

APPENDICES

APPENDIX 1 PARTICIPANT CONSENT FORM

EXPLORING GENERATION Z EFL TEACHERS' DIGITAL WELLBEING IN USING AI-BASED TOOLS FOR TEACHING PRACTICES: A PHENOMENOLOGICAL INQUIRY IN AMBON

Dear Participant,

The purpose of this study is to explore how Generation Z EFL teachers use AI-based tools, experience digital wellbeing, encounter challenges, and employ coping strategies in teaching practices.

Your participation in this study involves:

1. Completing an open-ended questionnaire
2. Participating in a semi-structured interview
3. Completing a reflective journal

Your participation is voluntary. You may withdraw from the study at any time without penalty.

All information provided will remain confidential and used solely for academic purposes. Your identity will remain anonymous through the use of pseudonyms.

By signing below, you confirm that:

- You understand the purpose of this study.
- You voluntarily agree to participate.
- You understand that you may withdraw at any time.

Participant Name:

Signature:

Date:

APPENDIX 2 OPEN-ENDED QUESTIONNAIRE

Section A: Demographic Information

1. Name :
2. Age:
3. Gender:
4. Institution:
5. Teaching experience:
6. Educational level taught:
7. How long have you used AI-based tools in teaching?

Section B: AI-Based Tools Usage

1. What AI-based tools do you use in your teaching practices?
2. How often do you use AI-based tools for teaching?
3. For what purposes do you usually use AI tools in teaching?
4. Which AI-based tool do you use most frequently? Why?
5. In which areas of English language teaching do you use AI most frequently? Please explain. (Examples: teaching speaking, writing, reading, listening, grammar, vocabulary, pronunciation, or assessment.)
6. Can you describe one memorable experience where AI significantly helped or influenced your teaching?

Section C: Digital Wellbeing

1. How has using AI-based tools influenced your teaching experience overall?
2. How do you usually feel when using AI-based tools in teaching? (You may describe positive and negative feelings).
3. In your opinion, how has AI influenced your digital wellbeing?
4. Has using AI affected your work-life balance or daily routines? If yes, how?
5. Have you ever felt mentally tired, overwhelmed, or stressed because of using AI or digital tools in teaching? Please explain.
6. How aware are you of the impact of AI use on your mental and emotional wellbeing?

Section D: Challenges and Coping Strategies

1. What challenges do you face when using AI-based tools?
2. Which challenges affect you the most (technical, emotional, professional, or ethical)? Why?
3. How do you usually manage these challenges?
4. What strategies do you use to maintain your digital wellbeing?
5. What helps you stay emotionally balanced while using AI-based tools?

APPENDIX 3 SEMI-STRUCTURED INTERVIEW GUIDE

1. Can you describe both positive and negative experiences you have had while using AI-based tools in English teaching?
2. What technical or psychological challenges do you experience most often when using AI-based tools? (challenges related to technical issues, mental fatigue, stress, pressure, emotional burden, etc)
3. What ethical or pedagogical concerns do you have when using AI in English language teaching? (concerns such as plagiarism, student dependency on AI, reduced critical thinking, fairness, limitations of AI-generated content in teaching, etc)
4. What strategies are most effective in helping you maintain healthy and balanced AI use in teaching? (strategies such as self-regulation, social support, digital breaks, emotional coping, etc)
5. Can you describe your overall experience using AI-based tools in your teaching practices?
6. How do you integrate these AI-based tools into your teaching activities?
7. Can you share a specific teaching experience where AI played an important role?
8. What benefits do you experience from using AI tools?
9. How do AI tools support your teaching of English language skills? (Examples: speaking, writing, reading, listening, grammar, vocabulary, pronunciation.)
10. How do AI-based tools influence your effectiveness as an English teacher?
11. Can you describe your emotional experiences when interacting with AI tools?
12. How do you generally feel when using AI-based tools in teaching?
13. How has using AI-based tools affected your digital wellbeing?
14. Has AI use influenced your work-life balance or daily routines? In what ways?
15. Do you feel pressure to constantly stay updated with AI developments? Why or why not?
16. Can you describe a situation when AI use became stressful or challenging for you?
17. What factors contribute to these challenges?
18. What challenges do you face when using AI in English language teaching? (e.g: student dependency on AI, plagiarism, reduced critical thinking, limitations of AI-generated content)
19. How do you maintain balance while using AI-based tools?
20. How do you regulate your use of digital tools in teaching?
21. What strategies help you maintain your digital wellbeing?
22. Do you seek support from colleagues, family, or friends? How?

