# wave 3 : )

| | |
|---|---|
| Category | |
| Files | |
| Created | @January 17, 2023 3:16 PM |
| Reminder | |
| Status | Open |
| URL | |
| Updated | @January 18, 2023 7:38 PM |

- 3rd wave involves opening out to broader areas not only focused on effieciency of tasks but focused more on humanistic perspectives.
- social context enters HCI theory
- social ethics on humans
- nir eyal manufacturing a habit building product
- **trigger** : user performed behaviour, some indicator at screen that shows theres more to look at
    - by repeatedly getting you to respond to these triggers it makes you associate with it
- **Action**: the triggers aims to initiate some action which the app owner wants you to perform, (ex twitter changed ui to post a tweet or retweet like an extra button before posting changes stats about how much people posted, changing position of button changes sales)
    - small difference every click adds uo over time to make a habit
- **variable reward** : dopamine hit to reward for habit, if you give a different reward for every action then youre going to be more
- **Investment**: get user to put in a bit of work, increases the anticipation of reward, gives psychological investment in the product, delayed gratification ?
    - where in the action this investment occurs is imp if its  a resistive activity

# Hedonism and Fun

- decompose a system to pragmatic and hedonic qualities
- prag- how easy, satisfication, useful, clear
- hedonic- (means pleasure)
- emotions in Postive psychology
- Y axis- arousal/level of energy, X axis postive/negative/valence
- anxious, joy, comfy, depressed (left to right quadrants)
- hooked model is largely a hedonic model, capitalizes on habitual acts that are in the companies interest rather than your own

# Other respectful Hedonic Approaches

## Flow State

**:** in the moment, completely in control, intrinsically rewarded, losing track of time.

best balance of just enough challenge in the task and user ability to doing the task

a user engages with the maximum possible information possible to work with before getting bored and giving up

minimizing distractions

calibrating task to user capability

providing information feed back

flow is hugely influential in game design and in general for hedonic models

- overlaps with hooked model:
- lack of self consciousness
- losing self track of time
- in the moement
- BUT we need to experience flow for the right thing.

## Pragmatic and Hedonic Qualities

- separate these two qualities
- how to breakdown hedonic ?

- three types of hedonic
- hedonic stimulation : degree to which a tech offers novelty to the users, ex: new features regardless of how useful it is, just the excitement that its new, like new skins in games ? appearances matter
- hedonic identification : we express ourselves through objects like tech, want products that are able to communicate our identity to exert our selves, personalize our products. ex: questionaires professional, stylish, presentable. apple is selling you on identity than a piece of hardware. macs being
- hedonic evocation: products evoke memories or ideas ex: like font style or retro styles or backgeounds scenery

### Ludic Design

- a more self reflective approach ?
- more and omre technology is task based and it basically translates to a work/goal driven aspect to our life
- BUT we need to focus on our the more playful aspect of our life
- very narrow in scope, encourages people to explore stuff, no specifc goal.

# Self Determination Theory

- eudaimonia (greek word for happiness)
- socrates-virtue of happiness
- plato - virtue+harmony
- aristotle- harmony devloped precisely+ wise complete and balanced
  - understand what is good in life
  - understand how it is important - wisdom
  - ensure that all these goods are kept in harmony and focus on all
- live so that all these goods are held in balance with one another
- Intrinsic and extrinsic goods
  - focus on intrinsic good
  - extrinsic : when something is the good for the sake something else moneh

    - intrinsic : when something is good for its own sake job passion
    - the branch for tracking happiness ends up at wisdom virtue or pleasure and all of these are good for their own sake
    - need wisdom to balance these things
- THE ABOVE^ IS TURNED INTO SELF DETERMINATION THEORY by modern science
- **eudaimonic approach to positive psychology**
- Competence: sense of ability and mastery of a task , emotional intelligence and being able to maneuver these situations
- Relatedness: connection to other people, friends faimly etc
- Autonomy : the feeling one has choice and free will, controlling own actions and values. close to aristotles notion of wisdom
- autonomy allows to balance good things in our life, and autonomy is  served by the satisfaction of these needs
- intrinsically motivating tasks sees that it fills these three needs ^^
- extrinsic motivation is good for our life for example exercise
- both intrinsic and extrinsic support autonomy
    - Intrinsic is always highly autonomously experienced
    - and extrin can be not very autonomous ex: agaisnt your will  could be higly motivating depending on contrxt
    - the more autonomous the more motivated the better we feel

# SDT in HCI design

- making a fitness tracker
- the tracker should avoid social pressure from outside
- avoid rewards? a little nuanced, informational feedback is better
- support identification ith the activity
- support relatedness like community

# Disability Studies (3rd wave second part)

## What is Disability

- is disability be viewed as a burden for the person
- is something that someone needs assistance
- should the starting point be a concern for helpin the disabled person
- we need to take a different approach from these persons^
- understanding the socio cultural odels of disability
- if we design a software we design the boundaries by which people are allowed to use it, we define who is disabledd
- disabled studies is a field of critical enquiry and on the lived experience of the disabled people, societal medical, political d rhetoric concerned with disabled studies
- moving from model of rehabilitation to independent living model
- from a medical model to a social model of disability to social model of disability
- key distinctions:

- disability : a form of exclusion propogated by society that excludes people who are seen as impaired
- impairment: a physical or bilogical condition of a person that is negatively different

- person first definition: person with autism
- identity first definition : deaf person, autistic person

## Medical and Social Model of Disability

- how is it viewed and nderstood which in turn will affect how it is designed
- **key models: Medical** and **Social**

### Medical:

- focuses on the physical and unctional limitations of the person
- it is located in the individual and linked to the medical diagnosis
- pragmatic,measurable for fixing an impairment

