychological well-being, such as vitality (Reinecke et al., 2011). Successful recovery is linked to the leisure activities one partakes in. For example, resource-providing activities and low-effort activities (i.e., physical activities or relaxing) facilitate recovery. Conversely, work related activities are resource consuming and negatively relate to recovery experience (Ragsdale, Beehr, Grebner, & Han, 2011; Sonnentag & Zijlstra, 2006). Many studies have shown (Reinecke et al., 2011; Reinecke, 2009a, 2009b) entertainment media use, as a leisure activity, is a major factor with a significant effect on recovery experience.

Due to its strong recovery potential, entertainment media may be a commonly sought resource for ego-depleted individuals. Studies show positive emotions, such as from watching a favorite comedy show, help reduce ego depletions and restore self-regulation (Muraven & Baumeister, 2000; Tice, Baumeister, Shmueli, & Muraven, 2007). Although this is a positive effect, Reinecke et al., (2014) suggest that ego-depleted people often feel bad about watching television, and thus reduce or eliminate the recovery potential of media enjoyment. This paradox presents a complicated situation. Due to the negative assessment of watching TV linked to high ego depletion, stressed users who need to replenish their resources and who could benefit the most from the recovery potential of media enjoyment, may get lower recovery effects than individuals with lower levels of ego-depletion (Reinecke et al., 2014).

2.9. Content Preferences

The content users choose to watch may also be an important predictor of feelings of guilt (Reinecke et al., 2014) which may then lead to procrastination. Studies have suggested that emotionally challenging content satisfies eudaimonic needs by portraying moral issues associated with concepts such as the purpose in life (Oliver & Bartsch, 2010). On the other hand, "lowbrow" content, or hedonically satisfying content, is more likely to lead to feelings of guilt (Panek, 2013). Although linked to guilt, it is

important to note, that other authors have argued that the general assumption is that entertainment selection is driven by hedonic concerns (Oliver & Raney, 2011). This means ego-depleted individuals, because of their predisposition for "cognitively undemanding and hedonically rewarding activities" (Shiv & Fedorikhin, 1999) are more likely to choose lowbrow media content over challenging content, which further increases their risk of feeling guilty about media use (Reinecke et al., 2014, p. 581).

2.10. Hypotheses

Past research has also shown that ego-depleted individuals are more likely to give negative appraisals of entertainment media use and see it as an unjustified form of procrastination, which then evokes feelings of guilt (Reinecke et al., 2014, p. 360). Given the new changes streaming has brought to how one watches television, the user will have control of what content and when to watch it. That means this new control the user has, not available with traditional television, may lead to positive appraisal of entertaining media use and the user may not perceive it as an unjustified form of procrastination and will not feel guilt. Thus, this study predicts:

(H1) Streaming will lead to less ego-depletion than traditional television.

(H2) Streaming will lead to lower levels of perceived procrastination than traditional television.

(H3) Streaming will lead to lower levels of guilt than traditional television.

The previous study this research is extending has also found that media content may also be an important predictor of feelings of guilt (Reinecke et al., 2014). While intellectually challenging content satisfies eudaimonic needs, "lowbrow" content satisfies hedonic needs and is more likely to lead to feelings of guilt (Panek, 2013). This means ego-depleted individuals are more likely to choose lowbrow media content over challenging content, which further increases their risk of feeling guilty about media use (Reinecke et al., 2014; Shiv & Fedorikhin, 1999). Thus, this study predicts:

(H4) While streaming, people will prefer eudaimonically satisfying (challenging content) while they will prefer to watch hedonically satisfying ("lowbrow" content) on traditional television.

Ego-depleted individuals and those with an obsessive passion similarly experience doing something (i.e. the earlier examples of entertaining media use or playing golf) while they should have been doing something else, which later has negative effects (Vallerand et al., 2003). This means that ego-depleted individuals have a strong risk of experiencing a conflict between the use of entertaining media (i.e. streaming) and other tasks (Reinecke et al., 2014). Likewise, individuals with an obsessive passion,

also experience conflict between a passionate activity and participating other tasks (Vallerand et al., 2003). Thus, this study predicts:

(H5a) People will have higher levels of harmonious passion while streaming than when they watch traditional television.

(H5b) People will have lower levels of obsessive passion while streaming than when they watch traditional television.

As mentioned before, previous research has found that video games have tapped into the motivational process and satisfy the three basic intrinsic needs: competence, autonomy, and relatedness (Deci & Ryan, 1985). Satisfaction of the three intrinsic needs named above have also been used in research to predict enjoyment in video games (Ryan et al., 2006). Since the features streaming offers to users makes it far more interactive than traditional television, intrinsic needs satisfaction will be a vital measure for this research. Thus, this research predicts:

(H6a) Streaming will lead to higher autonomy levels than traditional television.

(H6b) Streaming will lead to higher relatedness levels than traditional television.

(H6c) Streaming will lead to higher levels of control than traditional television.

(H7) Streaming will lead to higher enjoyment levels than traditional television

Lastly, Reinecke et al., (2014) found entertaining media is often used after stress and strain, stimulates recovery experience, and is significantly associated with recovery outcomes like vitality. Their research also revealed significant differences in the recovery process between interactive (video games) and noninteractive (video clips) media. Like mentioned before, since streaming is more interactive than traditional television, this research predicts:

(H8) Streaming will lead to higher levels of recovery than television.

(H9) Streaming will lead to higher levels of vitality than traditional television.

3. Method

3.1. Overview

In order to investigate what influence streaming and watch traditional television viewing have on people, the chosen methodology for this study is quantitative research in the form of a survey. A previous study (Reinecke et al., 2014), explored how users appraised their use of noninteractive entertaining media, such as television viewing. The study used ego-depletion as an important factor of the appraisal process. As predicted, the study found that ego-depleted individuals showed a higher tendency to perceive entertaining media use as a form of participation (Reinecke et al., 2014, p.579). In addition, the study also found that perceived procrastination was strongly associated with feelings of guilt with regards to entertaining media use (Reinecke et al., 2014, p.579).The ability to stream online content has since changed traditional ways of watching television, putting the viewer in control. Being able to make a conscious choice of what to watch and when to watch it makes streaming a type of interactive entertaining media rather than noninteractive. The measurements that were used by Reinecke et al. (2014) were modified and used for this specific study . In addition to assessing ego-depletion, by assessing how passionate users are about streaming television will also help this research because having an obsessive passion about an activity has been linked to feelings of guilt (Vallerand et al., 2003). By using the two scales, this research will explore the influence streaming has on viewers, which leads to the previously mentioned research question.

Conducting surveys for this study also allowed for a random sample to be drawn, allowing for deductions to be made about attitudes of a larger population based on a relatively small sample (Gilbert, 2008). In doing so, the present study can add data to the body of existing literature on how traditional television influences procrastination of students and other age groups. The survey was online and self-administered, ensures the anonymity of each respondent, and allowed them to answer the questions at their own pace.

3.2. Survey Design

In this study, online streaming and traditional television habits were the most important to measure by analyzing data collected via the survey which contained specific questions that respond to the effects each activity has on a number of measures connected to procrastination. Each respondent took the same 45-question survey, consisting of two parts within the same survey.

Respondents were generated by using the crowd sourcing website crowdflower.com. This

platform was picked for several reasons. First, it offered the opportunity to attract respondents with different demographic backgrounds, as well as the possibility to narrow down respondents from specific countries. Additionally, for taking the time to complete the survey, each responded received a compensation of $0.20. When the survey was first launched, there were no restrictions placed; however, after around 400 responses, it was noticed that the majority of the responses were coming from India. In order to prevent skewed results, the geographical criteria was narrowed down to fourteen Western countries, namely Australia, Canada, Denmark, Germany, Greece, Italy, Netherlands, New Zealand, Portugal, Spain, Sweden, Switzerland, The United Kingdom, and the United States.

Initially, respondents were informed the survey was a part of an academic study conducted by a master student at Erasmus University of Rotterdam. In total, 696 participants completed the survey. There were no incomplete surveys, as a Qualtrics setting enforced each answer. Furthermore, based on questions regarding demographics, responses not suitable for the study were excluded from the final analysis. Specifically, responses who had IP addresses from India and other Asian countries were excluded due to cultural differences (Chan & Ma, 1996; Hancock, 2001). The responses clearly completed for the sole purpose of receiving the monetary reward were also excluded. In total, 473 responses were included in the final analysis.

3.3. Sample

The total number of respondents was 473. Within this sample, there was an unequal distribution for males (64.1%) and females (35.9%), respectively N= 303 and N= 170. The respondents were between 18-74, with an average age of 34 (M= 34.19, SD= 10.39). Within the sample, respondents varied from 43 different countries with the highest number from Canada 27 persons (5.7%), Portugal 28 persons (5.9%), Italy 31 persons (6.5 %), The United Kingdom 40 persons (8.5%), Spain 49 persons (10.4%), and United States 71 persons (15%) (For full set see Appendix.) In terms of highest degree of education, 11 persons did not complete a high school education (2.3%), 95 persons had graduated high school (20.1%), 98 persons had some college credit but no degree (20.7%), 177 persons had a Bachelor's degree (37.4%), 71 persons had a Master's degree (15%), and 21 persons had advanced graduate work of a Doctorate degree (4.4%). In regards to employment status, 243 (51.4%) persons responded as currently employed full-time, 87 (18.4%) as currently employed part-time, 41 (8.7%) as unemployed and looking for work, 43 persons (9.1%) as unemployed but not currently looking for work, and 59 persons (12.5%) as a student. Participants reported an average of M= 0.69 (SD = 1.59), M= 1.03 (SD = 1.54), M= 1.86 (SD = 1.61) hours of streaming in the morning, afternoon, and evening respectively and M= 0.79 (SD = 1.27), M= 1.06 (SD = 1.37), M= 1.85 (SD = 1.65) hours of watching traditional television in the morning, afternoon, and evening respectively.

3.4. Procedure and Measurements

The survey was designed on the website Qualtrics and was accessible to anyone who was provided with a link, as well as on crowdflower.com. The survey was conducted in English and lasted an average of 15 minutes.

The first part of the survey contained 19 questions about streaming which measured ego-depletion, perceived procrastination, guilt, recovery experience, vitality, enjoyment, preference, passion, and intrinsic needs. The second part of the survey consisted of the same exact questions but in the context of traditional television. The survey concluded with seven demographic questions (for the full set of questions used in the surveys, see Appendix).

To guarantee validity, this study draws upon preexisting scales and standard questions that have been used in previous studies, and have thus proven validity. For each of the scales there is a brief discussion below that explains their relevance to present study. Specifically, the measures for this research are based on the Reinecke et al., (2014) study of the relationships between ego depletion, procrastination, guilt, enjoyment, vitality, and recovery experience; additionally, the passion and intrinsic needs scales have also been added to this study.

Streaming behavior

The participants were asked a series of questions about how often they streamed video and how much traditional television they watched. Participants were asked to fill out the number of hours of streamed and traditional television they watched in the morning, afternoon, and evening of the previous day and the number of hours of streamed and traditional television they usually watch in the morning, afternoon, and evening. The total sum for each scale were as follows: hours streamed on the previous day (Cronbach's $\alpha = .645$), usual amount of hours streamed (Cronbach's $\alpha = .690$), hours of traditional television on the previous day (Cronbach's $\alpha = .713$), and usual amount of hours spent watching traditional television (Cronbach's $\alpha = .746$).

Ego depletion

The level of ego depletion was assessed with 10-items short form of the State Self-Control Capacity Scale (Ciarocco, Twenge, Muraven, & Tice, 2007) (Reinecke et al., 2014). All of the items on the scale were reverse scored. Participants responded to the items (e.g., "Yesterday after work/school, I felt like my willpower was gone" and "Yesterday after work/school, I felt drained") on a 7-point Likert scale (1 = *does not apply at all*; to 7 = *fully applies*). For streaming, The State Self-Control Capacity Scale has a good internal consistency, with a Cronbach's α of .824. For traditional television, the Cronbach's α =

.817.

Perceived procrastination

Feelings of procrastination associated with media use on the preceding day were assessed with 5 items of the Procrastination Scale by Tuckman (1991) (Reinecke et al., 2014). The wording of the items was adapted to fit the respective media use condition (e.g., "Yesterday, I streamed TV after work/school to find an excuse for not doing something else"), and the items were rated on a 7-point Likert scale (1 = *does not apply at all*; to 7 = *fully applies*). The Procrastination Scale by Tuckman (1991) for streaming proved reliable with a Cronbach's α = .885 and for traditional television Cronbach's α = .893.

Guilt

Feelings of guilt associated with media use on the preceding day were measured with 5 items of the State Shame and Guilt Scale (Marschall, Saftner, & Tangney, 1994) (Reinecke et al., 2014). Participants responded to the items (e.g., "When I streamed TV yesterday after work/school, I felt remorse" and "When I streamed yesterday after work/school, I felt bad about it") on a scale from 1 (*does not apply at all*) to 5 (*fully applies*). The State Shame and Guilt Scale proved reliable with a Cronbach's α = .946 and for traditional television Cronbach's α = .956.

Recovery experience

The 16 items of the Recovery Experience Questionnaire (Sonnentag & Fritz, 2007) (Reinecke et al., 2014) were used to assess media-induced recovery experience on the preceding day. Items (e.g., "When I streamed TV yesterday after work/school, I relaxed") were rated on a scale from 1 *strongly disagree* to 5 *strongly agree*. The scale proved reliable with a Cronbach's α = .898 for streaming and Cronbach's α = .935 for traditional television.

Vitality

The 10 items of the energy and tiredness subscales of the Activation Deactivation Adjective Checklist (ADACL, Thayer, 1989) were used to assess vitality after media use on the preceding day. Both subscales consist of five adjectives each (e.g., "energetic," "sleepy"). Participants will rate the extent to which each of these adjectives describes how they felt after streaming television on the preceding day on a scale from 1 (*does not apply at all*) to 5 (*fully applies*). For the first subscale, "energetic," streaming had a Cronbach's α = .939 and traditional television a Cronbach's α = .954. For the second subscale "sleepy," streaming had a Cronbach's α = .705 and traditional television a Cronbach's α = .608.

Enjoyment

Three items rated on a scale from 1 (*does not apply at all*) to 5 (*fully applies*) were used to assess the enjoyment of watching television or playing video games on the preceding day. The items will be: "I enjoyed streaming TV yesterday after work/school," "I liked streaming TV yesterday after work/school," "streaming TV yesterday after work/school was enjoyable." The scale proved reliable for streaming with a Cronbach's $\alpha = .951$ and traditional television a Cronbach's $\alpha = .951$.

Preference for challenging vs. easy television content

Nine items were adapted from Oliver and Raney (2011) (Reinecke et al., 2014) to measure selective exposure to cognitively challenging (e.g., "Yesterday after work/school, I preferred TV programs that challenge my way of seeing the world," or "Yesterday after work/school, I preferred TV programs that make me think") versus light and entertaining forms of television content (e.g., "Yesterday after work/school, I preferred TV programs that are simple but fun," or "Yesterday after work/school, I preferred TV programs that are happy and positive"). Two subscales consist of five and four adjectives respectively each (e.g., "Eudaimonic," "hedonic"). The reliabilities for the scales were Eudaimonic (Cronbach's $\alpha = .909$) and Hedonic for streaming (Cronbach's $\alpha = .810$). For traditional television, Eudaimonic (Cronbach's $\alpha = .925$) and Hedonic (Cronbach's $\alpha = .877$). Participants rated all items on a scale from 1 (*does not apply at all*) to 5 (*fully applies*).

Passion

The Passion Scale (Vallerand et al., 2003) was adapted to streaming television shows. One item assessed the extent to which streaming was a "passion." Valuation of the activity was measured with items such as "This activity is very important for me". Time and energy invested in the activity was also assessed with one item. Level of conflict between the passionate activity and other activities in the person's life was assessed with five items (e.g., "My activity sometimes conflicts with other aspects of my life such as my studies, family, and friends" (Vallerand et al., 2003). The Passion Scale also consists of two subscales, Harmonious (streaming Cronbach's $\alpha = .843$; traditional television Cronbach's $\alpha = .870$) and Obsessive passion (streaming Cronbach's $\alpha = .950$; traditional television Cronbach's $\alpha = .959$). Items were assessed on a scale from 1 (*does not apply at all*) to 5 (*fully applies*).

Intrinsic Needs

A previous study by Ryan, Rigby, and Przybylski (2006) employed a new measure of need satisfaction in play, the Player Experience of Need Satisfaction (PENS), which stems from self-determination theory (SDT). A broadly researched theory of motivation, SDT tackles both intrinsic and

extrinsic causes for acting, as well as the relation of motivation to growth and well-being (Deci & Ryan, 1985, 2000). SDT is particularly apt for investigating streaming and traditional television motivation as the theory has been applied to other recreational contexts such as gaming, sports (Ryan et al., 2006) as well as the fact that the theory in general "studies of how any activity relates to well being as a function of psychological need satisfactions" (e.g. Ryan & Deci, 2001). The subscales from PENS were adapted to streaming and traditional television.

Autonomy

This scale assessed the degree to which participants felt free, and perceived opportunities to do activities that interest them, i.e. streaming or watching traditional television. Sample items included: "I feel confident in my ability to stream/watch TV shows on a traditional TV" and "I am always able to achieve my goals of watching a show on a traditional TV". The scale was reliable after adapted to this study with a Cronbach's $\alpha = .809$ and .849 for streaming and traditional television respectively.

Relatedness

Three items assessed how connected participants felt to others who stream or watch traditional television (e.g., "I am likely to discuss an episode of a TV show with others after streaming/watching it on a traditional TV" and "Watching a show on a traditional TV makes me feel connected to others"). The scale was reliable after adapted to this study with a Cronbach's $\alpha = .635$ and .729 for streaming and traditional television respectively.