APPENDIX 4 REFLECTIVE JOURNAL PROMPTS

Please reflect on your recent experiences using AI-based tools in teaching practices, including how you use AI, how it influences your digital wellbeing, the challenges you face, and the strategies you use to manage those challenges. Write your responses honestly and descriptively



APPENDIX 5 OPEN-ENDED QUESTIONNAIRE RESULT

Teacher 1:

Section A: Demographic Information

Item	Response
Name	Teacher 1
Age	26
Gender	Female
Institution	SMP Negeri 85 Maluku Tengah
Teaching Experience	I began my career as an English teacher at SMP Negeri 85 Maluku Tengah. Before being officially appointed as a teacher at this school, I had teaching experience in several remote areas as a volunteer teacher, focusing on improving students' literacy skills and English learning in regions with limited access to education. In addition, I also served as an honorary teacher at SD Inpres Latta for approximately seven months. During this period, I was responsible for conducting classroom instruction, preparing teaching materials, and supporting students' academic and character development. These teaching experiences have shaped my ability to adapt to diverse learning environments, apply creative teaching methods, and build effective communication with students, colleagues, and parents. These experiences have strengthened my commitment to contributing to the improvement of educational quality, particularly in English language teaching.
Educational Level Taught	Junior High School
Duration of AI Usage	I have been using AI-based tools in teaching for the past year.

Section B: AI-Based Tools Usage

Item	Response
AI Tools Used	I use ChatGPT in my teaching practices.
Frequency of Use	Very often
Purposes of AI Use	I usually use AI tools for lesson planning and material development.
Most Frequently Used Tool	I use ChatGPT most frequently. In my opinion, it is very helpful for developing teaching materials. It makes material development much easier and more efficient.
Areas of English Teaching Supported by AI	I use AI most frequently in teaching grammar, vocabulary, and assessment.
Memorable Experience Using AI	One of the most memorable experiences was when I had to prepare English teaching materials and learning media within a limited time. I used ChatGPT as an assistant to help design lesson plans, create exercises, educational games, and learning media suitable for students' proficiency levels. As a teacher, I did not directly use the outputs generated by ChatGPT. Instead, I first adjusted them according to the learning objectives, students' characteristics, and classroom context. With AI assistance, I was able to save time in preparing teaching materials, allowing me to focus more on teaching implementation and student support. This experience made me realize that AI is not a replacement for teachers, but rather a tool that supports creativity and teaching effectiveness. ChatGPT helped me generate new ideas, design more engaging learning activities, and create a more interactive learning environment. Ultimately, I remained the main decision-maker in selecting, modifying, and implementing materials according to students' needs.

Section C: Digital Wellbeing

Item	Response
Influence of AI on Teaching Experience	The use of AI-based tools, particularly ChatGPT, has had a positive impact on my overall teaching experience. AI helps me become more efficient in designing lesson plans, preparing teaching materials, creating assessment tasks, and developing creative and engaging learning activities. With AI assistance, I can save time on administrative tasks, allowing me more opportunities to prepare teaching strategies that meet students' needs. AI also serves as a source of inspiration for discovering new teaching approaches, such as educational games, interactive learning media, and varied English teaching methods. However, I realize that AI is only a supporting tool. I still review, adjust, and modify every AI-generated material to ensure alignment with the curriculum, learning objectives, and students' characteristics. Therefore, I view AI as a partner that supports teacher professionalism rather than replacing the teacher's role in the learning process.
Feelings When Using AI	In general, I feel enthusiastic and supported when using AI-based tools such as ChatGPT in teaching. AI helps me gain new ideas, prepare teaching materials more quickly, and create more creative and engaging activities for students. This makes me feel more confident in preparing lessons and allows me to focus more on classroom interaction. On the other hand, I also recognize AI's limitations. Sometimes the information provided must be rechecked to ensure alignment with the curriculum, learning context, and students' proficiency levels. Therefore, I always review and adjust AI-generated materials before using them. I also try not to become overly dependent on technology, as I believe teachers' creativity, experience, and professional judgment remain essential in creating meaningful learning experiences. Overall, I see AI as a highly beneficial supporting tool when used wisely and responsibly.
AI Influence on Digital Wellbeing	In my opinion, AI has a positive impact on my digital wellbeing. By using ChatGPT, I can complete various tasks such as designing lesson plans, creating assessments, and finding teaching ideas more efficiently. This helps reduce workload and stress, especially when preparing materials within limited time. However, I also recognize the importance of maintaining balance in technology use. I use AI as a supporting tool rather than the sole source of information or decision-making. I still verify information, develop ideas

