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Engaging Versus Distracting Applications: One Solution

Many users label applications as distracting but engaging and helpful; however, these distractions can cause significant productivity and focus issues. These apps tend to have appealing designs and interfaces that keep users returning and spending time on them, leading to productivity and focus problems. Engaging content allows the user to stay active and enjoy what they are doing, while distracting content makes the user stay on when they should not be. In which a solution should follow a Christian ethical approach.

Applications cause many distractions in people's lives, deterring them from the workplace and taking their attention away from the road. These tasks can be from workplace tasks to driving. Some applications and settings can disable or significantly reduce the notifications that one may receive. Some examples of these applications would be Apple's "Do Not Disturb While Driving" feature for Apple users and the "Do Not Disturb" mode for Android users ("How to use Do Not Disturb While Driving"). These have reduced the number of accidents and distracted drivers by stopping users' urge to look at their phone if they get a notification. These features have reduced the percentage of distracted drivers due to a cellphone from 3.3% to 2.9% ("U Drive. U Text. U Pay").

When a user receives a notification while driving or working on a task, one of the first things that users tend to do is check their device in the fear that they are missing out on something that may be deemed necessary. However, when the notifications keep popping up, and

the urge to look becomes more and more tempting, the chances for the owner of the device to divert their focus or stop what they were doing becomes problematic and can cause fatal accidents. These accidents can be from a car crash to forgetting to fill out an important document correctly.

One solution to the matter for time management rather than an instantaneous loss of focus is an application that alerts the user that they have been on a specific application for so long. This application can change the warning by the app, and the user can set the timers. For example, the user can decide that they would like a warning notification every 30 minutes on a particular social media app and then a 1-hour warning on a different app. This way, the user can be notified and aware of how much time they were using a particular application.

Using what was stated in Ephesians 4:29, “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listens.”, this application will only send the notification for informational purposes and is meant to help the users deal with their time management skills. Finally, the users can ignore the notifications as “...it may benefit those who listens.” There is also the verse Luke 6:31, “Do to others as you would have them do to you.”, which as one who gets distracted by individual apps, I would greatly benefit from this application.

This solution would also follow the ACM’s code of ethics. Following rules 1.1 and 1.2, the program would contribute to its users and those affected by those users with their productivity increase and maintain a sense of focus. The program will also not cause harm because of the ability to turn off the notifications for specific applications (“ACM Code of Ethics and Professional Conduct”).

Works Cited

“ACM Code of Ethics and Professional Conduct.” *Code of Ethics*, ACM, 2018,

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