**Recommended actions for future improvements**

**Introduction -**

This report will reflect on the application of research methodologies and concepts. It will also provide critical reflection and insight that results in recommended actions for improvements and future research considerations.

**Topic -**

***“Are technology companies responsible for the health, safety and wellbeing of users?”***

**Recommended actions based on my topic -**

Here are a few recommended actions based on my research and what possible methods that can be used to be adopted to improve it to be more effective in understanding the issue.

**Increase digital wellbeing health -**

The recommendation I would give based on the above primary and secondary research performed would be that digital wellbeing is growing more and more as users spend more time on their devices and seek for help to stay in control of their health.

**Safety Precautions -**

Users should stay in control by implementing strict rules to follow to reduce the amount they spend on devices and find other things to distract them from their addictions and find new hobbies that they like.

**Change in lifestyle -**

Taking a break would greatly improve their lifestyle and motivate them to go outside and make meaningful relationships and conversations which would otherwise not be possible.

**Making a schedule and changing habits -**

Users must take the first step in making a change in their daily habits by joining groups that move away from digital distractions and find other ways to interact with people.

**Recommended actions based on my primary research -**

Here are a few recommended actions based on my primary research and what possible methods that can be used to be adopted to improve it to be more effective in understanding the issue.

**Finding a inspiration -**

While performing primary research have come across most participants who have come forward admitted to being really attached to their devices whether it be phones, Playstations Consoles, Tablets, IPads, Laptops/PCs and whatever devices are available to the public’s disposal.

This has given an insight on the area and has raised awareness which lead to a solution that can benefit all the participants facing addiction by finding something that inspires your interests and gets you motivated to work towards .

**Meditation exercises -**

According to my primary research participants have also reported that they are unable to focus on their daily tasks while being distracted by their devices.

My recommendation would be to try meditation and find peace within by distancing from distraction such as devices and technology altogether. Making your mind relaxed can help improve your fluids flowing and improve your focusing.

**Making your own research from media data -**

According to my primary research participants have also admitted that they have been influenced by the media and have presented news and other social occurrences which affected the mental health of participants. This would lead to stress and anxiety attacks and bring confidence down which is not ideal for mental health.

To overcome this type of mental health issues one should not take any information off the internet seriously as they may be fabricated to influence individuals. Instead do your own research and make your own conclusion by rationalising what is portrayed by the public media.

**Coping with Unhealthy behaviours -**

Participants have also reported unhealthy behaviors due to digital addiction. With digital wellbeing making sure people are struggling to cope with their mental health it is suggested that individuals try to reduce the amount of time spent on devices, find other things to occupy themselves with or find a hobby they would enjoy.

**Seeking for help online -**

As digital wellbeing is growing more and more as users spend more time on their devices and seek help to stay in control of their health whether it be through online group sessions or seeking therapy by joining mental health institutions that would provide the necessary help that is needed.

**Making a fresh starting -**

The best way to stay away from all of the unnecessary lure that the media tries to influence the public is by disconnection from the loop itself for the greater good of one's health. It may be difficult at first because things don’t stop you from living life the way it’s meant to be and refreshes your mind from all the impure and toxic environment that once corrupted the minds with a fresh new start in life.

**Recommended actions based on my secondary research -**

Here are a few recommended actions based on my secondary research and what possible methods that can be used to be adopted to improve it to be more effective in understanding the issue.

**Digital wellbeing communities -**

While going the secondary researches have found online community groups that take mental health seriously and offer help to those who struggle with digital wellbeing. These groups understand what it is like to face difficulties and come together with a solution that benefits everyone.

**Taking responsibility for health -**

It may be difficult at first but by taking responsibility for what Is done over social media and what is exposed to once mental health can help avoid any mental health issues caused by devices and digital media. It may sound simple but this is an effective way of preventing any sort of problems which starts off small and gradually develops into a more massive condition.

**Online health programs -**

There are programs that are held for individuals that suffer mental health conditions through online health programs which help them take control over their mental wellbeing. It may give them a relief from any online abuse they may have been through and gives them a peace of mind.

**Mental health groups -**

There are groups that are created for anyone who is undergoing mental health issues. A small group gets together to discuss with each other for solutions to their conditions they are facing and making each other feel better about themself. These groups help alleviate any pressure and stress caused by others online by taking performing stress relieving exercises and meditations in a secluded environment away from any digital media or devices.

**Google Digital Wellbeing -**

Members of Google’s UX and product teams have implemented learnings about digital wellbeing and how to develop for it. It gives an insight into tools Google has built to help kids, adults, and families manage their relationships with technology. It also gains insight into how users feel about their technology use, how Google is promoting digital wellbeing, and how to embrace digital wellbeing values (awareness, control, value, trust) for better customer satisfaction.

**Taking a break -**

The simplest way to get away from technology that can distract us from our daily tasks is by taking a break from devices and social media by making an effort to lock it behind an obstacle to make it difficult to access and finding a reason to stop using and only used when necessary. By taking proper measures in reducing the usage of devices and online activity can make a difference in the quality of one's mental health and having control of what is exposed to the mind and removing negative energy from the body.

**Conclusion -**

In conclusion, tahis report reflects on the application of research methodologies and concepts. It also provides critical reflection and insight that results in recommended actions for improvements and future research considerations.

**Resources -**

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