Control

Five items assessed the levels of control participants felt while streaming or watching traditional television (e.g., "When I stream/watch traditional TV I feel like I have a lot of options to choose from" and "When I stream/watch traditional TV I feel in control over the choice of what TV show I want to watch"). When tested for reliability for streaming, the scale had a low reliability (Cronbach's $\alpha = .507$). When tested for reliability for streaming, the scale's reliability increased (Cronbach's $\alpha = .614$).

3.5. Demographics

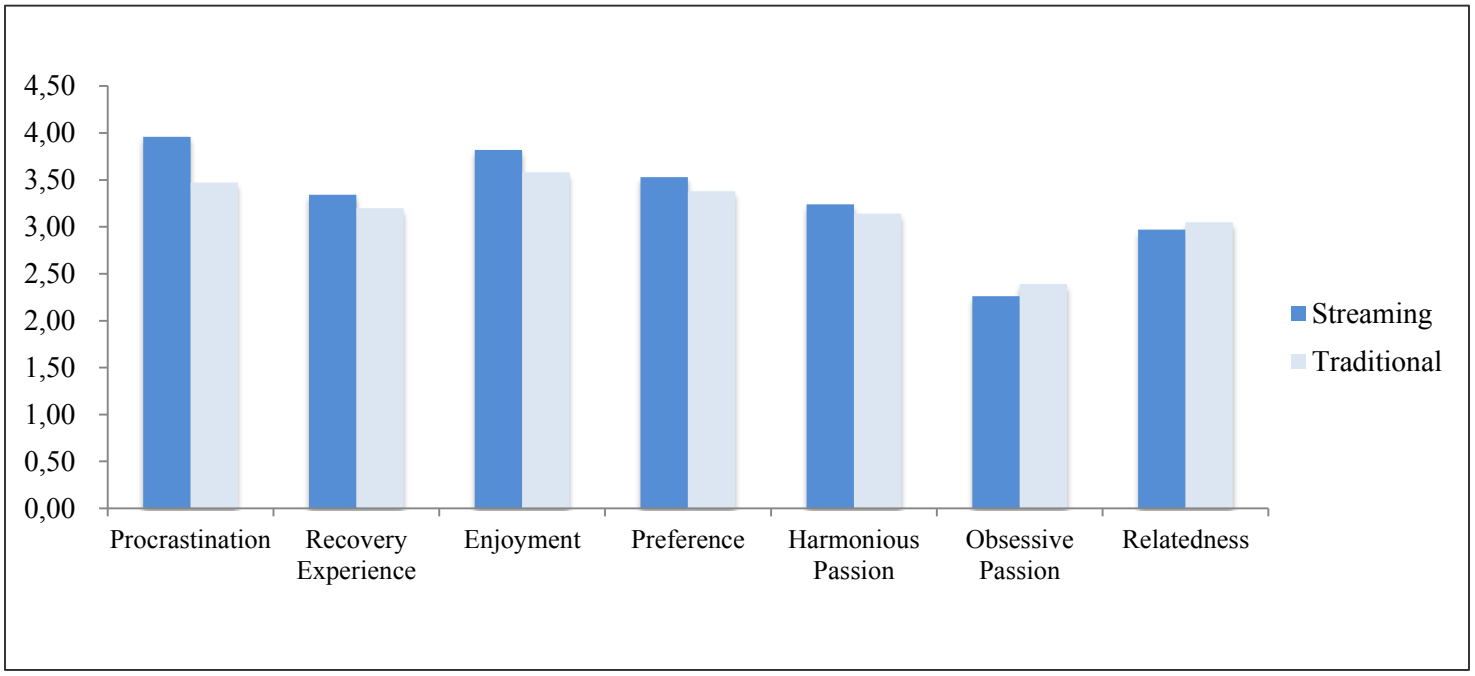
This research did not concentrate on a particular country. The participants were asked to indicate their country of origin and the country they live in. The participants were also asked to state their age, nationality, gender, language, and highest level of education.

4. Results

4.1. Differences Between Streaming and Traditional Television

Paired samples *t*-tests were been conducted to measure if there was a statistically significant difference in the mean scores for streaming and traditional television for each variable. All fourteen variables were tested. Seven variables (perceived procrastination, recovery experience, enjoyment, preference, harmonious passion, obsessive passion, and relatedness) resulted in a statistically significant difference between the two activities. (See Figure 4.1)

Figure 4.1. Results from paired *t*-tests from streaming and traditional television



A paired-samples *t*-test was conducted to see whether there was a significant difference in ego-depletion levels between streaming and traditional television and results showed there was not, therefore H1 was rejected. Next a paired-samples *t*-test was conducted to evaluate the impact streaming and traditional television have on **perceived procrastination**. There was a statistically significant decrease in perceived procrastination scores from streaming ($M = 3.96$, $SD = 1.38$) to traditional TV ($M = 3.47$, $SD = 1.47$), $t\ (472) = 8.51$, $p <. 001$ (two-tailed). The mean increase in perceived procrastination scores was 0.493 with a 95% confidence interval ranging from 0.379 to 0.607. This means that perceived procrastination levels were considerably higher while streaming than when watching traditional television (≠ H2). There was no significant difference in guilt between streaming and traditional television and H3

was rejected. Next, the impact streaming and traditional television have on **recovery experience** were evaluated. There was a statistically significant decrease in scores from streaming (M = 3.34, SD = .635) to traditional television (M = 3.20, SD = .769), t (427) = 4.22, p <. 001 (two-tailed) (= H8). The mean increase in scores was 0.142 with a 95% confidence interval ranging from .076 to .208. Next, a paired-samples t-test was conducted to evaluate the impact streaming and traditional television have on **enjoyment**. There was a statistically significant increase in scores from streaming (M = 3.82, SD = 1.01) to traditional television (M = 3.58, SD = 1.07), t (472) = 4.42, p <. 001 (two-tailed) (= H7). The mean increase in scores was 0.242 with a 95% confidence interval ranging from 0.134 to 0.350. Next, a paired-samples t-test was conducted to evaluate the impact streaming and traditional television have on **hedonistic (preference)**. There was a statistically significant increase in scores from streaming (M = 3.53, SD = .826) to traditional television (M = 3.38, SD = .950, t (472) = 3.42, p <. 001(two-tailed) (≠ H4). The mean increase in scores was 2.27 with a 95% confidence interval ranging from 0.061 to 0.228. Following preference, another paired-samples t-test was conducted to evaluate the impact on streaming and traditional televisions have on **harmonious passion**. There was a statistically significant increase in scores from streaming (M = 3.24, SD = .729) to traditional television (M = 3.14, SD = .776), t (472) = 2.88, p <. 001(two-tailed) (=H5a). The mean increase in scores was 2.27 with a 95% confidence interval ranging from 0.031 to 0.165. Next, another paired-samples t-test was conducted to evaluate the impact on streaming and traditional television have on **obsessive passion**. There was a statistically significant decrease in scores from streaming (M = 2.26, SD = 1.04) to traditional television (M = 2.39, SD = 1.11), t (29) = 5.39, p <. 001(two-tailed) (H5b). The mean decrease in scores was 0.122 with a 95% confidence interval ranging from 0.197 to 0.048. Lastly, a paired-samples t-test was conducted to evaluate the impact streaming and traditional television have on **relatedness**. There was a statistically significant decrease in scores from streaming (M = 2.97, SD = .804) to traditional television (M = 3.05, SD = .901), t (472) = 2.14, p <. 001 (two-tailed) (≠ H6b). The mean decrease in scores was 0.079 with a 95% confidence interval ranging from 0.152 to 0.006. There was no significant difference in control and autonomy between streaming and traditional television (≠ H6a and ≠H6c). Lastly, H9 was also rejected, as there was no significant difference found in levels of vitality between streaming and traditional television.

4.2. Predictive Values

A series of hierarchical multiple regressions were performed to predict levels of enjoyment, perceived procrastination, recovery experience, guilt, vitality, and ego depletion after controlling for obsessive passion, harmonious passion, control, relatedness and autonomy. Preliminary analyses were conducted to ensure no violation of the assumptions of normality, linearity, and homoscedasticity.

Hierarchical multiple regressions were performed first for streaming and then repeated for traditional television.

4.2.1. Ego-depletion

For streaming, Model 1 showed perceived procrastination and guilt had a negative significant predictive value in ego depletion, explaining 34.2% of the variance. Obsessive passion had no significant predictive value. The second model, although not significantly higher, explained 35.5% of the variance and revealed that control was also a significant predictor for ego-depletion in addition to procrastination and guilt. Obsessive passion, harmonious passion, relatedness and autonomy had no further predictive value (see Table 4.2).

For traditional television, Model 1 revealed that perceived guilt and procrastination have a negative significant predictive value for ego depletion, explaining 41.2% of the variance. Obsessive passion had no further predictive value. Model 2, explained 41.6% of the variance, and did not provide additional predictive factors. Obsessive and harmonious passion, control, relatedness and autonomy had no further predictive values see Table 4.3).

Table 4.2. Streaming: predictive factors for ego-depletion

	B	*b**	R^2	ΔR^2	*p*
Model 1			.342	.338	.000
Procrastination	-.319	-.444			.000***
Guilt	-.189	-.200			.000***
Obsessive Passion	-.055	-.058			.202
Model 2			.355	.345	.057
Procrastination	-.315	-.440			.000***
Guilt	-.204	-.216			.000***
Obsessive Passion	-.049	-.052			.333
Harmonious Passion	-.092	-.068			.186
Control	.176	.109			.014*
Relatedness	-.020	-.017			.723
Autonomy	-.062	-.046			.290

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

Table 4.3. Traditional television: predictive factors for ego-depletion

	B	*b**	R^2	ΔR^2	*p*
Model 1			.412	.408	.000***
Procrastination	-.349	-.519			.000***
Guilt	-.138	-.151			.002**
Obsessive Passion	-.028	-.032			.468
Model 2			.416	.407	.554
Procrastination	-.343	-.510			.000***
Guilt	-.158	-.173			.001***
Obsessive Passion	-.024	-.027			.603
Harmonious Passion	-.028	-.022			.681
Control	.037	.025			.599
Relatedness	.025	.023			.625
Autonomy	-.078	-.067			.144

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

As theorized, guilt and procrastination proved to be negative significant predictive factors for ego-depletion for both streaming and traditional television. The model for traditional television was stronger and explained a higher percentage of the variance than the model for streaming. This means that procrastination and guilt are stronger predictors for traditional television in comparison to streaming. Unlike the model for traditional television, however, autonomy was a predictive factor for ego-depletion while streaming. H1 was rejected because just because guilt and procrastination were stronger predictive factors for ego-depletion for traditional television than streaming, it does not mean that ego-depletion was lower when users streamed.

4.2.2. Enjoyment

For streaming, autonomy and relatedness were significant predictors for enjoyment, explaining 19.1% of the variance while control was not significant (see Table 4.4).

For traditional television autonomy and relatedness were both significant predictors for enjoyment. The two factors together explained 28% of the variance. Control, on the other hand, had no predictive value (see Table 4.5).

Although autonomy and relatedness were stronger predictive values for enjoyment for both streaming and traditional television, the model for traditional television proved to be much higher and explained a higher percent of the variation.

Table 4.4. Streaming: predictive factors for enjoyment

	B	*b**	R^2	ΔR^2	*p*
Model 1			.191	.186	.000***
Autonomy	.539	.395			.000***
Control	.022	.013			.771
Relatedness	.142	.113			.014*

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

Table 4.5. Traditional television: predictive factors for enjoyment

	B	*b**	R^2	ΔR^2	*p*
Model 1			.280	.276	.000***
Autonomy	.427	.337			.000***
Control	.010	.008			.856
Relatedness	.432	.267			.000***

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

4.2.3. Procrastination

For streaming, Model 1 showed guilt has a significant predictive value for procrastination explaining 17.2% of the variance. Obsessive passion had no further predictive value. Model 2 revealed that autonomy, in addition to guilt, had significant predictive value although the model itself only explained 18.5% of the variance. Obsessive passion, harmonious passion, control, and relatedness had no further predictive value (see Table 4.6).

For traditional television, Model 1 showed that guilt and obsessive passion have significant predictive values for procrastination, explaining 40.6% of the variance. The second model, also significant, revealed that guilt and obsessive passion are strong significant predictors, explaining 42.9% of the variance. Harmonious passion, autonomy, relatedness and control had no further predictive value (see Table 4.7).

Guilt and autonomy were significant predictors for procrastination for streaming while guilt and obsessive passion were significant predictors for procrastination for traditional television. Obsessive passion and guilt, as predictive values for traditional television, also explained a very high percentage of the variance. Although the model for predictive values for procrastination while watching for traditional television was much stronger than streaming, the initial hypothesis that streaming will lead to lower levels of procrastination was rejected (≠ H3) as results showed that in fact, users who stream have higher levels

of procrastination than when they watch traditional television. The implications of these findings will be discussed later on.

Table 4.6. Streaming: predictive factors for procrastination

	B	*b**	R^2	ΔR^2	*p*
Model 1			.172	.169	.000***
Guilt	.474	.360			.000***
Obsessive Passion	.114	.086			.091
Model 2			.185	.175	.115
Guilt	.507	.386			.000***
Obsessive Passion	.060	.046			.448
Harmonious Passion	-.004	-.002			.971
Autonomy	.198	.107			.030*
Control	.053	.024			.634
Relatedness	.026	.015			.774

Significance levels: $p< .05$ *, $p< .01$ **, $p< .001$***

Table 4.7. Traditional television: predictive factors for procrastination

	B	*b**	R^2	ΔR^2	*p*
Model 1			.406	.403	.000***
Guilt	.703	.518			.000***
Obsessive Passion	.236	.178			.000***
Model 2			.429	.422	.001***
Guilt	.719	.530			.000***
Obsessive Passion	.137	.530			.046*
Harmonious Passion	-.008	-.004			.937
Autonomy	.147	.085			.062
Relatedness	.099	.061			.194
Control	.148	.068			.152

Significance levels: $p< .05$ *, $p< .01$ **, $p< .001$***

4.2.4. Recovery

In the first model for streaming, obsessive passion was the only significant predictor for recovery experience, explaining 5.8% of the variance, while perceived procrastination and guilt had no significant

predictive value. The second model revealed that harmonious passion and autonomy explained the most of the variance in recovery experience. The two factors together explained 27.4% of the variance in recovery experience while streaming television online. Guilt, procrastination, control and relatedness had no further significant value (see Table 4.8).

For traditional television, Model 1 showed perceived procrastination and obsessive passion had a significant predictive value for recovery experience, predicting 22.5% of the variance. Guilt had no predictive significance. Model 2 revealed perceived procrastination and control had a significant predictive value and obsessive passion had a negative predictive value. In addition, obsessive passion was also a negative significant predictor. Together, the four factors explained 45.3% of the variance. Guilt, relatedness, and autonomy had no further predictive value (see Table 4.9).

For streaming, harmonious passion and autonomy were significant predictors for recovery experience. For television, procrastination and control had a significant predictive value and obsessive passion had a negative predictive value. Streaming did lead to higher recovery experience levels (=H8) and the implications of the predictive values will be explained in more detail in the Discussion chapter.

Table 4.8. Streaming: predictive factors for recovery experience

	B	*b**	R^2	ΔR^2	*p*
Model 1			.058	.052	.000***
Procrastination	.042	.091			.065
Guilt	-.016	-.026			.645
Obsessive Passion	.131	.215			.000***
Model 2			.274	.263	.000***
Procrastination	.019	.040			.365
Guilt	.040	.067			.206
Obsessive Passion	-.027	-.044			.438
Harmonious Passion	.331	.380			.000*
Control	-.005	-.004			.923
Relatedness	.013	.017			.734
Autonomy	.187	.219			.000***

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

Table 4.9. Traditional television: predictive factors for recovery experience

	B	*b**	R^2	ΔR^2	*p*
Model 1			.225	.220	.000***
Procrastination	.215	.421			.000***
Guilt	-.070	-.099			.082
Obsessive Passion	.139	.200			.000***
Model 2			.453	.444	.000***
Procrastination	.168	.321			.000***
Guilt	-.011	-.015			.758
Obsessive Passion	-.094	-.137			.008**
Harmonious Passion	.447	.481			.000*
Control	.173	.153			.001***
Relatedness	-.024	-.028			.540
Autonomy	.037	.040			.366

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

4.2.5. Guilt

For streaming, Model 1 showed perceived procrastination and obsessive passion had a significant predictive value, explaining 38.2% of the variance. In model 2, procrastination, obsessive passion, relatedness, autonomy (negative), and eudaimonic preference all had significant predictive values, explaining 46.5% of the variance. Harmonious passion, control, and hedonic preference had no further predictive value (see Table 4.10).

For traditional television, Model 1 revealed perceived procrastination and obsessive passion were significant predictors, explaining 48.2% of the variance. In model 2, perceived procrastination, obsessive passion, eudaimonic preference had a positive significant predictive value. Harmonious passion and autonomy, on the other hand, had a negative, but also significant predictive value. Together, the five factors explained 54.5% of the variance. Control, relatedness and hedonic preference had no further predictive value (see Table 4.11).

Procrastination, obsessive passion, eudaimonic preference, and autonomy (negative predictor) were all significant predictors for guilt for both streaming and traditional television. The model for traditional television, however, also revealed that harmonious passion was a negative significant predictor missing with in streaming. On the other hand, the model for streaming revealed that relatedness was a

significant predictor of guilt, which did not appear for traditional television. While H3 was rejected since there was no significant difference between feelings of guilt between streaming and traditional television, the implications of the different predictive factors will be discussed later on.

