

Human Computer Interaction

Title : Conservation of Procrastination

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Problem Domain: HabitLab (prevention of procrastination by helping users to spend less time on unproductive applications)

- This application help users to reduce their time on unproductive activities and be focused on their goals
- HabitLab is a behavior change browser extension, that manipulate the frequency of interventions on a focal goal and measure the effects on time spent on other applications and platforms
- The audience who are addressed here involve :
 - People who have limited will power and wish to focus more on their goals and reduce time spent on unproductive applications.
 - People who want to stop procrastinating things and want to get work done on time.
 - People who wishes to reduce their time spent on social media platforms(Instagram, Facebook and YouTube).
- The intended application helps the user to track their time spent on various platforms and different ways of reducing it to improve their productivity.

Methodology

- Decide on the interviewee(s) .
- Design the questions to be asked to the interviewees(s).
- Conduct the interview process .
- Analyze and formulate the insights gained from the interviews

Interview-1

- Suresh Kumar
- He is a student of Sharda Global School, who is currently studying in Class 11.
 - ❖ Have you ever felt that you are spending most of your time on unproductive things ?
 - ❖ If you realize you are spending more time on social media what measures do you think of taking?
 - ❖ What type of interrupts do you wish to have to help you stop using a particular application?
 - ❖ How do you avoid yourself from procrastinating things?

Empathy Map

- **SAYS**

- Yes, i use social media alot
sometime i feel guilty of doing so.

- **THINKS**

- I wish there is an applications that helps me to keep track on time spent on various applications.
- I think it would be nice to have an alarm or any kind of alert for every application to prevent its overuse.

- **DOES**

- Uninstalling apps during weekdays, keeping my phone away and turning off notifications .

- **FEELS**

- Often feels demotivated and guilt of not completing things on time

Interview -2

- Vinit Verma

- ❖ IT Employee

Questions

- Do you use social media more often while working?
- If Yes, then how does this affect your work?

Empathy Map

- SAYS

- Not more often, but yes i do use social media a lot while working .

- THINKS

- I wish I should come up with some effective methods to stop myself using social media during working hours.

- DOES

- I switch off mobile before entering office

- FEELS

- Stress on my eyes .
- Less efficient at my work.

Low –Fidelity Prototype

chrome extension

Browser	Turn off HabitLab Today	Feedback
		Results
		Settings
	Active Nudge	Available goals
Today's Top 5 most visited sites by minutes spent		
App 1		
App 2		

