

REDC



Mental Health Ireland Home Schooling

March 2021

Job No: 502421

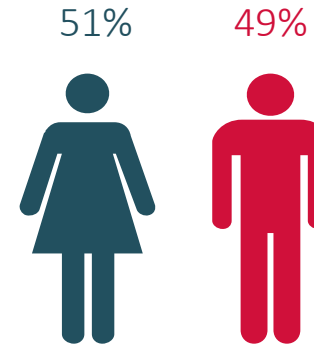


RED Line Methodology

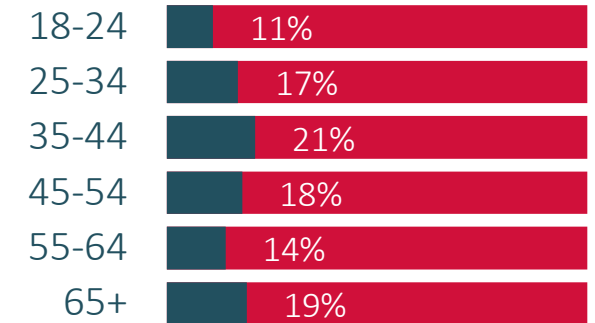


- Online research was conducted with 1,028 ROI adults aged 18+.
- The target group for this research however was a sub group of parents who are currently home-schooling children ages 4+.
- 234 adults fitting this criteria were identified within this data, suggesting the incidence of the group in the Irish population is 23%.
- However in order to ensure a robust sample for deep diving this subgroup, the sample was boosted by a further 164 achieving a final total sample of n=398.
- Respondents were recruited using RED C Live, RED C's own online panel of over 40,000 members
- Quota controls were used to ensure a nationally representative sample of ROI adults aged 18+, with interlocking quotas to provide extra confidence in sample profile
- Data was weighted across Gender, age, region and social class so as to ensure a nationally representative sample based on latest CSO projections
- Fieldwork for this research took place from 19th – 24th February 2021
- Shortly before this research was conducted, the government announced their plan for the phased re-opening of schools.

Gender



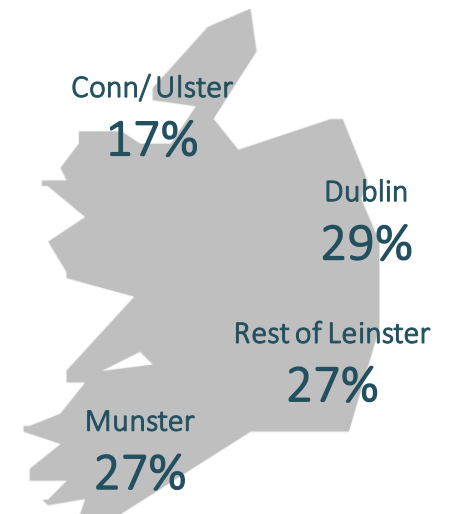
Age



Social Class



Region





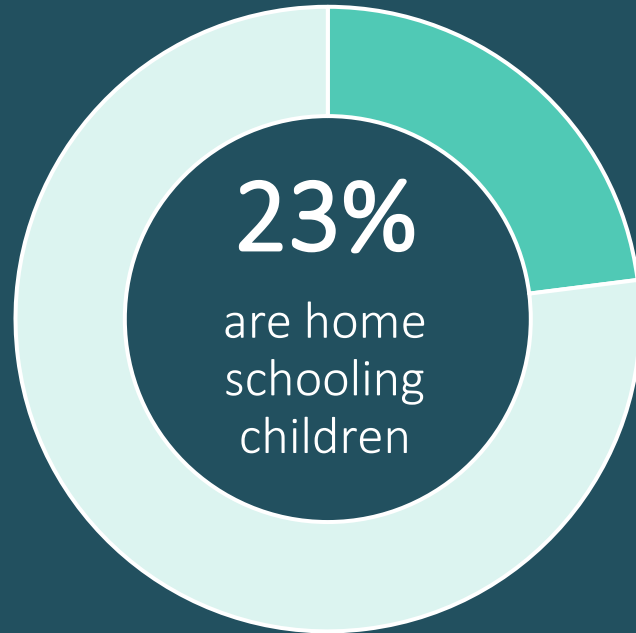
01

Profile of Home Schoolers

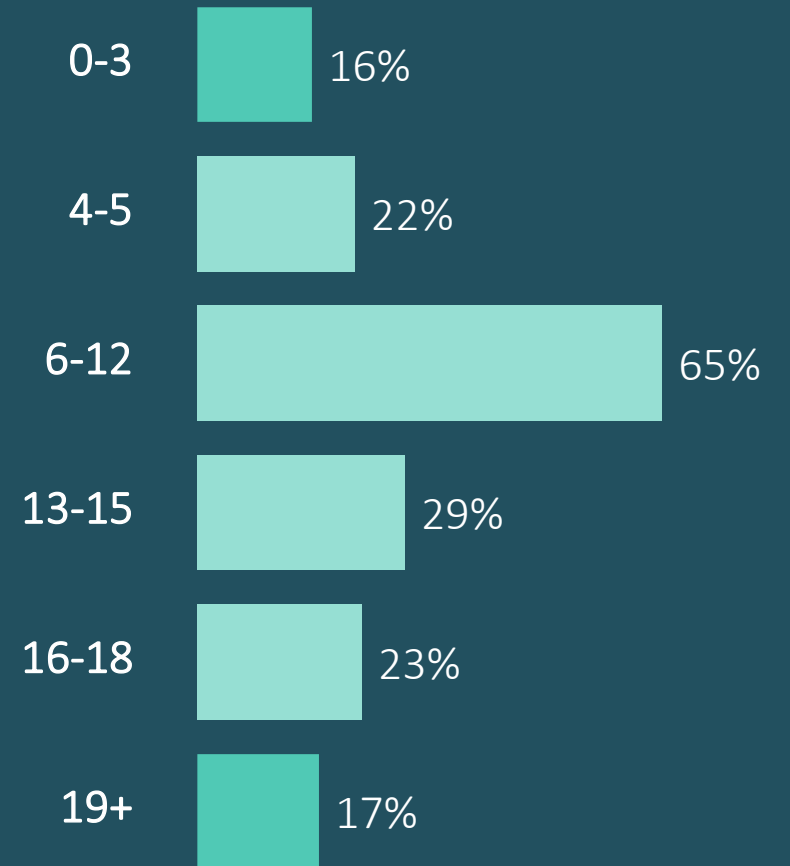
1 in 4 people in Ireland are home schooling their children



Proportion of People in Ireland who are Home Schooling



Ages of Children in the Household



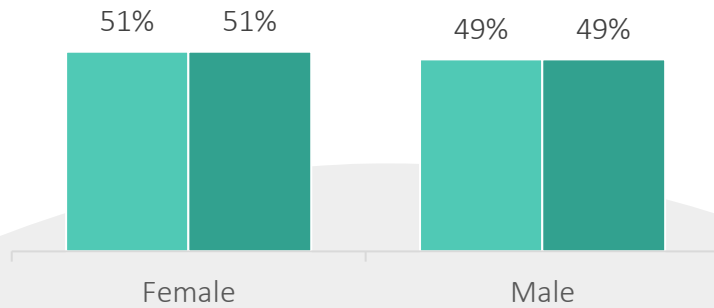
This aged 35-54 most likely to be home schooling



