

A WEEK OF DIGITAL DISTURBANCE

Scam Calls and Spam Emails in the Daily Life of an International Student

Context

As an international student living abroad, I am frequently exposed to scam calls and spam emails. These digital interruptions are not only inconvenient, but also contribute to anxiety, distraction, and a constant sense of vulnerability in everyday life.

Method

For one week, I tracked two types of digital disturbance: scam phone calls and spam or scam emails.

Each event was recorded with its time of occurrence, frequency, and a subjective emotional impact rating (1–5), as well as whether it interrupted my study or rest.

Insights

The data reveals that digital disturbances occur almost daily.

Spam emails appear more frequently, while scam calls—although fewer—tend to cause stronger emotional reactions and greater interruption.

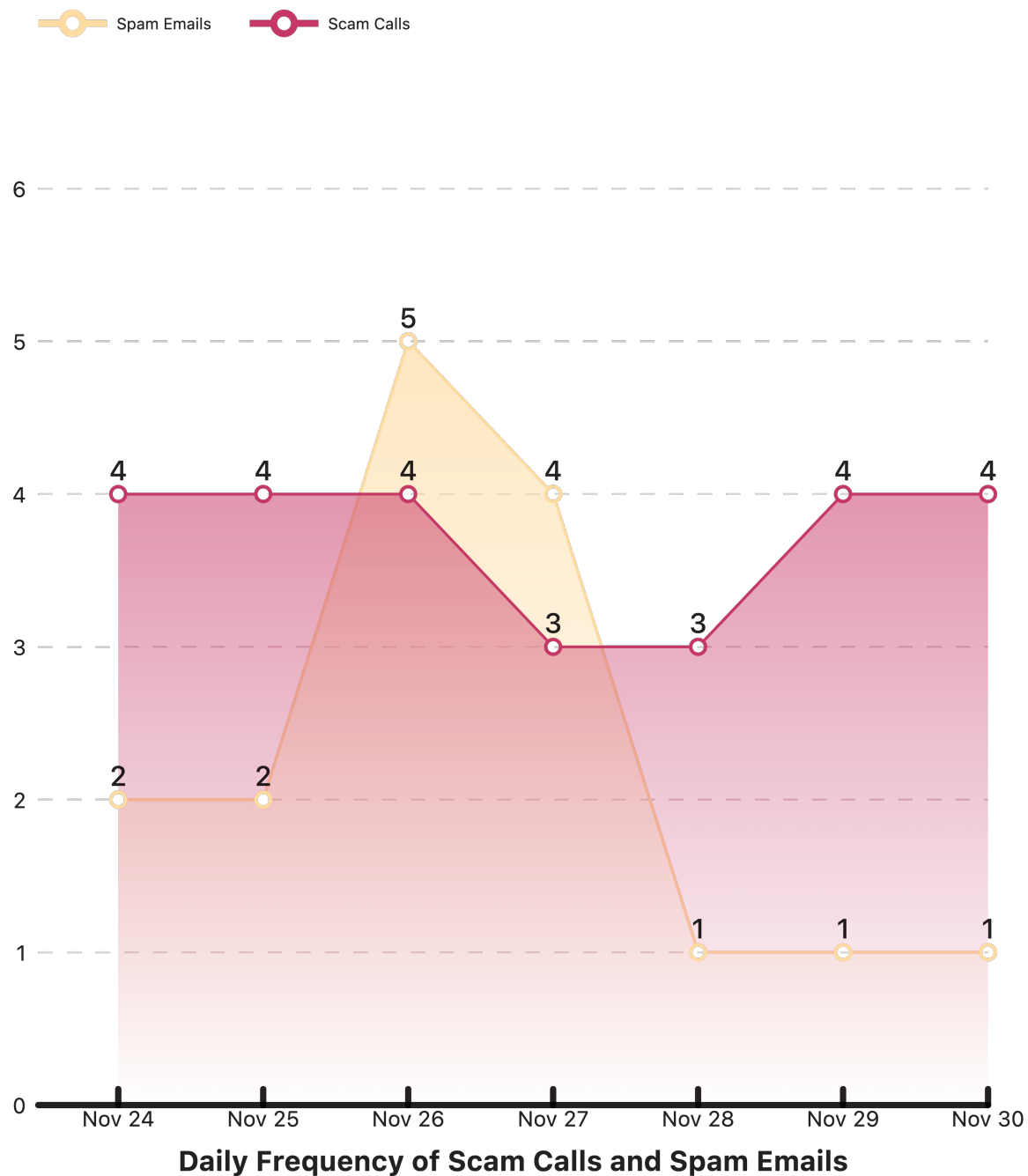
This suggests that the impact of digital disturbance is shaped not only by quantity, but by how intrusive each form feels.

