

# **Free your free time**

Assessment of a machine to increase spare time spent collectively

Jan-Hendrik Wolf

Thesis submitted to the University Bremen in partial fulfillment of the requirements for a M.Sc. degree in Digital Media

Bremen, 30. Juli 2017

# Contents

<b>1</b>	<b>Introduction</b>	<b>1</b>
<b>2</b>	<b>The Evolution Of Free Time</b>	<b>3</b>
2.1	Definition . . . . .	3
2.2	Historical Development . . . . .	4
2.3	Present Development . . . . .	7
<b>3</b>	<b>The Machine</b>	<b>11</b>
3.1	Concept . . . . .	12
3.1.1	Proposal of Actions . . . . .	12
3.1.2	Basic Idea . . . . .	15
3.2	Implementation . . . . .	17
3.2.1	Visual Language . . . . .	17
3.2.2	Organisation of Interest Groups . . . . .	19
3.2.3	Organization of Activities . . . . .	21
3.2.4	Profile Management and Notifications . . . . .	24
3.2.5	Explorative Components . . . . .	26
3.2.6	The Recommendation Algorithm . . . . .	26
3.3	Required Hardware and Software . . . . .	29
<b>4</b>	<b>Empirical Method</b>	<b>30</b>
4.1	Technical Validation . . . . .	30
4.2	User-centered Validation . . . . .	30
4.2.1	Recrutement . . . . .	30
4.2.2	Participants . . . . .	30
4.2.3	System Usability Score . . . . .	30
4.2.4	Questionnaire . . . . .	30
<b>5</b>	<b>Results</b>	<b>32</b>
5.1	Technical Validation . . . . .	32

5.2 User-centered Validation . . . . .	32
5.2.1 System Usability Score . . . . .	32
5.2.2 Questionnaire . . . . .	32
<b>6 Analysis</b>	<b>33</b>
<b>7 Conclusion</b>	<b>34</b>
<b>A Appendix</b>	<b>35</b>
A.1 Study Material . . . . .	36
<b>B Bibliography</b>	<b>i</b>
<b>C List of Figures</b>	<b>iii</b>

# Abstract

# 1 Introduction

Gone are the days of leisure and self-determined free time. Gone are the days of accepting boredom and time of waiting. The influence of media changed the way we organize our free time.

Social networks like Facebook or search engines like Google opened up enough opportunities to choose from and made it unreasonable to feel boredom and vacancy, which was an acceptable part of our free time thirty years ago. Not staying in touch over a certain timeframe is not taken for granted anymore due to the growing number of channels in communication. We stress ourselves, trying to fill any possible gap in our free time. Any intervening period during a bus ride, in the waiting room or alone at home is filled with a constantly growing abundance of minor activities. Maintain your friendships, social web profiles and all manner of incoming information. The digitalization <sup>1</sup> made all this possible and the smartphone is the most popular toolbox to pursue these habits.

This development is continued by examples like shopping malls become larger, the number of sports grows and even ordinary commercial products are sold as a new experience. This confusing number of opportunities make us feel afraid to miss a thing. We are constantly trying to transform interims into productive free time, anyhow refuse ourselves to the unexpected. According to a series of studies (STIFTUNG FÜR ZUKUNFTSFRAGEN, 2016, p. 14), we are constantly increase our personal stress level this way. The apparent impression is built up that we are running out of time.

This phenomenon has impact on the way we spend our free time. The winning activities for the last five years had been activities you are doing alone,

---

<sup>1</sup> With digitalization I refer to the integration of digital technologies into our everyday life by the digitization of everything that can be digitized (BUSINESS DICTIONARY, 2017).

whereas social activities had been the most notably losers. It seems evident that it takes more time to meet and spend time with each other personally, than staying in contact via messengers and social media. However, why do we not use the advantages of computer technology in a way that motivates people to preferably spend their free time in a context of social activities again? Is it possible that an application, the embodiment of the digitalization, can invert the trend towards a free time with social activities in focus?

The thesis will call attention to the constant change of one's free time under decades of digital influence. It will investigate to what extent the ubiquitous accessibility of everyone's attention certainly played its part to this development and proposes a possible solution to invert the trend. A puristic application that does not focus on chat components, self-portraits and its time-consuming relatives. The aim is to conceptualize and implement an application that helps to organize one's free time with a small timestamp online and its constant motivation, in contrary to existing solutions like Facebook, to make people meet each other in person again rather than digitally. The thesis will end with an evaluation of the application to validate whether it is a rather drastic and humorously ironic idea to come up with another digital application or a step forward to one's organization free time with more social activities.

## 2 The Evolution Of Free Time

The following chapter gives a general definition of free time that is used in the context of this thesis. The second section provides a historical overview of the development of free time and summarizes key changes towards a society of time pressures. In order to compare the machine to alternatives, other contemporary organization tools are discussed at the end of this chapter.

### 2.1 Definition

There is an ongoing progress of defining free time in leisure studies. Several definitions of free time and leisure time have been constituted in multiple ways. German leisure studies distinguish between positive and negative definitions of leisure.

Originating in the protestant work ethic (WEBER, 2006, p.27) and industrialization, negative definitions of leisure describe the time off from non-eligible activities, including employment, transit time, hygiene and eating (PRAHL, 2002, p.137). Unfortunately these definitions partially exclude individuals, who are unemployed, elderly or teenagers. SCHEUCH tries to overcome this major weakness of negative definitions and suggests to set the type of activity in relation to the functional role of the individual in society. Leisure time is not meant to be a quantitative time unit anymore, but is rather defined as a phenomenon of its own (SCHEUCH, 1972, p.31). With SCHEUCH the development of new definitions of leisure started.

Positive definitions of leisure focus on the fact, that an activity “has been chosen primarily for its own sake, for the experience itself” (KELLY & FREYSINGER,

2000, p.15). Quality becomes the predominant feature of leisure<sup>1</sup> and is no longer solely bound to time. Positive definitions of leisure are the most common way of defining leisure internationally.

In international leisure studies the definitions of free time are comparable with negative definitions of leisure mentioned above. The American sociologist STEBBINS describes free time as the “time away from unpleasant obligation” (STEBBINS, 2007, p.4), as a quasi subtraction of the unpleasant from one’s totally available time. STEBBINS definition shows little variation to negative definitions of leisure. In accordance with positive definitions of leisure STEBBINS defines leisure as an “uncoerced activity engaged in during free time, which people want to do and, in either a satisfying or a fulfilling way (or both), use their abilities and resources to succeed at this”.

There are numerous definitions of free time and leisure and the entire field is complex. In this thesis My discussion in this thesis will use the definitions constituted by STEBBINS as his statements are well applicable to positive and negative definitions of leisure. In summary, *free time* in this thesis is meant to be the time away from eligible activities, whereas *leisure time* corresponds to executing uncoerced activities leading to fulfillment and satisfaction.

## 2.2 Historical Development

The emergence of free time is a result of a large set of historical developments. An awareness of free time cannot be developed without the awareness of time. Long before humans used tools to map time onto a scale, time was mostly perceived in a cyclic manner, regarded as a succession of recurring phases. The alteration of day and night, the intake of food, recurring rituals or seasonal phenomena are examples of the very beginning of an awareness of time. The mapping of time onto a linear scale, which allows to

---

<sup>1</sup> In most cases, it is easy to determine, whether someone enjoys an activity and feels satisfied. Consequently positive definitions are a good way to distinguish between leisure and non-leisure time. But does an individual spend leisure time by doing sports in the gym to loose weight? Does a pop band, who plays for a hobby, have leisure time at a party when asked to play, although they rather would like to enjoy the party without performing? Sometimes it is not possible to distinguish, whether someone is spending leisure or non-leisure time. Only the persons themselves can tell.



define a specific point in time as well as to measure the duration of activities, was introduced by the ancient Egyptians with the sothic cycle and the first sundials. (WHITROW, 1989, p.25-27) The precision was coarse and varied in different regions of the world until centuries later mechanical clocks raised the precision to a practical level (WHITROW, 1989, p.103). However, it was primarily the reformation and the accompanying protestant work ethic that paved the way for an economization of time as part of European capitalism (WEBER, 2006, p.22).

With the industrial revolution, factory workers had to align their division of time to the rhythm of machines. They lost the freedom of allocating autonomously their working-hours. (WHITROW, 1989, p.160). With industrialization a clear distinction of free and working time became possible. Basically, time is bound equally to each one of us and cannot run short. Money is the collectible counterpart and can be transferred to other individuals independently. As loan was now solely coupled to working hours, the evaluation of time with money transformed time into a scarce resource that each individual was able to sell to employers (MARX, 1867, p.54).