Table 4.10. Streaming: predictive factors for guilt

	B	*b**	R^2	ΔR^2	*p*
Model 1			.384	.382	.000*
Procrastination	.204	.268			.000***
Obsessive Passion	.488	.487			.000***
Model 2			.465	.456	.000***
Procrastination	.208	.273			.000***
Obsessive Passion	.400	.300			.000***
Harmonious Passion	-.199	-.082			.096
Control	-.009	-.005			.902
Relatedness	.142	.109			.011*
Autonomy	-.278	-.198			.000***
Eudaimonic Preference	.234	.211			.000***
Hedonic Preference	.031	.025			.502

Significance levels: $p< .05$ *, $p< .01$ **, $p< .001$***

Table 4.11. Traditional television: predictive factors for guilt

	B	*b**	R^2	ΔR^2	*p*
Model 1			.484	.482	.000***
Procrastination	.331	.450			.000***
Obsessive Passion	.350	.037			.000***
Model 2			.545	.537	.000***
Procrastination	.303	.411			.000***
Obsessive Passion	.336	.344			.000***
Harmonious Passion	-.177	-.127			.014**
Control	.009	.006			.895
Relatedness	.066	.055			.191
Autonomy	-.183	-.143			.001***
Eudaimonic Preference	.245	.222			.000***

Hedonic Preference	-.015	-.013			.724

Significance levels: $p< .05$ *, $p< .01$ **, $p< .001$***

4.2.6. Energy

For streaming, the first model, perceived procrastination (negative), guilt, and obsessive passion had a significant predictive impact on energy; perceived procrastination had a negative impact. The three factors together explained 25% of the variance. In the second model, procrastination again had a negative but significant predictive value. In addition, guilt and harmonious passion also had significant predictive value. Together, the three factors explained 44.5% of the variance. Obsessive passion and the intrinsic needs (control, relatedness, autonomy) had no significant value (see Table 4.12).

In model 1, guilt was a significant predictor for energy, explaining 14.1% of the variance while perceived procrastination and obsessive passion had no significant predictive value. Model 2 revealed guilt and harmonious passion were significant predictors. Furthermore, autonomy had a negative but significant predictive significance. Together, the three factors explained 22% of the variance. Perceived procrastination, obsessive passion, control, and relatedness had no significant predictive values (see Table 4.13).

While guilt and harmonious passion were significant predictors for energy for both streaming and traditional television, the regression models revealed differences in the other predictors. For streaming, perceived procrastination had a negative predictive value and harmonious passion a positive one. The regression model was also much stronger than the one for traditional television, explaining 44.5% of the variance. For television, autonomy was a negative significant predictor, however, the model explained only 22% of the variance.

Table 4.12. Streaming: predictive factors for energy

	B	*b**	R^2	ΔR^2	*p*
Model 1			.250	.245	.000***
Procrastination	-.096	-.142			.001***
Guilt	.206	.233			.000***
Obsessive Passion	.327	.369			.000***
Model 2			.445	.437	.000***
Procrastination	-.115	-.171			.000***
Guilt	.223	.253			.000***
Obsessive Passion	.053	.060			.231
Harmonious Passion	.635	.499			.000***

Control	.081	.053			.191
Relatedness	.065	.056			.195
Autonomy	-.052	-.041			.309

Significance levels: $p< .05$ *, $p< .01$ **, $p< .001$***

Table 4.13. Traditional television: predictive factors for energy

	B	*b**	R^2	ΔR^2	*p*
Model 1			.141	.136	.000***
Procrastination	.054	.086			.124
Guilt	.212	.247			.000***
Obsessive Passion	.084	.100			.060
Model 2			.220	.208	.000***
Procrastination	.040	.063			.247
Guilt	.203	.237			.000***
Obsessive Passion	-.099	-.118			.052
Harmonious Passion	.415	.347			.000***
Control	.088	.064			.251
Relatedness	.057	.056			.311
Autonomy	-.197	-.180			.001***

Significance levels: $p< .05$ *, $p< .01$ **, $p< .001$***

4.2.7. Tiredness

In model 1, perceived procrastination, guilt, and obsessive passion had a significant predictive value, explaining 34.9% of the variance. In the second model, perceived procrastination, guilt, obsessive and harmonious passion all had a significant predictive value, explaining 38.3% of the variance. Intrinsic needs (control, relatedness, and autonomy) had no further significant value (see Table 4.14).

In model 1, perceived procrastination, guilt, and obsessive passion had significant predictive value for tiredness, explaining 31.1% of the variance. In model 2, perceived procrastination, guilt, and autonomy also had a significant predictive value, explaining 35.1% of the variance. Obsessive and harmonious passion, control and relatedness had no further predictive value (see Table 4.15).

Procrastination and guilt had significant predictive value for tiredness for both streaming and traditional television. However, obsessive and harmonious passions were also significant predictive value

for streaming while they were not for traditional television. The regression revealed that autonomy, in addiction to procrastination and guilt, were the significant predictors for traditional television.

Table 4.14. Streaming: predictive factors for tiredness

	B	*b**	R^2	ΔR^2	*p*
Model 1			.349	.345	.000***
Procrastination	.078	.150			.000***
Guilt	.218	.317			.000***
Obsessive Passion	.183	.265			.000***
Model 2			.383	.374	.000***
Procrastination	.070	.135			.001***
Guilt	.231	.335			.000***
Obsessive Passion	.093	.135			.010**
Harmonious Passion	.180	.182			.000**
Control	.073	.062			.151
Relatedness	.001	.002			.973
Autonomy	.013	.013			.757

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

Table 4.15. Traditional television: predictive factors for tiredness

	B	*b**	R^2	ΔR^2	*p*
Model 1			.311	.307	.000***
Procrastination	.152	.269			.000***
Guilt	.211	.276			.000***
Obsessive Passion	.078	.104			.029*
Model 2			.351	.341	.000***
Procrastination	.126	.224			.000***
Guilt	.252	.330			.000***
Obsessive Passion	.007	.009			.870

Harmonious Passion	.109	.102	.070
Control	-.023	-.019	.716
Relatedness	.039	.042	.398
Autonomy	.135	.137	.005*

Significance levels: $p < .05$ *, $p < .01$ **, $p < .001$***

A comparison of the regressions from streaming and television yielded the following preliminary results, although they will be discussed in further detail in the following section. Ego depletion, when watching traditional television is predicted more by guilt and perceived procrastination than streaming. Enjoyment, when watching traditional television, is predicted more by autonomy and relatedness than when streaming. Recovery experience, when watching traditional television, is predicted more by procrastination, harmonious passion and control, including obsessive passion as a negative predictor, than streaming. Energy, while streaming, was predicted more by perceived procrastination (negatively) and guilt and harmonious passion more than traditional television. Tiredness, while streaming, was predicted more by perceived procrastination, guilt and obsessive passion more than traditional television.

5. Conclusion

The aim of this study was to extend previous research on entertaining media use by comparing streaming to traditional television, and whether the two have a different effect on procrastination and other behaviors by first investigating (a) the association of ego depletion with streaming and traditional television, (b) the potential implications of the results on positive outcomes of entertaining media use such as recovery, vitality, and enjoyment, harmonious passion, (c) the implications of the results on negative outcomes of entertaining media use such as guilt and obsessive passion, and (d) how streaming and traditional television compare in intrinsic needs satisfaction.

5.1. Main Differences Between Streaming and Traditional Television

5.1.1.Perceived Procrastination

Results of this research revealed a significant difference in perceived procrastination levels between streaming and traditional television, rejecting the initial hypothesis that streaming will lead to lower levels of perceived procrastination than traditional television. In fact, according to results, streaming had a much higher level of perceived procrastination than traditional television. First, these results support Lavoie and Pychyl's (2001) claims that the Internet may be replacing traditional television as a form of entertainment and possibly as a form of procrastination by making content easily accessible online. Furthermore, the results are also in agreement with the authors and their claims that the Internet has given false promises for efficiency and progress but has instead given more way for volitional problems, such as procrastination (Lavoie & Pychyl, 2001).

Second, contrary to the initial assumptions, the fact that users showed higher levels of procrastination after streaming than after traditional television may also suggest that giving the user more control can be more counter-productive than helpful. As previously stated, unscheduled media use has been negatively related to self-control (Reinecke et al., 2014). It is precisely the failure of self-control which ends in the needless postponement of a task, that is the essence of procrastination (Solomon & Rothblum, 1984). This means that the more control a user is given, the more self-control one has to exercise. Keeping this in mind, two main reasons were previously introduced as why people prefer streaming to traditional television: (a) with streaming, users have more control over what they watch and (b) they have the option to time-shift. Those two reasons presented the possibility for users to save more time or to procrastinate more. Results have shown that essentially, streaming, which provides more control, resulted in more procrastination. Traditional television, which has linear programming and offers fewer control options to the viewer, resulted in lower levels of procrastination.

The issue with practicing self-control while streaming, which is evidently harder than when

watching traditional TV, is even more problematic considering the nature of streaming. Hofman (2012) has suggested that entertainment media is the desire least successfully controlled in everyday life. This claim is also supported by the results of this research. For example, streaming offers a huge variety of films, series, documentaries and other genres to be watched at ones will. On the other hand, traditional television also offers many types of programmes, but in a predetermined, linear schedule. Considering that the desire for entertainment media is less successfully controlled when an individual is given charge of their own media intake without a prearranged schedule, it becomes apparent how loss of self-control and subsequent procrastination can occur. These results also support the suggestions of Kubey and Csikszentmihalyi (1990), Mathers et al., (2009), and Robinosn and Martin (2008) who all argue that instead of entertaining media having a positive effect on psychologival well being (Reinecke et al., 2014; Reinecke, 2009a, 2009b), it has an opposite, negative effect. Since procrastination has been previously linked to negative appraisals of media use (Reinecke et al., 2014), the assumption can be made that streaming may have a negative effect on psychological well-being, given that it results in higer procrastination levels than traditional television. In addition to having a negative effect on well-being, perceived levels of procrastination directly impact ego-depletion (Reinecke et al., 2014). Although there was an apparent difference in procrastination between streaming and television, its effect on ego-depletion was different than expected; however, this will be addressed in the subsequent sections. Ultimately, these results revealed that even with the possibility to choose what and where to watch the content of their choice instead of following the linearity of traditional television, perceived procrastination was higher while streaming than traditional television.

5.1.2. Guilt

Results revealed that there was no significant difference in feelings of guilt between streaming online and watching traditional television. These results reject the initial hypothesis that streaming will result in lower levels of guilt than traditional television. Unscheduled media use has previously been positively linked to feelings of guilt (Reinecke et al., 2014) and streaming, presenting the ability for a user to be in control of what they watched, essentially putting them in charge of their media schedule. Even with these interactive options available (e.g. picking what to watch, when to watch it, what screen to watch it on), feelings of guilt between streaming and consumption of linear, traditional television were not significantly different.

Moreover, if an individual engages in negative appraisals of entertaining media use and perceives it as an unjustified form of procrastination, that negative appraisal then evokes guilt (Reinecke et al., 2014). The results of this research would suggest that the levels of guilt evoked after streaming and traditional television are similar. This is a significant finding because of the difference in interactivity of the two platforms. This research first hypothesized that because of the choice and control streaming

provides, one would be able to pick what they want to watch, rather than whatever is on television; therefore, feeling less guilty about what they watched in the long run. The results revealed that whether one picks and chooses what to stream or zaps through traditional TV programming, the impact of feelings of guilt is very similar.

5.1.3 Ego Depletion

The impact on ego depletion was very similar to the impact streaming and traditional television had on guilt. First, the two previous measures together, procrastination and feelings of guilt, have been linked to ego-depletion by past studies (Fee & Tangney, 2000; van Eerde, 2003). Since procrastination leads to feelings of guilt, that in turn impacts a person's will-power, or ego-depletion. This research hypothesized that streaming will lead to lower levels of procrastination and guilt, and therefore, lower levels of ego-depletion. However, results showed that while there is no difference in feelings of guilt, procrastination while streaming was much higher than when watching traditional television. Since procrastination was significantly higher, theory would suggest that ego-depletion levels should reflect that, meaning the more people procrastinate, the more ego depleted they will be. However, results revealed no significant difference between levels of ego-depletion between the two forms of entertainment media.

Second, just as previous research did not find any significant differences between different types of media use, specifically video games and television (Reinecke et al., 2014), this research also did not find a significant difference in levels of ego-depletion between streaming and traditional television. Again, this is also an important finding, considering the difference between streaming and traditional television. The results also revealed the possibility that although users have higher levels of perceived procrastination, the feelings of subsequent guilt and decreased levels of ego depletion do not go hand in hand as theorized. In other words, an individual may procrastinate due to entertainment media consumption

5.1.4.Recovery Experience

This research hypothesized that streaming will lead to higher levels of recovery experience than traditional television. In line with the hypothesis, results revealed that recovery experience is significantly higher when individuals stream, in comparison to when they watch traditional television. Successful recovery has been linked to leisure activities, like watching television, which has been confirmed by many previous studies (Reinecke et al., 2011; Reinecke, 2009a, 2009b). The results of this research suggest that although both streaming and traditional television have a strong link to recovery experience, streaming facilitates recovery more than traditional television.

Moreover, these results also go against the concept that ego-depleted individuals' negative appraisal entertaining media use diminishes recovery effects (Reinecke et al., 2014). Recovery experience is also a vital process of self-regulation (Sluiter et al., 2003; Sonnentag & Zijlstra, 2006). Taking into account that there was no difference in ego-depletion levels between streaming and television, and considering how one affects the other, the same would have been expected for recovery experience. However, results revealed streaming had higher levels of recovery experience. Connecting these findings to the previous measures means that while streaming, even if people procrastinate more (procrastination being a negative appraisal of media use), they also recover faster than with traditional television (recovery being a vital process of well-being).

5.1.5.Vitality

Vitality, or the subjective feeling of energy available to an individual (Ryan & Frederick, 1997) has influence of recovery experience outcomes. Two subscales were used to measure vitality: energy and tiredness (Eysenck, 1990). Unlike recovery experience, results did not reveal any significant differences between streaming and traditional television in energy levels or tiredness levels. These findings went against what this research initially hypothesized, which was that streaming would have higher levels of vitality than traditional television.

These findings are also significant to this research because vitality, or the subjective aliveness or energy available to a person (Ryan & Frederick, 1997), is no different between streaming and traditional television. This suggests that it may not be as closely associated to recovery experience as previous authors suggest, at least in the context of this research. Moreover, considering again the interactive differences between the two platforms, it is important to note that whether or not the viewer is in control of what they watch made no apparent significant difference in their energy or tiredness levels.

Since vitality is said to have an impact on recovery experience according to theory (Ryan & Frederick, 1997), it should be noted that while recovery experience was higher while streaming, there was no difference in energy or tiredness levels between streaming and watching traditional television as expected. The lack of difference in vitality between streaming and traditional television raises questions in regards to why there *was* a difference in recovery experience. If vitality does have an impact on recovery experience, results show that in the case of streaming and television, it may not.

5.1.6. Enjoyment

Results revealed that there was a significant difference in enjoyment between streaming and watching traditional television. Participants indicated that they enjoy streaming more than traditional television, confirming the initial hypothesis that streaming will lead to higher levels of enjoyment.

According to theory, enjoyment is related to the satisfaction of the three fundamental intrinsic needs, autonomy, competence, and relatedness (Deci & Ryan, 1985). Since enjoyment was significantly higher with streaming, this may suggest that streaming better satisfies intrinsic needs than traditional television. This will be discussed further in the following section.

Enjoyment is also worth connecting with a previous measure used in this research. In the above discussion about procrastination, it was mentioned that results supported the suggestions of Kubey and Csikszentmihalyi (1990), Mathers et al., (2009), and Robinosn and Martin (2008) who argue that entertainment media has negative effects on psychological well being. In one aspect, this was confirmed by the results which revealed that streaming lead to higher procrastination levels. However, streaming also resulted in higher enjoyment levels. These results support the idea that entertaining media does have a positive effect on well-being(Reinecke et al., 2014; Reinecke, 2009a, 2009b), given that it resulted in enjoyement. This further adds to the idea that enjoyment, just like recovery, is still possible even with procrastination and its potential feelings of guilt. The resutls also go against Lavoie and Pychyl (2001, p. 434) who had previously argued that any enjoyment gained from pleasurable activities are ultimately replaced by regret and guilt.

5.1.7. Intrinsic Needs

Chapter 2 previously outlined some of the features available with streaming which potentially better satisfy intrinsic needs. Just as video game developers have improved the designs of the games, so have streaming platforms. The "post-play" and predictive algorithms currently used to make a personalized suggestion based on what the user has already watched (Takács et al., 2008), the possibility for the user to choose what content to watch, what medium to watch it on, and what time to watch it, and the online communities all cater to autonomy, competence, and relatedness. These features were expected not only to contribute to overall enjoyment, but to also show that there are significant differences in all three intrinsic need aspects between streaming and traditional television.

The results of this research, however, did not reveal any significant differences between streaming and traditional television. The initial hypotheses that streaming will lead to higher autonomy and control levels were rejected as there was no significant difference in results between streaming and traditional television. The hypothesis, which predicted that relatedness levels would also be higher with streaming, was also rejected, as results revealed that relatedness levels are in fact lower with streaming than they are with traditional television. These results were unexpected considering that streaming and traditional television differ greatly in interactivity.