Reflection

By visualising these patterns, this project turns a personal annoyance into measurable evidence.

It highlights how everyday digital harassment quietly affects the emotional wellbeing and concentration of international students, and invites reflection on digital safety and constant connectivity.



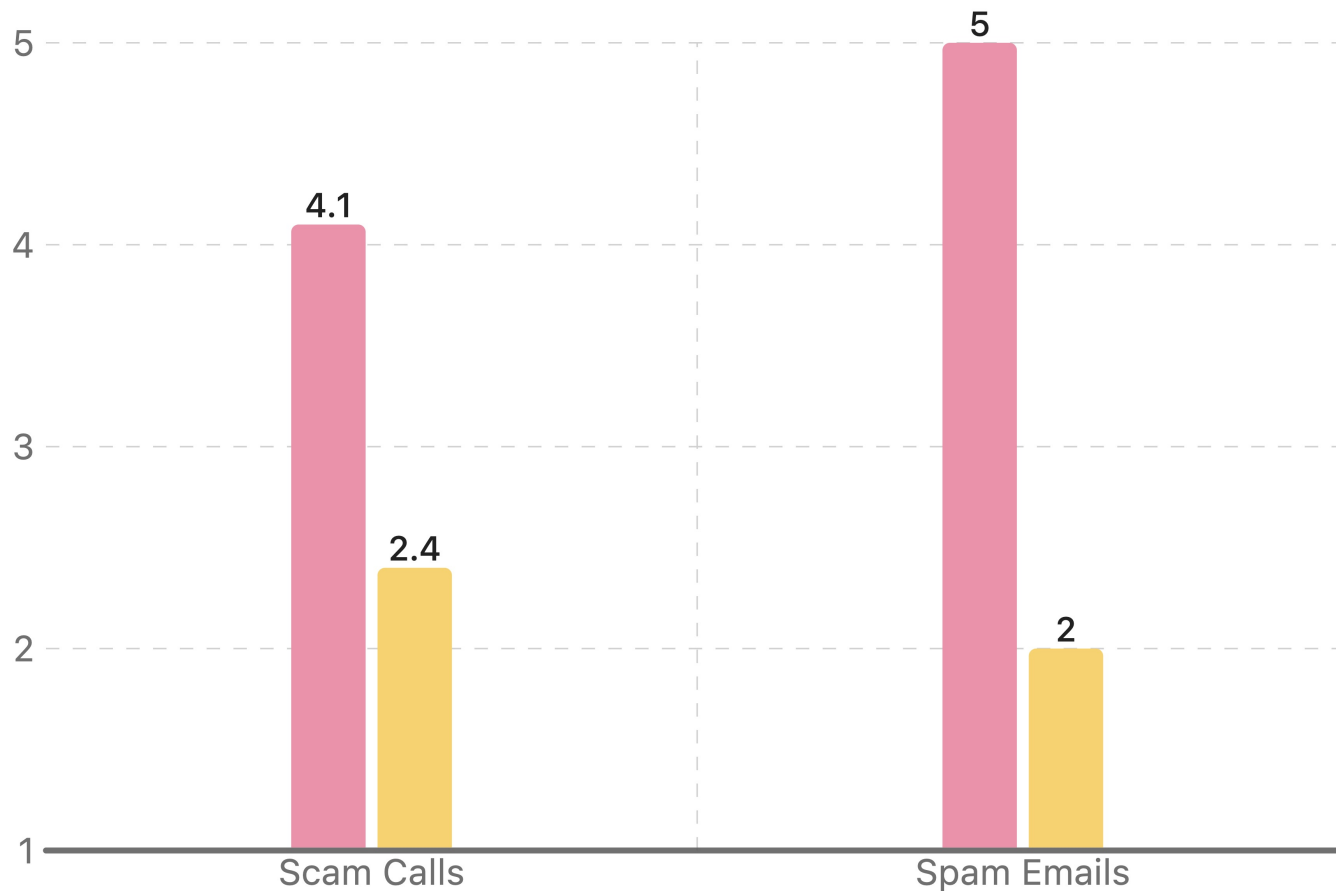


LINE CHART

This chart shows the number of scam calls and spam emails received each day over one week.

While spam emails appear more frequently on certain days, scam calls remain consistently present, highlighting a persistent form of digital disturbance in daily life.