The industrial revolution did rise the number of working hours to a maximum (PRAHL, 2002, p.98). It also initiated a large set of ongoing processes to streamline and densify time in line with the maxim "time is money" - the famous statement by one of the founding fathers of the United States of America, Benjamin Franklin (WEBER, 2006, p.22). The invention of the railroad introduced the standard time as it became necessary to have a unified time across cities. The telegraph and the undersea cable boosted the communication and shortened the physical distance between people. Shortly after, mass production of pocket watches started. Watches became ubiquitous and began to dominate everybody's life - Lewis Mumford said, "the clock, not the steam-engine, is the key-machine of the modern industrial age". (WHITROW, 1989, p.161) The densification of time continued with the invention of electricity and the light bulb that leveraged the alteration of day and night. With the spreading of roll film cameras people were able to easily capture and fix every thinkable situation in time. At the beginning of the 20th century, the first mass production of cars (e.g. Ford Model T) and airplanes further decreased the physical distance and increased the traveling speed.

Among the densification until the middle of the 20th century, the number of working hours decreased due to the efforts of the labor movement and social policies. It has since been recognized that the mass production and the resulting high supply of goods cannot persist without a respective demand. Consequently, the amount of free time increased. (PRAHL, 2002, p.99-100) With the advent of additional free time, the demand for a higher quality of free time increased and its commercialization started. (SCHEUCH, 1972, p.116) The growing wealth also increased the number of leisure facilities. Different flows of leisure opportunities greater occupied people's free time along all social classes: The mass media made it possible for workers to listen to operas of the high class. New music and dancing styles were developed. New kinds of art got published and even new life styles had been tried out. Free time gained a new quality. (PRAHL, 2002, p.106)

In the mid 20th century many countries finally had been established the five-day workweek<sup>2</sup>. In western countries free time gradually transformed into a time of mass consumption. The notion of performance in our working-life had been applied to each individuals free time, competing with consumption, status symbols, travel and leisure performance in general. (PRAHL, 2002, p.112) Additionally, flexible working-hours decreased the ability of individuals to find matching timeframes for social activities with friends and family members. (WAJCMAN, 2014, p.75)

In the end of the 20th century, the invention and the ongoing emergence of the world wide web initiated another intensive densification of time. The complexity of information that can be transferred at a time increased spectacularly (WAJCMAN, 2014, p.45). The best breeding ground for a sheer expansion of the globalization. The distances of global trade had been almost made meaningless as people were able to send different kinds of information in real time (WAJCMAN, 2014, p.17). The competition intensified and time is even more money and a timeframe of an individual becomes more precious. Besides the rise of globalization, the information age also changed the way people communicate personally. The communication via the world wide web became ubiquitous. The technology makes it possible to correspond to more people at a time, than ever before. In addition, messengers

---

<sup>2</sup> In Germany the trade union DGB titled "Samstags gehört Vati mir" (german for "At saturdays dad is mine").

and mails allow to schedule replies whenever possible without consuming time in meetings and goodbyes. The society transformed itself into an “always on” culture that puts the focus on being always available. No one is forced to do so, but social pressure encourages and spreads it. Responding late is not welcome in a “norm of responsiveness” (WAJCMAN, 2014, p.96). A time for a break is rare. The type of communication of each person does not even stop when it is of no importance. Privacy and the quality of communication decreases in favor of speed.

An ever-accelerating communication is the result of technological progress that is likely measured by time-saving benchmarks. Increasing the speed in transportation and communication technology is certainly desirable. Faster means of transportation<sup>3</sup> increases the comfort in trading and travelling. Unfortunately, a multi-option society with intense pressure on performance makes people feel a necessity to keep up. People fall into a pressure of realization and invest their time saved personally in additional activities and information exchange to increase the activities and correspondences per day instead of making room for leisure (GROSS, 1994, p.27-30).

## 2.3 Present Development

The historical development towards an always-on society strongly influenced today's lifestyle. The following section mentions several statistics and behaviors of present leisure time in the 2020s.

The broad range of leisure opportunities and an ongoing densification of time influences the way we choose activities during free time. According to SCHULZE there are six forms of existence (SCHULZE, 2005, p.198-206). It seems like today's time pressure let people rather stay in the form of existence to “choose” existing activities instead of “influence” things by their own. In other words, instead of being a musician yourself, you go to a musical event and listen to professional artists. This allows time savings and

---

<sup>3</sup> The Hyperloop One will need less than a hour to transport people from Melbourne to Sydney. The company says it is not “selling transportation, [it is] selling time”. HYPERLOOP ONE (2017)

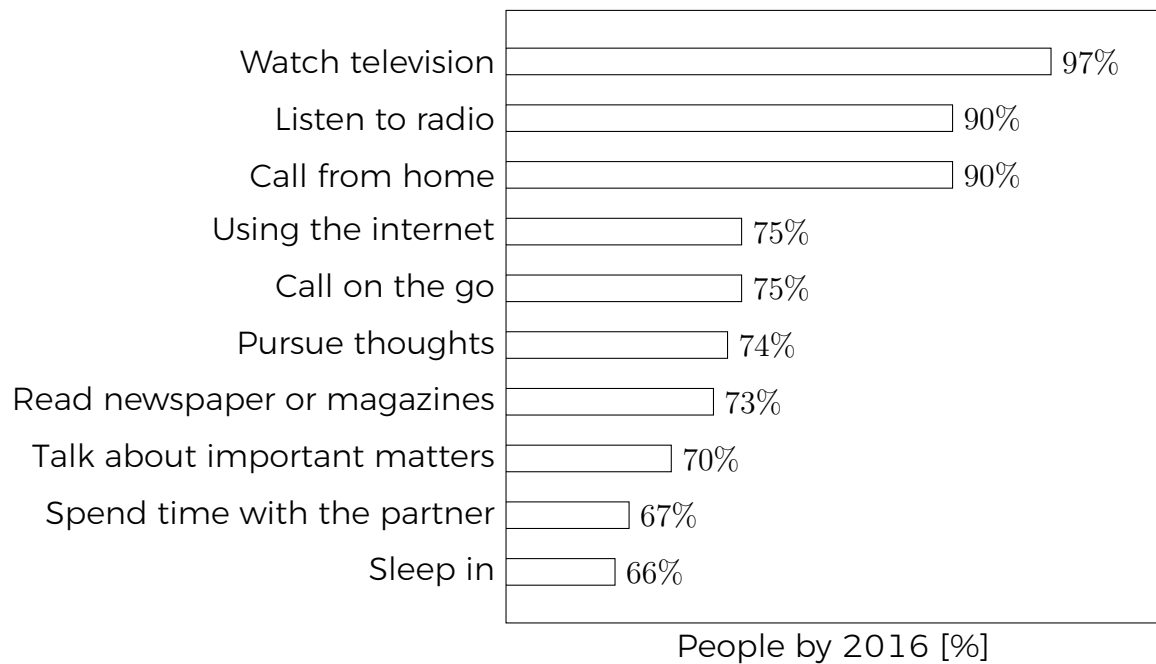


Figure 2.1: The study conducted by (STIFTUNG FÜR ZUKUNFTSFRAGEN, 2016) surveyed 3000 people over the age of 14 years in face-to-face interviews. Participants were asked to name their leisure activities of the past week. The chart shows the most mentioned activities.

professional music enjoyment in one place. In a networked world, things are easily accessible and people tend to develop different expectations. This begins primarily for children as soon as they have access to interactive media, which often provide little space for one's own personal level of imagination. Compare a computer game with a book or a construction kit - a computer game gives complete visual and audiovisual information, whereas the book and the construction kit are incomplete enough to make room for fantasy. Ever-faster communication and global competition support and promote this form of existence. Meanwhile, a large number of leisure activities are available to meet a strong demand. The market has become highly complex for many people. Although recommendations from friends or acquaintances for leisure activities are valuable and trustworthy, it is not uncommon to consult other information sources via multiple channels. According to a conducted study by STIFTUNG FÜR ZUKUNFTSFRAGEN, six of the top ten most done leisure activities are media-related as shown in figure 2.1. This affinity to media and the large number of leisure activities explains the existence of various magazines, radio programs, TV formats and websites<sup>4</sup>. Apart of

<sup>4</sup> An incomplete list of examples in these channels: "Kultur heute" (program by german radio station "Deutschlandfunk), "Das ist los im Norden" (program by north german ra-

the strong media consumption, STIFTUNG FÜR ZUKUNFTSFRAGEN extracts two additional major groups. The following main groups were identified:

*media use* This involves the use of classic and new media formats. Especially young people use the internet as a tool to coordinate activities or maintain social contacts.

*regeneration* The traditional regeneration after work is still an important part of modern leisure activities.