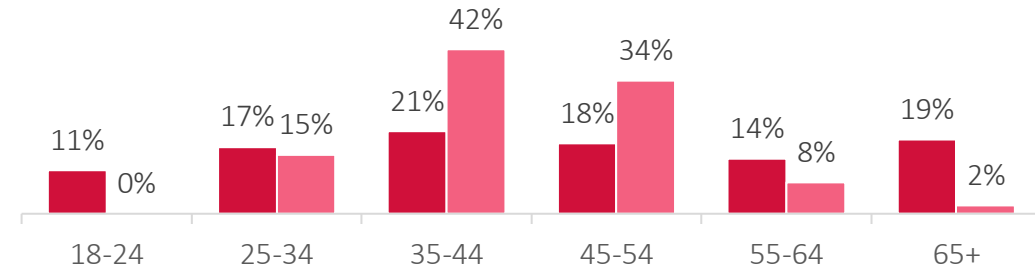
Demographic split of total population versus those home schooling

Total Population  Those Home-Schooling 

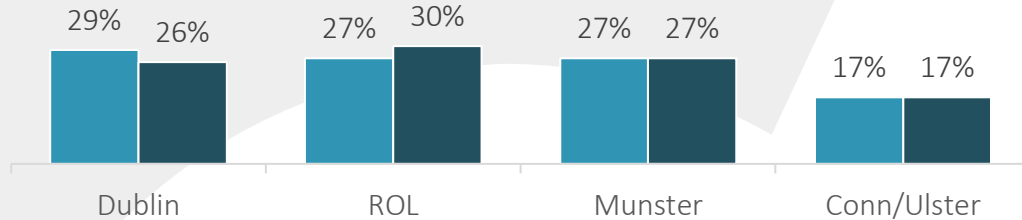
Gender



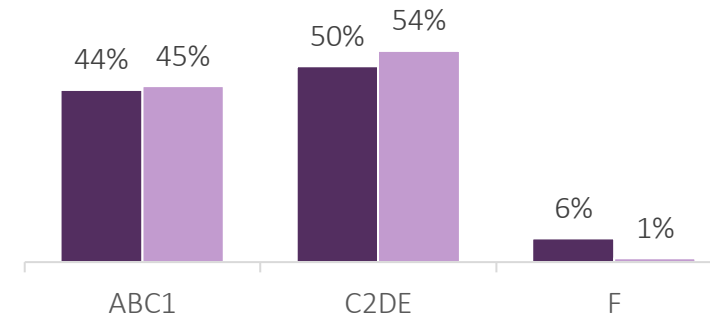
Age Group



Region

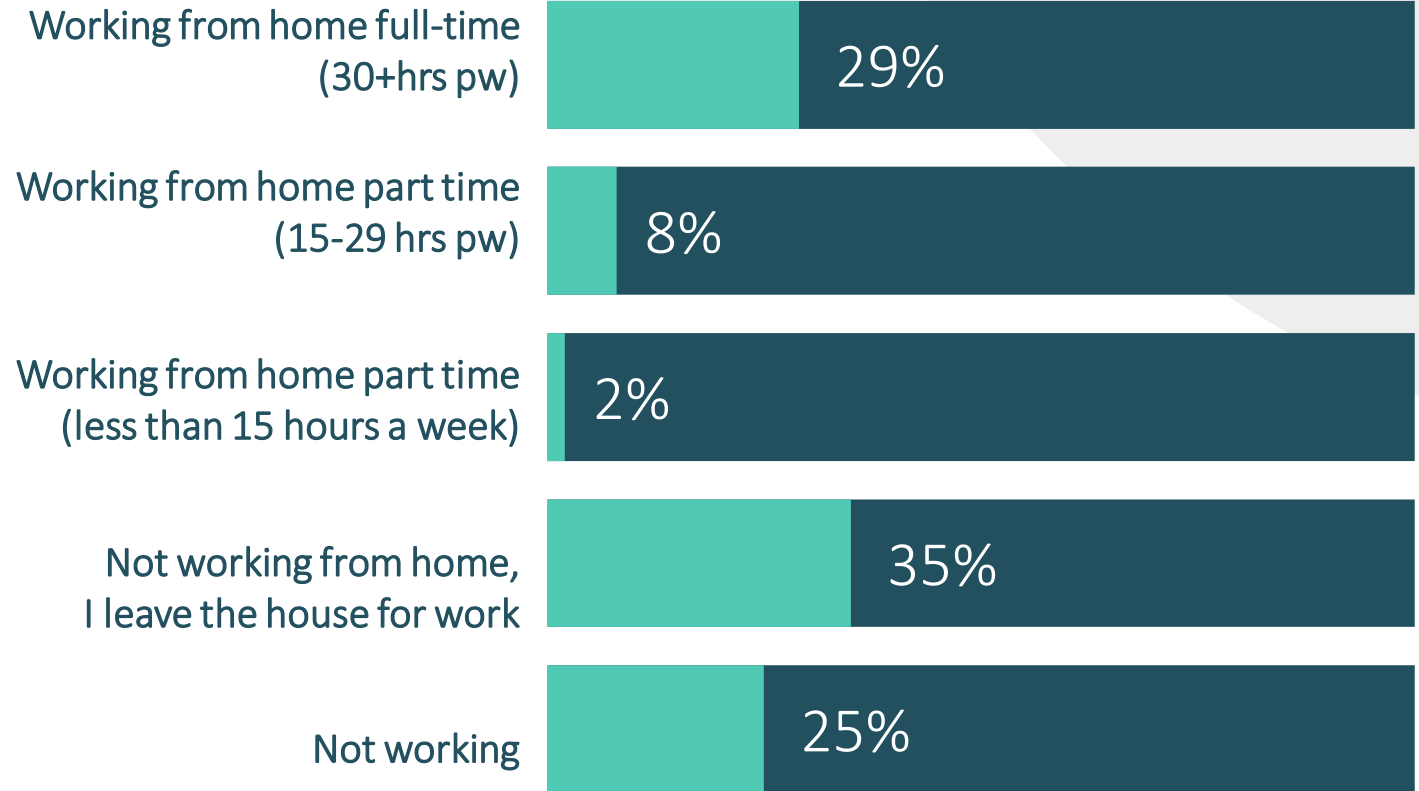


Social Class



3 in 10 of those who are home schooling are doing so while managing a full time job at home. A further 1 in 3 are still leaving for work, but having to home school after wards.

