

AI Impact on Developer Performance and Focus



Developer Productivity Overview

Distraction Level



All



Sleep Hours



3.00

10.00

Coffee Intake



All



Average AI Usage Hours

1.51

Average Coding Hours

5.02

Average Commits

4.61

Task Success Rate (%)

0.61

Task Success

197 (39.4%)



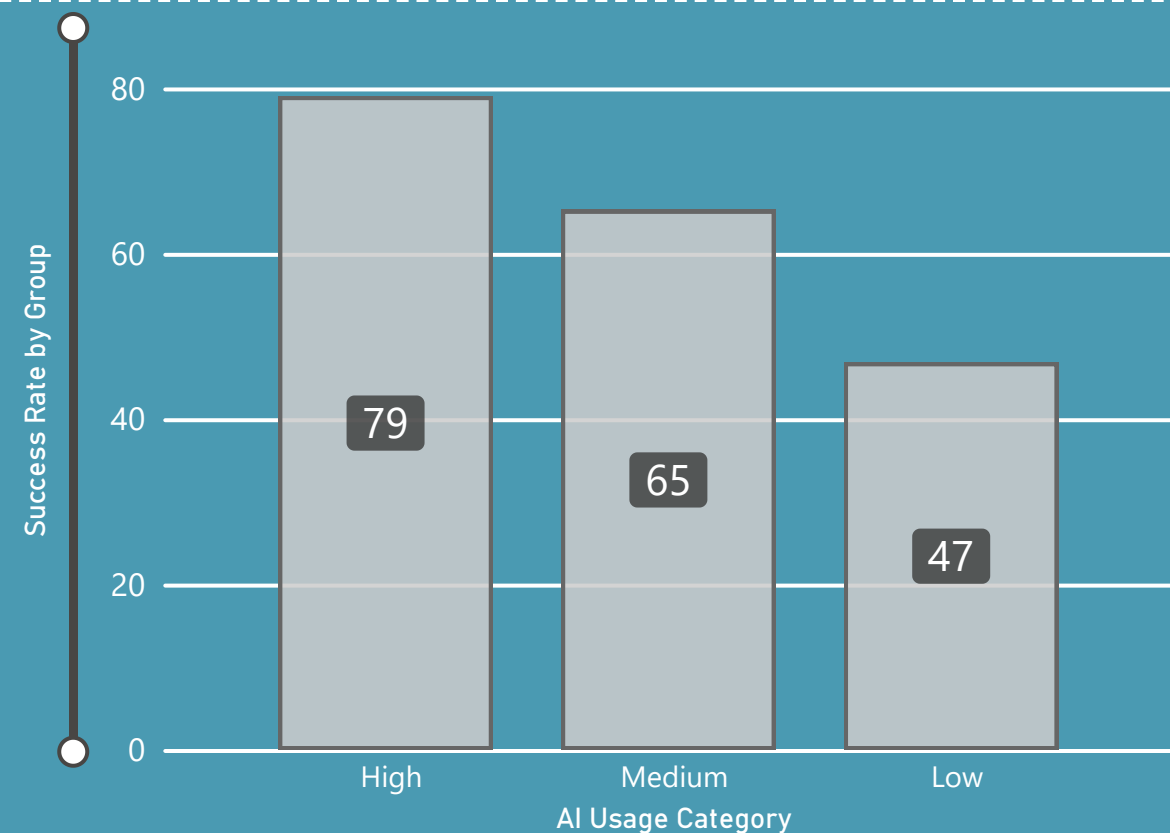
303 (60.6%)