*socialize* The purpose of this major group is to spend leisure time together with family, friends and acquaintances.

The same study reveals that 98% of young adults used the Internet in the last week, which makes the internet the most popular leisure activity in this age group STIFTUNG FÜR ZUKUNFTSFRAGEN (2016). Thus, the internet is likely to be the most popular source for young adults today. 91% of young adults said that they had been active in social media in the last week STIFTUNG FÜR ZUKUNFTSFRAGEN (2016). Facebook is the largest social network and explains on one of its marketing sites that 440 million people use the event features alone on Facebook - 35 million of them daily (FACEBOOK, 2017). In the year of 2015, around 47 million events were created on Facebook (FACEBOOK, 2017). A social network can use its strengths in this field to give individualized information to people. The network either returns a list of potential attendees or recommends events of interest, like those organized by friends. In a digitized world, automated recommendations coexist and possibly compete in various fields with those given by acquaintances and friends.

The disadvantage of communicating via social networks, instant messaging services and similar methods is that they make it unnecessary to meet in person anymore. This extensive use of these communication technologies in conjunction with the perceived scarcity of time have an impact on the way

---

dio station "ffn"), "MIX" (german magazine and website - operates in Bremen, Bremerhaven and the surrounding area), "www.wasgeheuteab.de" (german website - operates in Germany), "eventful.com" (american website - operates worldwide), "eventim.de" (german website - operates worldwide), "eventbrite.de" (american website - operates worldwide), "ttt - titel thesen temperamente" (program by german television channel "ARD").

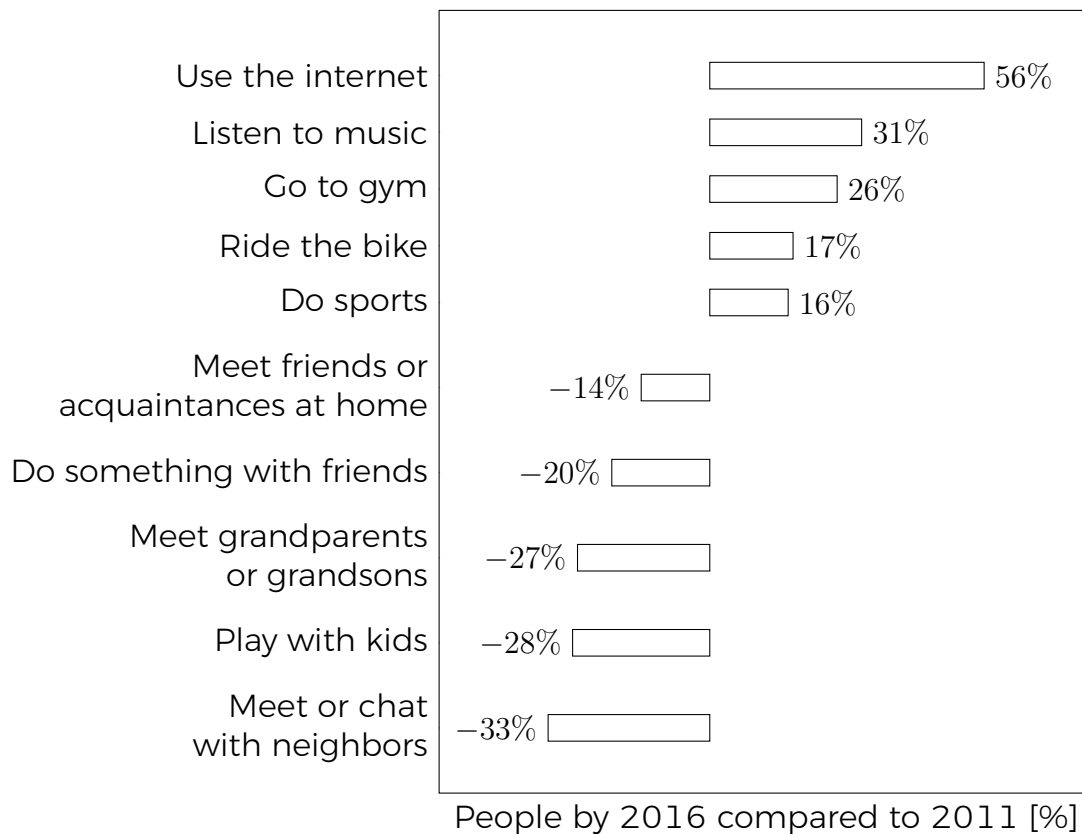


Figure 2.2: Top-five trending and abandoning leisure activities done at least once a week in a 5-year comparison by those polled. (STIFTUNG FÜR ZUKUNFTSFRAGEN, 2016)

we spend our free time. As shown in figure 2.2, the 5-year comparison shows that primarily common activities show the highest drop rate, whereas solitary activities show the highest growth in this trend. This is worrying, but not an unusual development. The personal presence of people is becoming increasingly unimportant with social networks and comparable technologies, as they seek to establish themselves as a medium in between. Interpersonal relationships also suffer from the already mentioned rationalization of time in which ever arising time gaps are being filled. Social media become the passive communication channel through which people make their experiences available to the public. This way, leisure time has become part of one's self-promotion and is therefore increasingly subject to a performance principle, just like employment does.

### 3 The Machine

This chapter presents the conception and implementation of a machine that has the aspiration to provide people an alternative organizational assistance to plan their free time with fellow people. Several scenarios are imaginable. One example is the desire of a person to be active in sports and practises a sport that is unfortunately less popular. The person resides in a city that does not have a club offering the sport. This is why the person would like to find like-minded people to do sports together. In another case, a group of people would like to attend an event with standard group sizes. To save money, the group is looking for another person to complete the next greater group size. In the last scenario somebody would like to take a cultural tour around the city and is looking for nearby events - not necessarily those in the event calendar. All scenarios require a dedicated point to call for advice. Existing unidirectional tools, such as the event calendar, do not provide the necessary level of interactivity to locate interested people. In addition, bi-directional tools, such as social networks, prioritise other issues and do not focus on an effective planning of events. This leads to a higher potential for distraction and therefore increases the chance to spend more time online as needed to organize offline time.

As part of the conception, precautions are made and reviewed to respect the mentioned developments in free time. To complete the description of the machine, important aspects of the later implementation are explained in detail, in which the concept constitutes its foundation.

## 3.1 Concept

Although smartphone applications are the epitome of digitalization and thus make a decisive contribution to our feeling of time pressure, the machine should be based on a smartphone application. This is intended to investigate whether it is the technology or the design of such applications that causes us to be short of time. The following concept aims to shorten the time spent organizing activities in favor of time spent qualitatively. In this sense, the individual also spends more leisure time.

A clear distinction between leisure time and free time can be problematical, once applied for the general public. While many people consider shopping to be a necessary part of their daily routine, shopping on vacation can be fun as a stopover on a day trip. Thus, the respective boundaries between leisure time and free time are defined by subjective aspects, for example. Consequently, the boundaries are fuzzy in an objective context and it is difficult to find suitable constraints. For this reason, maximizing leisure time cannot be considered as the primary goal. Instead, the machine is intended to expand leisure time only and thereby optimize free time. The following sections explain how the application is supposed to decrease online time in favor of offline time as well as the basic idea of the application.

### 3.1.1 Proposal of Actions

This section lists five different actions that can help to decrease the amount of online time in favor of offline time. Every action is introduced with an underlying explanation.

#### **Action 1: Do not thrive self-promotion online**

The first action to increase leisure time is the strong limitation of an individual's self-promotion. As an essential part of the comprehensible intrinsic need to be liked by others, self-promotion influences the way we clothe and express ourselves. However, it can be overly optimized on social media as



the individual is able to decide what to share with the public. The individual can build up their own personalities, manipulate their outer appearance and the surrounding environment. I think it is reasonable to say that individuals economize their self-promotion for likes and shares on social media. This ever-improved false picture let individuals become more and more subject to a greater social pressure to compete with the apparent norm of a gradually optimized presentation of everybody's personality (JAY, 2012). Thus, the individual spends more time on social media to maintain their profiles and to keep part of the discussion. Studies show that there is a correlation between somebodies relative happiness and the hours spend as well as the number of years registered on Facebook (CHOU & EDGE, 2012, p.119).

In order to decrease the time spent on such activities, the machine has a reduced number of possible spaces thriving self-promotion. Only a profile photo and a short description of the person shall be allowed. This way, new members have the ability to introduce themselves to the community and everybody can get an idea of each other. However, there will be no further interactive elements to shape one's self-promotion. This design prevents possible competitions along members in the context of self-promotion and shall free up space in everybody's free time.