5.1.8. Preference

Previous studies have suggested that the type of content consumed may be an important predictor of feeling of guilt (Reinecke et al., 2014). Intellectually and emotionally stimulating media content typically satisfies eudaimonic needs with cognitively challenging content. It can be argued that that type of content may be deemed as a meaningful form of entertainment. On the other hand, forms of media which address hedonic needs and are considered "lowbrow," and are more likely to result in feelings of guilt (Reinecke et al., 2014). The previous study this research is extending found evidence which suggested that ego-depleted individuals may be drawn to hedonically rewarding activities (Reinecke et al., 2014). Streaming or traditional television, both a form of exposure to entertaining media, are considered as "pleasant and joyful" and are an appealing activity commonly sought by ego-depleted individuals (Hartmann, 2006; Vorderer, 2001). Based on this knowledge, results revealed that only one of the subscales of the scale for Preference for Challenging vs. Easy Television Content (Oliver & Raney, 2011; Reinecke et al., 2014) had a significant difference between streaming and traditional television. Hedonic preference, conceptualized in terms of pleasure, was significantly higher when individuals stream than when they watched traditional television. In other words, participants who streamed chose programs that made them laugh and were considered as "simple, fun, happy, and positive" more than when they watched traditional television. Therefore, the initial hypothesis that while streaming, people will prefer eudaimonically satisfying (challenging content) and they will prefer to watch hedonically satisfying ("lowbrow" content) on traditional television was rejected.

These results also suggest that there might be a link between ego-depletion and hedonic preference in the individuals who stream, since theory implies that ego-depleted individuals tend to chose lowbrow media over challenging content (Shiv & Fedorikhin, 1999). Although there was no significant difference in ego-depletion between streaming and traditional television, which is not to say that the preference for hedonically satisfying content did not have an impact on ego-depletion.

Furthermore, it should be noted that hedonic preference for content, which satisfies hedonic motivations, did not have any significant predictive value for evoking feelings of guilt when streaming or watching traditional television. Eudaimonic preference, on the other hand, which is conceptualized in terms of self-realization and development, was a significant predictor for guilt for both streaming and traditional television. This is in contrast to previous research, which suggests that eudaimonic content typically does not evoke feelings of guilt in comparison to hedonic, "lowbrow" entertainment media content.

5.1.9. Passion

This research hypothesized that people will have higher levels of harmonious passion while streaming than when they watch traditional television, and lower levels of obsessive passion while

streaming than when they watch traditional television. Results revealed that both subscales of The Passion Scale (Vallerand et al., 2003) had significant differences while streaming and watching traditional television. In line with the initial assumptions, while streaming, individuals had significantly higher levels of harmonious passion than while watching traditional television. On the other hand, obsessive passion was significantly lower between streaming and traditional television, also confirming the initial hypothesis.

According to this research, the assumption can be made that users stream more so because they want to, not because they must. The same cannot be assumed about traditional television, as levels of obsessive passion were significantly higher. These findings, although not surprising, lead to other questions. First, according to theory, harmonious passion is typically said to not cause negative effects (Vallerand et al., 2003). Streaming resulted in higher levels of harmonious passion, it also resulted in higher levels of recovery experience and it did not lead to more guilt than traditional television. Second, traditional television resulted in higher levels of obsessive passion; in other words, people were controlled by the need to watch TV. Individuals with obsessive passion are said to experience feelings of guilt (Vallerand et al., 2003), which is also often related to another negative effect – procrastination. However, even though results from this research showed that users have higher levels of procrastination while streaming, that was not reflected in having an obsessive passion. In fact, users who procrastinate have a harmonious passion for streaming. This, in addition to recovery experience and enjoyment, shows that again, even with procrastination, it is still possible for users to experience positive effects from streaming.

5.2. Difference in Predictive Factors

5.2.1 Ego-Depletion

As mentioned before, guilt and procrastination proved to be significant negative predictive factors for ego-depletion for both streaming and traditional television. This means that the more guilty users felt after streaming or watching traditional television, the more they felt their will power was exhausted. The same negative relationship was established for perceived procrastination as a predictive factor. The more users felt they procrastinated, the more ego-depleted they were. Unlike traditional television, control proved to be a positive significant predictive factor for ego-depletion while streaming, meaning the higher the level of autonomy (control) the user has, the less ego-depleted they will be after streaming. It is important to note that although there was no significant difference in overall intrinsic needs satisfaction between streaming and television, control was a significant predictor for ego-depletion while streaming. This is relevant because control over content and scheduling is one of the primary differences between streaming and traditional television. The fact that control is, in fact, a predictive factor for ego-depletion,

can be interpreted as an advantage for streaming. Control, autonomy, relatedness, obsessive and harmonious passion were not predictive factors for ego-depletion for traditional television.

Moreover, confirming the theory which states that ego-depleted individuals are likely to perceive streaming or traditional television as an unjustified form of procrastination that evokes guilt (Reinecke et al., 2014). The results of this research showed that guilt and perceived procrastination were the main predictive factors for ego-depletion. Furthermore, since there was no significant difference in ego-depletion levels between streaming and traditional television, one can assume that streaming, as a different, more interactive form of entertainment media, will still result in the same levels of ego-depletion as the traditional way of watching television.

5.2.2. Enjoyment

Autonomy and relatedness were significant predictors for enjoyment for both streaming and traditional television. Although results confirmed that users enjoy streaming more than traditional television, autonomy and relatedness were stronger predictors for enjoyment for traditional television, as the regression model was stronger than the model for streaming. The significant predictive value of these factors confirms the theory that the satisfaction of intrinsic needs does, in fact, lead to enjoyment. For the third fundamental intrinsic need, predicative of enjoyment, results revealed levels of relatedness were lower for streaming than traditional televisions among individuals. These results suggest that while streaming, individuals feel less connected to others than when they watch traditional television. This is in line with theory that streaming is focused on what one watches whereas traditional television has been regarded as a gathering point and more of a social activity rather than its focus on what is playing (Hamill, 2003).

5.2.3. Procrastination

In addition to procrastination levels being higher while streaming than in traditional television, there were significant differences in the predictive factors. Guilt and autonomy were strong predictive factors for procrastination for streaming and the regression model explained 18.5% of the variance. Guilt was also a predictor for traditional television; however, obsessive passion was the other significant predictor. The model, including guilt and obsessive passion as predictive values, explained 42.9% of the variance and was much higher than the model for streaming.

It does not come as a surprise that guilt is a significant predictive factor for procrastination for both streaming and traditional television since the results are in line with theory, which states that guilt is a feeling often evoked after an individual deems their entertainment consumption as procrastination (Reinecke et al., 2014). Furthermore, it is worth noting the difference between the predictive factors for

streaming and traditional television besides guilt. Autonomy, a predictive factor for procrastination for streaming, means that the more willingness an individual has while streaming, the more they procrastinate. For traditional television, on the other hand, obsessive passion was a significant predictor in addition to guilt. This means that the more individuals were controlled by the need to watch TV, the more they procrastinated. Based on this difference, an assumption can be made that although both streaming and traditional television can result in procrastination, there are different driving factors.

5.2.4. Recovery Experience

As mentioned before, recovery experience levels were higher while streaming than traditional television and there was also a difference in predictive factors for recovery experience for each activity. Harmonious passion and autonomy were significant predictors for recovery experience for streaming. For television, predictive factors were procrastination, harmonious passion and control in addition to obsessive passion, which was a negative predictor. Furthermore, the model for traditional television was stronger than the model for streaming.

5.2.5. Guilt

Procrastination, obsessive passion, eudaimonic preference, and autonomy (negative) were all significant predictors for guilt for both streaming and traditional television. Just as theory suggests, procrastination and obsessive passion have been linked to feelings of guilt when it comes to entertainment consumption. On the other hand, theory has also suggested ego-depleted individuals are likely to choose lowbrow, or hedonically satisfying media content (Shiv & Fedorikhin, 1999). The results of this research revealed the opposite. Eudaimonic preference, or challenging media content, was found to be a predictor for guilt rather than hedonic preference.

Furthermore, while relatedness was also a significant predictor for guilt for streaming and harmonious passion was a negative predictor for guilt for traditional television.

5.2.6. Vitality

As mentioned before, vitality has two subscales for energy and tiredness after media use. First, for energy after streaming, guilt and harmonious passion were significant predictors in addition to procrastination as a negative predictor. For television, guilt and harmonious passion also had predictive value while autonomy had a negative predictive value.

For tiredness, procrastination guilt, obsessive and harmonious passion all had predictive value for streaming. Procrastination, guilt and autonomy were significant predictors of tiredness for traditional television.

5.3. Limitations and Future Research

While this study has offered some insight into how streaming affects procrastination and other factors in one's daily life, several limitations to this study should be noted. Because of the use of an online survey for collecting the data used for this research, the convenience sample is overrepresented by people from developed, Western countries, and more specifically, those purposely chosen (Australia, Canada, Denmark, Germany, Greece, Italy, Netherlands, New Zealand, Portugal, Spain, Sweden, Switzerland, The United Kingdom, and the United States). More notably, all of the respondents were collected from the crowd sourcing platform crowdflower.com, and are thus more likely to use online technology, mainly streaming, than the average Internet user. Furthermore, participants were given a monetary reward ($0.20) if they completed the, which may have also influenced the way they answered each question.

The next limitation of this study is in the design of the survey itself. First, the survey asked out questions about streaming and traditional television with the assumption that participants do both. Future research should ask which method they prefer and why. It should also be noted that this study did not account for all possible ways in which one might watch television online or "traditionally." Participants were also not asked to specify *how* they stream content online, whether they stream illegally, or pay a monthly fee for a video streaming platform, such as Netflix. Since the survey had two parts, one for streaming and one for traditional television, participants were not provided the option to select "I don't stream" or "I don't watch traditional television." From the results, it became clear that participants only stream, only watch traditional television, or do both. Thus, a survey question that included which method they preferred could improve further analysis on the differences between the two forms. In addition, participants were asked questions about their streaming and traditional television behavior in the form of "Yesterday after school/work when I streamed/watched traditional television…." This may have limited the way participants answered the questions by requiring them to answer whether or not they had streamed or watched traditional television the day before. Rephrasing or asking more clear and time specific questions may improve further research.

Another limitation to this study is that all of the conclusions about streaming and traditional television and how their impact have been done in comparison to one another; therefore, this study cannot generalize how streaming affects ego-depletion, procrastination, guilt, recovery experience, vitality, enjoyment, preference, passion, intrinsic needs when isolated. Furthermore, earlier research has shown the concept of cyberslacking also involves using the internet for entertainment purposes when one should be working (Lavoie & Pychyl, 2001), which includes much more than streaming television online. Many of the participants who filled out the survey mentioned YouTube.com and music when asked to list three things they watch on traditional television or stream. In this case, although it is a form of streaming,

music and entertainment videos from YouTube.com could not be applied to this research but can be used for future research on cyberslacking.

Lastly, while a survey is an appropriate and convenient method to investigate *what* content people typically watch online and what type of content they watch on traditional television, other types of research would increase the understanding of *how* and *why* they do so. Future research should consider taking a different approach to collecting responses, rather than crowd sourcing platforms, by using social media networks such as Facebook or Twitter. In that way, one would have more control over what participants take part in the survey, rather than users only identifiable by the information they chose to provide and their IP address.

5.4. Summary

Although not all of the hypotheses first predicted were supported, a number of conclusions can be drawn. It is important to note that all of the conclusions about streaming are in the context of streaming as compared to traditional television.

This study aimed to extend the previous research done by Reinecke, Hartmann and Eden (Reinecke et al., 2014), which studied the relationships between ego depletion, procrastination, guilt, enjoyment, vitality, and recovery experience and the risk of the negative appraisal of the use of interactive (video games) and noninteractive (television) entertaining media as a form of procrastination. Instead of comparing video games and television, the focus of this research was on streaming, and how it compared to traditional television in terms of ego depletion, procrastination, guilt, enjoyment, vitality, and recovery experience. Thanks to the Internet, streaming has become an interactive way to watch television. This can be done illegally or via paid streaming platforms such as Netflix, Hulu, Amazon Prime, HBO GO, and many others. The main difference between traditional television and streaming is two fold. First, with streaming, users can pick exactly what they want to watch. Second, streaming allows users to time-shift and be in control of their entertainment schedule (Van den Broeck et al., 2007). Since entertainment media, like watching television, has often been associated with procrastination (Klingsieck et al., 2013; Lavoie & Pychyl, 2001; Steel, 2007), streaming had the potential to either help people save time by being able to choose what, when, and where to watch the content of their choice rather than limiting them to the linear programming of traditional television. At the same time, with streaming, the user had to exercise even more self-control than with traditional television which can be problematic because theory explains that entertainment media use is the desire least successfully controlled in everyday life (Hofmann et al., 2012). This research initially predicted that streaming would have lower levels of procrastination than traditional television, however, results proved the opposite. Levels of perceived procrastination were significantly higher after streaming than after watching traditional television.

Since procrastination is a common but not very tangible concept, several other measures which all relate to procrastination were used to gauge how streaming compares to traditional television (as they were used by Reinecke et al., (2014). While there was no significant difference in ego-depletion and feelings of guilt between streaming and traditional television, that is not to say that if isolated, the two activities would have the same result. This is significant to this research because it was anticipated that streaming and its interactivity would reduce levels of ego-depletion and guilt with its ability to let the user decide the conditions of their media consumption, rather than the established linear programming of traditional television.

Recovery, enjoyment and vitality, which answer to the appraisal of media consumption by streaming and traditional television also revealed some surprising results. Vitality after media consumption was compared and results indicated that streaming does not lead to higher levels of vitality. This finding is initially surprising because vitality greatly influences recovery outcome (Ryan & Frederick, 1997). However, as predicted, results revealed that users enjoyed streaming more than traditional television and streaming had significantly higher levels of recovery experience. Theory suggested enjoyment could be further predicted by intrinsic needs satisfaction. Although all three fundamental needs proved to be predictive factors for enjoyment for both traditional television and streaming, the results of this research showed autonomy, relatedness, and control levels were not higher in streaming as expected. In fact, streaming had lower levels of relatedness than traditional television, which is in line with the suggested theory. For one, watching traditional television has been known to be more of a social activity (Hamill, 2003). Second, since streaming is an activity controlled by an individual, it is only fitting that levels of relatedness, or connectedness one feels to others, is lower while streaming. It was surprising, however, to see no significant difference in autonomy and control levels. This suggests that although streaming does give a person control of what, when, and where they watch a certain show, the affects of this are not reflected in a difference in the satisfaction of autonomy and control levels between streaming and traditional television.

Theory has also suggested that the type of content one chooses to watch also impacts procrastination differently. Contrary to what this research hypothesized, results revealed that users preferred to stream hedonically satisfying, or lowbrow, enjoyable and simple content. In fact, eudaimonically satisfying content or, challenging entertainment, was found to be a significant predictor for guilt for both streaming and traditional television. This is in contrast to the suggested theory, which explains that typically, hedonically satisfying content can lead to feelings of guilt and is commonly sought by ego-depleted individuals (Shiv & Fedorikhin, 1999).

Results also indicated that people experienced higher levels of harmonious passion with streaming than with traditional television. Conversely, people had lower levels of obsessive passion with

streaming than with traditional television. This suggests that people who stream do it because they want to, not because they must, which is the main difference between harmonious and obsessive passion for a given activity (Vallerand et al., 2003). The fact that streamers show higher levels of harmonious passion and lesser levels of obsessive passion can also suggest that they experience less feelings of guilt which is typically associated with obsessive passion (Vallerand et al., 2003).

When taken together, the results of this research reveal some unexpected, though interesting findings. It has been made apparent by the results that this is more than just a simple question of whether one procrastinates more while streaming than with traditional television. On many occasions, the results of this research have suggested that streaming may disprove the linear idea that entertainment media can only be enjoyed when one does not experience subsequent feelings of guilt. Just as demonstrated by the results, although procrastination levels were higher when streaming, so were the levels of enjoyment and recovery experience. This further supports the idea that one can still enjoy streaming a show, even if that means it will result in some procrastination. Successful recovery experience after streaming is still possible even if feelings of guilt become present. This may be due to the fact that with streaming, an individual does not simply zap through pre-determined content. It is the person who is in control of the TV, and although observing self-control is more difficult, it still leads to more enjoyment.

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Appendix A: The Survey

Q1 Dear respondent, Thank you for taking the time to complete this survey. I am a Master's student in Media, Culture & Society at the Erasmus University Rotterdam. This survey is part of my Master's thesis on how streaming TV online and traditional TV influence procrastination. It will take you around 15 minutes to complete the survey. Your individual privacy will be maintained in all published and written data resulting from the study. Thank you! If you have questions about the study, please contact: survey414076@gmail.com Erasmus University Rotterdam

Q58 You will now be asked a series of questions about streaming TV shows online.

Q3 These next questions are about how and what type of shows you stream. Assuming 1 is never and 10 is very often.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	8 (8)	9 (9)	10 (10)
How often do you stream video content on a weekly basis? (1)	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍

Q4 What time of day do you mostly stream TV?

- ❍ Morning (4AM-12PM) (1)
- ❍ Afternoon (12PM-8PM) (2)
- ❍ Evening (8PM-4AM) (3)

Q5 About how many hours of TV did you stream yesterday morning?

Q6 About how many hours of TV did you stream yesterday afternoon?

Q7 About how many hours of TV did you stream yesterday evening?

Q8 About how many hours of TV do you USUALLY stream in the morning?
Q9 About how many hours of TV do you USUALLY stream in the afternoon?

Q10 About how many hours of TV do you USUALLY stream in the evening?

Q11 Please list three types of TV shows or programmes you stream the most.

