



# Ethics of Habit-Forming Apps

**Prepared by :**

**Mohammad Abu Shams - 1200549**

**Ansam Hababeh - 1201127**

# Introduction

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There are many apps that we use every day. These apps are designed to be really convenient and make us use them a lot. But there's a problem. They use tricks to make us use them even more, which is not good for our freedom, privacy, and how we feel. The presentation will talk about why this is a worry.

# Habit-Forming Apps

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Habit-forming apps are like our everyday apps that make us use them a lot. They work by giving us good feelings and motivation, making it a habit. A study says when these good feelings are connected to using the app, it makes the habit even stronger. That's why these apps can be so interesting and sometimes hard to stop using.

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# The Ethical Dilemma:

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The problem with habit-forming apps is they might use tricks to make money by taking advantage of how our minds work. These apps are made to be addictive, like gambling or using substances, and it makes us think if the people who make them are doing the right thing. Nir Eyal, who wrote a book about this, says it's okay if these apps really help people and if the creators use them too. That way, they know if there are any bad effects and can be responsible about it.

# Understanding Internet Addiction:

Understanding Internet Addiction is like identifying if it's an actual hassle or not. It's now not like addictions to drugs where people preserve the usage of even supposing it's no longer amusing. But, spending an excessive amount of time online can motivate troubles like no longer being capable of paying attention, feeling lonely, and having problems with mental fitness. Experts are still arguing about it, and it is not officially diagnosed as a hassle within the manual for mental health professionals, but they agree that it could have an effect on how people behave and their mental health.



The background features several large, semi-transparent circles in dark grey, orange, white, and yellow, connected by thin grey lines. The title 'Theories of Addiction' is centered at the top in a dark blue serif font, with a horizontal line below it.

# Theories of Addiction

People have different ideas about why addiction happens. Some think it's because of things we get from our family that make us more likely to get addicted. Others say it's because our bodies get used to a substance over time, either because of our biology or because we connect it with certain feelings or situations. Some also say addiction is a way our bodies and minds react to changes around us. These ideas try to explain addiction by thinking about how everyone is different, where they live, and the cultures they're part of, making it a complicated thing to understand.



# Ethical Issues in App Design:

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Creating apps can make people addicted with the aid of the usage of capabilities that play with how our minds work. This consists of things like getting rewards on social media or in games, which makes us want to continue using the app all of the time. This can be a large moral trouble due to the fact it would cause addictive conduct, affecting how humans feel and the way they connect with others. It's up to the humans making the apps to consider the moral side of what they're doing and how it'd have an effect on the proper-being of the human beings the use of their apps.

# Instagram

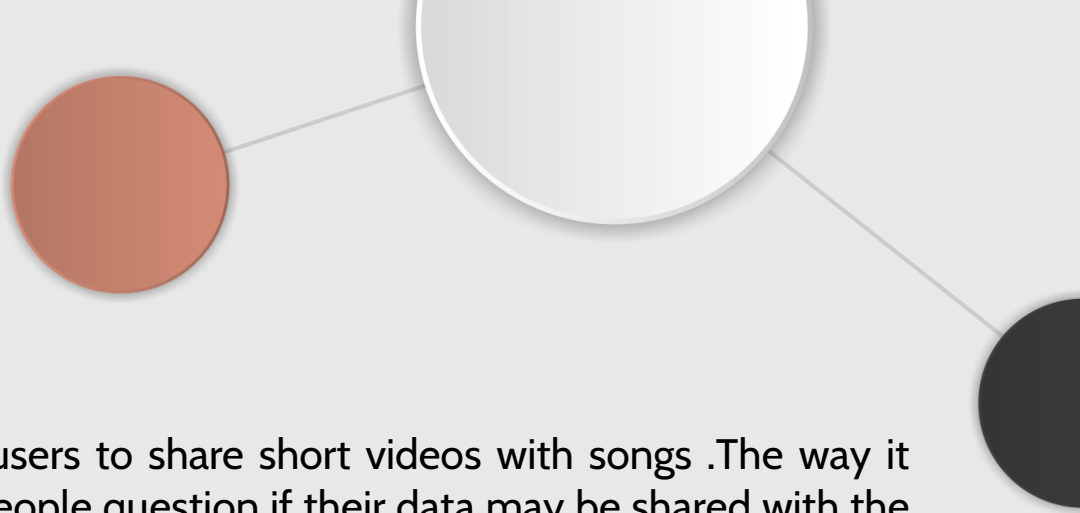
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One of the most famous case studies of addiction-forming packages is Instagram. It is a totally popular utility that people use to share their images and films. It offers exquisite features like likes, and comments, in addition to news. However, overuse of it may result in self-doubt as people examine their lives with others. People regularly discover themselves spending a lot of time on it on account that it is so clean to preserve scrolling. Some people are involved that Instagram gathers too many personal statistics from customers and goes too far. Research shows that young people who use Instagram may also experience accelerated anxiety or disappointment. This demonstrates how excessive Instagram use may have an impact on people's moods and use styles, in particular.



