Calm Technology and Digital Detox.

How to nudge people towards a healthier technology usage.

Background

The first thing we do when we get up and the last thing we do before we go to sleep is to look at our phone to check for new notifications and search for new content on social media. Unfortunately, our dependence on technology is already so deeply integrated into our habits that we do not even realize how often we use our phones.

On the one hand, this addiction harms us by being less focused due to distraction via notifications. Additionally, it is said that social media contributes to our attention span getting smaller.

On the other hand, technology usage is also harming our social interactions during face-to-face interactions. For example, some people focus on their phones instead of engaging in a conversation, decreasing its quality.

Recent trends in wearable technology, such as smartwatches and AR glasses, might even deteriorate this behavior. Therefore, new methods and interactions must be found to nudge people towards healthier technology usage and change their habits unconsciously.

Research question

Based on literature research and related work, this thesis will aim to build a hardware or software prototype that unconsciously changes the users' habits in using technology and social media. For example, one project focus could be phone usage during social interactions. An interesting concept for this is called Calm Technology. Its goal is to move technology into the periphery of our focus so that it becomes less disruptive.

Based on Bachelor or Master level the thesis will be adapted

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Focus in this project

Software or Hardware Prototype
Calm Technology
User Centered Design
Conducting a user study