

1 - Read the first part of the article.

Social media **fills** much of our evenings and **takes up** a lot of our free time. However, a new study shows that scrolling on social media brings people less happiness than almost any other **leisure** activity.

The study found that scrolling was the least enjoyable way British people spent their free time. Even so, it was the activity they did most often. The research was done by psychologists at the University of Sussex and showed a clear difference between what people choose to do and what **actually** makes them feel happy.

Researchers looked at 21 common free-time activities. Social media scrolling came first for how often people did it, but last for enjoyment. This means people use social media a lot, even though they do not enjoy it very much.

The study **included** 2,182 adults. They were asked how often they did different activities and how much **pleasure** each one gave them. Enjoyment was **scored** from one to seven, with seven meaning very enjoyable.

Listening to music was the most enjoyable activity, with a score of 6.16. Playing a musical instrument came next (6.04), followed by reading books (6.00). **Creative** hobbies like making jewellery or **pottery** (5.92) and volunteering (5.84) also scored high. However, many people said they did these activities only sometimes.

- **scrolling** - move the text on a screen up and down to read it
- **a pastime** - something you enjoy doing when you are not working
- **enjoyable** - giving pleasure
- **fill (time)** - use a particular period of time to do something
- **take up (time)** - fill or use an amount of time
- **leisure** - free time
- **actually** - really
- **include sb / sth** - make sb / sth part of something
- **pleasure** - a state of feeling happy or satisfied
- **score** - give points
- **creative** - involving skill or imagination to make something new or a work of art
- **pottery** - pots or dishes made with clay and baked in an oven

2 - Answer the following questions.

- 1) What did a recent study find out about scrolling?
- 2) What is surprising about this finding?
- 3) What does the research show a clear difference between?
- 4) What is the most common activity people do?
- 5) How was the research carried out?
- 6) What were the top 5 most enjoyable activities?

3 - Read the second part of the article.

Watching television had a higher enjoyment score (5.69) than scrolling on social media (5.19). Doing sports also scored higher than scrolling. **Overall**, activities that need **effort**, creativity, or **focus** gave people more pleasure than **passive** activities like scrolling.

Professor Robin Banerjee, who led the study, said the results show that people may feel better if they choose their free-time activities more carefully. He explained that spending time on enjoyable and social hobbies can **improve wellbeing**. He also said it was interesting that social media, which people use the most, brings them the least **joy**.

The study comes at a time when many people are worried about how much time is spent on phones. In 2025, **Ofcom** reported that British adults spend about 4.5 hours online each day. Young adults aged 18 to 24 spend even more time online, over six hours a day.

Ofcom also found that most children in the UK get their first smartphone at around ten or eleven years old. By the end of **primary school**, most children already own a smartphone.

Top 5.

1. Listening to music
2. Playing a musical instrument
3. Reading books
4. **Crafting**
5. Volunteering

Bottom 5

17. Cooking and **baking**
18. Listening to the radio
19. Reading magazines
20. **DIY** projects
21. **Browsing** social media

- **overall** - in general
- **effort** - the physical or mental energy needed to do something
- **focus** - paying attention to something
- **passive** - accepting what happens without trying to change anything
- **improve** - make something better
- **wellbeing** - general health and happiness
- **joy** - a feeling of great happiness
- **Ofcom** - an organisation which supports customers for radio and television broadcasting
- **primary school** - school from 4 - 11 in the UK
- **crafting** - making special things with your hands
- **baking** - cooking bread, cakes, and biscuits
- **DIY** - do it yourself, making, repairing, or decorating by yourself instead of asking a professional to do it
- **browsing** - looking through a book, magazine, or website without reading everything

4 - Answer the following questions.

- 1) What kinds of activities give people more pleasure?
- 2) What does Professor Banerjee say could help people feel better?
- 3) What does he say can improve wellbeing?
- 4) What does he say is interesting?
- 5) What did Ofcom report in 2025?
- 6) At what age do most children in the UK get a smartphone?