

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)

Mĩario ũyo ūroraga ngucanio ūrĩa ūratherema ya ūhũthĩri wa tekinolonjĩ, ūrĩa ūrehagwo nĩ "Ūtongoria wa Mũbango" na mütaratara wa dopamine thĩinĩ wa social media na mathako. O ūrĩa maündũ ma kũhũthĩra thimũ marathiĩ na mbere kũgucirĩrio, noguo andũ a mahinda maya maranyamarĩkaga nĩ ūndũ wa gũthũka kwa ūgima mwega wa meciria, kwaga ūhoti wa gwiciria, na gũthũka kwa mibango ya mwirĩ. Kuumana na muonere wa biacara cia IT, nĩ tũthuthuritie ūrĩa algorithms - ta infinite scroll na variable reward - ithondeketwo kuongerera "ihinda rĩothe harĩ ūrĩ" na njira ya gũthükia ūgima mwega wa mühüthĩri. Niguo kûhoteke, mĩario ũyo yaragirĩria gûcenjia mütaratara ūcio na kûhûthĩra tekinolonjĩ ūrĩa ūhutanitie na andũ. Macokio macio nĩ hamwe na ngwataniro ya "Digital Wellness" APIs, kûhûthĩra ithimi cia UI/UX iria ciikagira hinya ūgarüruku, na "Right to Disconnect" thithitemu cia ūtongoria. Na njira ya kûgarürira ūrĩa tûhûthagira indo icio, no tûhote gûtiga gûciruta na njira ya gûciruta.