	independently, and limit digital device usage to prevent fatigue. Overall, AI supports my digital wellbeing by making work more organized, efficient, and productive.
Impact on Work-Life Balance	Yes, AI positively affects my work-life balance and daily routines. With ChatGPT, I can complete tasks such as lesson planning, material development, and assessment preparation in less time. This efficiency gives me more time to focus on teaching implementation, evaluating student progress, and engaging in self-development. AI also reduces administrative workload, allowing me to manage my schedule better and maintain a healthier balance between work, rest, family time, and personal activities.
Mental Fatigue / Stress	No, I have not felt mentally tired, overwhelmed, or stressed because of using AI or digital tools in teaching.
Awareness of AI Impact on Mental and Emotional Wellbeing	I am quite aware of the impact of AI use on my mental and emotional wellbeing. On one hand, AI reduces work pressure by accelerating material preparation and administrative tasks, making me feel calmer and more confident. On the other hand, I realize AI must be used in balance. I do not want to rely too heavily on AI or use it without review. Therefore, I continue to rely on my knowledge, teaching experience, and professional judgment in decision-making. I also manage my technology use to ensure sufficient time for rest, direct interaction with students and colleagues, and activities outside work. Overall, AI positively supports my mental and emotional wellbeing when used wisely and critically.

Section D: Challenges and Coping Strategies

Item	Response
Challenges in Using AI	Some challenges I face when using AI-based tools include ensuring the accuracy of information and its alignment with the curriculum and students' needs. Not all AI-generated outputs can be used directly, so I need to review, verify, and adjust them first to ensure relevance and correctness. Another challenge is creating clear prompts so AI can generate responses that match instructional needs. I also try not to rely too heavily on AI, as creativity, teaching experience, and direct interaction with students remain essential aspects that technology cannot replace.
Most Significant Challenge	The challenge that affects me the most is professional challenges. As a teacher, I am responsible for ensuring that every teaching material is accurate, aligned with the curriculum, and relevant to students' abilities and needs. Therefore, I cannot directly use AI-generated outputs without reviewing and adjusting them. I also want to ensure that AI supports rather than replaces the professional role of teachers.
Managing Challenges	To manage these challenges, I always review and verify every AI-generated material before using it in teaching. I ensure the materials align with the curriculum, learning objectives, and students' proficiency levels. I use AI as a supporting tool to gain ideas and improve efficiency, not as a substitute for my role as a teacher. I also continuously learn about AI use in education through various sources and discussions with colleagues.
Strategies to Maintain Digital Wellbeing	To maintain digital wellbeing, I try to use AI and technology in a balanced and purposeful way. I use AI to support tasks such as lesson planning, material preparation, and generating teaching ideas, while also setting time limits for digital device usage to avoid fatigue. I verify AI-generated information and do not rely completely on technology for instructional decisions. I also make time for rest, direct interaction with students, colleagues, and family, as well as activities outside work.
Emotional Balance	What helps me stay emotionally balanced while using AI is seeing AI as a supporting tool rather than a replacement for my role as a teacher. I manage my technology usage time, verify AI-generated outputs, and continue relying on my professional judgment throughout the teaching process.

Teacher 2

Section A: Demographic Information

Item	Response
Name	Teacher 2
Age	27
Gender	Male
Institution	SMP Negeri 47 Maluku Tengah
Teaching Experience	I have been teaching since 2024.
Educational Level Taught	Junior High School
Duration of AI Usage	I have been using AI-based tools in teaching for approximately 2 years.