Working Situation

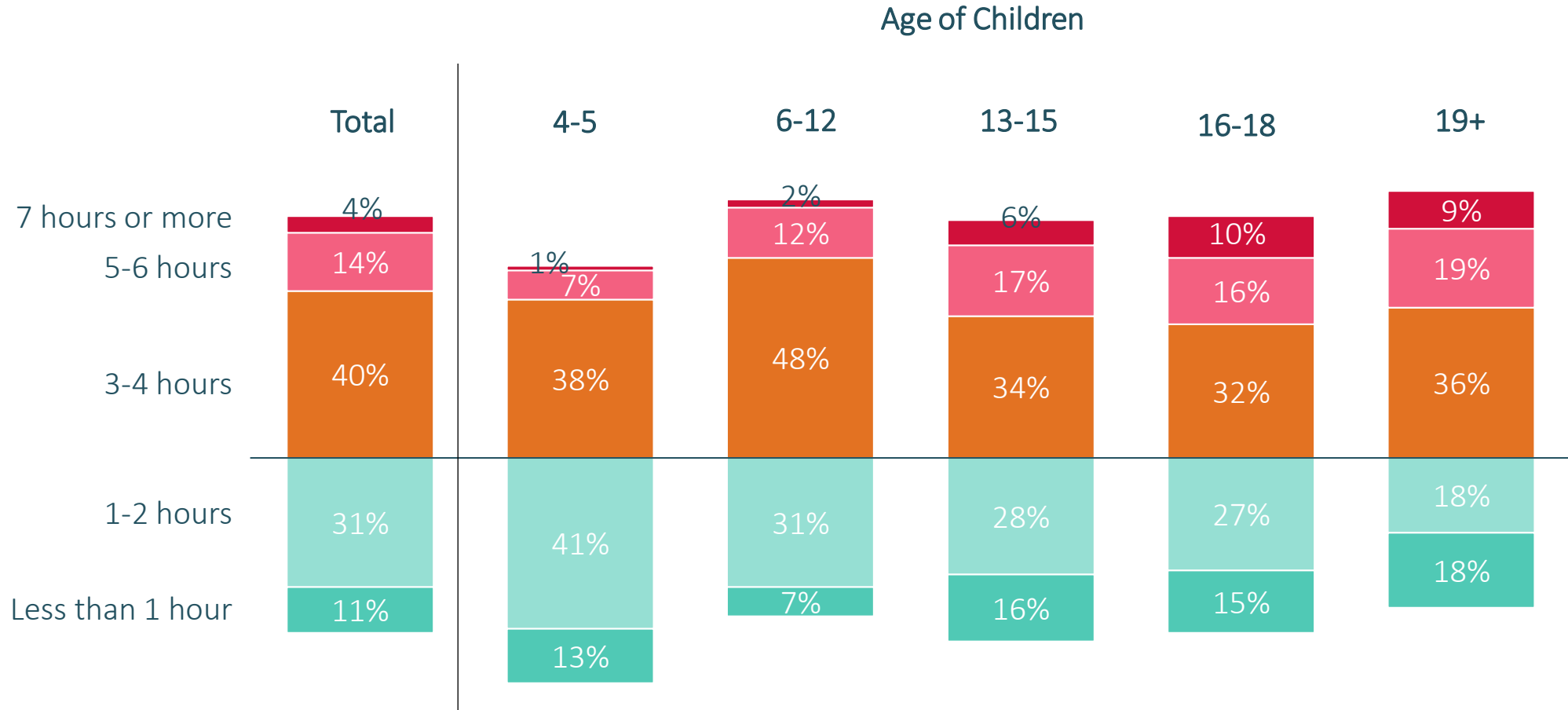


8 in 10 home-schooling up to four hours a day



This rises more significantly amongst those with children over the age of 6.

Time devoted to school work every day





02

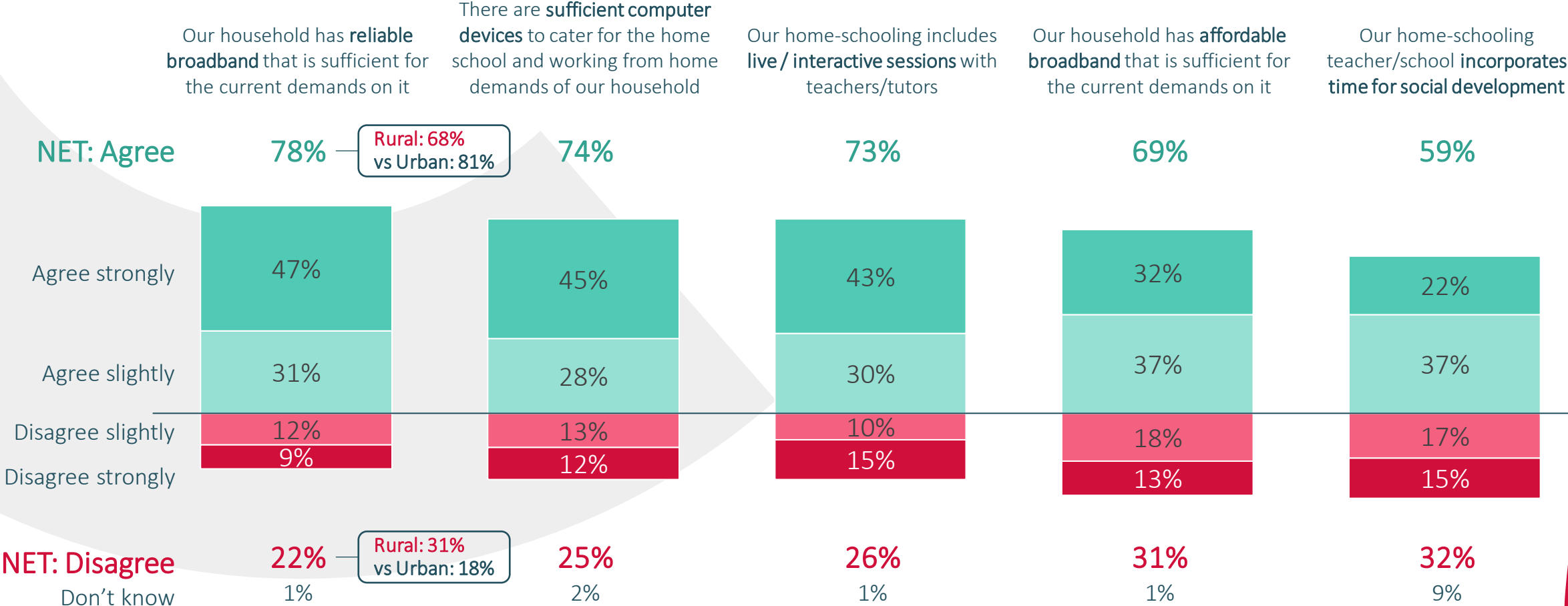
Home School Supports

Rural areas are less likely to have reliable, sufficient broadband



1 in 4 disagree that they have enough devices for school and work needs; 1 in 3 don't believe they have affordable internet or that home-schooling is incorporating time for social development.