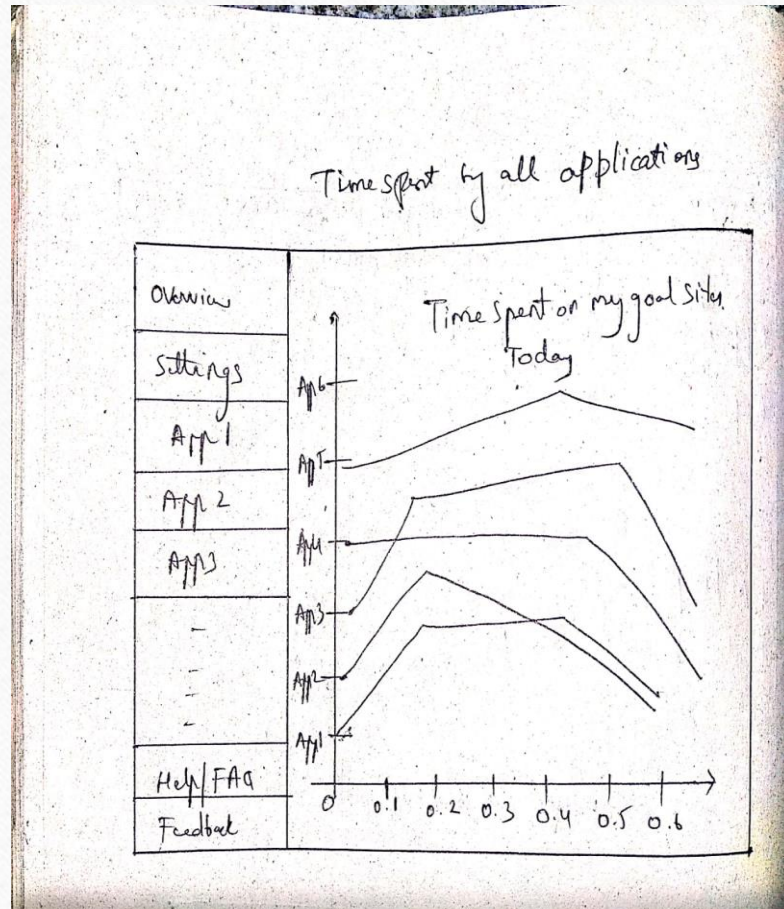
settings.py

Overview	which sites would you like to spend less time on?			
Settings				
Application 1	+ Add site	<input checked="" type="checkbox"/> App 1	<input type="checkbox"/> App 2	<input checked="" type="checkbox"/> App 3
App 2				
App 3	<input type="checkbox"/> App 4	<input checked="" type="checkbox"/> App 5	<input type="checkbox"/> App 6	
...				
Help / FAQ				
Feedback				

- It shows the list of top five most visited sites
- can turn on switch button to spend less time on current tab
- buttons to go to results settings and feedback pages

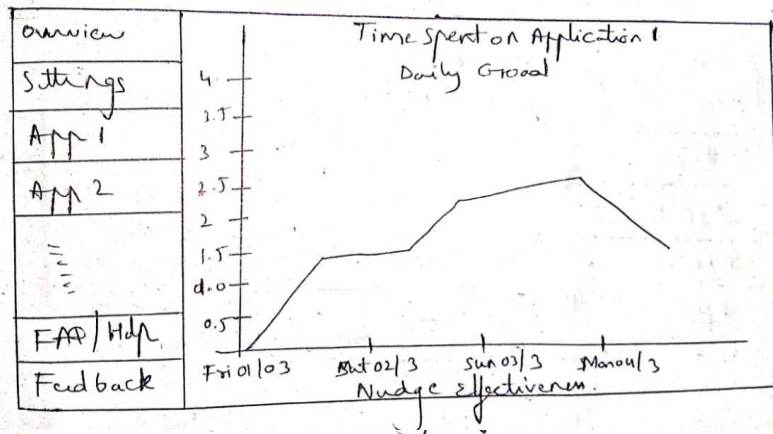
Settings page

- lists of application lists of applications to keep track of its usage.
- User can select sites that they would like to track and spend less time on .



results page

- graph showing time spent on selected sites.
- when you click on a particular application
 - option to set alarm.
 - option to set time limit.