Section B: AI-Based Tools Usage

Item	Response
AI Tools Used	I use ChatGPT, Canva AI, MagicSchool AI, Gemini, and Microsoft Copilot in my teaching practices.
Frequency of Use	Sometimes
Purposes of AI Use	I usually use AI tools for preparing lesson plans, designing instructional media, developing teaching materials, and creating learning-related visual content.
Most Frequently Used Tool	I use ChatGPT and Microsoft Copilot most frequently.
Areas of English Teaching Supported by AI	I use AI most frequently in teaching grammar, descriptive text, vocabulary, pronunciation, and listening.
Memorable Experience Using AI	One memorable experience was during exam preparation when I needed to create a listening section based on a text. I simply copied and pasted the text into an AI audio tool, and the AI generated automatically based on the text. This significantly helped me prepare listening materials more efficiently.

Section C: Digital Wellbeing

Item	Response
Influence of AI on Teaching Experience	Of course, AI helps me a lot because it provides quick responses and offers many tools that are easy to use.
Feelings When Using AI	There are two sides. On the positive side, AI helps save time in preparing materials and completing teaching-related tasks. We can ask almost anything we need. On the negative side, AI can sometimes make us lazy and become too dependent on it.
AI Influence on Digital Wellbeing	In my opinion, AI has influenced my digital wellbeing positively because whenever I do not understand something, I can simply ask AI and it provides answers that help me.
Impact on Work-Life Balance	No, AI has not significantly affected my work-life balance or daily routines.
Mental Fatigue / Stress	No, I have not felt mentally tired, overwhelmed, or stressed because of using AI or digital tools in teaching.
Awareness of AI Impact on Mental and Emotional Wellbeing	I am highly aware of the impact of AI use on my mental and emotional wellbeing.

Section D: Challenges and Coping Strategies

Item	Response
Challenges in Using AI	The main challenge I face is internet connection because most AI tools require online access and cannot be used offline.
Most Significant Challenge	The most significant challenge for me is ethical challenges. I must consistently ensure that AI responses are safe, accurate, unbiased, and aligned with laws and social norms.
Managing Challenges	I manage these challenges by always prioritizing safety, legality, and fairness, and by avoiding harmful or biased AI outputs.
Strategies to Maintain Digital Wellbeing	One strategy I use to maintain digital wellbeing is not sharing my personal data with AI tools.
Emotional Balance	What helps me stay emotionally balanced is that I do not always rely on AI for searching information, and I do not use AI in every teaching activity.

Teacher 3

Section A: Demographic Information

Item	Response
Name	Teacher 3
Age	25
Gender	Male
Institution	SD Kristen Masohi
Teaching Experience	I have one year of teaching experience.
Educational Level Taught	Elementary School
Duration of AI Usage	I have been using AI-based tools in teaching for approximately 6 months.

Section B: AI-Based Tools Usage

Item	Response
AI Tools Used	I use MagicSchool AI and Perplexity in my teaching practices.
Frequency of Use	Sometimes
Purposes of AI Use	I usually use AI tools for lesson planning, material development, and assessment.
Most Frequently Used Tool	I use MagicSchool AI most frequently because it is easy to use and provides a large content base to help plan, create, and implement appropriate learning materials based on students' levels and learning experiences.
Areas of English Teaching Supported by AI	I use AI most frequently in teaching reading. Finding suitable reading materials for students can be quite challenging. When I find a good reading material, I usually modify it to better match students' understanding levels and cultural backgrounds. This is particularly important because many English reading materials in elementary school textbooks are based on Javanese contexts, which are sometimes less relevant to my students.
Memorable Experience Using AI	One memorable experience was when I was preparing teaching materials about introducing fruits. I found it difficult because I lacked inspiration to design engaging materials using reading books alone. Therefore, I used MagicSchool AI to gain ideas and

	inspiration. With its assistance, I was able to develop the material more effectively and continue preparing the lesson without difficulty.
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Section C: Digital Wellbeing

