

Importance of Cognitive Ergonomics

There are exists more types of ergonomics more than the physical one that everyone are accustomed to, for example, the cognitive ergonomics and the organizational ergonomics. I'll focus on the cognitive ergonomics because it could be easily related to HCI. Cognitive ergonomics is the study of how to design systems, products, and environments that support human cognitive abilities and limitations. It involves understanding how people perceive, process, and use information, and using that knowledge to create designs that are more efficient, effective, and satisfying for users.

Does this sound familiar with you? Yes! HCI and cognitive ergonomics are very related. HCI looks for an overall better experience with the interaction with machines, including hardware and software; the cognitive mechanics helps the software process stablishing metrics and criteria of how to do that. By understanding how people perceive, process, and use information, designers can create interfaces and systems that are more intuitive, efficient, and satisfying for users.

In my conclusion, cognitive ergonomics are a very important part of the whole HCI study, especially with the software improvements of the HCI, it provides a theoretical and empirical foundation for designing systems that are both usable and effective for users.

References:

- Ind, M. C. O. C. L. J., & Whitefield, A. (2011). *Cognitive Ergonomics and Human Computer Interaction: 1* (1.). Cambridge University Press.