CSCM69: Human-Centred Perspectives and Methods Coursework 2 - Work/Life Balence

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ABSTRACT

Author Keywords
Authors' choice; of terms; separated; by semicolons; include commas, within terms only; this section is required.

CCS Concepts
•**Human-centered computing** → **Human computer interaction (HCI);** *Haptic devices;* User studies; Please use the 2012 Classifiers and see this link to embed them in the text: `https://dl.acm.org/ccs/ccs_flat.cfm`

INTRODUCTION

Harvard conducted a survey which asked professional people how many hours they worked a week, 94% said they put in more than 50 hours or more. Out of these professionals, 50% said they are working 65 or more hours [3]. What is even more staggering is that this survey got done in 2009, a time where Blackberry mobile phones were all the rage and iPhones had only been on the market for around two years. This year was when the iPhone 3G was just about to hit stores and was way before the iPhone 4 and where the smartphone, as we currently know them, indeed took off and changed the way we interact with our mobile devices. As the Harvard survey also found out that 20-25 hours a week get spent monitoring their Blackberrys while outside of working hours [3].

These numbers show that a work-life balance has been an issue for some years. Especially when looking at statistics published in 2020, by the NY Post's Business Insider, that state 48% of Americans consider themselves workaholics and the CNBC stating that 66% of American works lacking a healthy work-life balance [1]. A staggering fact that we can relate to from experience is that 77% of full-time works suffer from burnout from their current job [1]. Rescue Time analysed their users' data in 2019 and found that 40% of people used their computers after 10 pm and 28% of people start their workday before 8:30 am [2].

What we aim to do within this report is to identify some of the leading apps that get associated with work-life balance. Once these apps get identified, we aim to investigate these tools while critiquing their designs concerning their interactions with HCI. These apps include **[list apps here]**, we will then be interviewing users and finding out their views on these applications and how they have impacted their work-life balance.

FIND OUT WHAT KEY EXISTING APPS, SERVICES AND DEVICES ARE WIDELY USED IN THE DOMAIN OF WORK-LIFE BALANCE

Mobile Phones (Device)

Smart Watch (Device)

Email

App timer notifiers - think apple screen time.

INVESTIGATE THESE TOOLS, CRITIQUING THEIR DESIGN

Mobile Phones (Device)

Smart Watch (Device)

Email

App timer notifiers - think apple screen time.

DESIGN AN INTERVIEW WITH USERS

WRITE UP YOUR RESULTS

CONCLUSION

REFERENCES

[1] Marija Kovachevska. 2020. 30 Home-invading Work-Life Balance Statistics for 2020. (2020). `https://healthcareers.co/work-life-balance-statistics/` [Accessed on: November 14, 2020].

[2] Jory MacKay. 2019. https://blog.rescuetime.com/work-life-balance-study-2019/. (2019). `https://blog.rescuetime.com/work-life-balance-study-2019/` [Accessed on: November 14, 2020].

[3] Leslie A Perlow and Jessica L Porter. 2009. Making Time Off Predictable—and Required. (2009). `https://hbr.org/2009/10/making-time-off-predictable-and-required` [Accessed on: November 14, 2020].