Task Status

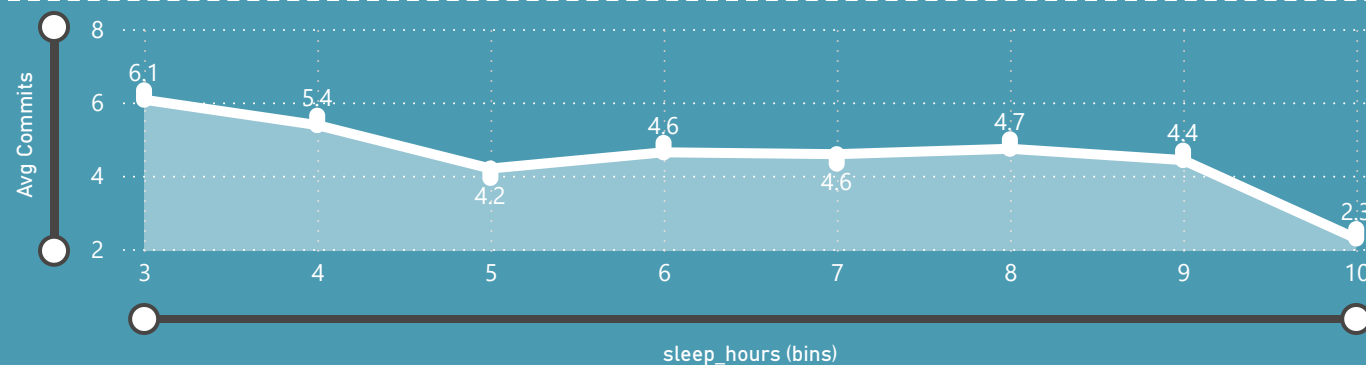
Success

Failure

AI Usage vs Task Success



Sleep vs Avg Commits



← Root Cause Analysis – Task Success →

Distraction



All



AI Usage Category



All



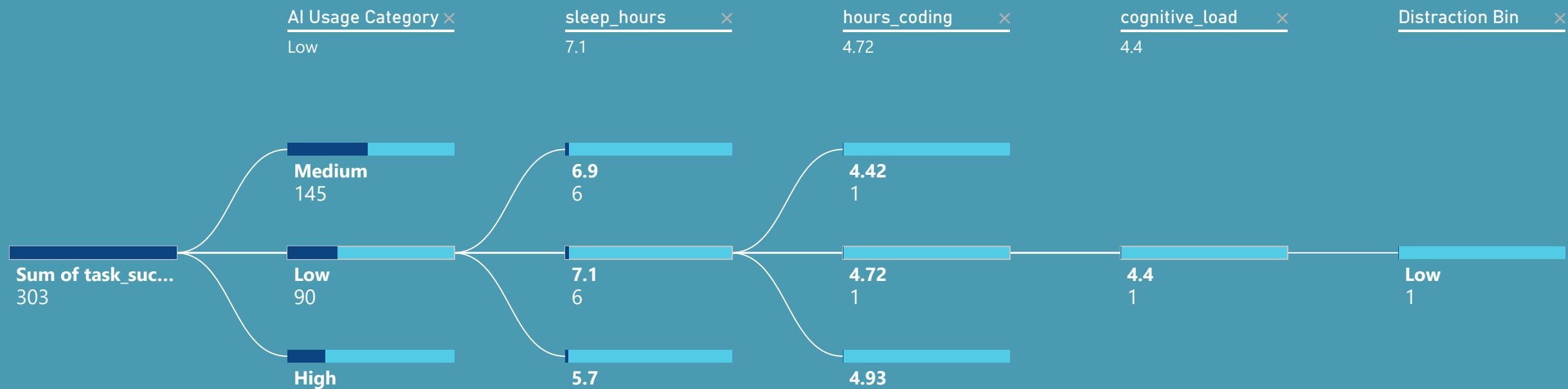
Coffee Intake



6

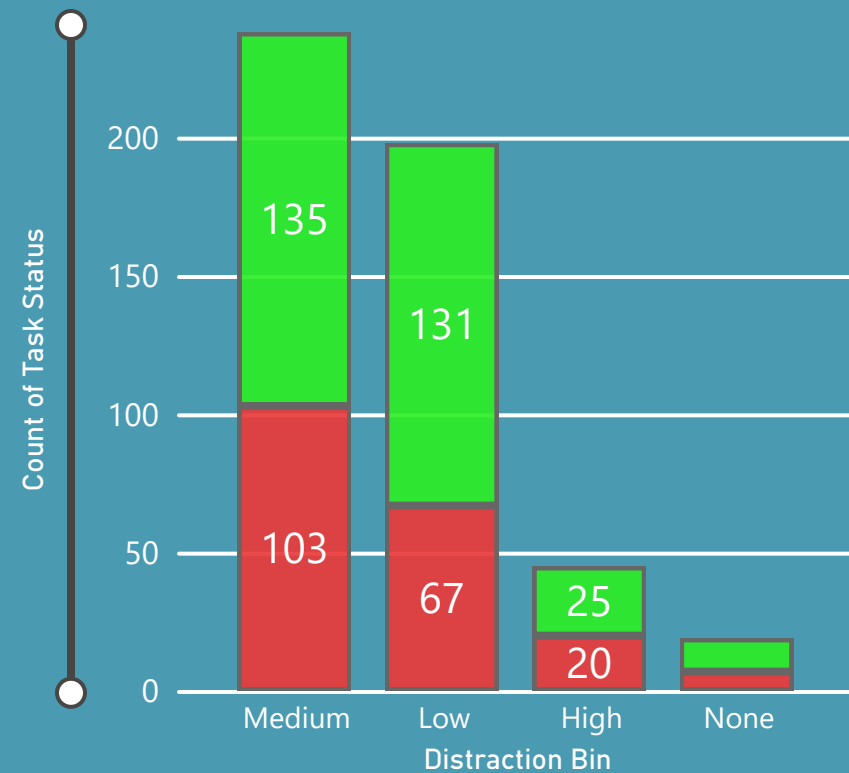
600

What drives Task Success?