Item	Response
Influence of AI on Teaching Experience	AI has influenced my teaching experience in several positive ways. It expands the range of teaching materials and resources that I can access and use in the classroom.
Feelings When Using AI	AI is very helpful because it broadens my access to learning materials and provides new perspectives for teaching.
AI Influence on Digital Wellbeing	AI provides additional advantages by giving me access to a wider range of teaching and learning materials.
Impact on Work-Life Balance	AI has not significantly affected my work-life balance or daily routines because I mainly use it only for teaching inspiration and material development.
Mental Fatigue / Stress	No, I have not felt mentally tired, overwhelmed, or stressed because I only use AI occasionally, so it does not affect me significantly.
Awareness of AI Impact on Mental and Emotional Wellbeing	I am aware of the impact of AI on mental and emotional wellbeing, especially based on reading materials and observing the experiences of people who heavily rely on AI in their daily lives.

Section D: Challenges and Coping Strategies

Item	Response
Challenges in Using AI	I do not face many challenges, except for finding the correct prompts to obtain the intended results.
Most Significant Challenge	The most significant challenge is technical, especially creating effective prompts to get the desired output.
Managing Challenges	I usually manage these challenges by searching for tutorials on YouTube and Google to improve my understanding.
Strategies to Maintain Digital Wellbeing	I do not use any particular strategy because I do not spend much time using digital devices apart from chatting and finding reading materials.
Emotional Balance	What helps me stay emotionally balanced is focusing on the goal of using AI, completing the task, and then closing the application.



APPENDIX 6 SEMI-STRUCTURED INTERVIEW RESULT

Teacher 1 Transcript:

Theme	Interview Question	Participant Response
AI Usage in Teaching Practices	Can you describe your overall experience using AI-based tools in your teaching practices?	Overall, my experience using AI-based tools, especially ChatGPT, in teaching practices has been very positive. AI helps me improve efficiency in preparing lesson plans, developing teaching materials, creating assessment tasks, and designing more creative and engaging learning activities. This gives me more time to focus on the learning process and students' needs. However, I also realize that AI has limitations. Therefore, I always verify, adjust, and evaluate every AI-generated output to ensure alignment with the curriculum and students' characteristics.
AI Usage in Teaching Practices	How do you integrate these AI-based tools into your teaching activities?	I integrate AI-based tools, especially ChatGPT, during both the planning and implementation stages of teaching. I use AI to prepare lesson plans, teaching materials, exercises, learning media, and educational games. After that, I review and adjust the outputs to ensure alignment with the curriculum, learning objectives, and students' needs.
AI Usage in Teaching Practices	Can you share a specific teaching experience where AI played an important role?	One memorable teaching experience was when I taught descriptive text in English class. I used ChatGPT to help create sample texts, vocabulary exercises, comprehension questions, and simple games suitable for students' proficiency levels. This helped students become more active and engaged in learning.
AI Usage in Teaching Practices	What benefits do you experience from using AI tools?	Students become more interested and enjoy learning more.
AI Usage in Teaching Practices	How do AI tools support your teaching	AI tools support teaching various English skills, including writing, reading, grammar, vocabulary, and speaking. AI helps me

	of English language skills?	create exercises, texts, comprehension questions, and dialogue examples.
AI Usage in Teaching Practices	How do AI-based tools influence your effectiveness as an English teacher?	AI improves my teaching effectiveness by helping me prepare materials, create lesson plans, design exercises, and develop interactive learning activities more efficiently. This allows me to focus more on guiding students and providing feedback.
Digital Wellbeing Experiences	Can you describe both positive and negative experiences while using AI-based tools?	My positive experience is that AI helps me prepare materials, lesson plans, exercises, and educational activities in a shorter amount of time. This improves efficiency and gives me more time to focus on students. The negative experience is that not all AI-generated materials align with the curriculum or students' proficiency levels, so I need to verify and adjust them.
Digital Wellbeing Experiences	Can you describe your emotional experiences when interacting with AI tools?	Emotionally, my experience is mostly positive. I feel calmer and more confident because AI helps speed up preparation and provides creative ideas. However, I also need to be careful because not all information can be directly used.
Digital Wellbeing Experiences	How do you generally feel when using AI-based tools in teaching?	AI helps me significantly in teaching.
Digital Wellbeing Experiences	How has using AI-based tools affected your digital wellbeing?	I feel more supported and helped.
Digital Wellbeing Experiences	Has AI use influenced your work-life balance or daily routines?	Yes. AI makes my work easier. Teachers have many responsibilities, and AI helps reduce workload significantly.
Digital Wellbeing Experiences	Do you feel pressure to constantly stay updated with AI developments? Why or why not?	No, I do not feel pressured. However, I realize I need to continuously adapt and upgrade myself in this digital era.

