

# **Escaping the Digital Labyrinth: Engineering Solutions for**

## **Technology Addiction**

### **1. English Abstract**

This presentation explores the rising crisis of technology addiction, driven by "Persuasive Design" and dopamine-driven feedback loops in social media and gaming. As digital interfaces become more immersive, modern society faces declining mental health, reduced attention spans, and weakened physical social structures. From a Business IT perspective, we analyze how algorithms—such as infinite scroll and intermittent variable rewards—are engineered to maximize "time on site" at the cost of user well-being. To combat this, the presentation proposes a transition toward **Humane Technology**. Solutions include the integration of "Digital Wellness" APIs, the implementation of ethical UI/UX standards that discourage doom-scrolling, and policy-driven "Right to Disconnect" frameworks. By redesigning our relationship with tools, we can move from digital consumption to digital intentionality.

### **2. Kiswahili (Muhtasari)**

Mawasilisho haya yanachunguza kuongezeka kwa mzozo wa ulevi wa teknolojia, unaosababishwa na "Ushawishi wa Kubuni" na mzunguko wa maoni unaotokana na dopamine kwenye mitandao ya kijamii na michezo. Kadiri miingiliano ya dijitali inavyozidi kuwa ya kuvutia, jamii ya kisasa inakabiliwa na kupungua kwa afya ya akili, kupungua kwa muda wa umakini, na udhaifu wa miundo ya kijamii ya mwili. Kutoka mtazamo wa Biashara IT, sisi kuchambua jinsi algorithms - kama vile infinite scroll na mara kwa mara variable tuzo - ni engineered kuongeza "wakati kwenye tovuti" kwa gharama ya user ustawi. Ili kukabiliana na hali hiyo, hotuba hiyo ilipendekeza kubadili mbinu hiyo na kutumia tekinolojia inayohusiana na

wanadamu. Suluhisho ni pamoja na ushirikiano wa "Digital Wellness" APIs, utekelezaji wa maadili UI / UX viwango kwamba moyo doom-scrolling, na sera inayotokana na "Haki ya Disconnect" mifumo. Kwa kurekebisha uhusiano wetu na zana, tunaweza kuhama kutoka matumizi ya dijiti kwenda kwa nia ya dijiti.

### **3. Kikuyu (Abstract)**

Miario iyo iroraga ngucanio iria iratherema ya uhuthiri wa tekinolonji, iria irehagwo ni "Utongoria wa Mubango" na mūtatarata wa dopamine thini wa social media na mathako. O uria maundu ma kuhuthira thimu marathi na mbere kugucirio, noguo andu a mahinda maya maranyamarikaga ni undu wa guthuka kwa ugima mwega wa meciria, kwaga uhoti wa gwiciria, na guthuka kwa mbango ya mwiri. Kuumana na muonere wa biacara cia IT, ni tuthuthuritie uria algorithms - ta infinite scroll na variable reward - ithondeketwo kuongerera "ihinda riothe haria uri" na njira ya guthukia ugima mwega wa muthuthiri. Niguo kuhoteke, miario iyo yaragiriria gucenjia mūtatarata ucio na kuhuthira tekinolonji iria ihutanitie na andu. Macokio macio ni hamwe na ngwataniro ya "Digital Wellness" APIs, kuhuthira ithimi cia UI/UX iria ciikagira hinya ugaruriku, na "Right to Disconnect" thithitemu cia utongoria. Na njira ya kugarurira uria tuthuthagira indo icio, no tuhote gutiga guciruta na njira ya guciruta.