# TikTok

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It is a popular social media that allows users to share short videos with songs .The way it manages user data is one major worry. People question if their data may be shared with the Chinese government because the corporation is based in China. Not every video is appropriate for all viewers, particularly younger ones, which is another cause for concern. TikTok is meant to keep users viewing a lot, which may not be a good thing. Concerns have also been raised over the safety of children.



# Business Models and Ethics

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App developers make money in distinct ways, like promoting things inside the app, displaying advertisements, or promoting user information to others. But, focusing too much on making a living can create troubles. For instance, apps with plenty of commercials would possibly make people use them extra, even though it is no longer appropriate for them. Some customers may become spending money they shouldn't due to the fact the app makes it easy.



# Regulatory Perspectives

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Some ideas for rules include making sure apps don't have things that make us use them too much, showing how their suggestions work, and making sure they keep our information safe. But, it's tough to make these rules because technology is always changing, and it's hard to agree on rules around the world. Also, we need to find a balance between letting apps be creative and making sure they act in the right way.

# Alternatives to Habit-Forming Features

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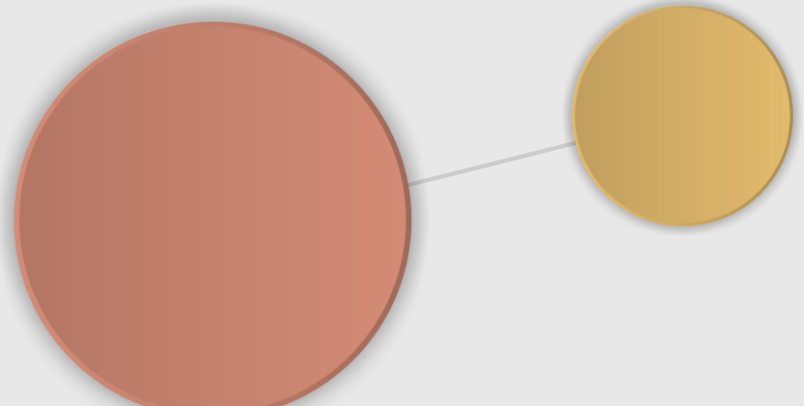
Ethical concerns are vital while building user-centric experiences and looking for alternatives to habit-forming features in applications.

One strategy is to encourage thoughtful interaction by including features that enhance user autonomy and wellbeing. For example, allowing users to select how frequently they wish to use the app or when they want notifications. We may also include features that aid consumers in learning new things or improving upon existing ones. It's also a good idea to urge users to switch up their activities or take breaks in order to avoid using the app for too long. With these modifications, applications may become more beneficial without feeling like they are required to be used excessively.

# Future Trends and Ethical Considerations

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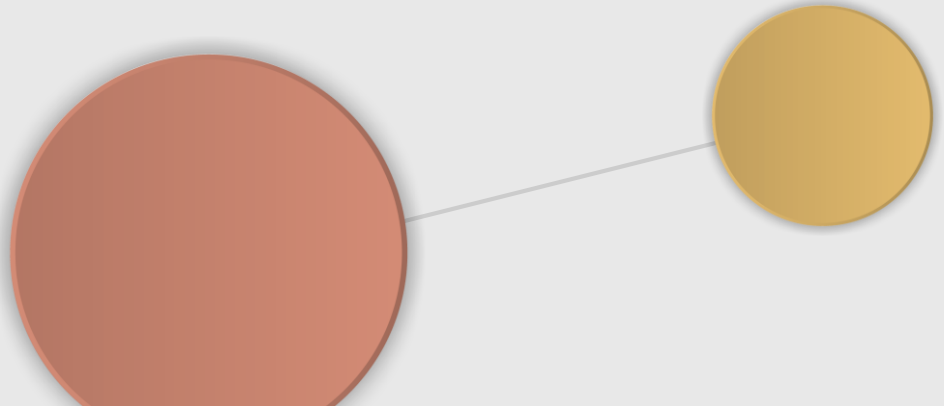
Future app development will witness several exciting new developments, like the widespread use of virtual reality and smarter technologies. However, it is crucial to consider doing things correctly. This entails safeguarding users' confidential information, ensuring universal app use, and considering the environmental impact of our technological devices. Also, we must be impartial and transparent about how AI functions and how applications generate revenue. In the future, developing applications that make people's lives easier while minimizing disruption will be crucial!



# Conclusion

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Making decisions on what's proper and wrong is a part of creating apps. It goes beyond simply creating something attractive or functional. It's important to think about potential effects on individuals and their privacy. Being fair and acting in the best interests of all app users is what it means to be ethical. This entails safeguarding personal data and ensuring that everyone, regardless of differences, can utilize the app with ease. Beyond just respecting the regulations, ethical app design seeks to earn users' respect and confidence. It's about creating technology that respects people's rights and sentiments while simultaneously abiding by the law.



# Ethical Frame work

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Act Utilitarianism looks at whether using apps makes people happier overall, even if there are some downsides like addiction or mental health problems. If the happiness outweighs the negatives, it's considered ethical.

Kantian Ethics, the manipulation in these apps as wrong because it treats users as tools for profit, not as individuals with their own goals.

Rule Utilitarianism checks if having apps generally makes society happier or unhappier and decides if it's ethical based on that.



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**THANKS!**