Home-schooling Supports



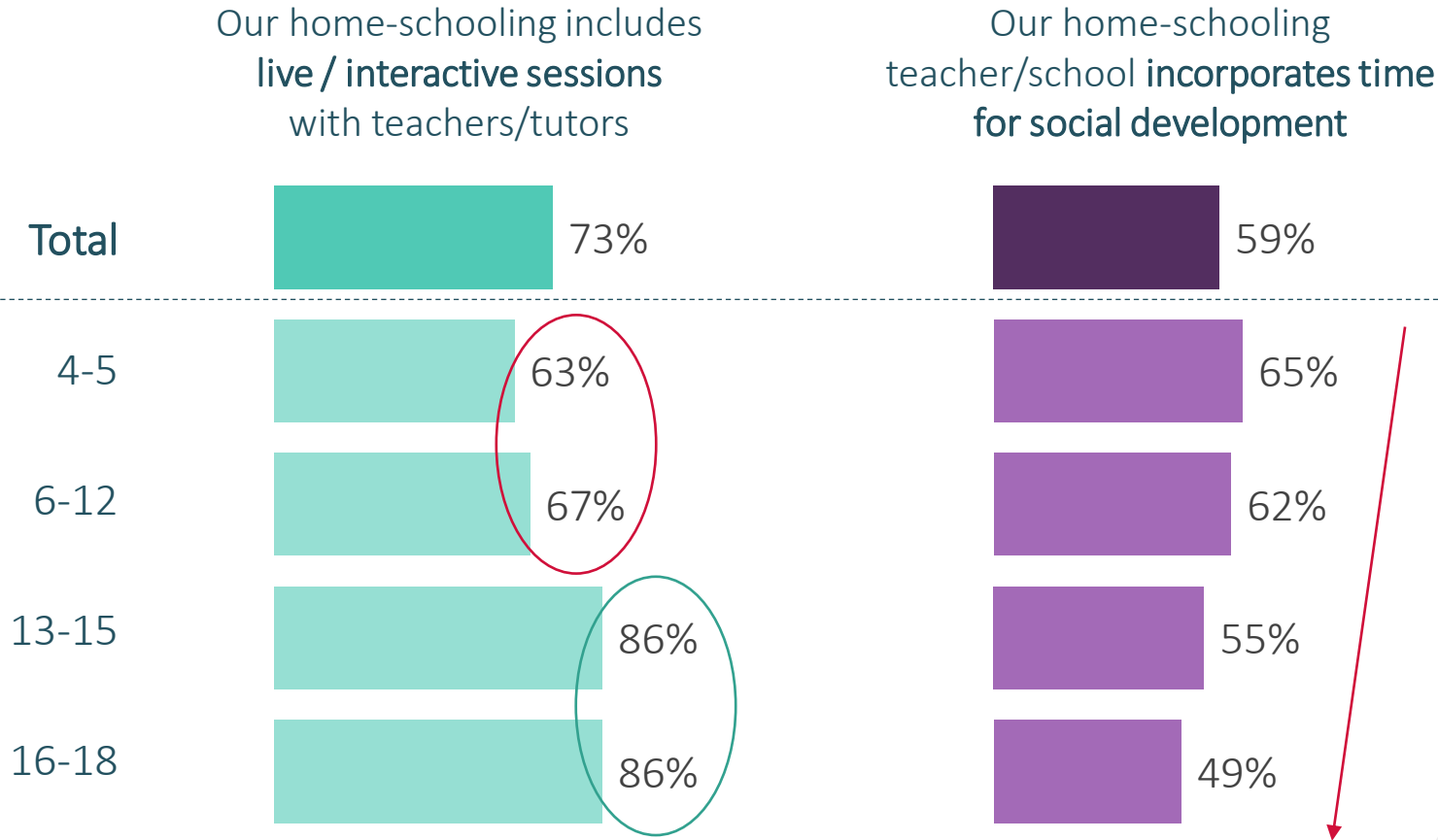
Q3
 (Base: All parents who are home-schooling children aged 4+, n=398)

The older the children, the less time for social development



Interactive sessions significantly less likely among those with younger children.

Conditions of home-schooling x Age of children



These statements show the greatest difference depending on age of children.

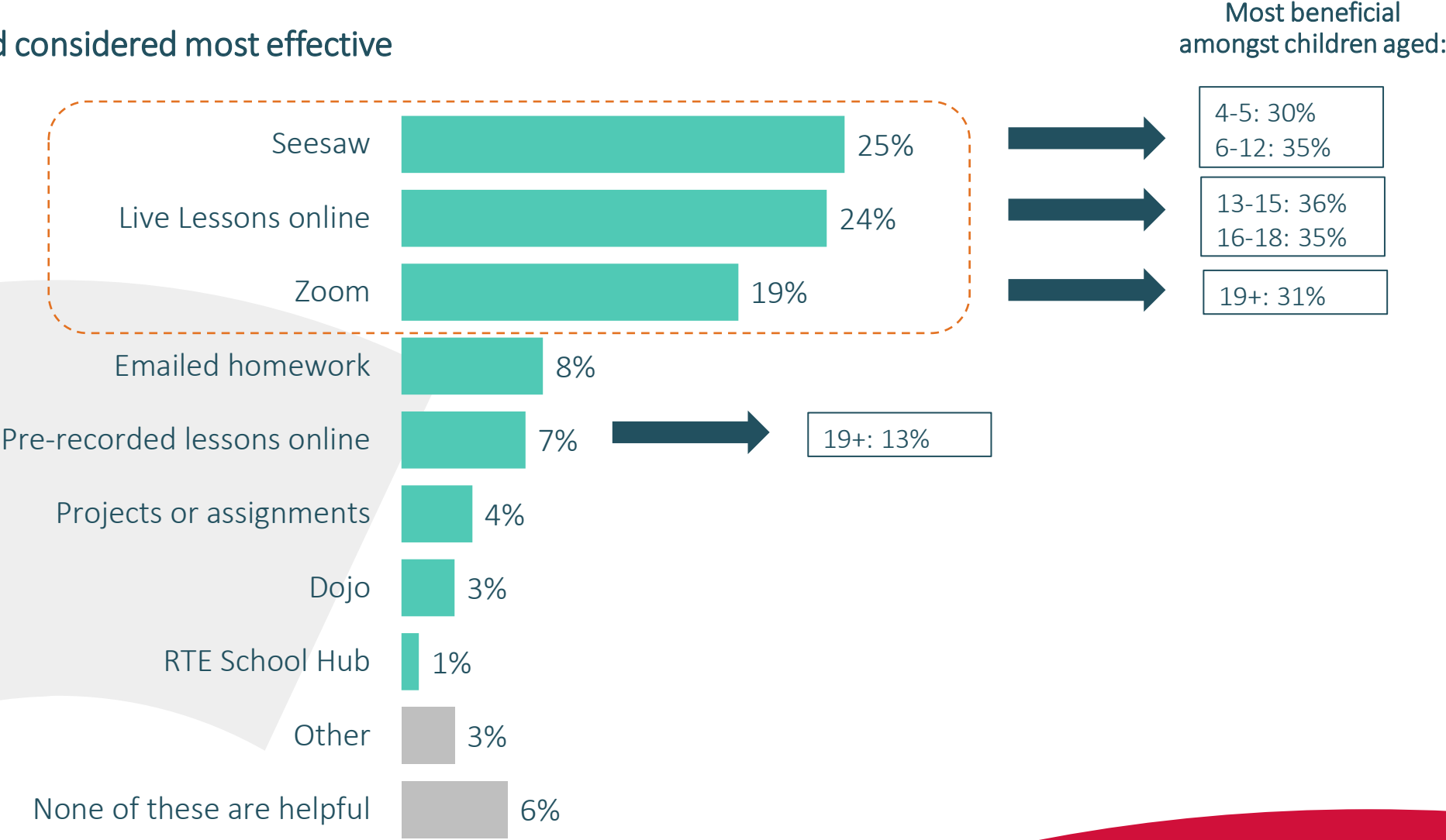
Other statements show less differentiation.

Interactive platforms are deemed most effective by parents



Emailed homework and pre-recorded lessons online are seen to be far less effective as a means of home schooling. It's also clear that different platforms appeal to different age groups.

