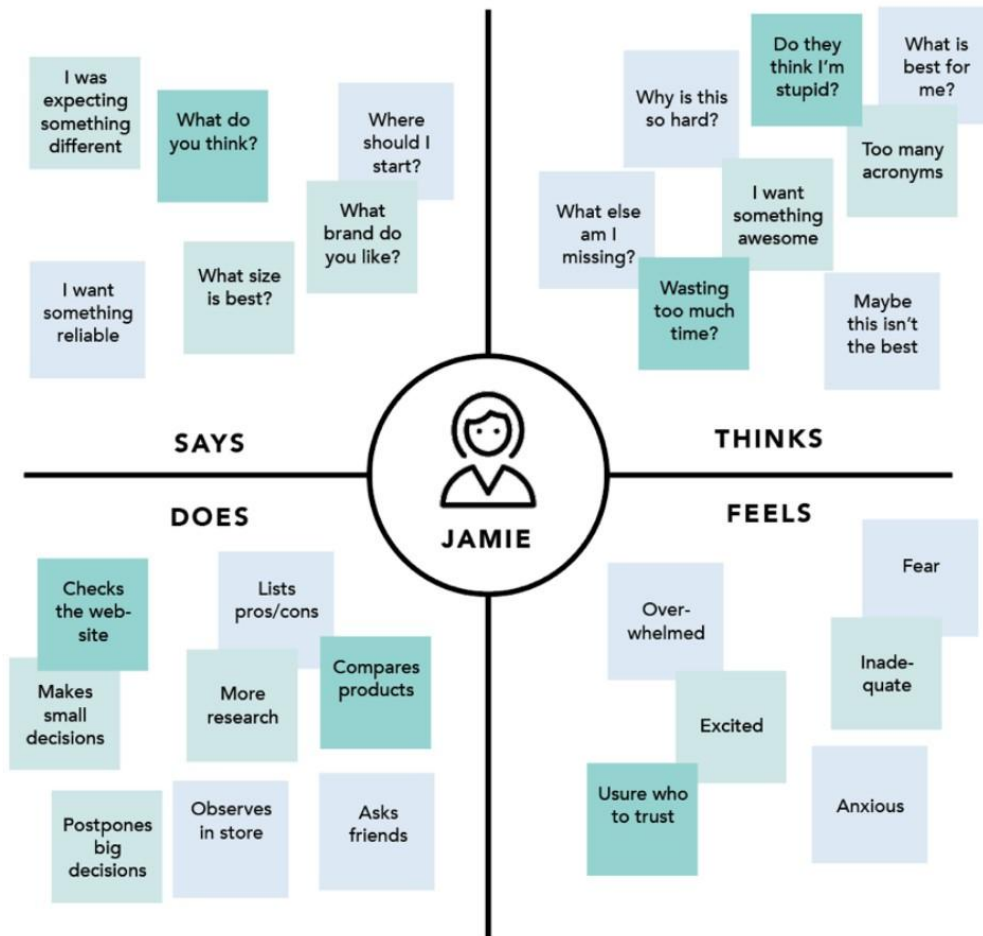


Empathy Map



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FONTY'S ICT MEDIA & DESIGN



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We are going to talk about the problem of staring at the laptop for long hours

1. What can you say about the problems of staring at the laptop for long hours?

As someone who studies behind a 14-inch laptop every day, I can say that looking behind the small screen of my laptop for over an hour is exhausting and brings tears to my eyes every time.

Looking at the screen for a few hours makes me feel tired and exhausted especially when I sit down all the time.

I can say that being behind a small laptop screen makes me very unfocused.

2. How do you conduct yourself behind staring at the small laptop?

I behave quite uncomfortable sitting for a long time. and I do not consent to what I'm doing

While being concentrated for a certain amount of time behind the laptop, I don't feel much tiredness until I stop staring/working at the laptop.

My first action was when I lost concentration on the screen, I closed my eyes for a while and decided to move on.

3. What are your tendencies and behaviors after feeling tired sitting long term? {what do you do}

I'm going to sit outside, get some air, and rest my eyes for half an hour.

After sitting for a long time, I prefer to lay on my bed and rest or go walk outside in the city.

I close my laptop and usually sleep.

4. What do I think we can do about improving the issue of staring at the laptop for the long term?

I think that if you bought an extra portable monitor, it would be an excellent idea.

Having a special type of glass that reduces the constraints on your eyes would be an excellent idea for when you have to stare at it for a long time.

I think that going home and seeing better with my 35-inch monitor is an improvement for my problem

5. Do you think it is a big problem only for you or is it a problem for many students who study ICT?

I think it's not only my problem but many students in my school.

As ICT students are mostly behind their computers or laptop for a very long time, I would assume it's a problem for the majority of the students.

I don't know, I know is a problem for me.

6. What makes you feel about this problem?

This constant fatigue makes me feel unmotivated and unwilling to do my projects sitting at school.

Being constantly tired to continue working on my laptop.

Sitting in front of a laptop for a long time makes me tired and painful

7. What obstacle do you think it is for you to make changes in the future because of your eyesight?

I think my laziness to make a change would be an obstacle.

To be able to be accustomed to using glasses, as I don't normally use one.

I think I already change a few things to improve this problem but take the time to do healthy way.



Said



The small screen of my laptop for over an hour is exhausting and brings tears to my eyes every time.

The small laptop screen makes me very unfocused.

Feels exhaustion and tiredness after long time

Most of the student have the same problem.

buy new glasses to see better



Did



I lost concentration on the screen

I closed my eyes for a while and decided to move on

lay on my bed and rest.

bring tears to my eyes every time

Fall asleep

go take a walk outside

Empathy map template



Going home and seeing better

Think about solusionate the problem with other thing.

Only care about own problem

Every student have the same problem

Many student need glasses ,

for stay at laptop.

Thought of laziness



Thought



Exhaustion

constant fatigue

feel unmotivated

Feels exhaustion and tiredness

Painful

unwilling

Unfocused



Felt