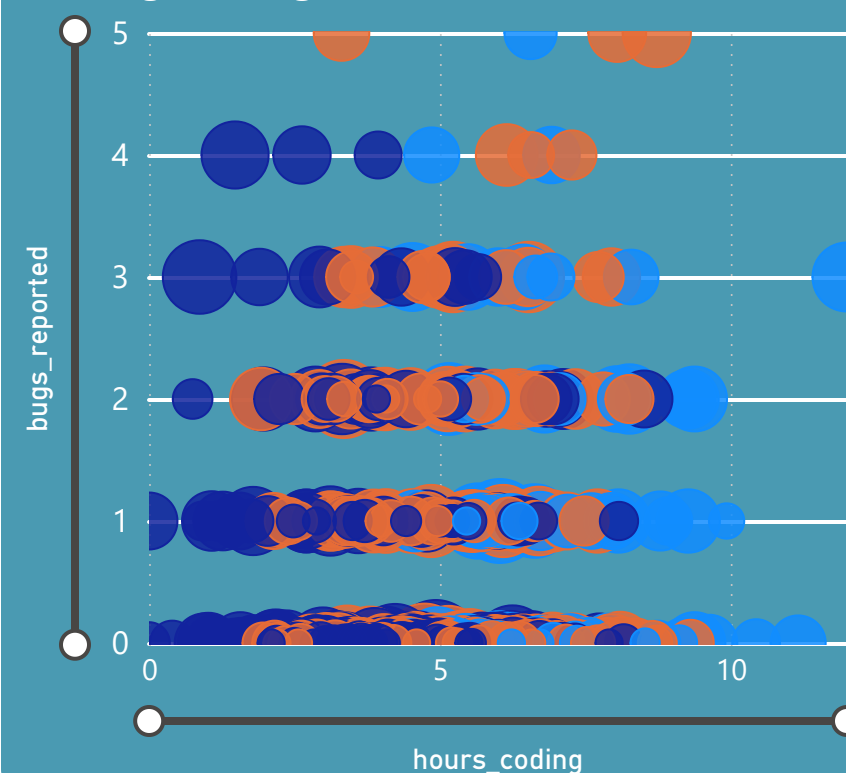
Task Success by Distractions

Task St... ● Failure ● Success

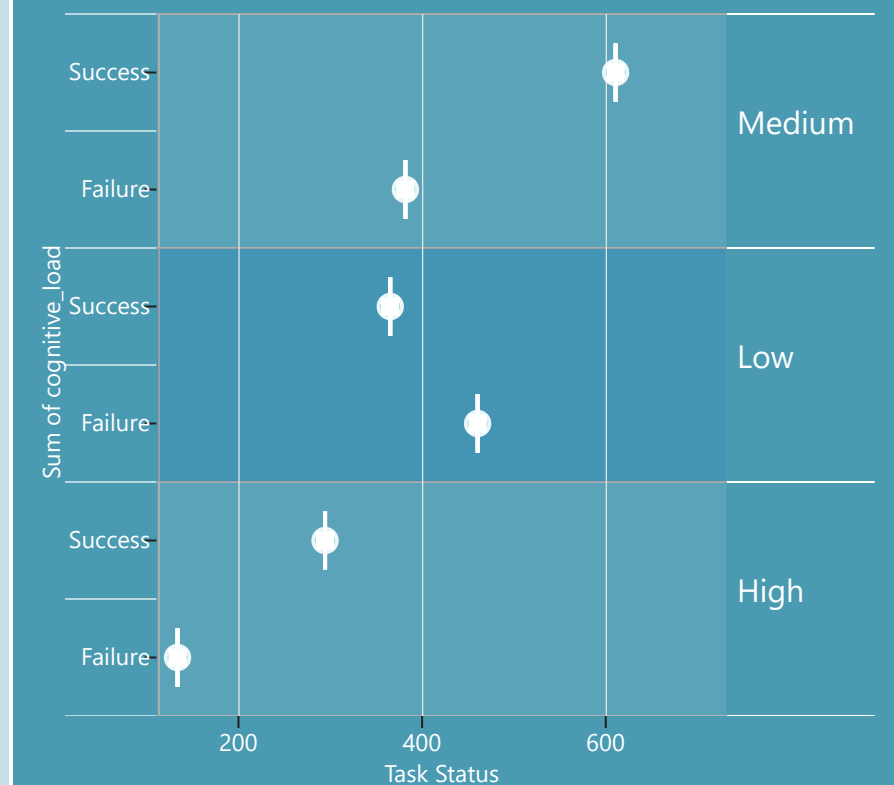


Bugs vs Coding Hours