Q12 The following questions are about how streaming makes you feel. Assuming 1 does not apply at all and 7 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)
Yesterday after work/school, I felt like I needed something pleasant to make me feel better. (1)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt drained. (2)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like if I were tempted by something right now, it would be very difficult to resist. (3)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like wanting to quit any difficult task I was given. (4)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt calm and rational. (5)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like I can't absorb any information. (6)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt lazy. (7)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt sharp and focused. (8)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like giving up. (9)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like my willpower was gone. (10)	❍	❍	❍	❍	❍	❍	❍

Q13 The following questions are about procrastination. Assuming that 1 does not apply at all and 7 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)
I manage to find an excuse for not doing something. (1)	❍	❍	❍	❍	❍	❍	❍
I'm a time waster now but I can't seem to do anything about it. (2)	❍	❍	❍	❍	❍	❍	❍
I promise myself I'll do something and the drag my feet. (3)	❍	❍	❍	❍	❍	❍	❍
I get stuck in neutral even though I know how important it is to get started. (4)	❍	❍	❍	❍	❍	❍	❍
When I have a deadline, I wait till the last minute. (5)	❍	❍	❍	❍	❍	❍	❍

Q14 The following questions are about how streaming makes you feel. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
When I streamed TV yesterday after work/school, I felt remorse. (1)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I felt tension. (2)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I could not stop thinking about what I had done. (3)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I felt like apologizing. (4)	❍	❍	❍	❍	❍
When I streamed yesterday after work/school, I felt bad about it. (5)	❍	❍	❍	❍	❍

Q15 The following questions are about how streaming makes you feel.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
When I streamed TV yesterday after work/school, I forgot about work. (1)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I didn't think about work at all. (2)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I distanced myself from my work." (3)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I got a break from the demands of work. (4)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I relaxed. (5)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I did a relaxing thing. (6)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I use that time to relax. (7)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I used that time for leisure. (8)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I learned a new thing. (9)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I sought out intellectual challenges. (10)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I watched things that challenged me. (11)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I watched something that broadened my horizons. (12)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I felt like I decided to do it on my own. (13)	❍	❍	❍	❍	❍

When I streamed TV yesterday after work/school, I decided to do it on my own schedule. (14)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I determined for myself how I will spend my time. (15)	❍	❍	❍	❍	❍
When I streamed TV yesterday after work/school, I took care of things the way that I wanted them done. (16)	❍	❍	❍	❍	❍

Q16 The following questions are about how streaming makes you feel. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
After streaming television on the preceding day, I felt energetic. (1)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt lively. (2)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt active. (3)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt vigorous. (4)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt full-of-pep. (5)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt sleepy. (6)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt drowsy. (7)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt tired. (8)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt wide-awake. (9)	❍	❍	❍	❍	❍
After streaming television on the preceding day, I felt wakeful. (10)	❍	❍	❍	❍	❍

Q17 The following questions are about how streaming makes you feel. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
I enjoyed streaming TV yesterday after work/school. (1)	❍	❍	❍	❍	❍
I liked streaming TV yesterday after work/school. (2)	❍	❍	❍	❍	❍
Streaming TV yesterday after work/school was enjoyable. (3)	❍	❍	❍	❍	❍

Q18 The following questions are about what type of TV shows you prefer. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
Yesterday after work/school, I preferred TV programs that challenge my way of seeing the world. (1)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that make me think. (2)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that are simple but fun. (3)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that are happy and positive. (4)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that make me more reflective. (5)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that that focus on meaningful human conditions. (6)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that make me laugh are among my favorites. (7)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that may be considered “silly” or “shallow” if they can make me laugh and have a good time. (8)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that have profound meanings or messages to convey. (9)	❍	❍	❍	❍	❍

Q19 The following questions are about how streaming makes you feel.

	Strongly disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
Streaming allows me to live a variety of experiences. (1)	❍	❍	❍	❍	❍
The new things I discover with streaming allow me to appreciate it even more. (2)	❍	❍	❍	❍	❍
Streaming allows me to live memorable experiences. (3)	❍	❍	❍	❍	❍
Streaming reflects the qualities I like about myself. (4)	❍	❍	❍	❍	❍
Streaming is in harmony with the other activities in my life. (5)	❍	❍	❍	❍	❍
For me, streaming is a passion that I still manage to control. (6)	❍	❍	❍	❍	❍
I am completely taken with streaming. (7)	❍	❍	❍	❍	❍
I cannot live without streaming. (8)	❍	❍	❍	❍	❍
The urge is so strong, I can’t help myself from streaming. (9)	❍	❍	❍	❍	❍
I have difficulty imagining my life without streaming. (10)	❍	❍	❍	❍	❍
I am emotionally dependent on streaming. (11)	❍	❍	❍	❍	❍
I have a tough time controlling my need to stream. (12)	❍	❍	❍	❍	❍
I have almost an obsessive feeling for streaming. (13)	❍	❍	❍	❍	❍
My mood depends on my ability to stream. (14)	❍	❍	❍	❍	❍

Q20 When streaming TV shows online....

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
I feel confident in my ability to watch/stream TV shows online (1)	❍	❍	❍	❍	❍
I am capable of figuring out how to watch/stream a TV show online on my own (2)	❍	❍	❍	❍	❍
I am always able to achieve my goals of watching/streaming a TV show online (3)	❍	❍	❍	❍	❍
I feel able to meet the challenge of watching/streaming a hard to find TV show online (4)	❍	❍	❍	❍	❍
I feel alone when watching/streaming a TV show online on my own (5)	❍	❍	❍	❍	❍
I am likely to discuss an episode of a TV show with others after watching/streaming it online (6)	❍	❍	❍	❍	❍
Watching/streaming a TV show online makes me feel connected to others (7)	❍	❍	❍	❍	❍

Q21 When streaming TV shows online....

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
I feel like I have a lot of options to choose from (1)	❍	❍	❍	❍	❍
I feel in control over the choice of what TV show I want to watch (2)	❍	❍	❍	❍	❍
I feel like I have less control over the choice of TV show I want to watch than when watching a TV show on television (3)	❍	❍	❍	❍	❍
I feel like I have less options to choose from than when watching a TV show on television (4)	❍	❍	❍	❍	❍
I feel no different when it comes to choice or control than when watching a TV show on television does (5)	❍	❍	❍	❍	❍

Q22 You will now be asked a series of questions about watching shows on a traditional TV.

Q23 These next questions are about how and what type of shows you watch on a traditional TV. Assuming 1 is never and 10 is very often.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	8 (8)	9 (9)	10 (10)
How often do you watch traditional TV on a weekly basis? (1)	❍	❍	❍	❍	❍	❍	❍	❍	❍	❍

Q24 What time of day do you mostly watch traditional TV?

- ❍ Morning (4AM-12PM) (1)
- ❍ Afternoon (12PM-8PM) (2)
- ❍ Evening (8PM-4AM) (3)

Q25 About how many hours of traditional TV did you watch yesterday morning?

Q26 About how many hours of traditional TV did you watch yesterday afternoon?

Q27 About how many hours of traditional TV did you watch yesterday evening?

Q28 About how many hours of traditional TV do you USUALLY watch every morning?

Q29 About how many hours of traditional TV do you USUALLY watch every afternoon?

Q30 About how many hours of traditional TV do you USUALLY watch every evening?

Q31 Please list three TV shows or programmes you watch on traditional TV the most.

Q32 The following questions are about how watching traditional TV makes you feel. Assuming 1 does not apply at all and 7 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)
Yesterday after work/school, I felt like I needed something pleasant to make me feel better. (1)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt drained. (2)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like if I were tempted by something right now, it would be very difficult to resist. (3)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like wanting to quit any difficult task I was given. (4)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt calm and rational. (5)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like I can't absorb any information. (6)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt lazy. (7)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt sharp and focused. (8)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like giving up. (9)	❍	❍	❍	❍	❍	❍	❍
Yesterday after work/school, I felt like my willpower was gone. (10)	❍	❍	❍	❍	❍	❍	❍

Q33 The following questions are about procrastination. Assuming that 1 does not apply at all and 7 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)
Yesterday, I watched traditional TV after work/school to find an excuse for not doing something else. (1)	❍	❍	❍	❍	❍	❍	❍
Yesterday, I watched traditional TV after work/school to waste time but didn't do anything about it. (2)	❍	❍	❍	❍	❍	❍	❍
Yesterday, after work/school, I promised myself I'll do something but did not. (3)	❍	❍	❍	❍	❍	❍	❍
I get stuck in neutral even though I know how important it is to get started. (4)	❍	❍	❍	❍	❍	❍	❍
When I have a deadline, I wait till the last minute. (5)	❍	❍	❍	❍	❍	❍	❍

Q34 The following questions are about how watching traditional TV makes you feel. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
When I watched traditional TV yesterday after work/school, I felt remorse (1)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I felt tension. (2)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I could not stop thinking about what I had done. (3)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I felt like apologizing. (4)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I felt bad about it. (5)	❍	❍	❍	❍	❍

Q35 The following questions are about how watching traditional TV makes you feel.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
When I watched traditional TV yesterday after work/school, I forgot about work. (1)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I didn't think about work at all." (2)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I distanced myself from my work." (3)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I got a break from the demands of work. (4)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I relaxed. (5)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I did a relaxing thing. (6)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I use that time to relax. (7)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I used that time for leisure. (8)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I learned a new thing. (9)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I sought out intellectual challenges. (10)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I watched things that challenged me. (11)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I watched something that broadened my horizons. (12)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I felt like I decided to stream TV myself. (13)	❍	❍	❍	❍	❍

When I watched traditional TV yesterday after work/school, I decided to do it on my own schedule. (14)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I determined for myself how I will spend my time. (15)	❍	❍	❍	❍	❍
When I watched traditional TV yesterday after work/school, I took care of things the way that I wanted them done. (16)	❍	❍	❍	❍	❍

Q36 The following questions are about how watching traditional TV makes you feel. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
After watching traditional television on the preceding day, I felt energetic. (1)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt lively. (2)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt active. (3)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt vigorous. (4)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt full-of-pep. (5)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt sleepy. (6)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt drowsy. (7)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt tired. (8)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt wide-awake. (9)	❍	❍	❍	❍	❍
After watching traditional television on the preceding day, I felt wakeful. (10)	❍	❍	❍	❍	❍

Q37 The following questions are about how watching traditional TV makes you feel. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
I enjoyed watching traditional TV yesterday after work/school. (1)	❍	❍	❍	❍	❍
I liked watching traditional TV yesterday after work/school. (2)	❍	❍	❍	❍	❍
Watching traditional TV yesterday after work/school was enjoyable. (3)	❍	❍	❍	❍	❍

Q38 The following questions are about what type of programmes you prefer. Assuming that 1 does not apply at all and 5 fully applies.

	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)
Yesterday after work/school, I preferred TV programs that challenge my way of seeing the world. (1)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that make me think. (2)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that are simple but fun. (3)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that are happy and positive. (4)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that make me more reflective. (5)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that that focus on meaningful human conditions. (6)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that make me laugh are among my favorites. (7)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that may be considered “silly” or “shallow” if they can make me laugh and have a good time. (8)	❍	❍	❍	❍	❍
Yesterday after work/school, I preferred TV programs that have profound meanings or messages to convey. (9)	❍	❍	❍	❍	❍

Q39 The following questions are about how watching traditional TV makes you feel.

	Strongly disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
Watching traditional TV allows me to live a variety of experiences. (1)	❍	❍	❍	❍	❍
The new things I discover with watching traditional TV allow me to appreciate it even more. (2)	❍	❍	❍	❍	❍
Watching traditional TV allows me to live memorable experiences. (3)	❍	❍	❍	❍	❍
Watching traditional TV reflects the qualities I like about myself. (4)	❍	❍	❍	❍	❍
Watching traditional TV is in harmony with the other activities in my life. (5)	❍	❍	❍	❍	❍
For me, watching traditional TV is a passion that I still manage to control. (6)	❍	❍	❍	❍	❍
I am completely taken with watching traditional TV. (7)	❍	❍	❍	❍	❍
I cannot live without watching traditional TV. (8)	❍	❍	❍	❍	❍
The urge is so strong, I can't help myself from watching traditional TV. (9)	❍	❍	❍	❍	❍
I have difficulty imagining my life without watching traditional TV. (10)	❍	❍	❍	❍	❍
I am emotionally dependent on watching traditional TV. (11)	❍	❍	❍	❍	❍
I have a tough time controlling my need to watch traditional TV. (12)	❍	❍	❍	❍	❍
I have almost an obsessive feeling for watching traditional TV. (13)	❍	❍	❍	❍	❍
My mood depends on my ability to watch traditional TV. (14)	❍	❍	❍	❍	❍

Q40 The following questions are about how watching traditional TV makes you feel.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
I feel confident in my ability to watch TV shows on a traditional TV (1)	❍	❍	❍	❍	❍
I am capable of figuring out how to watch a show on a traditional TV my own (2)	❍	❍	❍	❍	❍
I am always able to achieve my goals of watching a show on a traditional TV (3)	❍	❍	❍	❍	❍
I feel able to meet the challenge of watching a hard to find show on a traditional TV (4)	❍	❍	❍	❍	❍
I feel alone when watching a show on a traditional TV on my own (5)	❍	❍	❍	❍	❍
I am likely to discuss an episode of a TV show with others after watching it on a traditional TV (6)	❍	❍	❍	❍	❍
Watching a show on a traditional TV makes me feel connected to others (7)	❍	❍	❍	❍	❍

Q41 The following questions are about how watching traditional TV makes you feel.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
When watching traditional TV, I feel like I have a lot of options to choose from (1)	❍	❍	❍	❍	❍
When watching traditional TV, I feel in control over the choice of what TV show I want to watch (2)	❍	❍	❍	❍	❍
When watching traditional TV, I feel like I have less control over the choice of TV show I want to watch than when streaming a TV show online (3)	❍	❍	❍	❍	❍
When watching traditional TV, I feel like I have less options to choose from than when streaming a TV show online (4)	❍	❍	❍	❍	❍

When watching traditional TV, I feel no different when it comes to choice or control than when streaming a TV show online (5)	❍	❍	❍	❍	❍

Q42 Lastly, you will be asked to answer some basic demographic questions.

Q43 What is your gender?
- ❍ Male (1)
- ❍ Female (2)

Q44 What is your age?

Q45 What is your employment status?
- ❍ Currently employed full-time (1)
- ❍ Currently employed part-time (2)
- ❍ Unemployed and looking for work (3)
- ❍ Unemployed but not currently looking for work (4)
- ❍ A Student (5)

Q46 What is the highest level of education you have completed?
- ❍ Did Not Complete High School (1)
- ❍ High School/GED (2)
- ❍ Some College (3)
- ❍ Bachelor's Degree (4)
- ❍ Master's Degree (5)
- ❍ Bachelor's Degree (6)
- ❍ Advanced Graduate work or Ph.D. (7)

Q47 What is your nationality?

Q48 What is your native language?

Q49 Which country do you currently live in?

Q50 Thank you for your participation! If you completed this survey via CrowdFlower, please ender your contributor ID below:*survey code for CrowdFlower: end1

Appendix B: Notable SPSS Result

Reliabilities

Stream – Ego Depletion

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.824	10

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel.Assuming 1 does not apply at all a...-Yesterday after work/school, I felt calm and rational.	4.3721	1.38432	473
The following questions are about how streaming makes you feel.Assuming 1 does not apply at all a...-Yesterday after work/school, I felt sharp and focused.	3.7632	1.42576	473
Q12_1_StreamEgo_R	3.7040	1.65227	473
Q12_2_StreamEgo_R	3.8372	1.68773	473
Q12_3_StreamEgo_R	4.3129	1.54295	473
Q12_4_StreamEgo_R	4.1776	1.66410	473
Q12_6_StreamEgo_R	4.1882	1.55837	473
Q12_7_StreamEgo_R	3.6575	1.60542	473
Q12_9_StreamEgo_R	4.6321	1.66214	473
Q12_10_StreamEgo_R	4.4863	1.70875	473

Stream Procrastination

Case Processing Summary

		N	%
Cases	Valid	473	100.0

	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.885	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-I manage to find an excuse for not doing something.	4.06	1.620	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-I'm a time waster now but I can't seem to do anything about it.	3.71	1.649	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-I promise myself I'll do something and the drag my feet.	4.08	1.579	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-I get stuck in neutral even though I know how important it is to get started.	4.04	1.637	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-When I have a deadline, I wait till the last minute.	3.93	1.848	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
19.83	47.682	6.905	5

Stream Guilt

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.946	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel.Assuming that 1 does not apply at...-When I streamed TV yesterday after work/school, I felt remorse.	2.10	1.166	473
The following questions are about how streaming makes you feel.Assuming that 1 does not apply at...-When I streamed TV yesterday after work/school, I felt tension.	2.05	1.126	473
The following questions are about how streaming makes you feel.Assuming that 1 does not apply at...-When I streamed TV yesterday after work/school, I could not stop thinking about what I had done.	2.06	1.173	473
The following questions are about how streaming makes you feel.Assuming that 1 does not apply at...-When I streamed TV yesterday after work/school, I felt like apologizing.	1.94	1.154	473
The following questions are about how streaming makes you feel.Assuming that 1 does not apply at...-When I streamed yesterday after work/school, I felt bad about it.	1.93	1.163	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
10.08	27.541	5.248	5

