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**ASSIGNMENT**

**LANKA**

**CB011702**

**FND03DLC**

**DIGITAL LITERACY AND COMMUNICATION**

**FF2321COM\_FF2321BUS\_FF2321LLB**

Assessment Type and Weight	Hand In	Hand Out
Mid Semester Individual Assignment (50%)	1 <sup>st</sup> June 2023	31 <sup>st</sup> July 2023

**INSTRUCTIONS TO CANDIDATES:**

- Please follow APIIT Lanka documentation and referencing guidelines.
- Please adhere to the above submission date and follow the standard submission procedure for all assessments.
- Please note that the assessment should be submitted online to the Turnitin link on LMS on or before the submission (i.e., hand in) date by 5 p.m.
- Late submissions will be awarded zero (0) unless extenuating circumstances (EC) are upheld.
- The submission will be scanned for plagiarism on Turnitin. Cases of plagiarism will incur a penalty.

*Acknowledgment*

I need to show my thankful respect towards my lecturer Mr. Mohamed Amir Zulfikar. For all the support and encouragement during the report writing period.

Thank you again for all the support.

Risinu Kaluarachchi.

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### ***Purpose and Introduction***

In this paper, I will review and dive into the concept of digital well-being and explore two key areas that contribute to maintaining a healthy balance between technology usage and overall digital well-being activities.

According to Marsden, P.(2020) “digital wellbeing is a state of personal wellbeing experienced through the healthy use of digital technology” therefore digital well-being refers to the mindful use of digital technology. It includes managing screen time, social media usage, digital privacy, and encouraging users about digital mindfulness. Digital well-being allows users to use technology in a productive way.

***Factors that help to maintain a good balance between technology use and overall use***

The following are two key points that can help to strike a good balance between digital use and overall well-being.

**1. Setting boundaries and establishing Tech-free Time:**

setting up boundaries and assigning time periods to be away from digital distractions can be done by setting up personal tech-free zones or being away from digital devices at a specific time during the day.

ex-

A “digital detox” period for daily life might be best for situations where the user needs to assign the first few hours after waking up and the last few hours before sleeping as tech-free zones. users can enjoy the physical world while having a conversation with their loved ones.

**2. Practicing Mindful and Intentional Technology Use:**

Practicing Mindful and Intentional; technology use is crucially important in digital well-being. Being alert of how he/she is using the technology the user should be able to make his own decisions of using the technology mindfully and fully engage in the activities when using social media rather than mindlessly using it.

ex-

“Notification mindfulness” concept instead of letting notifications control the user's day. Disabling unwanted notifications or customizing notification patterns. Consciously managing notifications helps to gain control over the user back.

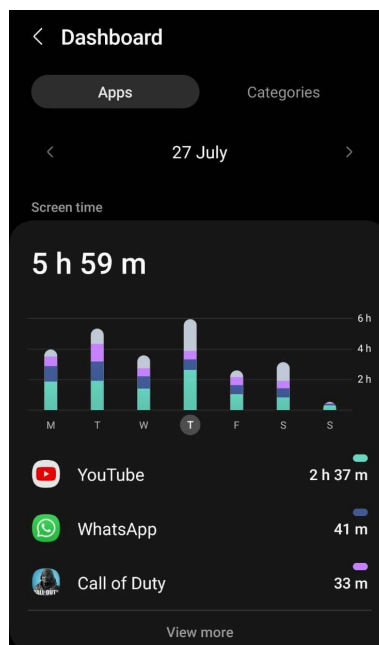
## *Tracking and evaluating your digital habits*

### **Samsung Digital Wellbeing**

Samsung Digital Wellbeing is a powerful and user-friendly application designated to promote digital mindfulness and upgrade overall personal digital well-being. It offers users a wide range of features including screen time tracking, app usage management, focus mode, sleep mode, and app timers. The app encourages users a healthier and more balanced relationship with technology.

But out of the mentioned features Screen time meter and the app usage meter are the most crucial factors that I was impressed with.

### **Screen Time**



**Figure 1 Screen time before**

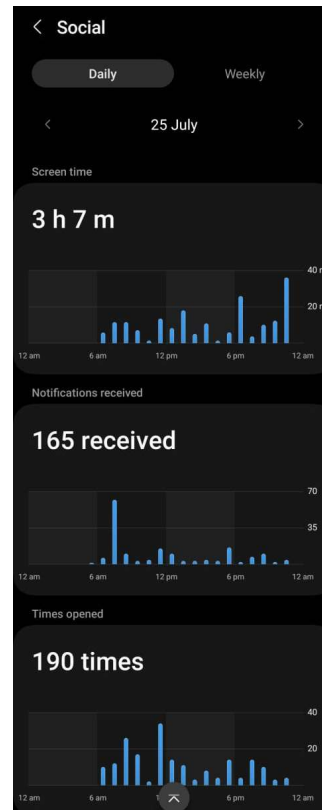
In *Figure 1* it is mentioned that on 27<sup>th</sup> July 2023, I used my phone (screen) for five hours and fifty-nine minutes, which is approximately six hours of usage within one day.