Application 1 Different Nudges available

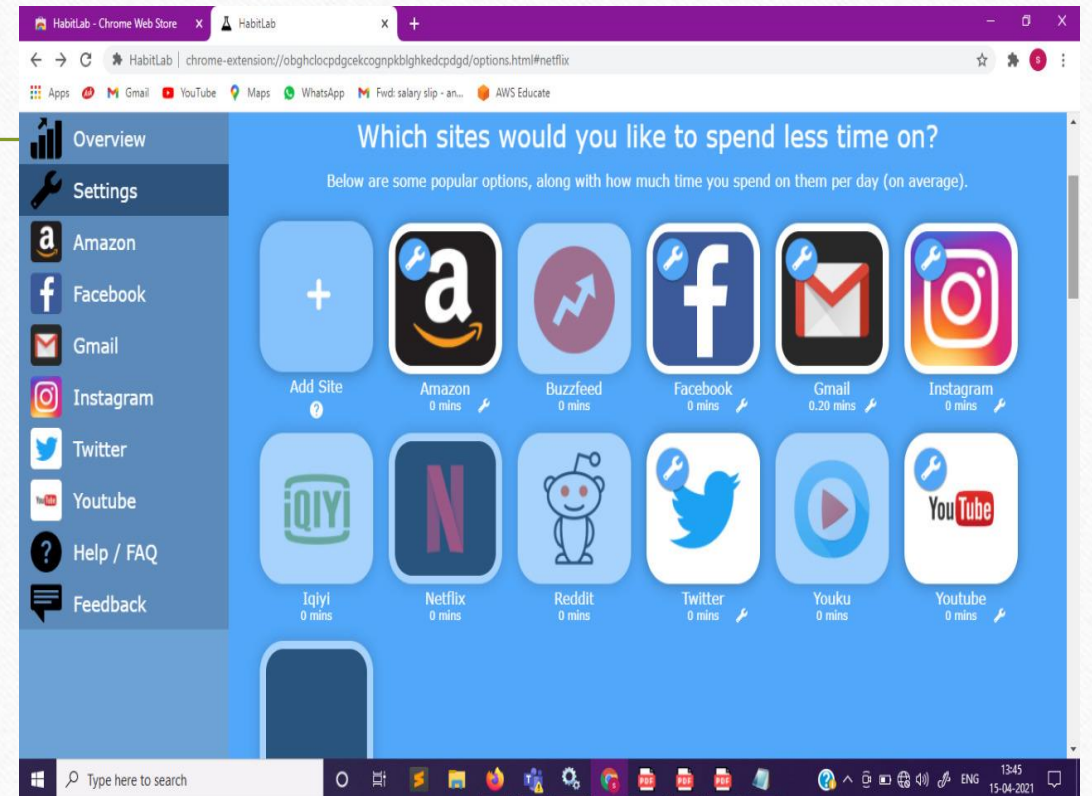
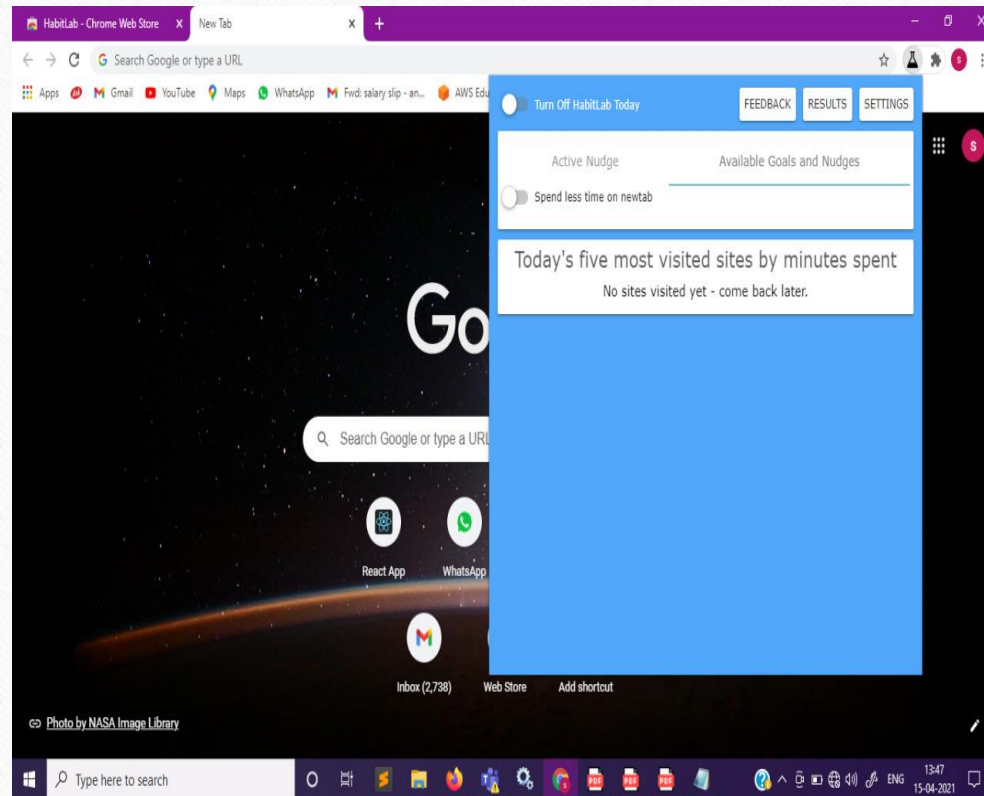
Nudges	
Nudge turned <input checked="" type="checkbox"/> will only be shown some of the time	
Time inject	Injects time to Application <input type="checkbox"/> on/off
Time keep	Notifies you of time spent <input type="checkbox"/> on/off
Minute watch	Notifies every minute <input type="checkbox"/> on/off
Nudge 4	" <input type="checkbox"/> on/off
Nudge 5	" <input type="checkbox"/> on/off