AI Usag... ● High ● Low ● Medium



Cognitive Load by Task Success and AI Usage Category





AI Usage Group

All

AI Impact Analysis

Selected AI Group

All Groups

Average Commits With AI

4.63

Average Commits Without AI

0.00

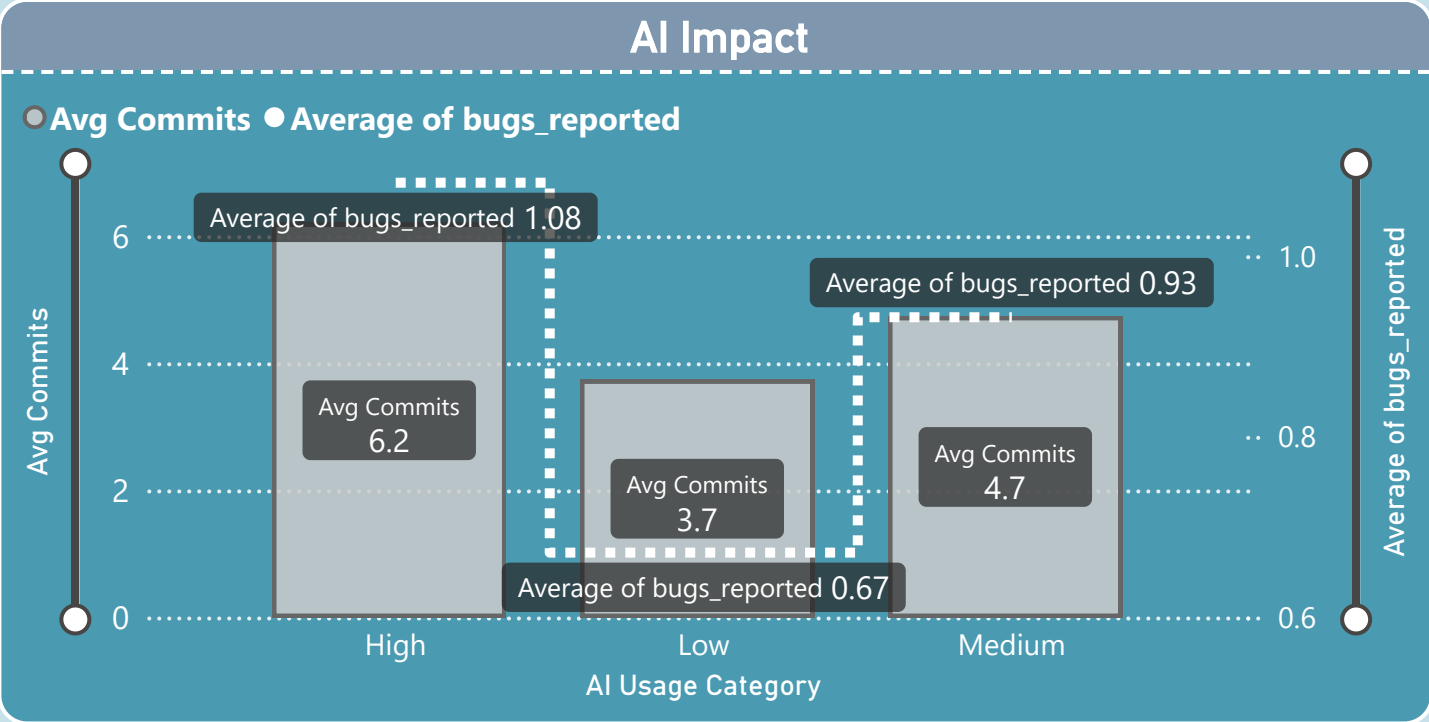
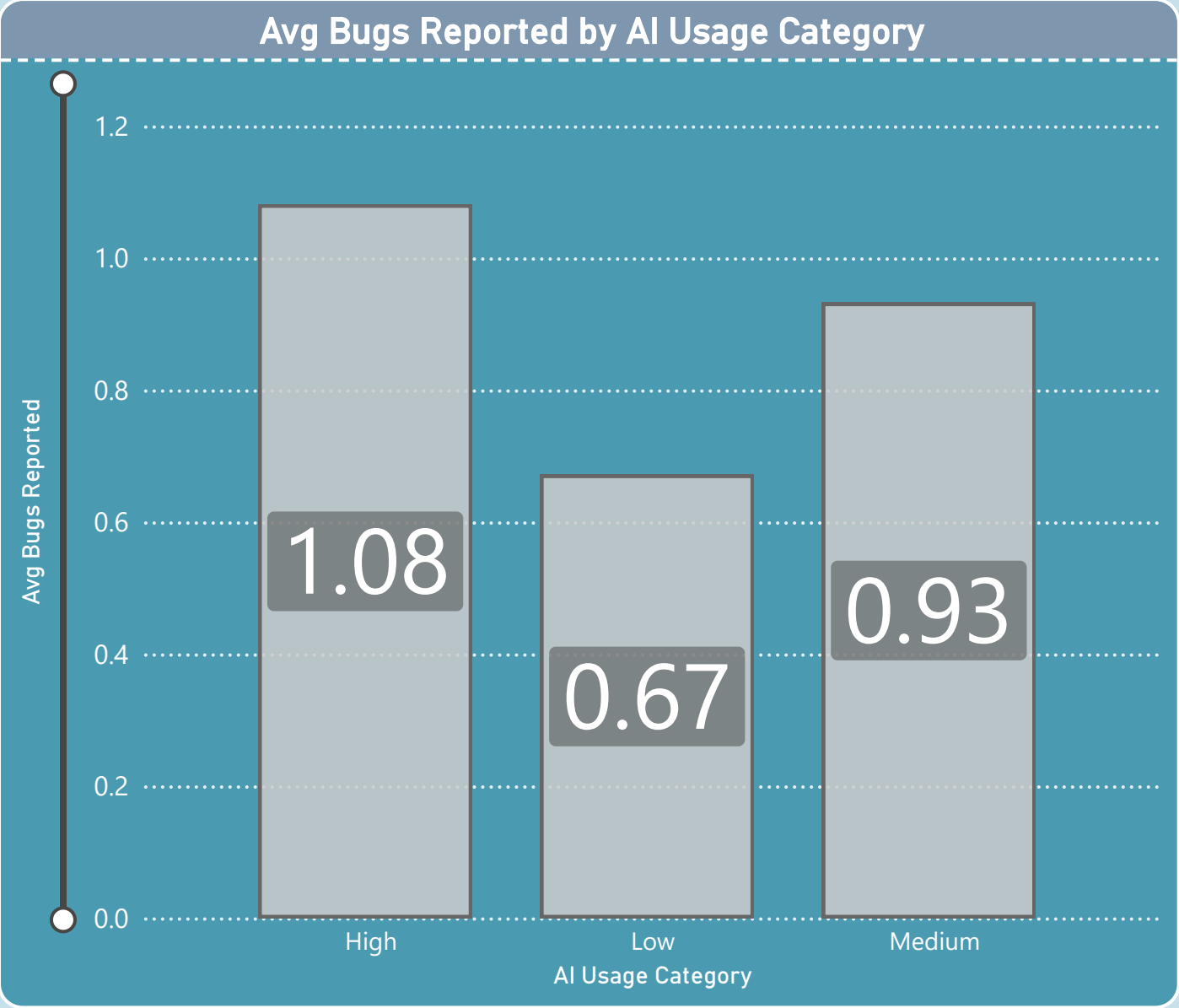
Success Rate