## **Action 2: No social feeds or unrelated features**

The second action is the avoidance of secondary features that are not essential for organizing activities. Secondary features may include the display of an advertisement, news and any kind of social feeds. A social feed allows individuals to upload videos, status updates or photos. As the essential part of their business models, most social networks engage community members to contribute or interact with the social feed. This way, the social feed is an awarding advertising space. A higher engagement and retention time means more ad-placements and a higher profit. Consequently, social media applications like Facebook and Twitter do not reward anybody to meet in person. On the contrary, the more time individuals spend on their platform, the greater is the probability to receive more likes and comments. Most of the people may not have won much in the end. Instead of being active by themselves, they consume the content of the social feeds. In addition, meeting in person would have the advantage of a more conscious

communication as facial gestures are an essential part of it (VANDERKAM, 2017). That is the reason why job interviews and presentations are most likely done in-person (VANDERKAM, 2017). In addition, studies show that in comparison to textual conversations, in-person meetings let communication partners feel more satisfied and increase the level of mutual attention (VANDERKAM, 2017).

In the interest of refocusing to in-person meetings, the machine does not mislead individuals to spend time unnecessarily for other purposes. Thus, the application will not feature a social feed or any kind of advertisement.

### **Action 3: Make a strong effort to reduce instant messaging**

The third action is limiting instant messaging. As mentioned in the previous section, in-person meetings have many advantages. In order to keep the motivation at in-person meetings as high as possible, a general chat is not used in the application. Nevertheless, during the planning of a meeting, it must be possible to communicate with each other online. At this point, it is essential to offer a chat function, as it must be possible for members to establish an initial communication.

### **Action 4: Make use of machine-generated recommendations**

The fourth action is the use of machine-generated recommendations. As already explained in the previous chapter, there are different sources of recommendations with their own advantages and disadvantages. While friends and acquaintances usually have a more detailed knowledge of a person's personal preferences, machines have the ability to compare a large set of data from large databases to identify analogies. In addition, publishers of magazine recommendations, such as the MIX-Verlag<sup>1</sup>, also benefit from a wide spectrum of activities and may even receive insider tips from event hosts and their readers. However, all submitted information is reviewed and finally forwarded to the readers in a filtered format. Consequently, recommendations from editorial sources can be influenced by third parties in a

---

<sup>1</sup> The MIX-Verlag is a german publishing house that publishes every month a magazine with event recommendations for Bremen, Bremerhaven and the surrounding area.

political, financial or local manner. Likewise, recommendations made by acquaintances can also become subject of their respective interests. An acquaintance might decide to withhold a restaurant recommendation from someone as they would like to visit the restaurant undisturbed at the same time.

In contrast, a corresponding algorithm can generate neutral recommendations on the basis of the same parameter types. In addition, community members need to be able to make their own suggestions for activities. As a result, the database becomes more and more extensive and offers an increasing variety of activities and insider tips. Thus, all members in the community define the ground for potential recommendations by interacting with the machine. This is why machine recommendations should also be part of the machine's features.

### **Action 5: Keep it simple stupid**

The fifth and last action is a thought-out human-computer interface that focuses on the most essential features and is designed to keep the time of interaction with the machine as short as necessary. As discussed in the previous chapter, there are many applications for organizing events that have many different features due to their size and thus increase the level of complexity. Although applications with a wide range of features are certainly interesting, these applications have a greater potential for distraction. An application does not have to be very complex to plan events in a comfortable way.

This means that less relevant features, which unnecessarily require one's attention, are excluded from the machine. Instead, it has to be possible to quickly select and manage activities with little effort and within a short time. An explorative page can provide an overview of all local activities in a matter of seconds.

### 3.1.2 Basic Idea

When people want to spend time together, they are often looking for like-minded people with whom they can carry out a particular activity with pleasure. Because of this reason it is reasonable to give all members the possibility to classify themselves among different groups of interests, so that like-minded people can easily find each other for an activity. In a community of this kind, it should be possible to plan common activities and to add additional people. Before the activities take place, all participants need the opportunity to inform themselves and discuss the detailed procedure.

On the basis of these principles, one could notice that it is not easy to distinguish between interest groups and activities. Another terminology must be applied to simplify a distinction. Where do we find similar constructs within other areas? In the wildlife, animals group themselves in hordes or packs, depending on their species. While a herd of animals shows strong self-dynamics that may not always meet the individual desires of each animal, there are clear patterns in a pack. Shared characteristics become apparent as soon as one applies the concept of the pack to the group of interests. Hence, a comparison seems to be appropriate. In both concepts each member pursues similar intentions. However, hierarchies and genetic relatedness, as they exist in wildlife, are not required. Thus, I like to use the metaphor of a pack to describe an interest group within the application.

To complete the terminology, a corresponding name for an activity and the application is needed. Every time wolves start hunting, we speak of an excursion. Likewise, such a metaphor applies perfectly to the machine's structure as well. In the context of this application it should be noted that you cannot take hunting literally. The objective is rather the execution of the activity in general by members of any given interest group. This is why an activity will be called an excursion in the context of the application.

The name of the application should follow the same terminology. To support the acceptance of the application in german-speaking countries and thereby increase the probability of a meaningful evaluation, the german term "Rudel" (pack) can be used. In order to keep the total number of terms small, the group of interests will be entitled after the german translation as

well, which is why a group of interest is renamed to "Rudel" (pack). In order to find the application in search results more easily and to differentiate the name of the application from the group of interests, the term can be slightly varied and shortened. In this case, the name "rudl" seems to be a fitting name for this application.

Now that the general idea and its related terminology has been defined, the implementation of the application will be explained in the next section.

## **3.2 Implementation**

In this section, various components are presented that are necessary to implement the machine in accordance with the above concept. In this context, a visual language will be presented to encourage a simple interaction between the individual and the machine. Afterwards, the entire structure and layout of the application will be illustrated and how members of the community can organize their leisure activities in line with the concept. At the end of this section, the recommendation algorithm is explained using the corresponding data storage technology.

### **3.2.1 Visual Language**

The visual language is an underlying set of rules for the design of all visual components within the application. A standardized visual language increases the memorability, familiarity and simplifies the overall handling for anyone interacting with the application. In addition, a visual language can create a sense of security. For example, stores of a large coffee house are looking very similar in all parts of the world. The creation of a familiar environment creates a certain feeling of security. As the application is going to operate with personal data, the definition of a visual language therefore offers added benefits.

To ensure that each member associates the metaphor of the pack and the

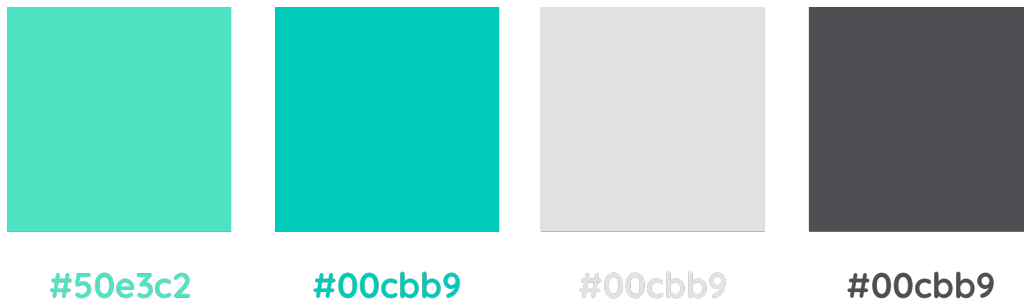


Figure 3.1: Greenish tones define primary and secondary colors and a light color palette.

excursion with a positive attitude, it is important to provide a friendly look and feel throughout the entire application. This is why a palette of light colors shall be used. Green nuances influences the primary and secondary colors as shown in figure 3.1 to reinforce the metaphor and its relationship to nature. The primary and secondary colors are intended to highlight those components that deserve attention. That includes essential buttons and the logo of the application. In the same manner, the logo of the application draws attention to the concept of packs, excursions and wolves by illustrating a howling wolf in front of a moon colored in the primary color. In line with the goal of the visual language, simplicity and a high memorability were respected in the design. Figure 3.2a shows the final logo with a selection of alternatives and previous iterations.

Not only the colors and icons contribute to the positive attitude, it can also be influenced by the writing style and typeface. Correspondingly, the typefaces as shown in figure 3.2b are sans serif fonts to ensure the necessary simplicity. Formulated texts shall always make positive statements and do not blame human beings for interaction errors, whenever possible.

As the visual language can ensure a streamlined design of the application, the following sections describe the corresponding features.