According to the studies I have gone through, my screen time per day is above the average screen time of an adult and that is a terrible factor for an individual. According to Zauderer, S. (2023) “ Worldwide, the average user spends 2 hours and 51 minutes looking at their computer screens and 3 hours and 46 minutes looking at their mobiles.”

Spending nearly six hours on a mobile device may lead to several concerns including Physical, and mental health issues. Not only health issues sleep disturbances and lack of productivity skills. Physical health issues such as eye strain, headaches, and neck pains might be a few of the physical injuries that these victims have to face. Mental health issues like anxiety, damage real-life social interaction habits as well as an individual might feel the isolation in life.



## Social Media Usage



**Figure 2 Social Media Before**

The above attachment (*Figure 2*) is about my usage of social media which is the most used sector on 25<sup>th</sup> July 2023. The screen time is recorded as three hours and seven minutes which is surprisingly a lot more than an average person's daily social media usage. And that means that a significant portion of my day is being wasted on social media platforms. According to Chaffey, D. (2023) "60% of the world's population uses social media. The average daily usage is 2 hours and 24 minutes (April 2023)."

I have received 165 notifications in a single day which reflects that I have already taken part in various kinds of social media activities and that would distract my mind from academic activities. opening social media apps for 190 is an awful situation for an individual which also reflects that my focus and productivity on other tasks have dropped due to the launching of social media apps frequently. These situations may lead me to drop the opportunities to interact with offline activities.

### *Challenges*

#### **Lack of Contextual Understanding**

Digital well-being apps may have the ability to collect basic data from Screen time and App usage but there are a few serious issues in their algorithm of counting the time. Especially these apps mostly rely on quantitative data such as screen time and app usage but those apps do not consider the content and context of the app usage which is a major requirement for the report.

#### **Third-Party App Support**

Some applications are not fully adaptable to digital well-being software. It is reported that several apps have been stopped or blocked from sharing data with digital well-being applications which may lead the user and the researcher to a false interpretation of the usage and screen time records.

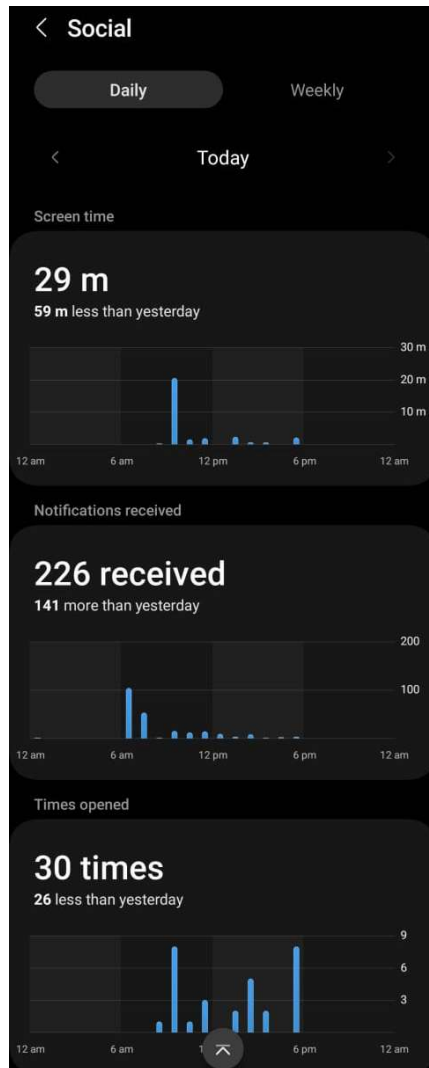
### ***Reflections***

After gaining a sound knowledge about digital well-being I was able to overcome the most important issues in my digital well-being life. After numerous efforts, my screen time per day has been reduced to thirty-two minutes from nearly six hours. And Social media usage has been reduced by a significant percentage.

Below (*Figure 3*) and (*Figure 4*) are the proof of my successful change.



**Figure 3 Screen time now**



**Figure 4 Social Media**

### **Productivity**

After setting up specific times for academic activities and digital devices I was able to concentrate on one single work at a time.

### **Mood**

Finding the right spot to strike a balance and limit distressful content.

### **Stress**

After setting up boundaries and blocking unessential notifications following, I was able to reduce my stress level.

### ***Recommendations***

To minimize screen time organizing and making policies in the digital life is a good recommendation. Being away from technical devices when I am spending quality time in academic institutions or with family is important.

Social media softwares aren't really needed when I am interacting with society, therefore interacting with society and if the situation is in a severe condition locking the application for a while is recommended.

### *References*

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