Quantifying Self:Unveiling the Power of Personal Data

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OUTLINE

OBJECTIVES

At the end of the presentation, I should be able to answer these questions for everyone...

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- ▶ Why should we collect data on ourselves?
- ▶ How can we collect the data?

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► How can we analyze the data to answer our specific question?

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▶ How can we analyze the data to answer our specific question?

▶ Should we be worried if my result for the data analysis does not go by what the researchers say or have obtained from their study?

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▶ Why should we collect data on ourselves?

▶ How can we collect the data?

▶ How can we analyze the data to answer our specific question?

▶ Should we be worried if my result for the data analysis does not go by what the researchers say or have obtained from their study?

▶ What are the limitations of collecting and analysing our own data?

Introduction

WHY SHOULD WE COLLECT DATA ON OURSELVES?

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WHY SHOULD WE COLLECT DATA ON OURSELVES?

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TO ANSWER SPECIFIC QUESTIONS ABOUT OURSELVES -

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WHY SHOULD WE COLLECT DATA ON OURSELVES?

1

TO ANSWER SPECIFIC QUESTIONS ABOUT OURSELVES - 'SELF KNOWLEDGE'

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INTRODUCTION: TOOLS FOR DATA COLLECTION

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Lots of apps are available these days for data collection-

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[2] Digital Wellbeing

[3] Daylio App

INTRODUCTION: TOOLS FOR DATA COLLECTION

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Or we can go by the old ways of inputting in a notebook.

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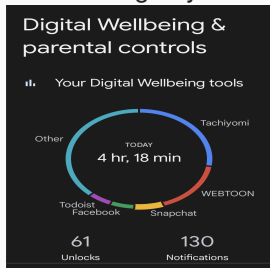

²Digital Wellbeing
³Daylio App

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HOW I COLLECTED THE DATA?

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[4]Notion Database

HOW I COLLECTED THE DATA?

I have collected the data on a daily basis for different aspects like hobbies, health, emotions etc from September 2020 to January 21 in the Notion

database

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[4] Notion Database

Data Analysis

VISUALIZATION

Data visualization allows us to communicate complex insights and patterns in a way that is easy to understand and digest. By presenting data in a visual format, we can quickly identify trends, patterns, and outliers that might be difficult to see in a table or spreadsheet.

VISUALIZATION OF MY HEALTH
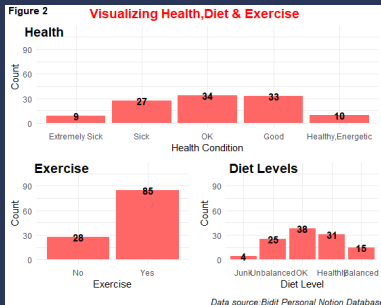
Figure 2 — Visualizing Health, Diet & Exercise

VISUALIZATION OF MY HEALTH

Figure 2 — Visualizing Health, Diet & Exercise

▶ **My health condition was a concern, with only 43 out of 113 days being good and energetic**

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VISUALIZATION OF MY HEALTH

Figure 2 — Visualizing Health, Diet & Exercise
Data source: Bidit Personal Notion Database
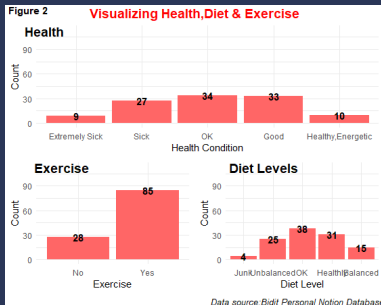
▶ **My health condition was a concern, with only 43 out of 113 days being good and energetic**

▶ **Exercise was consistent, with 85 out of 113 days having at least one hour of exercise**

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VISUALIZATION OF DAILY ESSENTIAL NEEDS AND ACTIVITIES
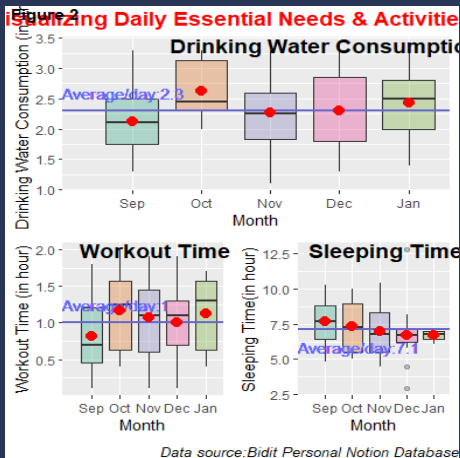
Figure 2

Visualizing Daily Essential Needs & Activities

Data source: Bidit Personal Notion Database

USING STATISTICAL MEASURES

Using statistical measures is an essential part of data analysis as it helps to summarize and interpret the data accurately. Common measures are

► Measures of central tendency (Descriptive Measure)

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▶ Measure of Variability (Descriptive Measure)

Introduction **Data Analysis** Personalized Advice: Finding What Works Best for Your Body, Life, and Health Limitations of Self-tracking and Analysis

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USING STATISTICAL MEASURES

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▶ Correlation Coefficients (Descriptive Measure)

USING STATISTICAL MEASURES

Using statistical measures is an essential part of data analysis as it helps to summarize and interpret the data accurately. Common measures are

▶ Hypothesis testing (Inferential Measure)

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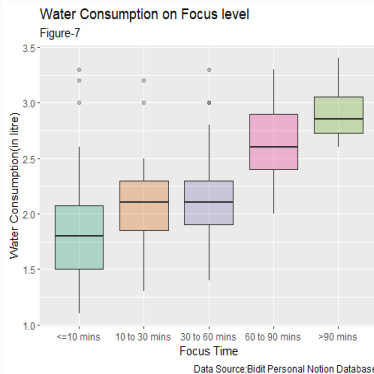# Personalized Advice: Finding What Works Best for Your Body, Life, and Health

Introduction
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Data Analysis
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Personalized Advice: Finding What Works Best for Your Body, Life, and Health
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Limitations of Self-tracking and Analysis
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"ONE SIZE DOESN'T FIT ALL."

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"ONE SIZE DOESN'T FIT ALL."

Different people have different needs, preferences, and circumstances, and a solution that works for one person may not work for another. This is relevant in most aspects of our life. So trying to fit ourselves into the same solution that works for someone else can be ineffective or even harmful to us. Instead, it's important to recognize and embrace our individual differences and seek solutions that are tailored to our unique needs and circumstances. This approach can lead to better outcomes, greater satisfaction, and improved well-being in all our lives.

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MY PERSONAL FINDINGS

Water consumption is an important factor that affects productivity. Previous studies have found that even mild dehydration can lead to impaired cognitive performance, including reduced focus and memory (Edmonds Jeffes, 2009). The data from my analysis reveals a weak positive association between drinking water consumption and focus

Water Consumption on Focus level
Figure-7

Data Source:Bidit Personal Notion Database

time.

Limitations of Self-tracking and Analysis

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► **<u>Bias</u>: Objectivity can be difficult to achieve when analyzing personal data**

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Limitations of Self-tracking and Analysis
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► **Bias: Objectivity can be difficult to achieve when analyzing personal data**

► **Limited scope: Resources and variables may be limited, affecting the data that can be collected.**

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► **Limited scope**: Resources and variables may be limited, affecting the data that can be collected.

► **Lack of expertise**: It can be challenging to design and conduct a research study, even when it's focused on yourself. Without expertise in research methods and statistical analysis, it's easy to make mistakes or misinterpret the data.

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Thank you!

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Any questions?