### 3.2.2 Organisation of Interest Groups

Joining together into interest groups is along with excursions the most important objective of the application. Interest groups can consist of friends,

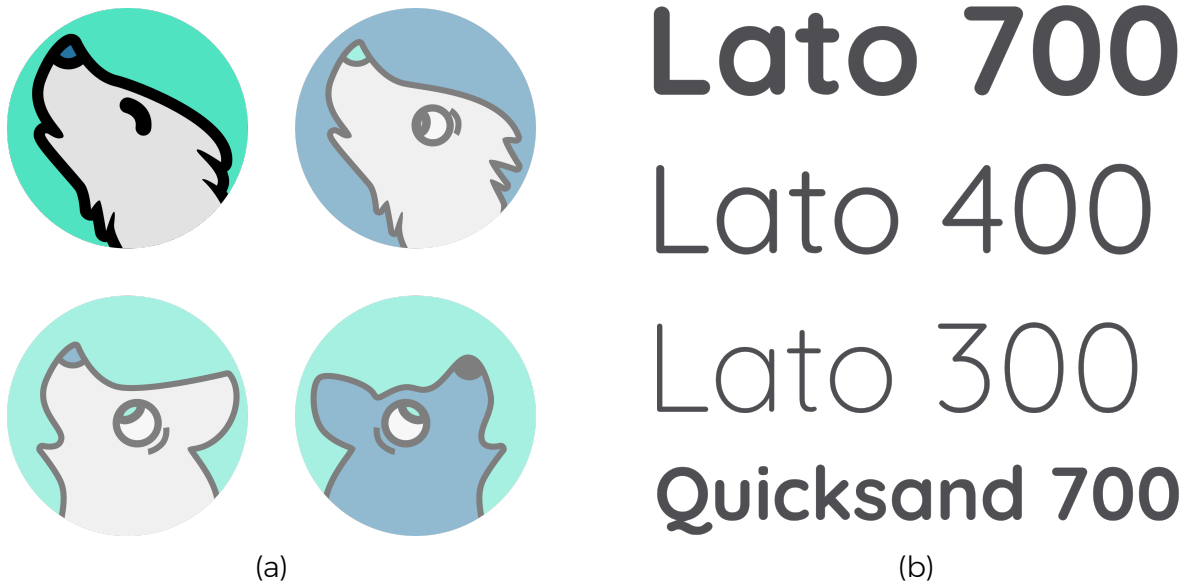
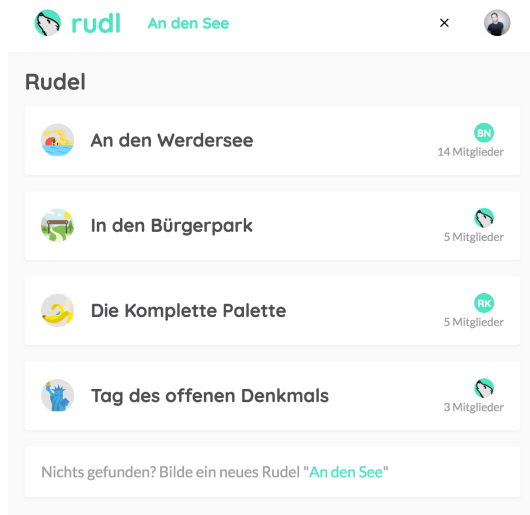


Figure 3.2: Icons and typefaces as defined by the visual language: Multiple iterations of the logo (a) with different shapes and colors. The non-transparent icon is the final version of the logo. The typeface (b) consists of two sans serif fonts - Quicksand is used for headings, whereas Lato is used for floating text.

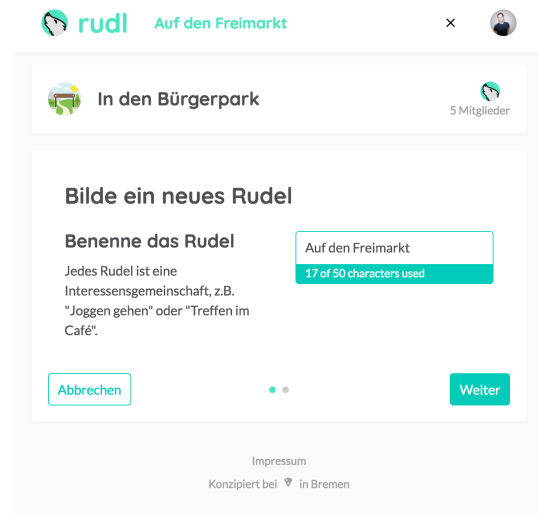
family members or people unknown to each other. In order to let members properly find interest groups, the application should provide an easy accessible search function. Thus, the search function as shown in figure 3.3d is shown prominently at the top of the application screen and can be activated at any time. Figure 3.3a shows an activated search function with all interest groups that are related to an entered search term. Any interest group in the list can be opened at will.

In the case that a member is unable to find the corresponding interest group, a direct option to create one appears. In comparison to existing interest groups, the option does not come with an icon to look less attractive. This may lead to fewer duplicates and motivates everybody to select an existing interest group, if applicable. Once the option is selected, a name as shown in figure 3.3b and an icon as shown in figure 3.3c has to be set to properly create an interest group. A collection of 993 icons across seven categories shall increase the memorability and interactivity of an interest group. Once finished, the just created interest group is set as shown in figure 3.3d and every member is able to join the group.

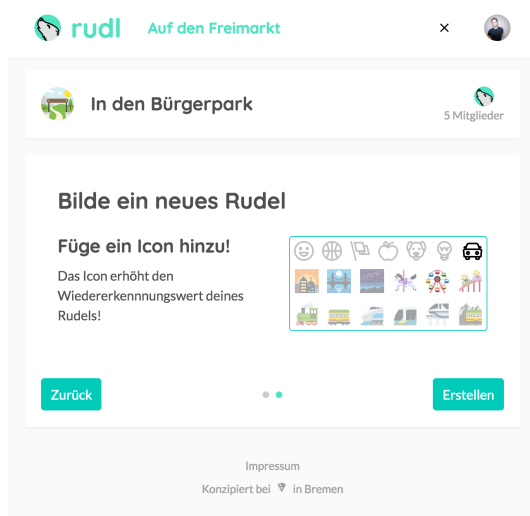
The panel of the interest group contains of a head area and three separate



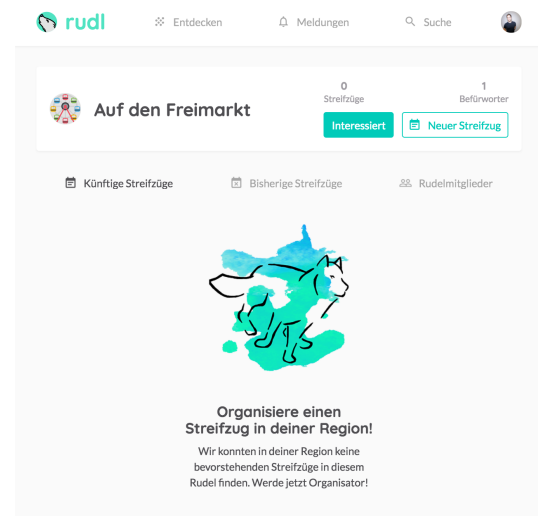
(a)



(b)



(c)



(d)

Figure 3.3: The panel of an interest group (d) reveals all important information and is accessible via the search interface (a). Interests groups are created in two steps: (b) specify a name for the interest group and (c) specify an icon for the interest group.



sections organized in tabs. The head area shows all important information about the interest group, including current statistics. A member can easily indicate their fellowship by clicking on the emphasized button in the head area. A list with all members of an interest group as well as lists of upcoming and past activities are shown in the corresponding section. If certain lists are empty, a placeholder with useful tips is displayed as shown in figure 3.3d.

### 3.2.3 Organization of Activities

The whole concept of the application remains in the virtual space as long as there is no way to join and create activities. Activities are accessible via the corresponding interest group as described in the previous section.

To create an activity, a member clicks the corresponding button in the head area of the interest group and runs through four steps: At first, the member has to enter a short description, may adjust the name of the activity and turn on the access control<sup>2</sup> as shown in figure 3.4a. In the next step, the member has the option to change the icon. Figure 3.4b illustrates how it is possible to change the icon accordingly. The third step as shown in figure 3.4c displays a map to set the meeting point. In the last step, the creator sets the date and time and may decide for privacy reasons to apply an inaccuracy to the time, see figure 3.4d.

Every activity panel is structured analogical to an interest group as it contains a head area and three separated sections. Figure 3.5a illustrates the head area, which displays all relevant information in order to meet in person. In the event that important information in the head area are missing, all attendees can chat with each other easily in the discussion section as shown in figure 3.5c. This is the only way within the entire application to chat with each other and to make further plannings. The location section as shown in figure 3.5d comes with a large map and the ability to open third-party applications to properly navigate to the meeting point. The purpose

---

<sup>2</sup> Excursions are either freely accessible to everyone or restricted to a certain group of people. The creator may like to turn on this access control during this step. In this case, everyone interested has to apply for the participation at the activity. Once the creator has confirmed the request, the member automatically joins the activity.