Home-schooling method considered most effective



Q4
(Base: All parents who are home-schooling children aged 4+, n=398)

03

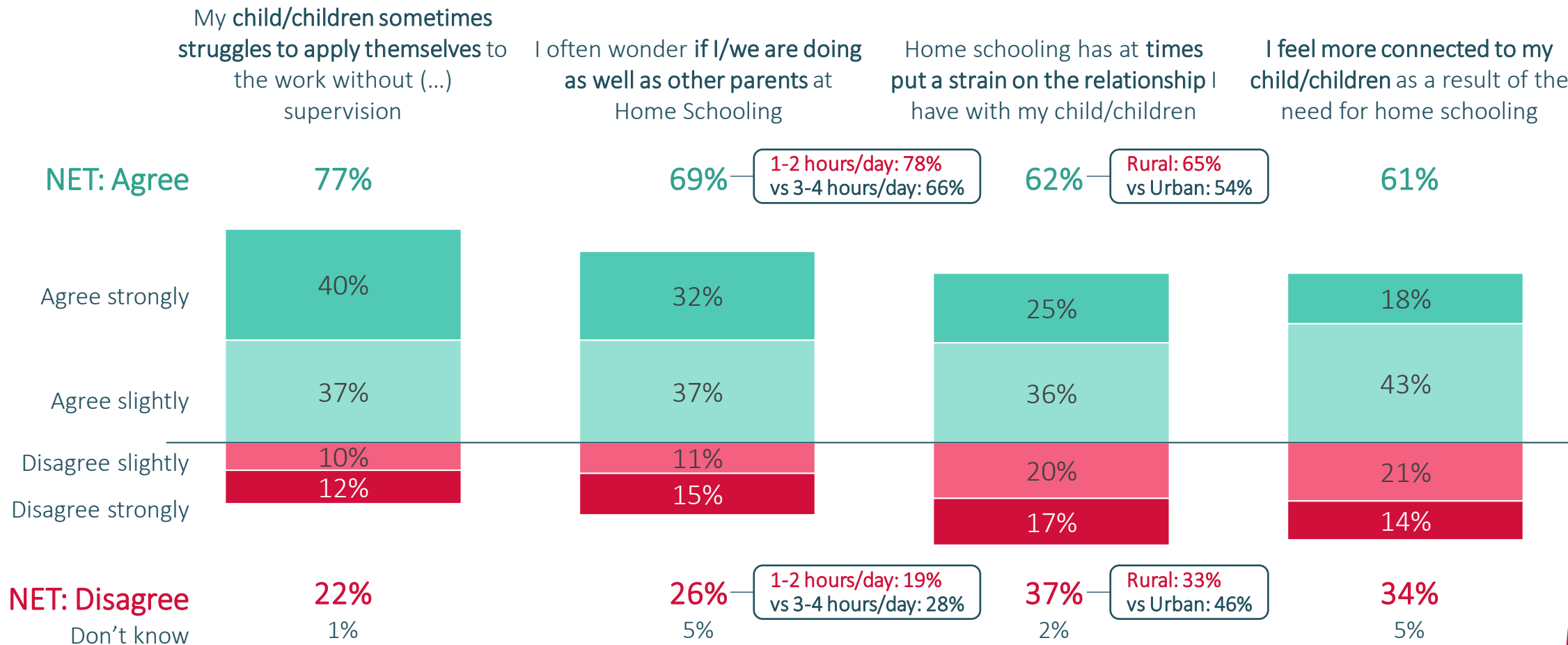
General Attitudes of Home Schoolers

3 in 4 parents believe their child needs supervision



Many also question their personal efforts and feel a strain at times on the relationship due to home-schooling, higher in rural areas. Still 3 in 5 feel more connected to their child.

Impact of home-schooling on children & parents



Over half say computer gaming can be a distraction to children



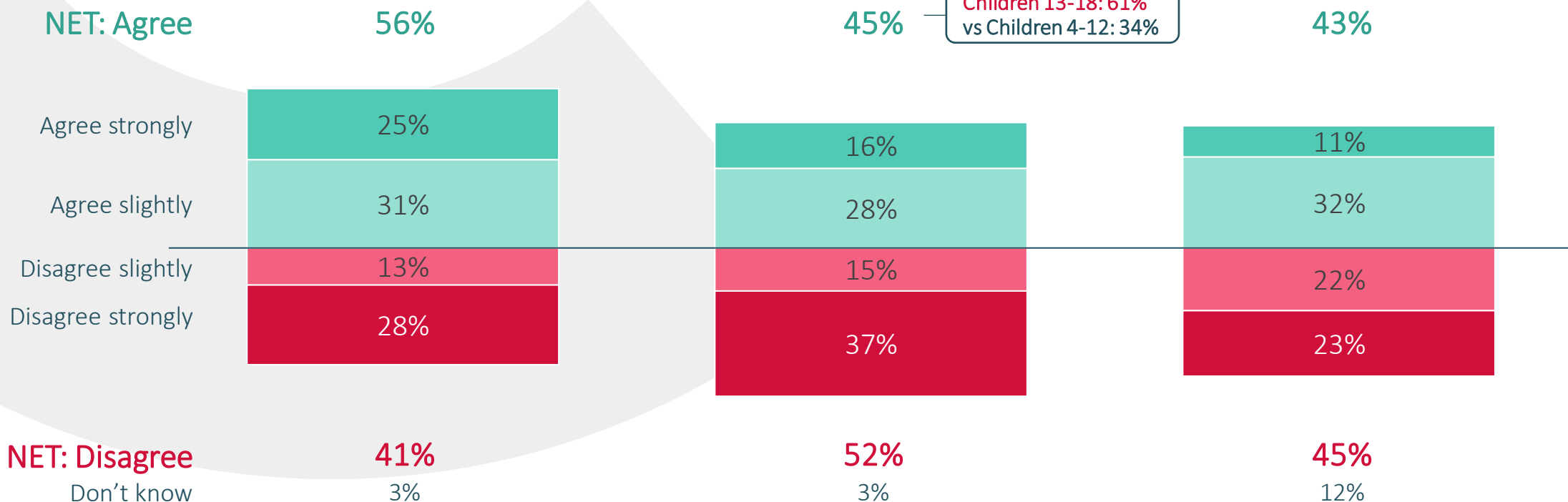
Social media is also a distraction for over 2 in 5 parents and children.

Statements about home-schooling

Computer gaming can be a distraction to my child/children when I am trying to home school

My child/children get distracted sometimes by social media such as Instagram, Twitter etc.