■ Avg Emotional Impact ■ Study Interruptions



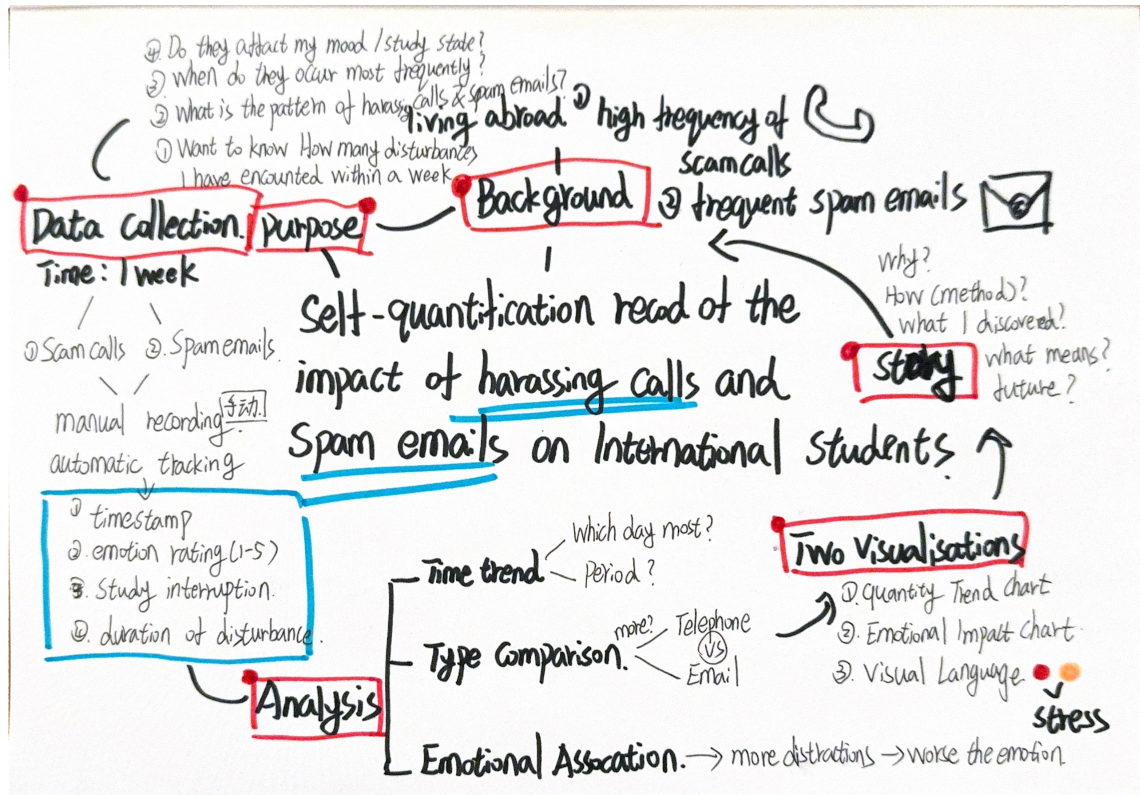
Emotional and Study Impact of Digital Disturbances

BARGRAPH

This chart compares the average emotional impact and study interruption caused by scam calls and spam emails.

Although spam emails occur more frequently, scam calls tend to produce stronger emotional responses and are more likely to disrupt focused activities.

MINDMAP



This is the mind map and spam call data analysis I conducted before starting this project, as well as my personal feelings assessment. After an overall investigation, it was found that harassing calls are more likely to disturb my emotions than spam emails. Most of the emails are promotional messages and are received during reasonable daytime hours. And indeed, receiving calls at midnight does seriously disrupt my sleep.

DATA COLLECTION

Scam Calls		25/11		26/11		27/11		29/11	
Time	Emotion	Time	Emotion	Time	Emotion	Time	Emotion	Time	Emotion
24/11		1:09 am	4 1	4:17 am	5 1	1:04	3 1	00:38	1 4
1:22 am	4 2	1:20 am	4 1	5:29 am	4 1	1:15	3 0	00:50	2 4
1:34 am	4 2	3:54 am	4 1	5:40 am	4 1	3:13	4 1	4:32 am	0 3
3:34 am	4 2	17:44	2 3	16:59	1 4	4:01	4 0	11:14	3 2
20:30	3.5 4					11:05	2 0	30/11	
						13:57	1 1	1:08	4 1
								1:19	4 0
								4:25	4 0
								12:15	2 2

Spam Emails		26/11		27/11		28/11	
Time	Emotion	Time	Emotion	Time	Emotion	Time	Emotion
24/11		00:34	2 1	00:34	0 1	00:34	3 1
00:34	2 1	10:34	2 4	9:11	0 0		
19:46	2 1	14:45	1 4	16:05	3 4	29/11	
		17:29	1 3	16:06	2 1	00:34	2 5
25/11						30/11	
00:34	1 4	15:15	1 3			0:34	2 5
8:15	0 3						

Date	Scam Calls	Spam Emails
Mon(24/11)	4	2
Tue(25/11)	4	2
Wed(26/11)	4	5
Thu(27/11)	3	4
Fri(28/11)	3	1
Sat(29/11)	4	1
Sun(30/11)	4	1