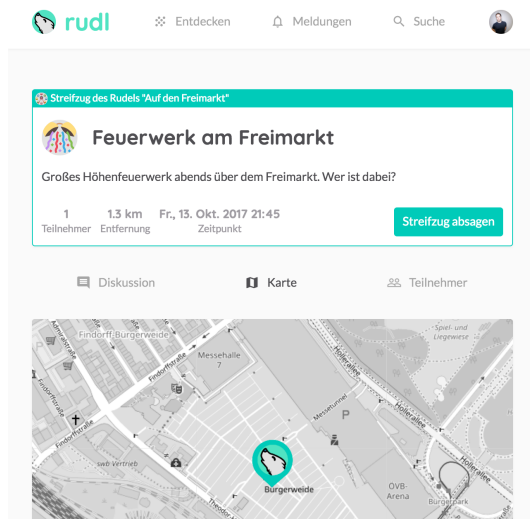
(a)

(b)

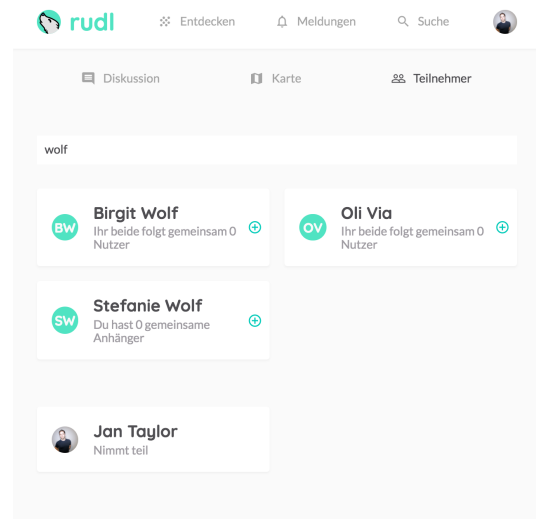
(c)

(d)

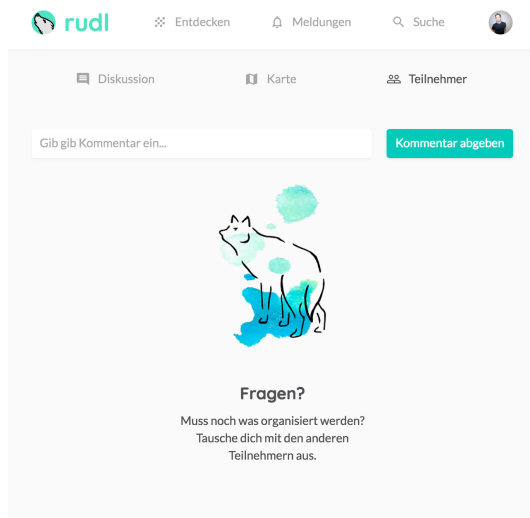
Figure 3.4: Creation of activities in four steps: (a) Adjust the activity name and access control, (b) redefine the activity icon, (c) set the meeting point and (d) specify date and time of the activity.



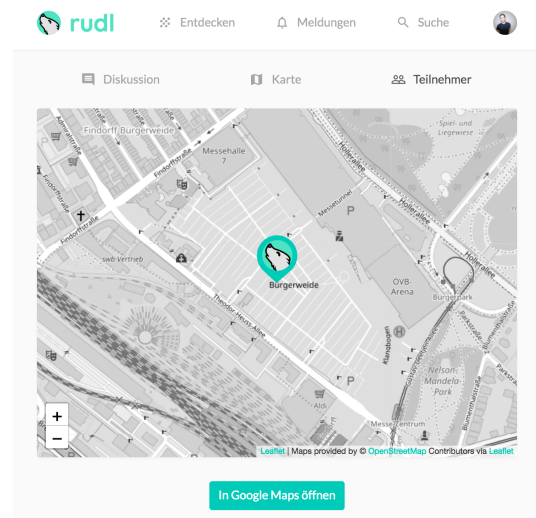
(a)



(b)



(c)



(d)

Figure 3.5: The activity panel (a) comes with a map of the meeting point (d), invitation capabilities (b) and a discussion board (c) to let members plan their activity in detail.

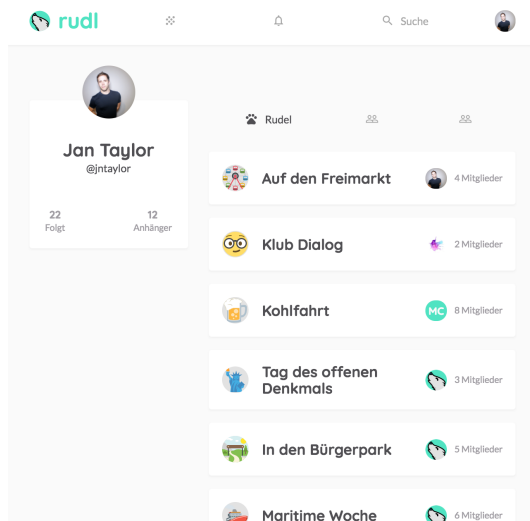
of the last section as shown in figure 3.5b is to invite other members to the activity. Everybody can enter the members name to send a corresponding notification. This way, it is easy to tell friends and acquaintances about the activity.

### **3.2.4 Profile Management and Notifications**

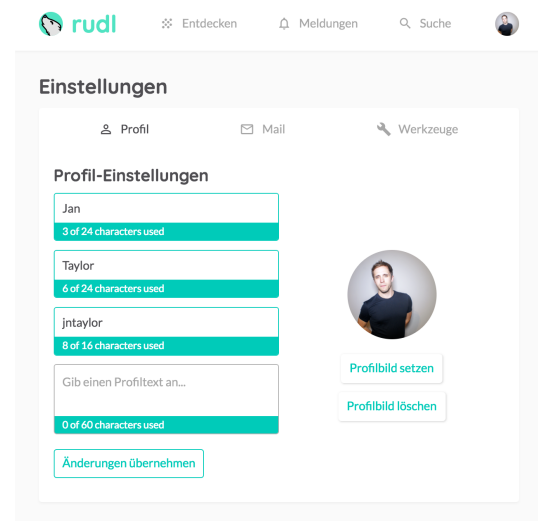
Every member in the community has a public profile that can be individualized with a picture and a short description. As shown in figure 3.6a, every profile contains a list of all joined interest groups and an overview of all corresponding followers and followees. Members can adjust their profile within the settings page as shown in figure 3.6b. Additionally, the settings page allow members to delete their account or toggle notification updates via mail.

Notifications may represent a trivial principle. Carefully applied, they improve the transparency throughout the application. Members do not need to invest time to investigate whether friends, acquaintances or other related members are joining activities or started a discussion. Figure 3.6c demonstrates the overview of notifications that is easily accessible via the top menu. Members will be notified as soon as one of the following events occurred:

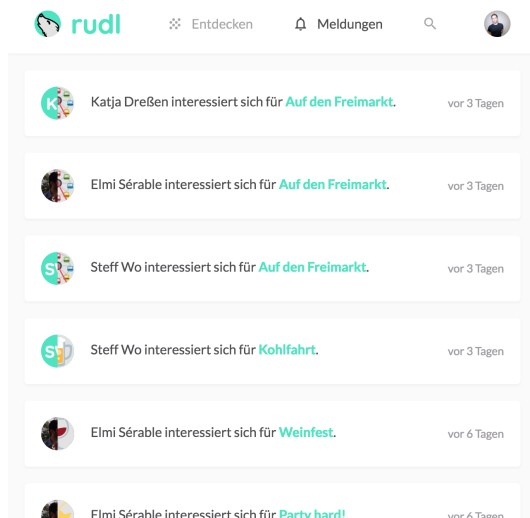
- A nearby activity had been created in one of the interest groups that the member joined.
- Another member joined or left an activity that the member created.
- A followee of the member joined an activity that the member joined.
- Another member wants to join a restricted activity that the member created.
- The member was accepted or rejected to be attendee of a restricted activity.
- The member had been invited to an activity.
- Another member has accepted or rejected an invitation to an activity that the member created.