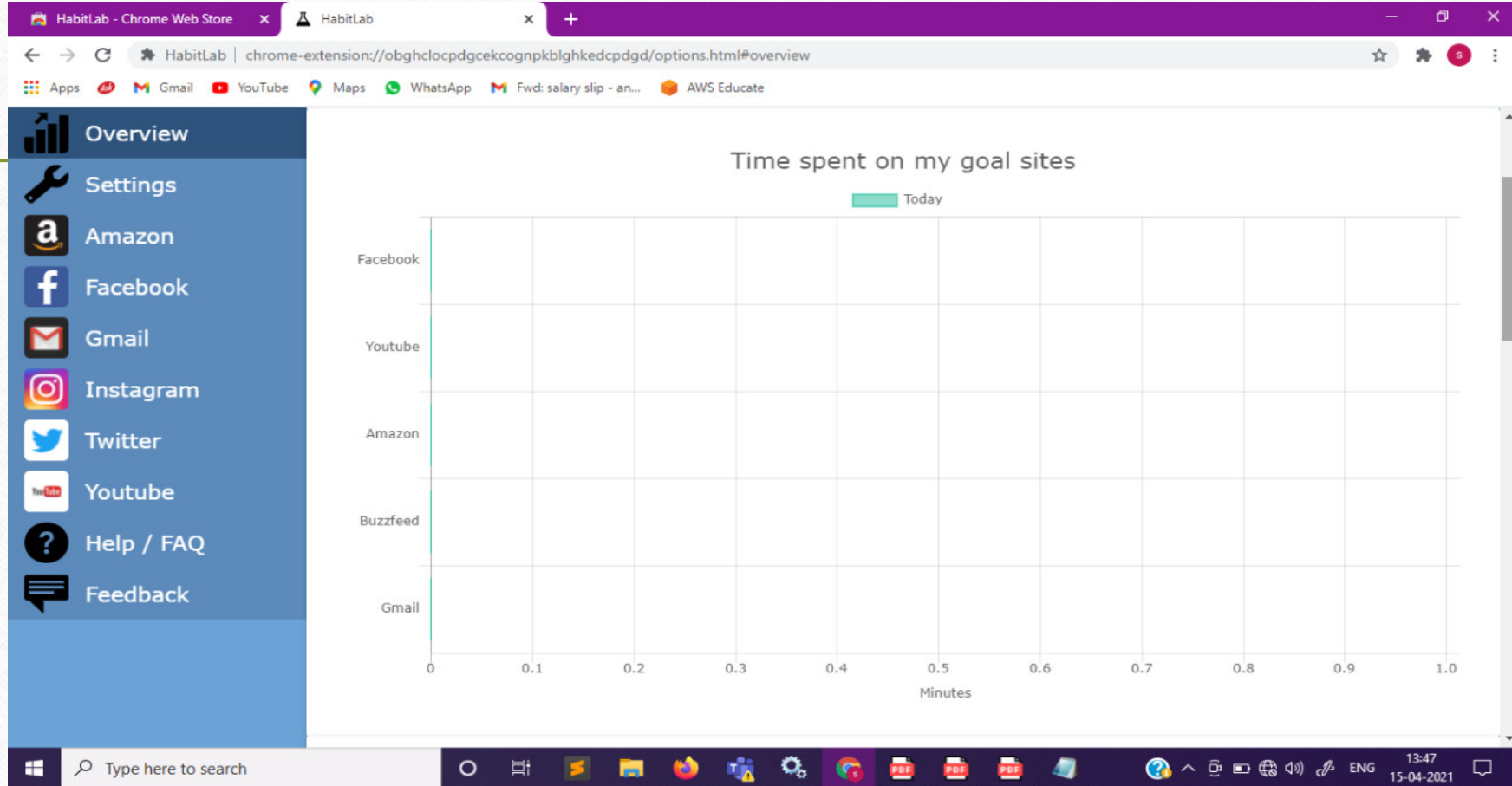
- graph showing the time spent on that application/site
- various nudges to apply on to selected sites like displaying time on left corner.

various nudges available

- notifies time spent
- removes click bait
- make you wait few second before visiting
- freezing scrolling after certain amount of scrolls .

