Personal informatics for everyday life: How users without prior self-tracking experience engage with personal data

Amon Rapp, Federica Cena

This article discusses the difference between new, naïve users and experienced users when related to using PI tracking technologies. A study of 14 participants, 8 male and 6 female, was conducted and all participants had no prior use of using PI tracking tools nor did any of them have any specific goals going into the study, such as trying to lose weight. It was found that all participants had a severe lack of initial motivation to investigate their own behaviours which could be due to no participant having specified goals. This meant that the naïve users lacked interest in using the full capabilities of devices. Moreover, it was found that all the users had higher expectations than what the devices could give. This was further exacerbated by the fact that the naïve users wanted to put in minimal effort, but wanted to receive maximal results. To conclude, the study revealed that the naïve users’ lack of experience and knowledge regarding PI tracking tools severely impeded their ability to make the most out of the technologies.

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