60.60%

Count of AI Usage Category

500

AI Usage vs Coding vs Task Success							
AI Usage Bin	0–2 hrs	10+ hrs	2–4 hrs	4–6 hrs	6–8 hrs	8–10 hrs	Total
0–2 hrs	0.00		0.00	0.95	0.91	0.89	0.55
2–4 hrs		1.00	0.00	0.85	0.83	0.75	0.76
4–6 hrs		0.00		1.00	0.80	0.71	0.71
6–8 hrs		1.00					1.00
Total	0.00	0.67	0.00	0.93	0.87	0.78	0.61





Cognitive Load

All

Developer Well-being Insights

Task Status

All

High Cognitive Load Days

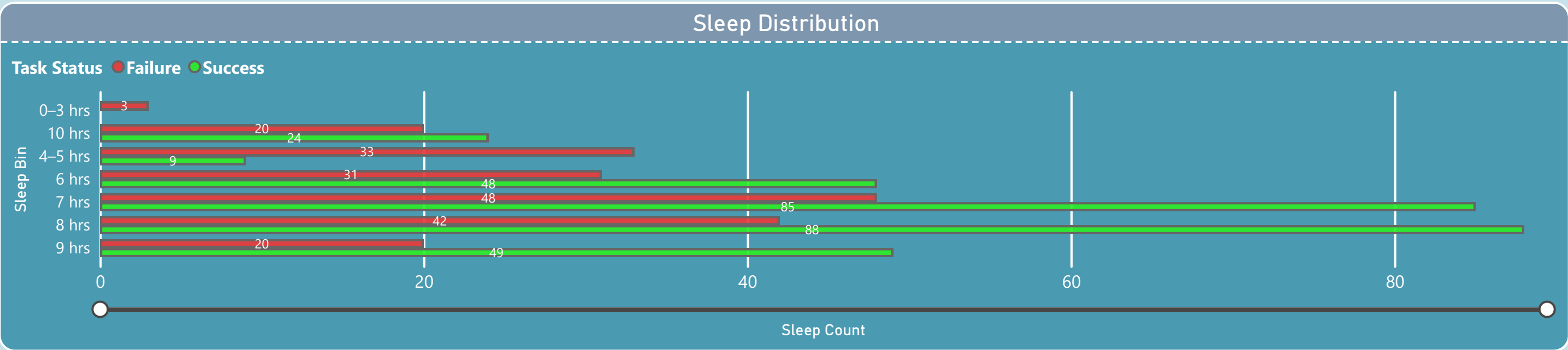
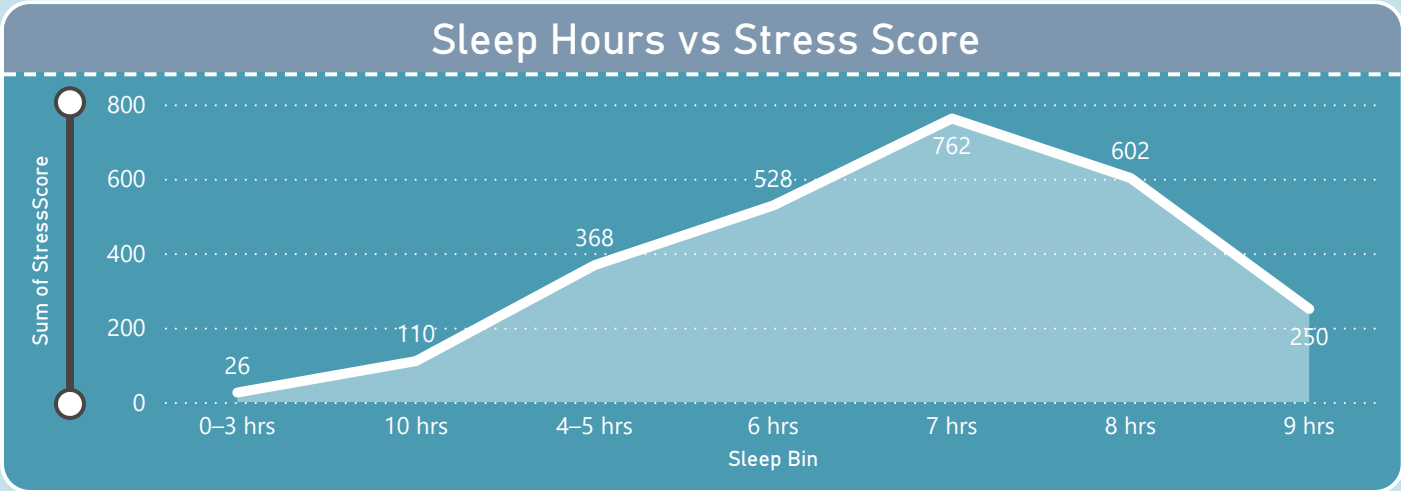
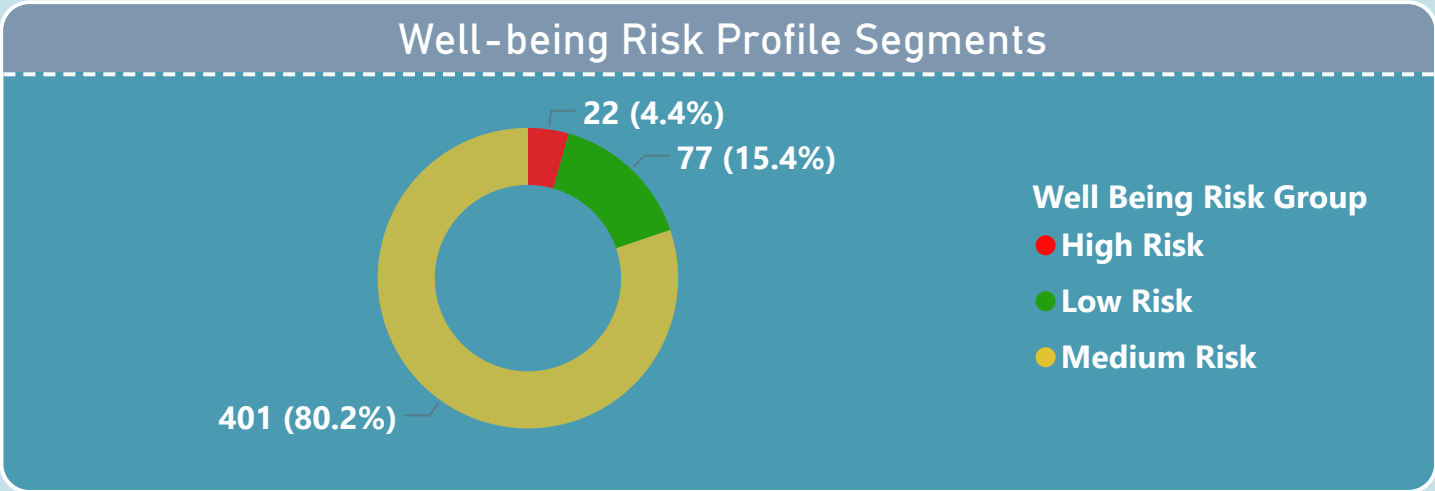
46

Well Being Risk

All

Low Sleep + High Coffee Instances

67



Extra Insights

Cognitive_load

2249

Sleep_hours

3488

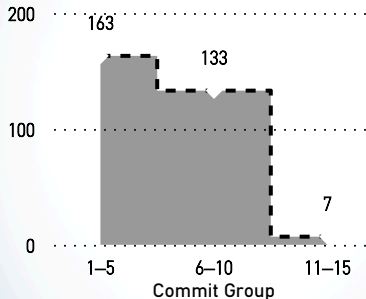
Bugs_reported

429

Commits

2304

Task_success by Commit Group



Bugs_reported by AI Usage Group