Challenges	What technical or psychological challenges do you experience most often?	The main challenge is ensuring AI-generated outputs are accurate and suitable for learning needs. I need to spend time checking and adjusting them.
Challenges	What ethical or pedagogical concerns do you have when using AI?	My concerns include student dependency on AI, reduced critical thinking, reduced creativity, plagiarism, and limitations of AI-generated content.
Challenges	Can you describe a situation when AI use became stressful or challenging?	AI has not caused stress for me, but I must be careful because not all materials can be directly adapted.
Challenges	What factors contribute to these challenges?	Technological developments and students' needs contribute to these challenges.
Challenges	What challenges do you face when using AI in English teaching?	Students often rely too much on AI and do not recheck results. This can make them lazy and overly dependent.
Coping Strategies	What strategies are most effective in helping you maintain healthy and balanced AI use?	The most effective strategy is using AI purposefully without becoming fully dependent on it. I limit AI use to supporting idea generation and teaching preparation.
Coping Strategies	How do you maintain balance while using AI-based tools?	I ensure that I do not become fully dependent on AI.
Coping Strategies	How do you regulate your use of digital tools in teaching?	I use digital tools as supporting tools only.
Coping Strategies	What strategies help you maintain your digital wellbeing?	I try to be careful and use AI wisely.
Coping Strategies	Do you seek support from colleagues, family, or friends? How?	After developing teaching materials, I usually discuss them with colleagues at school.

Teacher 2 Transcript:

Theme	Interview Question	Participant Response
AI Usage in Teaching Practices	Can you describe your overall experience using AI-based tools in your teaching practices?	Overall, I use AI-based tools such as Canva to create PowerPoint presentations, images, and teaching media. I also use Quizizz to create assessment questions. These tools help me support my teaching practices more effectively.
AI Usage in Teaching Practices	How do you integrate these AI-based tools into your teaching activities?	I integrate AI tools by using them to create teaching media, such as images for descriptive text lessons and audio materials for listening activities.
AI Usage in Teaching Practices	Can you share a specific teaching experience where AI played an important role?	One example is when I needed to create interesting images for teaching descriptive text. I used Canva, and it provided several attractive image options that I could use in my teaching.
AI Usage in Teaching Practices	What benefits do you experience from using AI tools?	AI saves time because I do not need to spend too much time searching for teaching resources or media.
AI Usage in Teaching Practices	How do AI tools support your teaching of English language skills?	AI supports my teaching, especially in vocabulary learning. I use AI to create vocabulary lists along with pronunciation guides translated into Indonesian.
AI Usage in Teaching Practices	How do AI-based tools influence your effectiveness as an English teacher?	AI tools are very effective because they are easy and practical to use. They help me teach more efficiently.
Digital Wellbeing Experiences	Can you describe both positive and negative experiences you have had while using AI-based tools in English teaching?	My positive experience is that I can easily create test questions by using the right prompts according to my teaching materials. AI also helps me save time in completing school-related tasks. The negative side is that sometimes AI makes me think too quickly, meaning I may not consider other possible teaching

		materials or alternative classroom activities that could be developed further.
Digital Wellbeing Experiences	Can you describe your emotional experiences when interacting with AI tools?	I feel happy because AI responds quickly.
Digital Wellbeing Experiences	How do you generally feel when using AI-based tools in teaching?	I feel happy when using AI-based tools in teaching.
Digital Wellbeing Experiences	How has using AI-based tools affected your digital wellbeing?	AI makes it easier for me to design teaching media.
Digital Wellbeing Experiences	Has AI use influenced your work-life balance or daily routines?	No, AI does not affect my work-life balance significantly.
Digital Wellbeing Experiences	Do you feel pressure to constantly stay updated with AI developments? Why or why not?	I do not feel pressured, but AI developments need to be monitored carefully because AI may eventually replace many tasks that humans currently perform.
Challenges	What technical or psychological challenges do you experience most often when using AI-based tools?	I do not feel stressed, but sometimes it can be frustrating because AI does not always provide exactly what I want.
Challenges	What ethical or pedagogical concerns do you have when using AI in English language teaching?	My main concerns are students' reduced critical thinking and their dependency on AI.
Challenges	Can you describe a situation when AI use became stressful or challenging for you?	A challenge for me is that I need to be more prepared when entering the classroom because students may come with questions prepared using AI at home, and sometimes those questions can be difficult to answer immediately.

