

## การยศาสตร์ (Ergonomic) กับ User Interface : UI / User Experience : UX

### 1. What is the principle of “**Ergonomics**”?

> Ergonomics principles :

- Focus: Designing for people.
- Goal: Efficiency and safety.
- Method: Study human interactions with systems.
- Result: Improved well-being and performance.
- Key: Fit the job to the person, not the other way around.

### 2. How does the principle of “**Ergonomics**” relate to or affect the design of the user interface (User Interface: UI)?

> Ergonomics in User Interface Design :

- Understand users: People differ in how they think and learn.
- Boost productivity: Design interfaces for easy and efficient use.
- Simplify: Remove clutter and confusion.
- Connect systems: Make software work seamlessly together.
- Enhance experience: Create interfaces that are both useful and enjoyable.

Source : 1. <https://www.tandfonline.com/doi/full/10.1080/21693277.2019.1616631#abstract>

2. [About Ergonomics of Computer Interfaces Designing a System | Proceedings of the 14th International Conference on Management of Digital EcoSystems \(acm.org\)](#)