Social Personal Health Education, mental health and wellbeing have been incorporated as an integral feature of the Home Schooling through our school/teacher



Q.10

(Base: All parents who are home-schooling children aged 4+, n=398)

4 in 10 parents agree they get distracted by social media

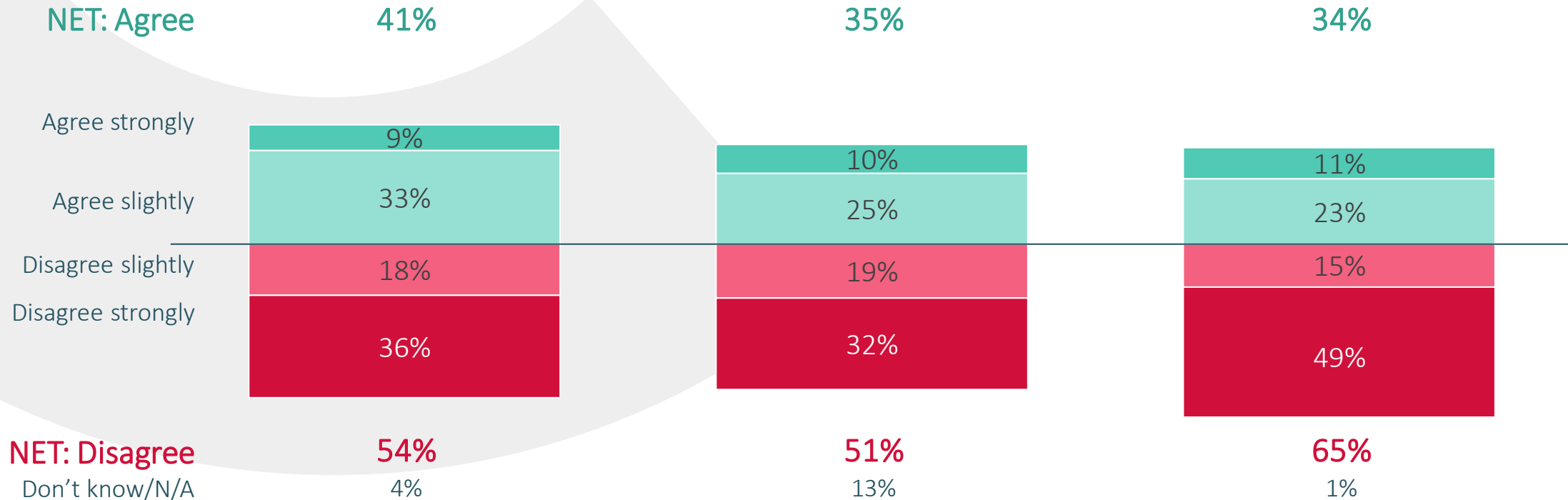
1 in 3 parents claim their work performance has suffered as a result of home schooling. Almost two thirds claim their children have had no opportunity to interact with members outside immediate family.

Statements about home-schooling

I get distracted sometimes from home schooling by social media such as Instagram, Twitter etc.

My work performance has suffered while trying to Home School

My child/children have had an opportunity to meet with or see other children outside of the immediate family during this lockdown





04

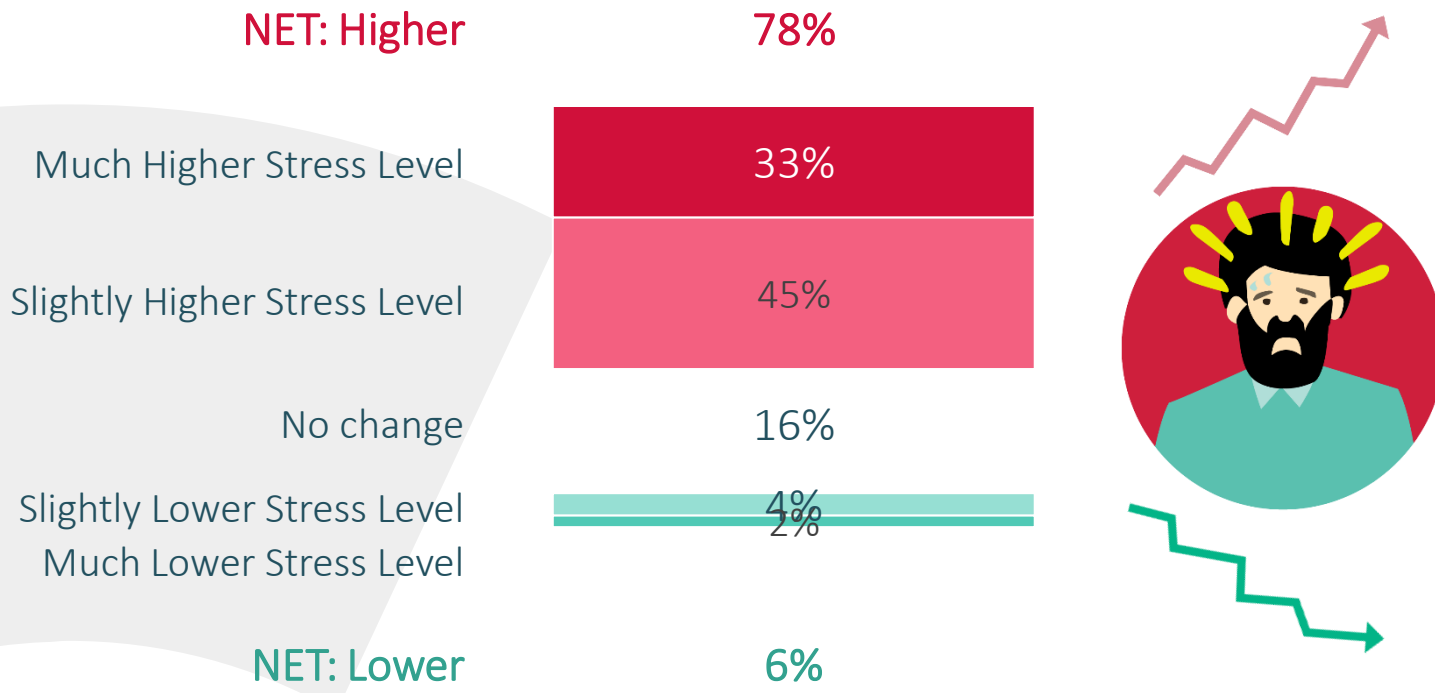
Challenges Facing Home Schoolers

Vast majority feel that their stress level increased over lockdown



1 in 3 claiming it has been to a 'much higher' stress level than before.