Challenges	What factors contribute to these challenges?	Emotional factors contribute to these challenges.
Challenges	What challenges do you face when using AI in English language teaching?	The main challenges are reduced critical thinking and students' dependency on AI when answering questions.
Coping Strategies	What strategies are most effective in helping you maintain healthy and balanced AI use in teaching?	Digital breaks are important for both teachers and students. As a teacher, I continuously analyze my teaching strategies. For students, they are not allowed to use mobile phones unless AI use is necessary for completing learning tasks.
Coping Strategies	How do you maintain balance while using AI-based tools?	I maintain balance by limiting students' mobile phone use in the classroom.
Coping Strategies	How do you regulate your use of digital tools in teaching?	During quizzes, students are allowed to use mobile phones. Outside of that, they are not allowed unless I specifically ask them to search for information related to the lesson.
Coping Strategies	What strategies help you maintain your digital wellbeing?	Limiting mobile phone use in the classroom helps me maintain digital wellbeing.
Coping Strategies	Do you seek support from colleagues, family, or friends? How?	I seek support from parents by encouraging them to monitor their children's study time and reduce mobile phone use at home.

Teacher 3 Transcript:

Theme	Interview Question	Participant Response
AI Usage in Teaching Practices	Can you describe your overall experience using AI-based tools in your teaching practices?	Overall, I would rate my experience with AI-based tools as 6 out of 10 because AI mainly complements and enhances the range of materials given to students. However, I believe teaching materials should primarily come from the teacher, not from AI.

AI Usage in Teaching Practices	How do you integrate these AI-based tools into your teaching activities?	I only use AI to produce example images and enhance existing materials. I rarely integrate AI directly into my teaching practices.
AI Usage in Teaching Practices	Can you share a specific teaching experience where AI played an important role?	AI has never played a major role in my teaching experience. Rather, it functions only as a supporting tool used to enhance and improve existing teaching materials.
AI Usage in Teaching Practices	What benefits do you experience from using AI tools?	AI provides a wider range of teaching topics and new pedagogical perspectives.
AI Usage in Teaching Practices	How do AI tools support your teaching of English language skills?	AI supports my English teaching by expanding my vocabulary and providing better reading materials and listening resources that improve both teaching quality and my own English skills.
AI Usage in Teaching Practices	How do AI-based tools influence your effectiveness as an English teacher?	AI improves my effectiveness by giving me more materials to choose from and more content to deliver to students.
Digital Wellbeing Experiences	Can you describe both positive and negative experiences you have had while using AI-based tools in English teaching?	There are many positive experiences, such as access to a wider range of materials, more inspiration, and a large variety of content from AI tools. The main negative experience occurs when I do not know the best prompt to get the output I need.
Digital Wellbeing Experiences	Can you describe your emotional experiences when interacting with AI tools?	I do not have any particular emotional experiences when using AI tools.
Digital Wellbeing Experiences	How do you generally feel when using AI-based tools in teaching?	AI is helpful.
Digital Wellbeing Experiences	How has using AI-based tools affected your digital wellbeing?	AI has not affected my digital wellbeing significantly, except for