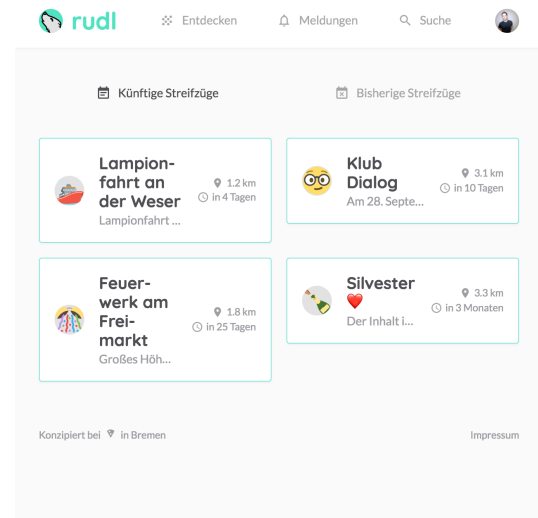
(a)



(b)



(c)



(d)

Figure 3.6: Every member has a public profile (a), which can be configured via the settings page (b). Every member receives personal notifications (c) as well as an overview of all joined activities (d).

- Another member started or continued the discussion within an activity that the member joined.
- An activity that the member joined is scheduled for today.
- The member got a new follower.
- A followee of the member joined or created a new interest group.

In case the member activated mail notifications via the settings page, notifications are collected on a hourly basis and sent via mail to the members inbox.

The last component in this section is an overview of all upcoming and past activities to which the member will participate or had participated. Figure 3.6d shows the section of upcoming activities. In addition to notifications, this overview shall provide an alternative way to access all relevant activities easily.

### **3.2.5 Explorative Components**

Interest groups and activities form the foundation of the application. At present, interest groups and the related activities are accessible in a limited manner. To prevent members from having to search for new or popular interest groups and activities on their own, there has to be a feature to inform members about corresponding entries within the application. In contrast to notifications, this feature is primarily meant to address entries that the member has not yet interacted with. Similar to magazine guides, it can be convenient to browse through new and popular interest groups, activities and members. Thus, the application should provide a browsing feature that is intended to be shown right after opening the application. Figure 3.7 shows the exploration page, which is divided into three sections organized in tabs. Each section provides an overview of interest groups, activities or members in orders of recommendation quality, popularity and recency. The recommendations are the result of the recommendation algorithm as described in the next section.

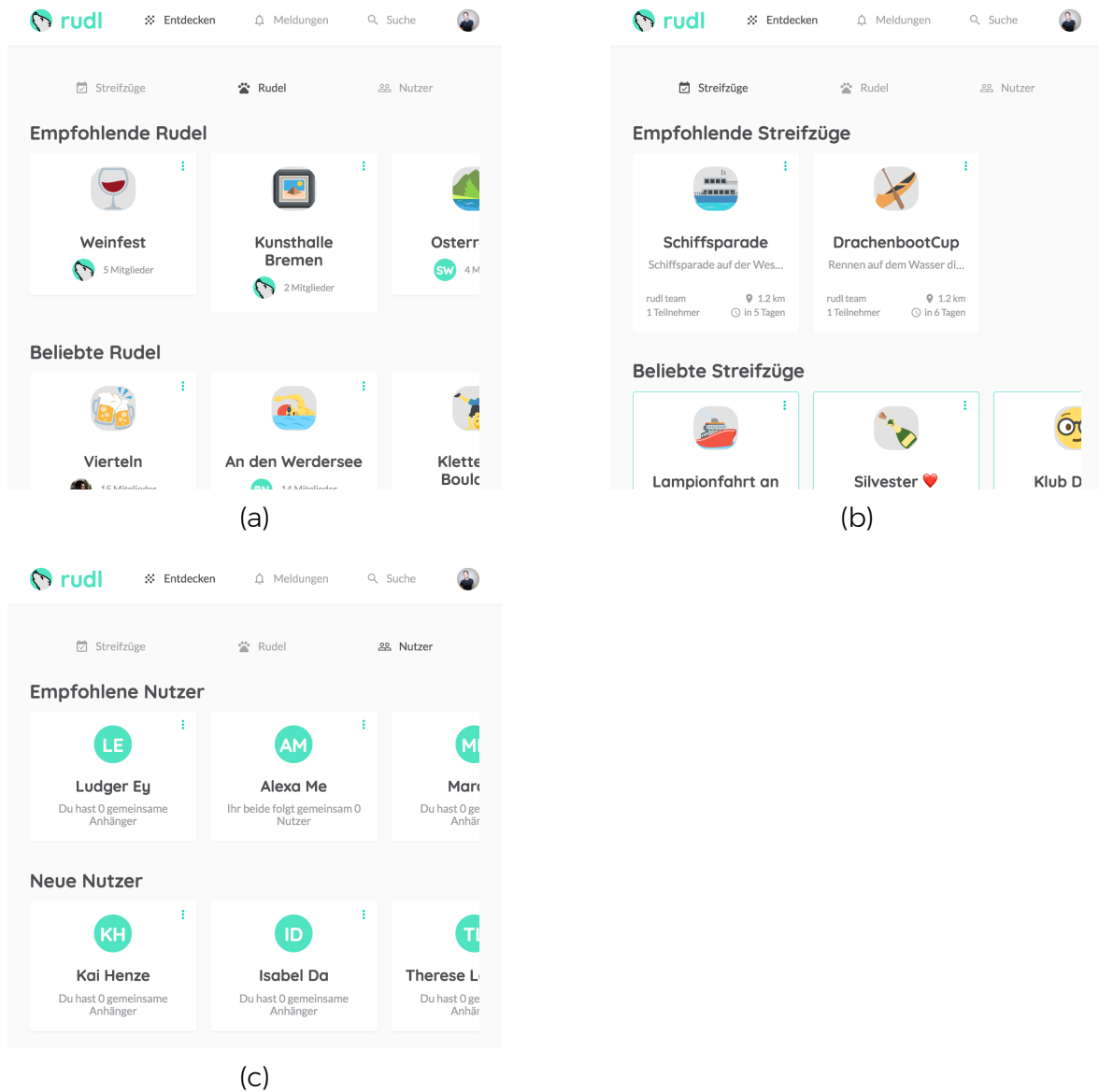


Figure 3.7: Explorative components either display lists of interest groups (a), activities (b) or users (c). All lists are either sorted by popularity, recommendation quality or recency.

### 3.2.6 The Recommendation Algorithm

Without media tools, people generally have a narrowed picture of possible leisure activities in the region. Accordingly, it is important to inform about possible leisure activities. Because of the reasons mentioned in a preceding section, the application will provide recommendations that are generated by the machine itself. As machine generated recommendations can involve far more input variables than editorially selected ones, it is possible and desirable to make recommendations on the basis of as many members, interest groups and activities as possible.

The recommendations made by the application are not meant to patronize members or take their decisions. The autonomy of all members has to be encouraged as well as their freedom to decide either to agree with a recommendation, indicate a lack of interest or fully ignore it. The algorithm should not limit this freedom or influence the final decision of a member. Otherwise, people might do something that does not correspond to their personal needs and risk stress or dissatisfaction on a long-term basis.

An analysis of every single interest group or activity describes the procedure of content based filtering. Attributes are assigned to each recommendation item to allow a comparison among all the other items (KLAHOLD, 2009, p.42). Nonetheless, this implies that each member that creates an interest group or activity would have to add comprehensive descriptions of its attributes. As the number of possible attributes increases, existing recommendation elements may need to be checked and perhaps added again. This does not only require a high level of organizational work, but it would also be questionable whether members will save time. In addition, it is possible that members may provide misleading information by accident or on purpose. For this reason, it should be impossible for everybody to influence recommendations made to other members. This is why the input variables shall be exclusively based on the data provided by registered members. With this in mind, it makes sense to avoid a corresponding functionality to let members categorize interest groups and activities.<sup>3</sup> This can be done by using

<sup>3</sup> One imagines a beach club manager, who would like to promote the interest group "Go to the beach club". Out of this motivation, the manager decides to equip the interest group with appropriate categories indicating that activities of this particular interest group are independent from weather conditions. Clearly, this does not correspond to the truth and



$$\begin{array}{c}
 \begin{array}{cccc}
 & Item_1 & Item_2 & \cdots & Item_m \\
 User_1 & \left( \begin{array}{cccc}
 neutral & \mathbf{likes} & \cdots & neutral
 \end{array} \right. \\
 User_2 & \left( \begin{array}{cccc}
 dislikes & \mathbf{likes} & \cdots & \mathbf{likes}
 \end{array} \right. \\
 \vdots & \left( \begin{array}{cccc}
 \vdots & \vdots & \ddots & \vdots
 \end{array} \right. \\
 User_n & \left( \begin{array}{cccc}
 dislikes & \mathbf{likes} & \cdots & neutral
 \end{array} \right.
 \end{array}
 \end{array}$$

Figure 3.8: Matrix of  $m$  items and  $n$  members as used in collaborative filtering.

collaborative filtering.