Stream Recovery Experience

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.898	16

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I forgot about work.	3.23	1.058	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I didn't think about work at all.	3.32	1.061	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I distanced myself from my work."	3.46	1.008	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I got a break from the demands of work.	3.58	1.020	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I relaxed.	3.80	.974	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I did a relaxing thing.	3.70	.974	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I use that time to relax.	3.76	.967	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I used that time for leisure.	3.69	.939	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I learned a new thing.	3.01	1.009	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I sought out intellectual challenges.	2.76	1.044	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I watched things that challenged me.	2.75	1.053	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I watched something that broadened my horizons.	2.89	1.067	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I felt like I decided to do it on my own.	3.26	1.027	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I decided to do it on my own schedule.	3.41	1.023	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I determined for myself how I will spend my time.	3.53	1.006	473
The following questions are about how streaming makes you feel.-When I streamed TV yesterday after work/school, I took care of things the way that I wanted them done.	3.37	.946	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
53.51	103.488	10.173	16

Stream Vitality - Energy

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.939	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt energetic.	2.89	1.022	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt lively.	2.98	1.011	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt active.	2.95	1.049	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt vigorous.	2.86	1.058	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt full-of-pep.	2.78	1.039	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.47	21.559	4.643	5

Stream Vitality - Tiredness

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.705	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt sleepy.	2.9704	1.14387	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt drowsy.	2.8055	1.10862	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-After streaming television on the preceding day, I felt tired.	2.8034	1.17955	473
Q16_9_StreamVitalityTired_R	3.1311	1.03731	473
Q16_10_StreamVitalityTired_R	3.0529	1.06731	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.7632	14.101	3.75508	5

Stream Enjoyment

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0

	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.951	3

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-I enjoyed streaming TV yesterday after work/school.	3.81	1.072	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-I liked streaming TV yesterday after work/school.	3.80	1.074	473
The following questions are about how streaming makes you feel. Assuming that 1 does not apply...-Streaming TV yesterday after work/school was enjoyable.	3.86	1.046	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
11.47	9.279	3.046	3

Stream Preference - Eudaimonic

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.909	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that challenge my way of seeing the world.	2.94	1.118	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that make me think.	3.00	1.154	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that make me more reflective.	3.06	1.037	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that that focus on meaningful human conditions.	2.92	1.091	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that have profound meanings or messages to convey.	2.96	1.114	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.88	22.359	4.729	5

Stream Preference - Hedonic

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.810	4

Item Statistics

	Mean	Std. Deviation	N
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that are simple but fun.	3.62	.980	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that are happy and positive.	3.61	.959	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that make me laugh are among my favorites.	3.67	1.036	473
The following questions are about what type of TV shows you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that may be considered “silly” or “shallow” if they can make me laugh and have a good time.	3.23	1.155	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.13	10.918	3.304	4

Stream – Harmonious Passion

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items

.843	7

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel. -Streaming allows me to live a variety of experiences.	3.60	.932	473
The following questions are about how streaming makes you feel. -The new things I discover with streaming allow me to appreciate it even more.	3.47	.927	473
The following questions are about how streaming makes you feel. -Streaming allows me to live memorable experiences.	3.28	.959	473
The following questions are about how streaming makes you feel. -Streaming reflects the qualities I like about myself.	3.09	1.028	473
The following questions are about how streaming makes you feel. -Streaming is in harmony with the other activities in my life.	3.40	.984	473
The following questions are about how streaming makes you feel. -For me, streaming is a passion that I still manage to control.	3.20	1.100	473
The following questions are about how streaming makes you feel. -I am completely taken with streaming.	2.67	1.164	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
22.71	26.106	5.109	7

Stream – Obsessive Passion

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items

.950	7

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how streaming makes you feel. -I cannot live without streaming.	2.43	1.235	473
The following questions are about how streaming makes you feel. -The urge is so strong, I can't help myself from streaming.	2.22	1.140	473
The following questions are about how streaming makes you feel. -I have difficulty imagining my life without streaming.	2.41	1.232	473
The following questions are about how streaming makes you feel. -I am emotionally dependent on streaming.	2.21	1.156	473
The following questions are about how streaming makes you feel. -I have a tough time controlling my need to stream.	2.23	1.145	473
The following questions are about how streaming makes you feel. -I have almost an obsessive feeling for streaming.	2.14	1.205	473
The following questions are about how streaming makes you feel. -My mood depends on my ability to stream.	2.26	1.227	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
15.89	53.680	7.327	7

Stream - Autonomy

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items

.809	4

Item Statistics

	Mean	Std. Deviation	N
When streaming TV shows online....-I feel confident in my ability to watch/stream TV shows online	3.69	.889	473
When streaming TV shows online....-I am capable of figuring out how to watch/stream a TV show online on my own	3.79	.895	473
When streaming TV shows online....-I am always able to achieve my goals of watching/streaming a TV show online	3.56	.948	473
When streaming TV shows online....-I feel able to meet the challenge of watching/streaming a hard to find TV show online	3.41	1.000	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.45	8.871	2.978	4

Stream - Relatedness

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.635	3

Item Statistics

	Mean	Std. Deviation	N

When streaming TV shows online....-I feel alone when watching/streaming a TV show online on my own	2.64	1.096	473
When streaming TV shows online....-I am likely to discuss an episode of a TV show with others after watching/streaming it online	3.26	1.047	473
When streaming TV shows online....-Watching/streaming a TV show online makes me feel connected to others	3.03	1.033	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
8.93	5.831	2.415	3

Stream – Control

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.507	5

Item Statistics

	Mean	Std. Deviation	N
When streaming TV shows online....-I feel like I have a lot of options to choose from	3.82	.871	473
When streaming TV shows online....-I feel in control over the choice of what TV show I want to watch	3.85	.939	473
When streaming TV shows online....-I feel like I have less control over the choice of TV show I want to watch than when watching a TV show on television	2.76	1.207	473
When streaming TV shows online....-I feel like I have less options to choose from than when watching a TV show on television	2.78	1.193	473
When streaming TV shows online....-I feel no different when it comes to choice or control than when watching a TV show on television does	2.87	1.049	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
16.07	9.458	3.075	5

TV Ego Depletion

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.817	10

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel.Assuming 1 does not...-Yesterday after work/school, I felt calm and rational.	4.2939	1.48020	473
The following questions are about how watching traditional TV makes you feel.Assuming 1 does not...-Yesterday after work/school, I felt sharp and focused.	3.7865	1.48398	473
Q32_1_TVego_R	3.7336	1.60932	473
Q32_2_TVego_R	3.9894	1.64223	473
Q32_3_TVego_R	4.3340	1.60588	473
Q32_4_TVego_R	4.1945	1.63781	473
Q32_6_TVego_R	4.2030	1.55990	473
Q32_7_TVego_R	3.8879	1.63455	473
Q32_9_TVego_R	4.5581	1.65873	473
Q32_10_TVego_R	4.4778	1.74060	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
41.4588	97.609	9.87973	10

TV Procrastination

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.893	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-Yesterday, I watched traditional TV after work/school to find an excuse for not doing something else.	3.27	1.727	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-Yesterday, I watched traditional TV after work/school to waste time but didn't do anything about it.	3.37	1.679	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-Yesterday, after work/school, I promised myself I'll do something but did not.	3.29	1.735	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-I get stuck in neutral even though I know how important it is to get started.	3.67	1.721	473
The following questions are about procrastination.Assuming that 1 does not apply at all and 7 ful...-When I have a deadline, I wait till the last minute.	3.76	1.907	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
17.36	54.027	7.350	5

TV Guilt

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.956	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-When I watched traditional TV yesterday after work/school, I felt remorse	2.04	1.155	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-When I watched traditional TV yesterday after work/school, I felt tension.	2.04	1.115	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-When I watched traditional TV yesterday after work/school, I could not stop thinking about what I had done.	2.09	1.174	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-When I watched traditional TV yesterday after work/school, I felt like apologizing.	2.01	1.194	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-When I watched traditional TV yesterday after work/school, I felt bad about it.	2.02	1.230	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
10.20	29.343	5.417	5

TV Recovery

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.935	16

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I forgot about work.	3.25	1.081	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I didn't think about work at all."	3.26	1.084	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I distanced myself from my work."	3.33	1.095	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I got a break from the demands of work.	3.39	1.093	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I relaxed.	3.51	1.046	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I did a relaxing thing.	3.51	1.066	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I use that time to relax.	3.59	1.044	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I used that time for leisure.	3.38	1.071	473

The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I learned a new thing.	2.99	1.057	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I sought out intellectual challenges.	2.83	1.081	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I watched things that challenged me.	2.83	1.090	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I watched something that broadened my horizons.	2.86	1.118	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I felt like I decided to stream TV myself.	2.85	1.116	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I decided to do it on my own schedule.	3.17	1.088	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I determined for myself how I will spend my time.	3.28	1.080	473
The following questions are about how watching traditional TV makes you feel. -When I watched traditional TV yesterday after work/school, I took care of things the way that I wanted them done.	3.21	1.065	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
51.23	151.396	12.304	16

TV Vitality - Energy

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.954	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt energetic.	2.77	1.125	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt lively.	2.75	1.106	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt active.	2.80	1.159	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt vigorous.	2.74	1.150	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt full-of-pep.	2.68	1.092	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
13.75	26.842	5.181	5

TV Vitality - Tiredness

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items

.608	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt sleepy.	2.9175	1.18410	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt drowsy.	2.8224	1.15630	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-After watching traditional television on the preceding day, I felt tired.	2.8288	1.18351	473
Q36_9_TVvitalityTired_R	3.2156	1.13122	473
Q36_10_TVvitalityTired_R	3.1797	1.09092	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.9641	12.869	3.58740	5

TV Enjoyment

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.951	3

Item Statistics

	Mean	Std. Deviation	N

The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-I enjoyed watching traditional TV yesterday after work/school.	3.57	1.120	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-I liked watching traditional TV yesterday after work/school.	3.58	1.109	473
The following questions are about how watching traditional TV makes you feel.Assuming that 1 does...-Watching traditional TV yesterday after work/school was enjoyable.	3.59	1.141	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
10.74	10.352	3.217	3

TV Preference - Eudaimonic

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.925	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that challenge my way of seeing the world.	2.91	1.134	473
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that make me think.	2.96	1.139	473

The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that make me more reflective.	2.96	1.093	473
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that that focus on meaningful human conditions.	2.87	1.083	473
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that have profound meanings or messages to convey.	2.94	1.131	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.64	23.969	4.896	5

TV Preference - Hedonic

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.877	4

Item Statistics

	Mean	Std. Deviation	N
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that are simple but fun.	3.43	1.089	473
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that are happy and positive.	3.45	1.088	473

The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that make me laugh are among my favorites.	3.44	1.148	473
The following questions are about what type of programmes you prefer. Assuming that 1 does not a...-Yesterday after work/school, I preferred TV programs that may be considered "silly" or "shallow" if they can make me laugh and have a good time.	3.23	1.120	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
13.55	14.456	3.802	4

TV – Harmonious Passion

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.870	7

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel. - Watching traditional TV allows me to live a variety of experiences.	3.32	.946	473
The following questions are about how watching traditional TV makes you feel. -The new things I discover with watching traditional TV allow me to appreciate it even more.	3.27	.918	473
The following questions are about how watching traditional TV makes you feel. - Watching traditional TV allows me to live memorable experiences.	3.19	.972	473
The following questions are about how watching traditional TV makes you feel. - Watching traditional TV reflects the qualities I like about myself.	3.05	1.014	473
The following questions are about how watching traditional TV makes you feel. - Watching traditional TV is in harmony with the other activities in my life.	3.30	1.004	473

The following questions are about how watching traditional TV makes you feel. -For me, watching traditional TV is a passion that I still manage to control.	3.26	1.134	473
The following questions are about how watching traditional TV makes you feel. -I am completely taken with watching traditional TV.	2.63	1.223	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
22.02	29.508	5.432	7

TV Passion - Obsessive

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.959	7

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel. -I cannot live without watching traditional TV.	2.48	1.261	473
The following questions are about how watching traditional TV makes you feel. -The urge is so strong, I can't help myself from watching traditional TV.	2.34	1.228	473
The following questions are about how watching traditional TV makes you feel. -I have difficulty imagining my life without watching traditional TV.	2.53	1.270	473
The following questions are about how watching traditional TV makes you feel. -I am emotionally dependent on watching traditional TV.	2.37	1.217	473
The following questions are about how watching traditional TV makes you feel. -I have a tough time controlling my need to watch traditional TV.	2.38	1.272	473
The following questions are about how watching traditional TV makes you feel. -I have almost an obsessive feeling for watching traditional TV.	2.26	1.225	473

The following questions are about how watching traditional TV makes you feel. -My mood depends on my ability to watch traditional TV.	2.38	1.214	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
16.75	60.499	7.778	7

TV – Autonomy

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.849	4

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel. -I feel confident in my ability to watch TV shows on a traditional TV	3.66	1.004	473
The following questions are about how watching traditional TV makes you feel. -I am capable of figuring out how to watch a show on a traditional TV my own	3.71	1.005	473
The following questions are about how watching traditional TV makes you feel. -I am always able to achieve my goals of watching a show on a traditional TV	3.44	1.001	473
The following questions are about how watching traditional TV makes you feel. -I feel able to meet the challenge of watching a hard to find show on a traditional TV	3.37	1.070	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
14.19	11.459	3.385	4

TV - Relatedness

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.729	3

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel. -I feel alone when watching a show on a traditional TV on my own	2.75	1.155	473
The following questions are about how watching traditional TV makes you feel. -I am likely to discuss an episode of a TV show with others after watching it on a traditional TV	3.34	1.066	473
The following questions are about how watching traditional TV makes you feel. - Watching a show on a traditional TV makes me feel connected to others	3.08	1.136	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
9.16	7.312	2.704	3

TV – Control

Case Processing Summary

		N	%
Cases	Valid	473	100.0
	Excluded[a]	0	.0
	Total	473	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.614	5

Item Statistics

	Mean	Std. Deviation	N
The following questions are about how watching traditional TV makes you feel. -When watching traditional TV, I feel like I have a lot of options to choose from	3.24	1.060	473
The following questions are about how watching traditional TV makes you feel. -When watching traditional TV, I feel in control over the choice of what TV show I want to watch	3.19	1.064	473
The following questions are about how watching traditional TV makes you feel. -When watching traditional TV, I feel like I have less control over the choice of TV show I want to watch than when streaming a TV show online	3.31	1.094	473
The following questions are about how watching traditional TV makes you feel. -When watching traditional TV, I feel like I have less options to choose from than when streaming a TV show online	3.37	1.091	473
The following questions are about how watching traditional TV makes you feel. -When watching traditional TV, I feel no different when it comes to choice or control than when streaming a TV show online	2.90	1.090	473

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
16.01	11.462	3.386	5

2. Paired Samples *t*-test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	StreamEgo	4.1131	473	.99078	.04556
	TvEgo	4.1459	473	.98797	.04543
Pair 2	StreamProc	3.9653	473	1.38104	.06350
	TvProc	3.4715	473	1.47006	.06759

Pair 3	StreamGuilt	2.0152	473	1.04959	.04826
	TvGuilt	2.0402	473	1.08338	.04981
Pair 4	StreamRecovery	3.3442	473	.63581	.02923
	TvRecovery	3.2016	473	.76902	.03536
Pair 5	StreamVitalityEnergy	2.8934[a]	473	.92863	.04270
	TvVitalityEnergy	2.8934[a]	473	.92863	.04270
Pair 6	StreamVitalityTired	2.8791	473	.72164	.03318
	TVvitalityTired	2.8347	473	.82912	.03812
Pair 7	StreamEnjoyment	3.8238	473	1.01540	.04669
	TvEnjoyment	3.5814	473	1.07247	.04931
Pair 8	StreamPrefEudaimonic	2.9763	473	.94570	.04348
	TvPrefEudaimonic	2.9273	473	.97917	.04502
Pair 9	StreamPrefHedonic	3.5322	473	.82605	.03798
	TvPrefHedonic	3.3869	473	.95052	.04371
Pair 10	StreamPassionHarmonious	3.2437	473	.72992	.03356
	TvPassionHarmonious	3.1453	473	.77602	.03568
Pair 11	StreamPassionObsessive	2.2697	473	1.04667	.04813
	TvPassionObsessive	2.3923	473	1.11116	.05109
Pair 12	StreamIntrinsicAutonomy	3.6131	473	.74461	.03424
	TvIntrinsicAutonomy	3.5476	473	.84630	.03891
Pair 13	StreamIntrinsicRelatedness	2.9753	473	.80494	.03701
	TVintrinsicRelatedness	3.0550	473	.90134	.04144
Pair 14	StreamIntrinsicControl	3.2148	473	.61509	.02828
	TVintrinsicControl	3.2017	473	.67711	.03113

a. The correlation and t cannot be computed because the standard error of the difference is 0.