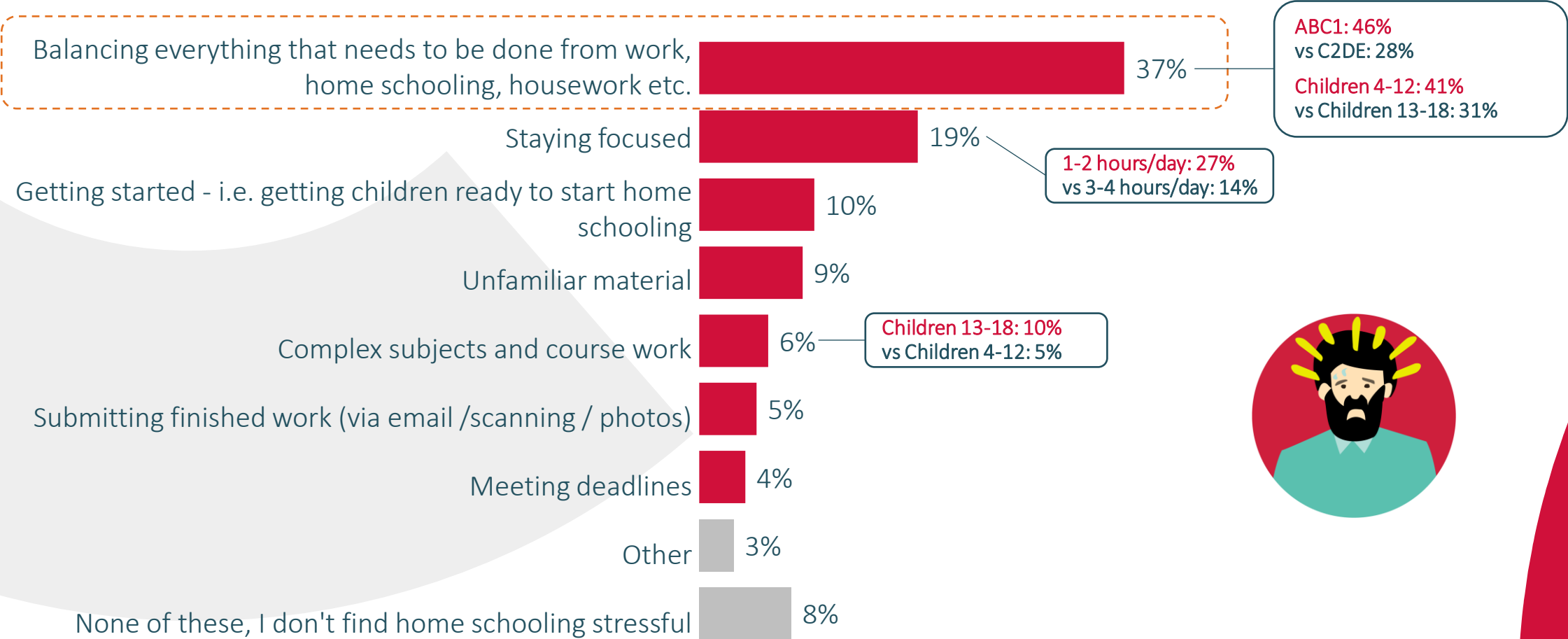
Change in stress levels during period of lockdown



Balancing work, home-schooling and housework is main challenge

Particularly for those of higher social classes and with younger children. Parents who home-school for 1-2 hours/day are more likely to find staying focused the most stressful aspect.

Most stressful aspect of home-schooling



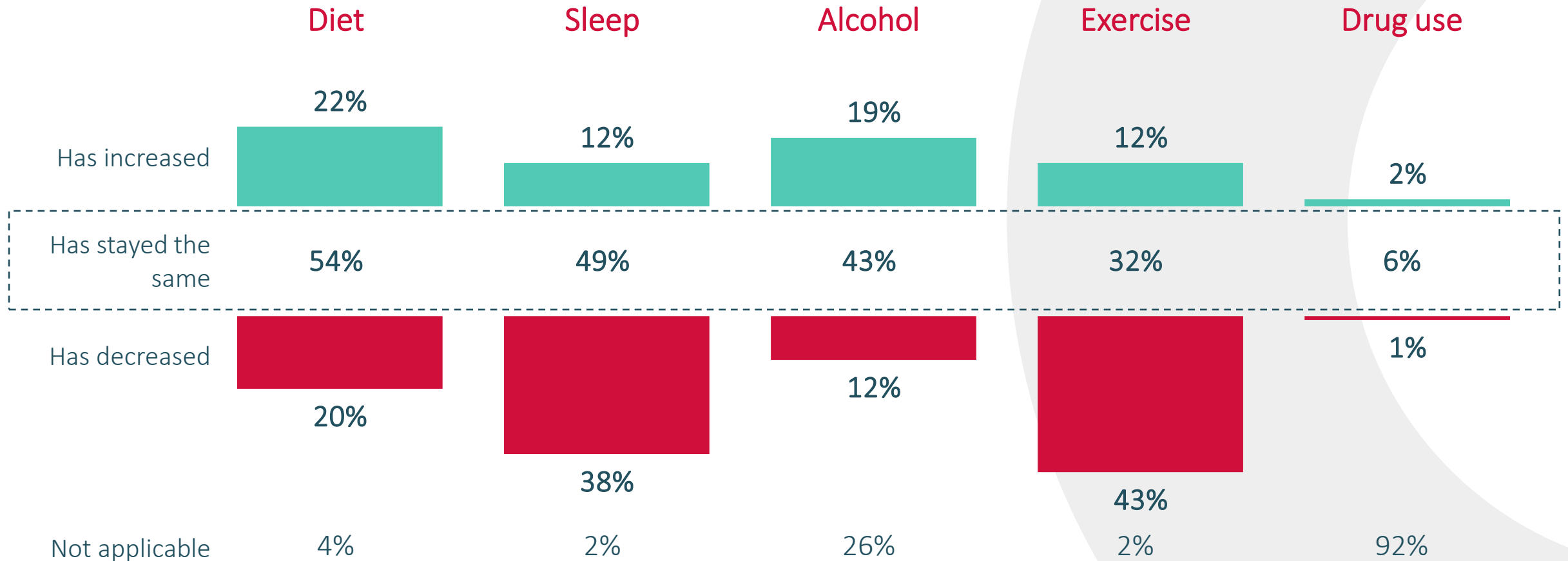
Q6
(Base: All parents who are home-schooling children aged 4+, n=398)

2 in 5 parents home-schooling are sleeping and exercising less



1 in 5 say their alcohol consumption has increased.

How home-schooling has changed habits & life style

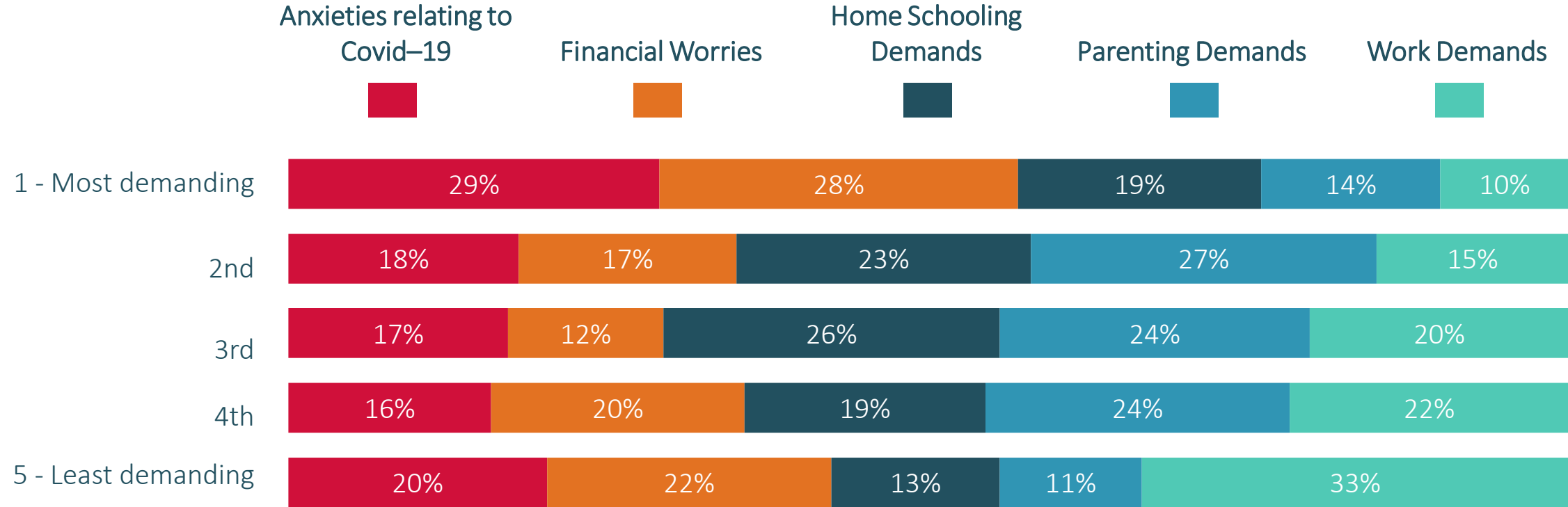


COVID-19 and financial worries are the most demanding issues



Parenting and home-schooling demands come next and ahead of work demands as more challenging.