- assistive tech fixes the short comings of the impairment
    - screen readers, augmentative devices etc

## Social

- focuses on the barriers imposed by society on impared people that contribute in disabling a person
- located in the social environment
- addressing it means fixing social attitudes, built environment, and policies
- assistive tech that considers the broader context of the interaction and use

## Critique of Medical and Social Models

- Social model: is the locus of disability truly in society?
    - the need for medical treatment?
- **Medical/social model:**
    - Impairment can be a social construction
    - Normality is the goal?
    - trying to erase disability and that might ont be the goal
- Both ignore the potential the positive aspects of disability experience, mgiht be ones individuality
- the old ideaology where AT completes a disabled person should be disposed
- people must rely on each other and disabled people will contribute to it like everybody else nd AT helps environment and evryone else which is interdependence

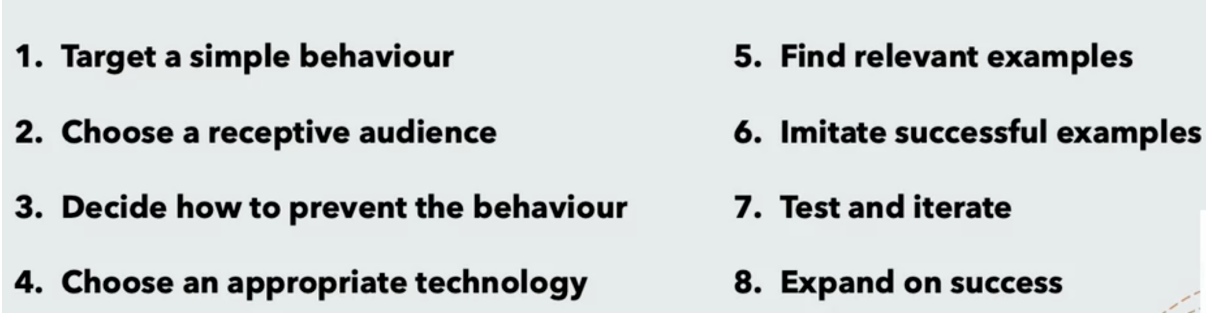
## Examples:

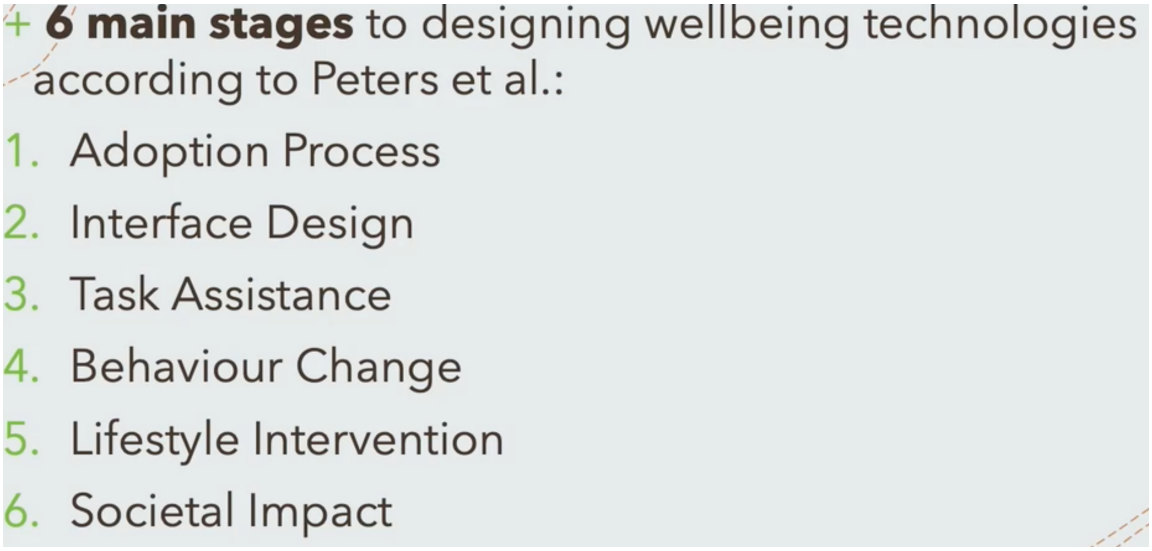
- autistic children in mainstream education:
- theyre taught to think and behave the same way as non autistic children
- autistic children learn the “normal” rules but never internalise them
- insted of techonology to communicate with neuro typical children
- switch goals and teach NT children to communicate with autistic children
- Blind Children in Mainstream Education

- AT: teching assistant, brailler, screen reader
- there is a material & space disconnect from rest of the class
- language disconnect is also different how things are taught are different
- AT ends up making a bubble and ends up excluding him more
- more inclusive activites are better for both parties
- normal children show assistiv behaviour at first and it slowly diminished to fluid division of labour

# Well Being Tech

- tech taht is designed to help its users by promoting deliberate inadvertent positive  psychological well being
- what does it do ?
    - Draws on “positive psychology”: framing thoughts to help people have:
    - Better quality of experiences
    - help them positively engage with their own wellbeing
    - making goals a reality
    - making people feel more connected
    - well being tech achieves this by SDT
- Common practice of behaviour change and  persuasive technologies
- persuasive technologies
- 8 processes to create a persuasive technolofy



- intrinsic and extrinsic motivation is need to prgress a task
- BCT aims to helps user to bridge gap from tasks they can do with tech
- 


- where do they purchase app is it available everywhere do people get access straight away
- how are they engaged to the design, controlled and navigated ?, clicking, swiping
- tasks it helps you with
- what behaviours does the app services help you with
- what happens after the change has happened
- societal change is imp as much as the individual scale