

Reflection Topic: Applying Feedback

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While outside of school and work, I enjoy watching soccer and wildlife documentaries. This activity is important to me because it serves as a form of relaxation and escape from the demands of daily life. Soccer has been a passion of mine since childhood, and watching matches allows me to experience the excitement of the game, cheer for my favorite teams, and appreciate the skill and teamwork of the players. On the other hand, wildlife documentaries offer a glimpse into the natural world, showcasing the beauty and diversity of animals and their habitats. These documentaries not only entertain me but also educate me about various species and the importance of conservation.

One way of taking micro-breaks while at work is by watching short-form videos. “Watching short-form videos significantly improved participants’ mood and task engagement willingness, relieved physiological stress, and maintained task performance. The entertainment orientation and length of short-form videos satisfy the fragmented entertainment needs of the public, which makes it possible for users to view them in micro-breaks at work” (Liu et al., 2021, p. 1). Personally, I often create short breaks at work and spend them watching videos from platforms like WhatsApp, Tik Tok, Facebook, Instagram, Threads, and Twitter. The brevity of these videos allows me to watch several of them during a short break, providing a brief escape from work-related stress.

Watching short-form videos during micro-breaks offers unique experiences compared to other entertaining media like music, TV shows, and full-length feature films. Liu et al. (2021) note that these videos require quicker attention and immerse users in the content, eliciting high-arousal emotions. Users frequently switch between videos, leading to a fresh stimulus that may provide relief from stress and prevent individuals from

immediately refocusing on work after the micro-break. This aspect of short-form videos makes them an enjoyable and refreshing way to take breaks during busy workdays.

Despite feeling re-energized after watching short-form videos during micro-breaks, it is important to acknowledge that these videos can be entertaining and addictive. Liu et al. (2021) caution that if not careful, they can end up wasting productive time, especially if work schedules are not effectively managed. While they offer a valuable escape during breaks, it is essential to set limits to prevent them from becoming distractions at work.

In conclusion, watching short-form videos during micro-breaks has become an enjoyable way for me to relax and unwind while at work. These videos not only lift my mood and reduce stress but also provide a source of entertainment that is easily accessible. While they can be addictive if not used mindfully, incorporating them into my work routine has proven beneficial in enhancing productivity and overall well-being. I encourage others to explore this activity during their breaks, as it can offer a refreshing and entertaining escape from the daily grind, allowing individuals to return to their tasks with renewed focus and energy. Additionally, watching wildlife documentaries and soccer matches has enriched my leisure time, fostering a deep appreciation for the natural world and the beauty of sportsmanship.

Reference

Liu, Y., Gao, Q., & Ma, L. (2021). Taking micro-breaks at work: Effects of watching funny short-form videos on subjective experience, physiological stress, and task performance. *Cross-Cultural Design. Applications in Arts, Learning, Well-being, and Social Development*, 183-200. https://doi.org/10.1007/978-3-030-77077-8_15