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	StreamEgo & TvEgo	473	.721	.000
Pair 2	StreamProc & TvProc	473	.610	.000
Pair 3	StreamGuilt & TvGuilt	473	.753	.000
Pair 4	StreamRecovery & TvRecovery	473	.467	.000
Pair 6	StreamVitalityTired & TVvitalityTired	473	.599	.000
Pair 7	StreamEnjoyment & TvEnjoyment	473	.350	.000
Pair 8	StreamPrefEudaimonic & TvPrefEudaimonic	473	.692	.000
Pair 9	StreamPrefHedonic & TvPrefHedonic	473	.466	.000

Pair 10	StreamPassionHarmonious & TvPassionHarmonious	473	.514	.000
Pair 11	StreamPassionObsessive & TvPassionObsessive	473	.710	.000
Pair 12	StreamIntrinsicAutonomy & TvIntrinsicAutonomy	473	.376	.000
Pair 13	StreamIntrinsicRelatedness & TVintrinsicRelatedness	473	.555	.000
Pair 14	StreamIntrinsicControl & TVintrinsicControl	473	.422	.000

Paired Samples Test

		Paired Differences					t
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper	
Pair 1	StreamEgo - TvEgo	-.03277	.73879	.03397	-.09952	.03398	-.965
Pair 2	StreamProc - TvProc	.49387	1.26115	.05799	.37992	.60781	8.517
Pair 3	StreamGuilt - TvGuilt	-.02495	.75069	.03452	-.09277	.04288	-.723
Pair 4	StreamRecovery - TvRecovery	.14257	.73412	.03375	.07625	.20890	4.224
Pair 6	StreamVitalityTired - TVvitalityTired	.04440	.70119	.03224	-.01896	.10775	1.377
Pair 7	StreamEnjoyment - TvEnjoyment	.24242	1.19121	.05477	.13480	.35005	4.426
Pair 8	StreamPrefEudaimonic - TvPrefEudaimonic	.04905	.75541	.03473	-.01920	.11730	1.412
Pair 9	StreamPrefHedonic - TvPrefHedonic	.14535	.92410	.04249	.06186	.22884	3.421
Pair 10	StreamPassionHarmonious - TvPassionHarmonious	.09846	.74334	.03418	.03130	.16562	2.881
Pair 11	StreamPassionObsessive - TvPassionObsessive	-.12262	.82322	.03785	-.19700	-.04824	-3.240
Pair 12	StreamIntrinsicAutonomy - TvIntrinsicAutonomy	.06554	.89234	.04103	-.01509	.14616	1.597
Pair 13	StreamIntrinsicRelatedness - TVintrinsicRelatedness	-.07963	.80897	.03720	-.15272	-.00654	-2.141
Pair 14	StreamIntrinsicControl - TVintrinsicControl	.01311	.69654	.03203	-.04983	.07604	.409

Paired Samples Test

		df	Sig. (2-tailed)
Pair 1	StreamEgo - TvEgo	472	.335
Pair 2	StreamProc - TvProc	472	.000
Pair 3	StreamGuilt - TvGuilt	472	.470
Pair 4	StreamRecovery - TvRecovery	472	.000
Pair 6	StreamVitalityTired - TVvitalityTired	472	.169
Pair 7	StreamEnjoyment - TvEnjoyment	472	.000
Pair 8	StreamPrefEudaimonic - TvPrefEudaimonic	472	.159
Pair 9	StreamPrefHedonic - TvPrefHedonic	472	.001
Pair 10	StreamPassionHarmonious - TvPassionHarmonious	472	.004
Pair 11	StreamPassionObsessive - TvPassionObsessive	472	.001
Pair 12	StreamIntrinsicAutonomy - TvIntrinsicAutonomy	472	.111
Pair 13	StreamIntrinsicRelatedness - TVintrinsicRelatedness	472	.033
Pair 14	StreamIntrinsicControl - TVintrinsicControl	472	.683

1.3 Regressions

1. Regression – Stream Energy

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamPassionObsessive, StreamProc, StreamGuilt[b]	.	Enter
2	StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious[b]	.	Enter

a. Dependent Variable: StreamVitalityEnergy

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.500[a]	.250	.245	.80673	.250	52.137	3	469
2	.667[b]	.445	.437	.69708	.195	40.790	4	465

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.000	2.015

a. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

c. Dependent Variable: StreamVitalityEnergy

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	101.796	3	33.932	52.137	.000[b]
	Residual	305.234	469	.651		
	Total	407.030	472			
2	Regression	181.078	7	25.868	53.236	.000[c]
	Residual	225.952	465	.486		
	Total	407.030	472			

a. Dependent Variable: StreamVitalityEnergy

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

c. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.115	.124		17.013	.000
	StreamProc	-.096	.030	-.142	-3.242	.001
	StreamGuilt	.206	.045	.233	4.574	.000
	StreamPassionObsessive	.327	.043	.369	7.592	.000
2	(Constant)	.453	.225		2.010	.045
	StreamProc	-.115	.026	-.171	-4.456	.000
	StreamGuilt	.223	.041	.253	5.502	.000
	StreamPassionObsessive	.053	.044	.060	1.201	.231
	StreamPassionHarmonious	.635	.060	.499	10.523	.000
	StreamIntrinsicControl	.081	.062	.053	1.308	.191
	StreamIntrinsicRelatedness	.065	.050	.056	1.296	.195
	StreamIntrinsicAutonomy	-.052	.051	-.041	-1.019	.309

a. Dependent Variable: StreamVitalityEnergy

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
						Tolerance
1	StreamPassionHarmonious	.510[b]	12.572	.000	.502	.728
	StreamIntrinsicControl	.165[b]	3.745	.000	.171	.798
	StreamIntrinsicRelatedness	.227[b]	5.005	.000	.225	.738
	StreamIntrinsicAutonomy	.181[b]	4.452	.000	.202	.934

a. Dependent Variable: StreamVitalityEnergy

b. Predictors in the Model: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.1473	4.6759	2.8934	.61939	473
Residual	-2.36183	2.11434	.00000	.69189	473
Std. Predicted Value	-2.819	2.878	.000	1.000	473

Std. Residual	-3.388	3.033	.000	.993	473

a. Dependent Variable: StreamVitalityEnergy

2. Regression – Stream Tiredness

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamPassionObsessive, StreamProc, StreamGuilt[b]	.	Enter
2	StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious[b]	.	Enter

a. Dependent Variable: StreamVitalityTired

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.591[a]	.349	.345	.58390	.349	83.986	3	469
2	.619[b]	.383	.374	.57103	.034	6.346	4	465

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.000	2.080

a. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

c. Dependent Variable: StreamVitalityTired

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	85.902	3	28.634	83.986	.000[b]
	Residual	159.901	469	.341		
	Total	245.803	472			
2	Regression	94.179	7	13.454	41.261	.000[c]
	Residual	151.623	465	.326		
	Total	245.803	472			

a. Dependent Variable: StreamVitalityTired

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

c. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	1.715	.090		19.059	.000
	StreamProc	.078	.021	.150	3.665	.000
	StreamGuilt	.218	.033	.317	6.674	.000
	StreamPassionObsessive	.183	.031	.265	5.852	.000
2	(Constant)	1.056	.184		5.725	.000
	StreamProc	.070	.021	.135	3.335	.001
	StreamGuilt	.231	.033	.335	6.929	.000
	StreamPassionObsessive	.093	.036	.135	2.573	.010
	StreamPassionHarmonious	.180	.049	.182	3.644	.000
	StreamIntrinsicControl	.073	.050	.062	1.438	.151
	StreamIntrinsicRelatedness	.001	.041	.002	.033	.973
	StreamIntrinsicAutonomy	.013	.042	.013	.310	.757

a. Dependent Variable: StreamVitalityTired

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics Tolerance
1	StreamPassionHarmonious	.204[b]	4.792	.000	.216	.728
	StreamIntrinsicControl	.106[b]	2.554	.011	.117	.798
	StreamIntrinsicRelatedness	.081[b]	1.881	.061	.087	.738
	StreamIntrinsicAutonomy	.100[b]	2.616	.009	.120	.934

a. Dependent Variable: StreamVitalityTired

b. Predictors in the Model: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.8318	4.5015	2.8791	.44669	473
Residual	-2.02047	1.60806	.00000	.56678	473
Std. Predicted Value	-2.344	3.632	.000	1.000	473
Std. Residual	-3.538	2.816	.000	.993	473

a. Dependent Variable: StreamVitalityTired

3.Regression – Stream Ego Depletion

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamPassionObsessive, StreamProc, StreamGuilt[b]	.	Enter
2	StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious[b]	.	Enter

a. Dependent Variable: StreamEgo

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.585[a]	.342	.338	.80643	.342	81.154	3	469
2	.595[b]	.355	.345	.80196	.013	2.312	4	465

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.057	1.946

a. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

c. Dependent Variable: StreamEgo

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	158.332	3	52.777	81.154	.000[b]
	Residual	305.006	469	.650		
	Total	463.339	472			
2	Regression	164.280	7	23.469	36.491	.000[c]
	Residual	299.059	465	.643		
	Total	463.339	472			

a. Dependent Variable: StreamEgo

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

c. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

Coefficients[a]

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	5.883	.124		47.339	.000

	StreamProc	-.319	.030	-.444	-10.790	.000
	StreamGuilt	-.189	.045	-.200	-4.193	.000
	StreamPassionObsessive	-.055	.043	-.058	-1.278	.202
2	(Constant)	5.904	.259		22.788	.000
	StreamProc	-.315	.030	-.440	-10.648	.000
	StreamGuilt	-.204	.047	-.216	-4.359	.000
	StreamPassionObsessive	-.049	.051	-.052	-.969	.333
	StreamPassionHarmonious	-.092	.069	-.068	-1.325	.186
	StreamIntrinsicControl	.176	.071	.109	2.475	.014
	StreamIntrinsicRelatedness	-.020	.058	-.017	-.355	.723
	StreamIntrinsicAutonomy	-.062	.058	-.046	-1.058	.290

a. Dependent Variable: StreamEgo

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
						Tolerance
1	StreamPassionHarmonious	-.071[b]	-1.617	.107	-.075	.728
	StreamIntrinsicControl	.078[b]	1.866	.063	.086	.798
	StreamIntrinsicRelatedness	-.024[b]	-.544	.587	-.025	.738
	StreamIntrinsicAutonomy	-.052[b]	-1.347	.179	-.062	.934

a. Dependent Variable: StreamEgo

b. Predictors in the Model: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	2.4384	5.4678	4.1131	.58996	473
Residual	-3.04594	2.99688	.00000	.79599	473
Std. Predicted Value	-2.839	2.296	.000	1.000	473
Std. Residual	-3.798	3.737	.000	.993	473

a. Dependent Variable: StreamEgo

4.Regression – TV Enjoyment

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TVintrinsicControl, TVintrinsicRelatedness, TvIntrinsicAutonomy[b]	.	Enter

a. Dependent Variable: TvEnjoyment

b. All requested variables entered.

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.529[a]	.280	.276	.91270	.280	60.905	3	469

Model Summary[b]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	2.160

a. Predictors: (Constant), TVintrinsicControl, TVintrinsicRelatedness, TvIntrinsicAutonomy

b. Dependent Variable: TvEnjoyment

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	152.206	3	50.735	60.905	.000[b]
	Residual	390.688	469	.833		
	Total	542.894	472			

a. Dependent Variable: TvEnjoyment

b. Predictors: (Constant), TVintrinsicControl, TVintrinsicRelatedness, TvIntrinsicAutonomy

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	.683	.224		3.042	.002
	TvIntrinsicAutonomy	.427	.058	.337	7.339	.000
	TVintrinsicRelatedness	.010	.054	.008	.181	.856
	TVintrinsicControl	.423	.078	.267	5.408	.000

a. Dependent Variable: TvEnjoyment

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.5422	4.9811	3.5814	.56786	473
Residual	-3.30483	1.99645	.00000	.90980	473
Std. Predicted Value	-3.591	2.465	.000	1.000	473
Std. Residual	-3.621	2.187	.000	.997	473

a. Dependent Variable: TvEnjoyment

5. Regression – TV Recovery

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TvPassionObsessive, TvProc, TvGuilt[b]	.	Enter
2	TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious[b]	.	Enter

a. Dependent Variable: TvRecovery

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.474[a]	.225	.220	.67925	.225	45.332	3	469
2	.673[b]	.453	.444	.57318	.228	48.410	4	465

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.000	2.053

a. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

c. Dependent Variable: TvRecovery

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	62.746	3	20.915	45.332	.000[b]
	Residual	216.390	469	.461		
	Total	279.136	472			
2	Regression	126.365	7	18.052	54.947	.000[c]
	Residual	152.771	465	.329		
	Total	279.136	472			

a. Dependent Variable: TvRecovery

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

c. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

Coefficients[a]

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	2.265	.088		25.684	.000

	TvProc	.215	.028	.412	7.808	.000
	TvGuilt	-.070	.040	-.099	-1.743	.082
	TvPassionObsessive	.139	.035	.200	3.974	.000
2	(Constant)	.756	.146		5.157	.000
	TvProc	.168	.024	.321	7.067	.000
	TvGuilt	-.011	.035	-.015	-.309	.758
	TvPassionObsessive	-.094	.035	-.137	-2.682	.008
	TvPassionHarmonious	.477	.051	.481	9.280	.000
	TVintrinsicControl	.173	.053	.153	3.267	.001
	TVintrinsicRelatedness	-.024	.039	-.028	-.613	.540
	TvIntrinsicAutonomy	.037	.040	.040	.905	.366

a. Dependent Variable: TvRecovery

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
						Tolerance
1	TvPassionHarmonious	.561[b]	13.160	.000	.520	.665
	TVintrinsicControl	.353[b]	8.190	.000	.354	.781
	TVintrinsicRelatedness	.245[b]	5.280	.000	.237	.727
	TvIntrinsicAutonomy	.301[b]	7.571	.000	.330	.932

a. Dependent Variable: TvRecovery

b. Predictors in the Model: (Constant), TvPassionObsessive, TvProc, TvGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.4569	4.7714	3.2016	.51742	473
Residual	-2.51674	1.58303	.00000	.56892	473
Std. Predicted Value	-3.372	3.034	.000	1.000	473
Std. Residual	-4.391	2.762	.000	.993	473

a. Dependent Variable: TvRecovery

6.Regression – TV Energy

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TvPassionObsessive, TvProc, TvGuilt[b]	.	Enter
2	TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious[b]	.	Enter

a. Dependent Variable: TvVitalityEnergy

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.376[a]	.141	.136	.86332	.141	25.704	3	469
2	.469[b]	.220	.208	.82625	.079	11.757	4	465

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.000	2.058

a. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

c. Dependent Variable: TvVitalityEnergy

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	57.472	3	19.157	25.704	.000[b]
	Residual	349.557	469	.745		
	Total	407.030	472			
2	Regression	89.578	7	12.797	18.745	.000[c]

Residual	317.452	465	.683		
Total	407.030	472			

a. Dependent Variable: TvVitalityEnergy

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

c. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

Coefficients[a]

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	2.073	.112		18.497	.000
TvProc	.054	.035	.086	1.542	.124
TvGuilt	.212	.051	.247	4.152	.000
TvPassionObsessive	.084	.044	.100	1.884	.060
2 (Constant)	1.513	.211		7.167	.000
TvProc	.040	.034	.063	1.159	.247
TvGuilt	.203	.050	.237	4.032	.000
TvPassionObsessive	-.099	.051	-.118	-1.949	.052
TvPassionHarmonious	.415	.074	.347	5.605	.000
TVintrinsicControl	.088	.076	.064	1.150	.251
TVintrinsicRelatedness	.057	.057	.056	1.015	.311
TvIntrinsicAutonomy	-.197	.058	-.180	-3.383	.001

a. Dependent Variable: TvVitalityEnergy

Excluded Variables[a]

Model	Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
					Tolerance
1 TvPassionHarmonious	.298[b]	5.880	.000	.262	.665
TVintrinsicControl	.117[b]	2.428	.016	.112	.781
TVintrinsicRelatedness	.151[b]	3.046	.002	.139	.727
TvIntrinsicAutonomy	.011[b]	.256	.798	.012	.932

a. Dependent Variable: TvVitalityEnergy

b. Predictors in the Model: (Constant), TvPassionObsessive, TvProc, TvGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.4264	4.3933	2.8934	.43564	473
Residual	-2.36756	2.76783	.00000	.82010	473
Std. Predicted Value	-3.368	3.443	.000	1.000	473
Std. Residual	-2.865	3.350	.000	.993	473

a. Dependent Variable: TvVitalityEnergy

7.Regression – TV Tiredness

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TvPassionObsessive, TvProc, TvGuilt[b]	.	Enter
2	TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious[b]	.	Enter

a. Dependent Variable: TVvitalityTired

b. All requested variables entered.