Most challenging issue in the current climate



Key Findings



1

Just under 1 in 4 people in Ireland are devoting time to home schooling, with the highest proportion being with children aged 6-12, devoting between 1-4 hours every day.

2

The majority believe their broadband is reliable and they have enough devices to support their needs. However for circa 1 in 4, this is not the case (particularly in rural areas).

3

There appears, for some, to be a real lack of wider engagement; 1 in 3 claim there is no time for social development put aside by the school/teacher, 1-4 claiming there is no interactive sessions and 45% claim mental health and wellbeing have NOT been incorporated as a feature of the Home Schooling.

4

A high proportion (69%) express self doubt as they compare themselves to other parents. Furthermore, 62% feel a strain has been put on the child's relationship as a result of home-schooling. However there has been some positives as 6 in 10 feel more connected to their children as a result of home schooling.

5

Computer games, and social media are seen to be a distraction for children, but also parents. 45% claim their children get distracted by social media, while a similar proportion, 41% claim they get distracted by themselves.

6

Stress levels during lockdown have been significant, with 78% claiming their stress levels have increased, with the difficulty of balancing everything that needs to be done at the core of this stress.

Core questions split by social class and urban/rural residence



Q.4 Most effective home schooling platform	Total Sample	ABC1	C2DE	Urban	Rural
Base	398	204	190	278	120
Seesaw	25%	24%	26%	25%	26%
Live Lessons online	24%	27%	22%	24%	23%
Zoom	19%	19%	19%	22%	13%
Emailed homework	8%	8%	8%	6%	12%
Pre-recorded lessons online	7%	3%	9%	5%	9%
Projects or assignments	4%	6%	3%	4%	3%
Dojo	3%	2%	3%	3%	2%
RTE School Hub	1%	2%	-	1%	-
Other	3%	3%	3%	2%	6%
None of these are helpful	6%	6%	6%	7%	4%

Q.6 Most stressful aspect of home schooling	Total Sample	ABC1	C2DE	Urban	Rural
Base	398	204	190	278	120
Balancing everything that needs to be done from work, home schooling, housework etc.	37%	46%	28%	36%	38%
Staying focused	19%	18%	20%	18%	21%
Getting started - i.e. getting children ready to start home schooling	10%	10%	11%	11%	9%
Unfamiliar material	9%	10%	8%	10%	7%
Complex subjects and course work	6%	5%	8%	6%	7%
Submitting finished work	5%	2%	7%	6%	2%
Meeting deadlines	4%	2%	6%	5%	1%
Other	3%	4%	2%	3%	1%
None of these, I don't find home schooling stressful	8%	4%	10%	6%	14%

Q.9 Impact of Covid-19 lockdown on stress levels	Total Sample	ABC1	C2DE	Urban	Rural
Base	398	204	190	278	120
NET: Higher	78%	83%	75%	81%	71%
Much Higher Stress Level (5)	33%	32%	35%	36%	27%
Slightly Higher Stress Level (4)	45%	51%	40%	45%	44%
No change (3)	16%	12%	18%	13%	23%
Slightly Lower Stress Level (2)	4%	4%	5%	5%	3%
Much Lower Stress Level (1)	2%	1%	3%	2%	3%
NET: Lower	6%	5%	7%	6%	6%

Core questions split by social class and urban/rural residence



Statement		Total Sample	ABC1	C2DE	Urban	Rural
<i>Base Size</i>		398	204	190	278	120
Q.3 There are sufficient computer devices to cater for the home school and working from home demands of our household	Net Agree	74%	75%	73%	75%	69%
	Net Disagree	25%	24%	24%	22%	30%
Q.3 Our household has reliable broadband that is sufficient for the current demands on it	Net Agree	78%	81%	76%	81%	68%
	Net Disagree	22%	18%	24%	18%	31%
Q.3 Our household has affordable broadband that is sufficient for the current demands on it	Net Agree	69%	73%	65%	71%	63%
	Net Disagree	31%	27%	34%	29%	36%
Q.3 Our home-schooling includes live / interactive sessions with teachers/tutors	Net Agree	73%	75%	73%	76%	67%
	Net Disagree	26%	23%	26%	23%	32%
Q.3 Our home-schooling teacher/school incorporates time for social development such as unstructured engagement, ... and sustaining school-based friendship	Net Agree	59%	59%	59%	60%	57%
	Net Disagree	32%	33%	31%	30%	37%
Q.5 Home schooling has at times put a strain on the relationship I have with my child/children	Net Agree	62%	63%	62%	65%	54%
	Net Disagree	37%	35%	37%	33%	46%
Q.5 I often wonder if I/we are doing as well as other parents at Home Schooling	Net Agree	69%	70%	68%	70%	66%
	Net Disagree	26%	26%	26%	25%	29%
Q.5 My child/children sometimes struggles to apply themselves to the work without prompting, continual encouragement, one-to-one supervision	Net Agree	77%	81%	73%	77%	78%
	Net Disagree	22%	17%	27%	22%	22%
Q.5 I feel more connected to my child/children as a result of the need for home schooling	Net Agree	61%	58%	64%	62%	57%
	Net Disagree	34%	39%	31%	32%	40%

Core questions split by social class and urban/rural residence



Statement		Total Sample	ABC1	C2DE	Urban	Rural
<i>Base Size</i>		398	204	190	278	120
Q.10 Social Personal Health Education, mental health and wellbeing have been incorporated as an integral feature of the Home Schooling through our school/teacher	Net Agree	43%	43%	43%	45%	38%
	Net Disagree	45%	46%	44%	41%	55%
Q.10 I get distracted sometimes from home schooling by social media such as Instagram, Twitter etc.	Net Agree	41%	45%	38%	43%	38%
	Net Disagree	54%	52%	57%	52%	59%
Q.10 My child/children get distracted sometimes by social media such as Instagram, Twitter etc.	Net Agree	45%	47%	41%	46%	41%
	Net Disagree	52%	48%	56%	50%	56%
Q.10 Computer gaming can be a distraction to my child/children when I am trying to home school	Net Agree	56%	60%	52%	60%	45%
	Net Disagree	41%	37%	45%	36%	54%
Q.10 My work performance has suffered while trying to Home School	Net Agree	35%	47%	25%	39%	26%
	Net Disagree	51%	44%	59%	47%	63%
Q.10 My child/children have had an opportunity to meet with or see other children outside of the immediate family during this lockdown	Net Agree	34%	31%	37%	37%	27%
	Net Disagree	65%	68%	62%	61%	73%



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