



Digital Overload Management System (DOMS)

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Introduction

In the present time of our world, connection is highly prevalent with each and every human, including students, professionals, and adults. Yet they experience **digital overload**, a state where notifications, social media activity, and online responsibilities are clouding and overwhelming one's mind. This is now relevant since technology is included in every person's daily life, making it difficult to detach from it or maintain focus on their tasks. The average person spends several hours daily on screens, reaching to an amount of 6 hours and 45 minutes (Zulkarnain, 2025). With this constant usage of digital technology, the average person then receives about 146 notifications per day, and at least one every 10 minutes (Franklin, 2024). It affects a wide variety of individuals, including teenagers, young adolescents, students, adults, workers, and people who rely on their gadgets for productivity, communication, or connecting with others online.

Problem Description

Digital overload can be understood by investigating the amount of information people take in every day. As stated before, an article by Franklin (2024) states that people receive about 146 daily notifications from their phones, equating to one notification per 10 minutes. This constant interruption made by notifications makes it hard for a person to focus on completing their task. People exposing themselves to high amounts of screen time can lead to digital fatigue, where their attention is strained, their productivity is at an all time low, and that their sleep is never enough (Zulkarnain, 2025). In digital environments which include schools and workplaces, different apps are used for different tasks such as messaging, meetings, etc. produces more stress for people since they have to switch apps and platforms constantly. This constant switching contributes to increasing load on the person's mind and reducing their efficiency, which then leads to them being overwhelmed (Timms, 2025). These articles prove that digital overload is not caused by just a singular factor but also by different sources such as notifications, screen exposure, and multiple platforms.

Proposed Solution

To address the digital overload issue, the proposed solution is the Digital Overload Management System, also known as DOMS. It is an IT-enabled application made to assist people who use it to regain control of their activities in the digital space. DOMS aims to assist users and improve their digital well-being by including several features to help them stay focused. First is the Focus Mode, equivalent to a Do Not

Disturb feature, but stricter, which allows users to block out all unnecessary notifications they do not need in order to prevent interruptions throughout the day. It also includes a task tracker to allow users to navigate and know which task is next. Second is the Smart Alert, which is centered on scheduling notifications, which allows users to set when they can receive their chosen notifications. Third is Screen Time Stats, which allows users to see how much they have exposed themselves to different platforms. It provides real-time analytics and weekly reports of their digital activities. Lastly is the Wellness Reminders feature, which tells users when their breaks are, and to take care of themselves during said break. Encouraging healthy breaks between screen exposures supports better focus, improved productivity, and reduced stress. To conclude, DOMS is made to help individuals balance their use of digital technology so that it does not disrupt their routines and health.

Conclusion

In conclusion, digital overload is a problem that is prevalent in today's time caused by long screen exposures, constant notifications, and digital multitasking. These different causes all disrupt a person's focus, productivity, and well-being. By offering these solutions which manage notifications, track digital activity, and manage digital routines, the Digital Overload Management System provides an effective solution to help users maintain a healthy connection with their chosen technology.

References

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