



Get Up, Stand Up – Put Down Your Phone

How to turn smartphone sessions into a sporty activity.

Background

In our modern world, we heavily depend on our smartphones. They are so deeply embedded into our lives that it is hard to think about being without them. Sometimes, we do not even notice checking our phones as it is turning into an unconscious habit. However, smartphone addiction can become a curse that might end in a decreased quality of life. Especially for social media use, there is evidence that these devices can cause problems in mental health and reduced physical activity as they pull our attention away from the real world. We all know that excentric smartphone usage is stealing our time which we could have spent better. However, putting away the phone to do some physical activity is hard to implement in everyday life.

Research question

Based on literature research and related work, this thesis will aim for a solution to boost our self-control in phone usage. Our goal is to help people establish healthier smartphone usage by nudging them to do sports instead of browsing the phone.

One focus for this thesis might be to create a social media budget that can be charged by physical activity. Another approach could be interrupting a social media session for a short sport exercise. Accordingly, we hope to encourage the users to turn a phone session into a sporty activity, which increases the awareness of their actual phone usage and motivate them to achieve physical thriving.

Based on Bachelor or Master level the thesis will be adapted

Contact persons



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Focus in this project

Software Prototype
Persuasive Computing
Activity Tracking