High - Fidelity Prototype





HabitLab - Chrome Web Store x HabitLab x +

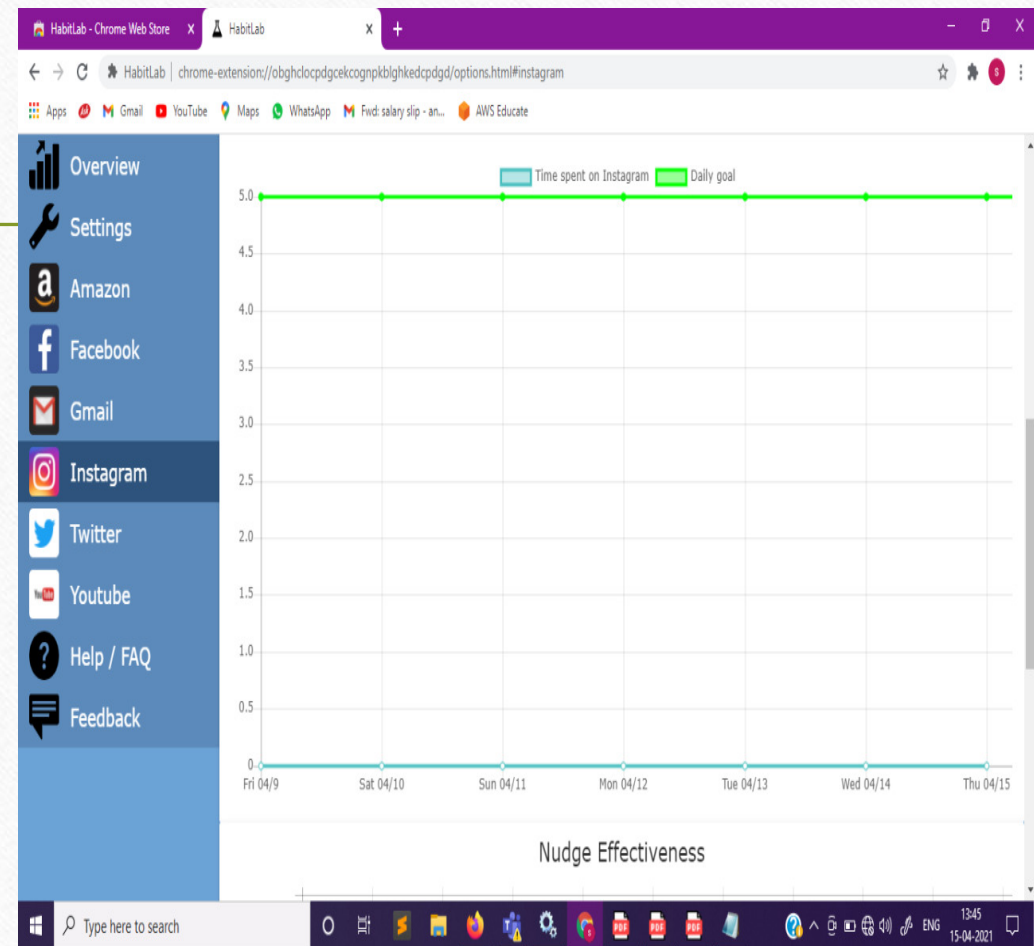
chrome-extension://obghdclodpdcgekognpklghkedcpdgd/options.html#facebook

Apps Gmail YouTube Maps WhatsApp Fwvd: salary slip - an... AWS Educate

- Overview
- Settings
- Amazon
- Facebook
- Gmail
- Instagram
- Twitter
- Youtube
- Help / FAQ
- Feedback

Clickbait Mosaic	Removes clickbait	Off On	Try now
Minute Watch	Notifies you of time spent every minute	Off On	Try now
Supervisor	Shows time spent on site at the top of screen	Off On	Try now
Scroll Freezer	Freezes scrolling after a certain amount of scrolls	Off On	Try now
Stat Whiz	Show time spent and visit count each visit	Off On	Try now
Stat Banner	Show time spent and visit count each visit	Off On	Try now
GateKeeper	Makes you wait a few seconds before visiting	Off On	Try now

Type here to search 13:46 15-04-2021



HEURISTIC EVALUATION

Shneiderman's Eight Golden Rules Will Help
You Design Better Interfaces

1. Strive for Consistency

- We have consistent user-interface for all the pages of the application.
- Identical terms in home page of the extension helps in navigating between all the pages.
- ex. results, setting button to navigate to results and settings page

2. Enable frequent users to use shortcuts

- Users previously selected applications and their settings(nudges) will not be changed until the users decides to change them.

3. Offer Informative feedback

- Feedback page is present to enable users to give feedback, ideas for nudges of a particular application which can added to the selected application.

4. Design dialog to yield closure

- Respective dialog boxes to indicate the end time of the time limit set on that particular application.

5. Offer simple error handling

- The range of x and y axis of the graphs are automatically adjusted.
- Same application/site cannot be added multiple times.

6. Permit easy reversal of actions

- Users can revert back to previous pages upon error messages .
- If there is a slight chance of the application malfunctioning the user can refresh or restart the application .

7. Support internal locus of control

- Users will be in full control of the application .
- Users can select among the list of applications/sites available to track their usage.

8. Reduce short term memory load

- The above chrome extension once installed will be ready to use
- once the applications are selected the user need not select them again and again
- as the selected applications and their nudges will be remembered by the extension.