Model Summary[c]

					Change Statistics			
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2
1	.558[a]	.311	.307	.69019	.311	70.712	3	469
2	.592[b]	.351	.341	.67306	.039	7.047	4	465

Model Summary[c]

	Change Statistics	
Model	Sig. F Change	Durbin-Watson
1	.000	

2	.000	1.935

a. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

c. Dependent Variable: TVvitalityTired

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	101.055	3	33.685	70.712	.000[b]
	Residual	223.417	469	.476		
	Total	324.471	472			
2	Regression	113.824	7	16.261	35.895	.000[c]
	Residual	210.648	465	.453		
	Total	324.471	472			

a. Dependent Variable: TVvitalityTired

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

c. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	1.690	.090		18.863	.000
	TvProc	.152	.028	.269	5.413	.000
	TvGuilt	.211	.041	.276	5.181	.000
	TvPassionObsessive	.078	.035	.104	2.196	.029
2	(Constant)	.997	.172		5.799	.000
	TvProc	.126	.028	.224	4.520	.000
	TvGuilt	.252	.041	.330	6.145	.000
	TvPassionObsessive	.007	.041	.009	.163	.870
	TvPassionHarmonious	.109	.060	.102	1.813	.070
	TVintrinsicControl	-.023	.062	-.019	-.364	.716
	TVintrinsicRelatedness	.039	.046	.042	.846	.398

TvIntrinsicAutonomy	.135	.047		.137	2.838	.005

a. Dependent Variable: TVvitalityTired

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics Tolerance
1	TvPassionHarmonious	.193[b]	4.181	.000	.190	.665
	TVintrinsicControl	.112[b]	2.590	.010	.119	.781
	TVintrinsicRelatedness	.135[b]	3.035	.003	.139	.727
	TvIntrinsicAutonomy	.185[b]	4.757	.000	.215	.932

a. Dependent Variable: TVvitalityTired

b. Predictors in the Model: (Constant), TvPassionObsessive, TvProc, TvGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.5888	4.4779	2.8347	.49107	473
Residual	-2.20890	2.60784	.00000	.66805	473
Std. Predicted Value	-2.537	3.346	.000	1.000	473
Std. Residual	-3.282	3.875	.000	.993	473

a. Dependent Variable: TVvitalityTired

8.Regression – TV Ego Depletion

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TvPassionObsessive, TvProc, TvGuilt[b]	.	Enter
2	TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious[b]	.	Enter

a. Dependent Variable: TvEgo

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.642[a]	.412	.408	.75995	.412	109.579	3	469
2	.645[b]	.416	.407	.76074	.004	.757	4	465

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.554	1.875

a. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

c. Dependent Variable: TvEgo

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	189.854	3	63.285	109.579	.000[b]
	Residual	270.860	469	.578		
	Total	460.714	472			
2	Regression	191.605	7	27.372	47.297	.000[c]
	Residual	269.109	465	.579		
	Total	460.714	472			

a. Dependent Variable: TvEgo

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt

c. Predictors: (Constant), TvPassionObsessive, TvProc, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	5.707	.099		57.841	.000
	TvProc	-.349	.031	-.519	-11.305	.000
	TvGuilt	-.138	.045	-.151	-3.071	.002
	TvPassionObsessive	-.028	.039	-.032	-.727	.468
2	(Constant)	5.885	.194		30.268	.000
	TvProc	-.343	.032	-.510	-10.870	.000
	TvGuilt	-.158	.046	-.173	-3.392	.001
	TvPassionObsessive	-.024	.047	-.027	-.521	.603
	TvPassionHarmonious	-.028	.068	-.022	-.411	.681
	TVintrinsicControl	.037	.070	.025	.526	.599
	TVintrinsicRelatedness	.025	.052	.023	.489	.625
	TvIntrinsicAutonomy	-.078	.054	-.067	-1.463	.144

a. Dependent Variable: TvEgo

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
						Tolerance
1	TvPassionHarmonious	-.039[b]	-.889	.375	-.041	.665
	TVintrinsicControl	-.013[b]	-.325	.745	-.015	.781
	TVintrinsicRelatedness	-.005[b]	-.110	.912	-.005	.727
	TvIntrinsicAutonomy	-.057[b]	-1.558	.120	-.072	.932

a. Dependent Variable: TvEgo

b. Predictors in the Model: (Constant), TvPassionObsessive, TvProc, TvGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	2.3573	5.4054	4.1459	.63714	473
Residual	-3.51219	2.06128	.00000	.75508	473
Std. Predicted Value	-2.807	1.977	.000	1.000	473
Std. Residual	-4.617	2.710	.000	.993	473

a. Dependent Variable: TvEgo

9.Regression – Stream Enjoyment

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamIntrinsicRelatedness, StreamIntrinsicAutonomy, StreamIntrinsicControl[b]	.	Enter

a. Dependent Variable: StreamEnjoyment

b. All requested variables entered.

Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.437[a]	.191	.186	.91618	.191	36.925	3	469

Model Summary[b]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	1.971

a. Predictors: (Constant), StreamIntrinsicRelatedness, StreamIntrinsicAutonomy, StreamIntrinsicControl

b. Dependent Variable: StreamEnjoyment

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	92.983	3	30.994	36.925	.000[b]
	Residual	393.669	469	.839		
	Total	486.652	472			

a. Dependent Variable: StreamEnjoyment

b. Predictors: (Constant), StreamIntrinsicRelatedness, StreamIntrinsicAutonomy, StreamIntrinsicControl

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	1.384	.278		4.986	.000
	StreamIntrinsicAutonomy	.539	.059	.395	9.139	.000
	StreamIntrinsicControl	.022	.076	.013	.291	.771
	StreamIntrinsicRelatedness	.142	.058	.113	2.459	.014

a. Dependent Variable: StreamEnjoyment

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	2.2211	4.8981	3.8238	.44384	473
Residual	-3.42319	2.08476	.00000	.91326	473
Std. Predicted Value	-3.611	2.420	.000	1.000	473
Std. Residual	-3.736	2.275	.000	.997	473

a. Dependent Variable: StreamEnjoyment

10.Regression – Stream Recovery

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamPassionObsessive, StreamProc, StreamGuilt[b]	.	Enter
2	StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious[b]	.	Enter

a. Dependent Variable: StreamRecovery

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.241[a]	.058	.052	.61897	.058	9.677	3	469

2	.523[b]	.274	.263	.54581	.216	34.537	4	465

Model Summary[c]

Model	Change Statistics	
	Sig. F Change	Durbin-Watson
1	.000	
2	.000	2.135

a. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

c. Dependent Variable: StreamRecovery

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	11.122	3	3.707	9.677	.000[b]
	Residual	179.683	469	.383		
	Total	190.806	472			
2	Regression	52.278	7	7.468	25.069	.000[c]
	Residual	138.528	465	.298		
	Total	190.806	472			

a. Dependent Variable: StreamRecovery

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

c. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.913	.095		30.543	.000
	StreamProc	.042	.023	.091	1.850	.065
	StreamGuilt	-.016	.035	-.026	-.461	.645
	StreamPassionObsessive	.131	.033	.215	3.952	.000
2	(Constant)	1.476	.176		8.372	.000

StreamProc	.019	.020	.040	.924	.356
StreamGuilt	.040	.032	.067	1.268	.206
StreamPassionObsessive	-.027	.035	-.044	-.776	.438
StreamPassionHarmonious	.331	.047	.380	7.011	.000
StreamIntrinsicControl	-.005	.048	-.004	-.096	.923
StreamIntrinsicRelatedness	.013	.039	.017	.339	.734
StreamIntrinsicAutonomy	.187	.040	.219	4.705	.000

a. Dependent Variable: StreamRecovery

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics Tolerance
1	StreamPassionHarmonious	.497[b]	10.509	.000	.437	.728
	StreamIntrinsicControl	.141[b]	2.825	.005	.129	.798
	StreamIntrinsicRelatedness	.197[b]	3.831	.000	.174	.738
	StreamIntrinsicAutonomy	.373[b]	8.649	.000	.371	.934

a. Dependent Variable: StreamRecovery

b. Predictors in the Model: (Constant), StreamPassionObsessive, StreamProc, StreamGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	2.1019	4.3070	3.3442	.33280	473
Residual	-2.66895	1.77035	.00000	.54175	473
Std. Predicted Value	-3.733	2.893	.000	1.000	473
Std. Residual	-4.890	3.244	.000	.993	473

a. Dependent Variable: StreamRecovery

11. Regression – Stream Guilt

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamPassionObsessive, StreamProc[b]	.	Enter
2	StreamIntrinsicAutonomy, StreamPrefHedonic, StreamPrefEudaimonic, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious[b]	.	Enter

a. Dependent Variable: StreamGuilt

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.620[a]	.384	.382	.82538	.384	146.631	2	470
2	.682[b]	.465	.456	.77415	.081	11.711	6	464

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.000	1.917

a. Predictors: (Constant), StreamPassionObsessive, StreamProc

b. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamIntrinsicAutonomy, StreamPrefHedonic, StreamPrefEudaimon
StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

c. Dependent Variable: StreamGuilt

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	199.784	2	99.892	146.631	.000[b]
	Residual	320.186	470	.681		
	Total	519.970	472			
2	Regression	241.895	8	30.237	50.453	.000[c]
	Residual	278.076	464	.599		
	Total	519.970	472			

a. Dependent Variable: StreamGuilt

b. Predictors: (Constant), StreamPassionObsessive, StreamProc

c. Predictors: (Constant), StreamPassionObsessive, StreamProc, StreamIntrinsicAutonomy, StreamPrefHedonic, StreamPrefEudaimonic, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	.100	.127		.784	.433
	StreamProc	.204	.029	.268	7.090	.000
	StreamPassionObsessive	.488	.038	.487	12.869	.000
2	(Constant)	.472	.260		1.815	.070
	StreamProc	.208	.027	.273	7.658	.000
	StreamPassionObsessive	.400	.046	.399	8.782	.000
	StreamPassionHarmonious	-.119	.071	-.082	-1.670	.096
	StreamIntrinsicControl	-.009	.069	-.005	-.124	.902
	StreamIntrinsicRelatedness	.142	.056	.109	2.549	.011
	StreamIntrinsicAutonomy	-.278	.055	-.198	-5.049	.000
	StreamPrefEudaimonic	.234	.045	.211	5.154	.000
	StreamPrefHedonic	.031	.046	.025	.672	.502

a. Dependent Variable: StreamGuilt

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
						Tolerance
1	StreamPassionHarmonious	-.063[b]	-1.500	.134	-.069	.732
	StreamIntrinsicControl	-.012[b]	-.292	.771	-.013	.798
	StreamIntrinsicRelatedness	.094[b]	2.255	.025	.104	.746
	StreamIntrinsicAutonomy	-.188[b]	-5.324	.000	-.239	.990
	StreamPrefEudaimonic	.188[b]	4.816	.000	.217	.819
	StreamPrefHedonic	.004[b]	.118	.906	.005	.971

a. Dependent Variable: StreamGuilt

b. Predictors in the Model: (Constant), StreamPassionObsessive, StreamProc

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	.3452	3.9356	2.0152	.71588	473
Residual	-2.67812	3.34207	.00000	.76756	473
Std. Predicted Value	-2.333	2.683	.000	1.000	473
Std. Residual	-3.459	4.317	.000	.991	473

a. Dependent Variable: StreamGuilt

12. Regression- TV Guilt

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TvPassionObsessive, TvProc[b]	.	Enter
2	TvIntrinsicAutonomy, TvPrefEudaimonic, TvPrefHedonic, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious[b]	.	Enter

a. Dependent Variable: TvGuilt

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.696[a]	.484	.482	.77992	.484	220.378	2	470
2	.738[b]	.545	.537	.73742	.061	10.289	6	464

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.000	1.931

a. Predictors: (Constant), TvPassionObsessive, TvProc

b. Predictors: (Constant), TvPassionObsessive, TvProc, TvIntrinsicAutonomy, TvPrefEudaimonic, TvPrefHedonic, TVintrinsicRelate
TVintrinsicControl, TvPassionHarmonious

c. Dependent Variable: TvGuilt

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	268.104	2	134.052	220.378	.000[b]
	Residual	285.893	470	.608		
	Total	553.997	472			
2	Regression	301.676	8	37.709	69.345	.000[c]
	Residual	252.321	464	.544		
	Total	553.997	472			

a. Dependent Variable: TvGuilt

b. Predictors: (Constant), TvPassionObsessive, TvProc

c. Predictors: (Constant), TvPassionObsessive, TvProc, TvIntrinsicAutonomy, TvPrefEudaimonic, TvPrefHedonic, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	.053	.101		.524	.601
	TvProc	.331	.028	.450	11.943	.000
	TvPassionObsessive	.350	.037	.359	9.533	.000
2	(Constant)	.492	.191		2.584	.010
	TvProc	.303	.028	.411	11.002	.000
	TvPassionObsessive	.336	.043	.344	7.817	.000
	TvPassionHarmonious	-.177	.072	-.127	-2.470	.014
	TVintrinsicControl	.009	.069	.006	.133	.895
	TVintrinsicRelatedness	.066	.051	.055	1.310	.191
	TvIntrinsicAutonomy	-.183	.054	-.143	-3.396	.001
	TvPrefEudaimonic	.245	.046	.222	5.367	.000
	TvPrefHedonic	-.015	.043	-.013	-.353	.724

a. Dependent Variable: TvGuilt

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics Tolerance
1	TvPassionHarmonious	-.090[b]	-2.228	.026	-.102	.672
	TVintrinsicControl	-.062[b]	-1.671	.095	-.077	.786
	TVintrinsicRelatedness	.001[b]	.026	.979	.001	.727
	TvIntrinsicAutonomy	-.165[b]	-5.082	.000	-.228	.984
	TvPrefEudaimonic	.170[b]	4.638	.000	.209	.781
	TvPrefHedonic	-.038[b]	-1.099	.273	-.051	.915

a. Dependent Variable: TvGuilt

b. Predictors in the Model: (Constant), TvPassionObsessive, TvProc

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	.1925	4.0198	2.0402	.79946	473
Residual	-3.01977	2.84732	.00000	.73115	473
Std. Predicted Value	-2.311	2.476	.000	1.000	473
Std. Residual	-4.095	3.861	.000	.991	473

a. Dependent Variable: TvGuilt

12. Regression - Streaming Procrastination

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	StreamPassionObsessive, StreamGuilt[b]	.	Enter
2	StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious[b]	.	Enter

a. Dependent Variable: StreamProc

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.415[a]	.172	.169	1.25910	.172	48.926	2	470
2	.431[b]	.185	.175	1.25448	.013	1.867	4	466

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.115	1.968

a. Predictors: (Constant), StreamPassionObsessive, StreamGuilt

b. Predictors: (Constant), StreamPassionObsessive, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

c. Dependent Variable: StreamProc

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	155.128	2	77.564	48.926	.000[b]
	Residual	745.104	470	1.585		
	Total	900.231	472			
2	Regression	166.877	6	27.813	17.673	.000[c]
	Residual	733.354	466	1.574		
	Total	900.231	472			

a. Dependent Variable: StreamProc

b. Predictors: (Constant), StreamPassionObsessive, StreamGuilt

c. Predictors: (Constant), StreamPassionObsessive, StreamGuilt, StreamIntrinsicAutonomy, StreamIntrinsicControl, StreamIntrinsicRelatedness, StreamPassionHarmonious

Coefficients[a]

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		

1	(Constant)	2.752	.147		18.751	.000
	StreamGuilt	.474	.067	.360	7.090	.000
	StreamPassionObsessive	.114	.067	.086	1.695	.091
2	(Constant)	1.856	.396		4.686	.000
	StreamGuilt	.507	.069	.386	7.330	.000
	StreamPassionObsessive	.060	.080	.046	.760	.448
	StreamPassionHarmonious	-.004	.109	-.002	-.036	.971
	StreamIntrinsicAutonomy	.198	.091	.107	2.183	.030
	StreamIntrinsicControl	.053	.111	.024	.476	.634
	StreamIntrinsicRelatedness	.026	.090	.015	.287	.774

a. Dependent Variable: StreamProc

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics Tolerance
1	StreamPassionHarmonious	.064[b]	1.310	.191	.060	.731
	StreamIntrinsicAutonomy	.114[b]	2.670	.008	.122	.948
	StreamIntrinsicControl	.055[b]	1.180	.239	.054	.801
	StreamIntrinsicRelatedness	.047[b]	.962	.336	.044	.740

a. Dependent Variable: StreamProc

b. Predictors in the Model: (Constant), StreamPassionObsessive, StreamGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	2.8240	6.0590	3.9653	.59460	473
Residual	-2.81135	3.77515	.00000	1.24648	473
Std. Predicted Value	-1.919	3.521	.000	1.000	473
Std. Residual	-2.241	3.009	.000	.994	473

a. Dependent Variable: StreamProc

14. Regression - TV Procrastination

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	TvPassionObsessive, TvGuilt[b]	.	Enter
2	TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious[b]	.	Enter

a. Dependent Variable: TvProc

b. All requested variables entered.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics			
					R Square Change	F Change	df1	df2
1	.637[a]	.406	.403	1.13587	.406	160.294	2	470
2	.655[b]	.429	.422	1.11791	.024	4.807	4	466

Model Summary[c]

Model	Change Statistics	Durbin-Watson
	Sig. F Change	
1	.000	
2	.001	1.983

a. Predictors: (Constant), TvPassionObsessive, TvGuilt

b. Predictors: (Constant), TvPassionObsessive, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

c. Dependent Variable: TvProc

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	413.625	2	206.813	160.294	.000[b]
	Residual	606.399	470	1.290		
	Total	1020.025	472			
2	Regression	437.655	6	72.943	58.367	.000[c]
	Residual	582.369	466	1.250		
	Total	1020.025	472			

a. Dependent Variable: TvProc

b. Predictors: (Constant), TvPassionObsessive, TvGuilt

c. Predictors: (Constant), TvPassionObsessive, TvGuilt, TvIntrinsicAutonomy, TVintrinsicRelatedness, TVintrinsicControl, TvPassionHarmonious

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.474	.131		11.264	.000
	TvGuilt	.703	.059	.518	11.943	.000
	TvPassionObsessive	.236	.057	.178	4.108	.000
2	(Constant)	.403	.285		1.413	.158
	TvGuilt	.719	.060	.530	12.076	.000
	TvPassionObsessive	.137	.068	.103	1.997	.046
	TvPassionHarmonious	-.008	.100	-.004	-.079	.937
	TvIntrinsicAutonomy	.147	.079	.085	1.873	.062
	TVintrinsicRelatedness	.099	.076	.061	1.301	.194
	TVintrinsicControl	.148	.103	.068	1.435	.152

a. Dependent Variable: TvProc

Excluded Variables[a]

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics
						Tolerance
1	TvPassionHarmonious	.107[b]	2.482	.013	.114	.674
	TvIntrinsicAutonomy	.136[b]	3.788	.000	.172	.961
	TVintrinsicRelatedness	.120[b]	2.931	.004	.134	.741
	TVintrinsicControl	.136[b]	3.453	.001	.157	.801

a. Dependent Variable: TvProc

b. Predictors in the Model: (Constant), TvPassionObsessive, TvGuilt

Residuals Statistics[a]

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.6453	6.6148	3.4715	.96293	473
Residual	-2.73230	3.60815	.00000	1.11078	473
Std. Predicted Value	-1.896	3.264	.000	1.000	473
Std. Residual	-2.444	3.228	.000	.994	473

a. Dependent Variable: TvProc