Collaborative filtering is based on the behavior of members, for example on any interest group they follow or activity they join. (KLAHOLD, 2009, p.62) Thereby, the algorithm does not compare the similarity of recommendation elements, but rather compares the interactions between recommendation elements and members. This can be illustrated by a member-item matrix as shown in figure 3.8.

(Mit Codebeispielen) Andere Aktivitäten empfehlen, basierend auf bewertete Aktivitäten (explizit, kontextsensitiv)

Weiterhin bestehen geläufige Probleme der Empfehlungsalgorithmen, wie bspw. dem Cold Start und der Filterblase Kritische Betrachtung

### 3.3 Required Hardware and Software

The complexity of the application is extremely challenging and the implementation by a single person cannot be completed in a predictable time. It is necessary to use already implemented third-party modules that have to be configured and integrated accordingly. Beyond the software, an application of this kind can only be operated on a real existing computer. This section gives an overview explaining the rough infrastructure of software and hardware for the entire application.

---

was chosen out of pure self-interest.

# 4 Empirical Method

## 4.1 Technical Validation

- Beispielhaftes Modell und Anwendung des Algorithmus.

## 4.2 User-centered Validation

### 4.2.1 Recruiement

### 4.2.2 Participants

### 4.2.3 System Usability Score

- Evaluation der Usability
- Ausschließen, dass Empfehlungen bewertet werden und nicht die Defizite der Applikation

### 4.2.4 Questionnaire

Maßnahmen alle als Teil der Evaluation

- Nutzerzentriertes Evaluieren der Empfehlungsalgorithmen.

- Ist es gelungen, die Freizeitgestaltung zu vereinfachen?
- Hast du mind. einen Streifzug unternommen?
- Hat es deine Freizeitgestaltung direkt oder indirekt beeinflusst (hatte es impact)?

# **5 Results**

## **5.1 Technical Validation**

## **5.2 User-centered Validation**

### **5.2.1 System Usability Score**

### **5.2.2 Questionnaire**

## **6 Analysis**

Ergebnisse der Studie wiederholen und in den Kontext stellen

virtuell aktuell was ist physisch? ab wann?

# 7 Conclusion

- Thema, wie in der Einführung, aufgreifen
- Ausblick formulieren
- Implementation von Bucketlisten?

# **A Appendix**

## A.1 Study Material

### Usability of the application

Please make an evaluation of the application during the testing period. Please use your "gut feeling" and do not think too long. Please mark the respective fields.

	strong rejection				strong approval
I think I would like to use this system regularly.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I think the system is unnecessarily complex.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I think the system was easy to use.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I think I would need the support of an expert to use the system.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I felt like the various features of the system are well integrated.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I consider the system to be too inconsistent.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I believe that most people would learn very quickly how to use the system.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I think using the system was very complicated.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I felt very secure using the system.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I had to learn a lot of things before I could work with the system.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5



## Experiences with the application

Please answer the following questions and tell us about your experiences during the testing period.

No personal data is collected to evaluate your answers.

How many rudel and excursions did you join?	<input type="checkbox"/> rudel	<input type="checkbox"/> excursions
How many excursions did you attend physically? (*) How many excursions had you joined with the help of the application only? (**)	<input type="checkbox"/> excursions*	<input type="checkbox"/> excursions**
In case you <b>did</b> join an excursion: Did you know the attendees before?	<input type="text"/>	
In case you <b>did</b> join an excursion: Did you or any attendee use other communication tools?	<input type="text"/>	
In case you <b>didn't</b> join an excursion: What are your reasons?	<input type="text"/>	
Have you seen recommendations, e.g. packs, excursions? (*) Did you feel patronized by these recommendations? (**)	<input type="checkbox"/> yes*	<input type="checkbox"/> yes**
In case you noticed recommendations: How helpful are the recommendations for you?	<input type="checkbox"/> --	<input type="checkbox"/> - <input type="checkbox"/> + <input type="checkbox"/> ++
In case you noticed recommendations: How accurate did the recommendations match?	<input type="checkbox"/> --	<input type="checkbox"/> - <input type="checkbox"/> + <input type="checkbox"/> ++
In case you felt patronized: What are the reasons?	<input type="text"/>	
Do you have the feeling to save time by using the application?	<input type="text"/>	
What do you say about the communication inside the application?	<input type="text"/>	

What do you like and dislike about the application?

Do you have ideas to improve the application?

Please try to name differences of each method. What comes to your mind?

	(-) Facebook	(-) Instant Messenger	(-) Events Calendar	(-) Friends and Acquaintances
(+) Application				
(+) Facebook				
(+) Instant Messenger				
(+) Events Calendar				

Please try to describe any advantages and disadvantages of each method. What comes to your mind?

	(-) Application	(-) Facebook	(-) Instant Messenger	(-) Events Calendar	(-) Friends and Acquaintances
(+) Application					
(+) Facebook					
(+) Instant Messenger					
(+) Events Calendar					
(+) Friends and Acquaintances					

## B Bibliography

- BUSINESS DICTIONARY (2017): *digitalization*. <http://www.businessdictionary.com/definition/digitalization.html>. Last access on 06.09.2017.
- CHOU, H.-T. G. & EDGE, N. (2012): *'They Are Happier and Having Better Lives than I Am': The Impact of Using Facebook on Perceptions of Others' Lives*. In: *CyberPsychology, Behavior & Social Networking*, **15**, 2.
- FACEBOOK (2017): *Facebook Events*. <https://events.fb.com/#why-facebook-events>. Last access on 10.09.2017.
- GROSS, P. (1994): *Die Multioptionsgesellschaft*. Edition Suhrkamp. Suhrkamp.
- HYPERLOOP ONE (2017): *Hyperloop One*. <https://hyperloop-one.com/>. Last access on 03.08.2017.
- JAY, M. (2012): *Just Say No to Facebook Social Comparisons!* Psychology Today: <https://www.psychologytoday.com/blog/the-defining-decade/201203/just-say-no-facebook-social-comparisons>. Last access on 27.08.2017.
- KELLY, J. & FREYSINGER, V. (2000): *21st Century Leisure: Current Issues*. 21st Century Leisure: Current Issues. Allyn & Bacon.
- KLAHOLD, A. (2009): *Empfehlungssysteme: Recommender Systems - Grundlagen, Konzepte und Lösungen*. IT-Management und -Anwendungen. Vieweg+Teubner Verlag.
- MARX, K. (1867): *Das Kapital, Kritik der politischen Ökonomie*. Verlag von Otto Meisner.

- PRAHL, H. (2002): *Soziologie der Freizeit*. UTB / UTB für Wissenschaft. Schöningh.
- SCHEUCH, E. K. (1972): *Die Problematik der Freizeit in der Massengesellschaft*. In: EK Scheuch, & R. Meyersohn, *Soziologie der Freizeit*, 23–45.
- SCHULZE, G. (2005): *Die Erlebnisgesellschaft: Kultursoziologie der Gegenwart*. Campus Bibliothek. Campus Verlag.
- STEBBINS, R. (2007): *Serious Leisure: A Perspective for Our Time*. LSA Publication. Transaction Publishers.
- STIFTUNG FÜR ZUKUNFTSFRAGEN (2016): *Freizeit Monitor 2016*. <http://www.freizeitmonitor.de>. Last access on 02.06.2017.
- VANDERKAM, L. (2017): *The Science Of When You Need In-Person Communication*. <https://www.fastcompany.com/3051518/the-science-of-when-you-need-in-person-communication>. Last access on 05.08.2017.
- WAJCMAN, J. (2014): *Pressed for Time: The Acceleration of Life in Digital Capitalism*. University Of Chicago Press.
- WEBER, M. (2006): *Die protestantische Ethik und der Geist des Kapitalismus: Textausgabe auf der Grundlage der ersten Fassung von 1904/05 mit einem Verzeichnis der wichtigsten Zusätze und Veränderungen aus der zweiten Fassung von 1920*, Bd. 6. FinanzBuch Verlag.
- WHITROW, G. (1989): *Time in History: Views of Time from Prehistory to the Present Day*. Oxford paperbacks. Oxford University Press.

# C List of Figures

- 2.1. Most mentioned activities . . . . . 8
- 2.2. Trending and abonding leisure activites . . . . . 10
- 3.1. Color palette . . . . . 18
- 3.2. Icons and typefaces . . . . . 18
- 3.3. Organization of interest groups . . . . . 20
- 3.4. Creation of activities . . . . . 22
- 3.5. Organisation of activities . . . . . 23
- 3.6. Profile Management and Notifications . . . . . 25
- 3.7. Explorative Components . . . . . 27
- 3.8. Member-item matrix of collaborative filtering . . . . . 29

# **Declaration of academic honesty**

XXXX

---

Bremen, September 25, 2017

---

Jan-Hendrik Wolf