		giving me more content and perspectives.
Digital Wellbeing Experiences	Has AI use influenced your work-life balance or daily routines?	Not much, because AI is only a tool that I use occasionally.
Digital Wellbeing Experiences	Do you feel pressure to constantly stay updated with AI developments? Why or why not?	I do not feel pressured, but I believe we should remain cautious because many human skills cannot be replaced by AI.
Challenges	What technical or psychological challenges do you experience most often when using AI-based tools?	The main challenge is technical, especially finding the best prompt to get the desired output.
Challenges	What ethical or pedagogical concerns do you have when using AI in English language teaching?	There are several concerns, such as students becoming less willing to search or think independently because they rely on AI to do tasks for them. Plagiarism is also another serious concern.
Challenges	Can you describe a situation when AI use became stressful or challenging for you?	Based on my experience, AI has never been stressful.
Challenges	What factors contribute to these challenges?	There are no major contributing factors because AI has not affected me significantly.
Challenges	What challenges do you face when using AI in English language teaching?	The main challenges are students' lack of critical thinking skills and decreased willingness to search independently.
Coping Strategies	What strategies are most effective in helping you maintain healthy and balanced AI use in teaching?	The most effective strategy is having your own material base and using AI only as a supporting tool rather than the main source of teaching materials.

Coping Strategies	How do you maintain balance while using AI-based tools?	I maintain balance by viewing AI as only a supporting tool, not the center of everything.
Coping Strategies	How do you regulate your use of digital tools in teaching?	I use digital tools only to accomplish specific teaching goals.
Coping Strategies	What strategies help you maintain your digital wellbeing?	I use my phone only when necessary and spend time reading offline books.
Coping Strategies	Do you seek support from colleagues, family, or friends? How?	No, because I only use AI occasionally for teaching purposes.

APPENDIX 7 REFLECTIVE JOURNAL RESULT

Teacher 1:

Theme	Reflective Journal Response
AI Usage in Teaching Practices	In my daily teaching practice, I use AI-based tools, especially ChatGPT, as support for preparing English lessons. AI helps me design lesson plans, create teaching materials, exercises, educational games, and generate creative ideas that enhance students' engagement in class. With AI assistance, teaching preparation becomes more efficient, allowing me to focus more on classroom implementation, student guidance, and learning evaluation.
Digital Wellbeing Experiences	AI use has positively influenced my digital wellbeing. My workload feels lighter because several tasks can be completed more quickly. This reduces stress, especially when preparing teaching materials within limited time. AI also inspires me to develop more varied teaching methods, which increases my confidence and motivation in teaching.
Challenges	The main challenge is ensuring that AI-generated information and materials are accurate, aligned with the curriculum, and relevant to students' proficiency levels. I am also concerned about dependency on AI, both for teachers and students, as well as the potential reduction of critical thinking if AI is used without proper guidance. Therefore, I never use AI-generated outputs directly without reviewing and adapting them.

Coping Strategies	To overcome these challenges, I always verify AI-generated information, adjust it to learning objectives, and use AI only as a supporting tool rather than a replacement for my role as a teacher. I also manage technology use to maintain balance, discuss AI practices with colleagues, and continuously learn how to use AI ethically and responsibly. For me, AI is a partner that supports teacher professionalism, while decisions and responsibility remain in the hands of educators.
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Teacher 2:

Theme	Reflective Journal Response
AI Usage in Teaching Practices	I use AI to prepare teaching materials, create questions, and explain concepts more efficiently. AI helps reduce my workload and makes teaching preparation easier.
Digital Wellbeing Experiences	AI reduces workload and makes teaching preparation more practical and manageable. This helps me work more efficiently.
Challenges	The main challenges are the risk of inaccurate information and AI outputs that may not fit the local learning context. Overdependence on AI is also a concern.
Coping Strategies	I overcome these challenges by always verifying AI outputs through trusted sources, adapting them to students' conditions, and prioritizing direct interaction and personal guidance during teaching.

Teacher 3:

Theme	Reflective Journal Response
AI Usage in Teaching Practices	AI can be helpful in improving teaching by offering new perspectives and broader ways of thinking. AI can support teachers in becoming better educators.
Digital Wellbeing Experiences	AI broadens perspectives and supports teaching improvement, but its impact on my digital wellbeing is relatively limited because I use it selectively.
Challenges	AI can create significant challenges if used excessively or without clear goals. Overuse may negatively affect teaching quality and dependence on technology.
Coping Strategies	We should use AI purposefully and continue learning about it so we are not left behind, especially since students today are highly familiar with technology. AI should be used wisely and with clear objectives.