

Design for Human Interaction 2021-2022

Assignment 1: Diary Study

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1. **Diary** – The following table is the collection of interactions that I found relevant.

Time	Location	Number of Participants	Medium	Relationship	Mood Before	Mood After	Environment
10:06 -10:13	My Room	2	Video Call	Mother	Focused, Concentrated, Busy Mind, Engaged In work.	Slightly Annoyed, Little Irritated, Disregarding, Ignoring, Distracted Mind, Not able to concentrate.	Silent
10:46 – 10:55	My Room	3	Voice Call	Father Sister	Attentive, Caution, Careful, Diligent, Conscientious.	Emotional, Home Sick, Memories, Recollections, Nostalgic, lonely.	Silent
1:24-1:26	Post Office	2	Verbal Conversation.	Stranger	Occupied, Indulged, Appeal, Helpless, Uncertain.	Helpful, Friendly, Affable, Affectionate.	Just background chatter nothing major.

4:26-4:29	Food Court Mall	2	Verbal Conversation	Stranger/cop	Shocking, Disturbed, Diverted, Changed focus of attention.	Calming, Composing, Explaining, Comforting, Assuring.	Loud bang, Scream, Crying for help. Distracted by Surrounding.
5:24 - 5:25	Shoe Shop in Mall	2	Verbal Conversation. Only few greeting.	Stranger	Exhausted, Bored, Dull, Feeling pain. (The pain is foot pain because of long walk.)	Flabbergasted, Stupefy, Muddled (Surprised), Amusing, Humorous.	Background conversation. Nothing disturbing or interrupting.
8:24-8:29	My Kitchen	2	Verbal Conversation	Friend	Melancholy, Undirected, Self – Doubt, Low Self-esteem.	Motivated, Inspired, Influenced, Grateful.	Silent

2. Critical Reflection – According to the events that took in my 24 hours diary, I realised a couple of things that made my mood change.

What I analysed through the first log is that unnecessary conversation or conversations that are not relevant especially when you are busy can disturb you mentally. Irrelevant social interactions while working can make you feel annoying, irritated and slight angry.

In the Second log, I realised that conversation can lead to bringing back memories and can disturb you. Such memories are present but dealing with it on own is easy as compared to one when we have social interaction in it. To illustrate, Being international student I feel homesick. I can deal with it but social interaction with family has significant effect and can disturb me for quite a long time.

According to third log, I feel that it is natural. Social interaction can be very helpful at times. When feeling lost and uncertain, the best way to get out of it is to have conversation with someone or ask for help. For such reason, social interaction is very helpful.

In the fourth log, a loud scream and a bang diverted everyone's mind. There was huge crowd, people running, scared and confused. I was confused and petrified until a verbal conversation with cop helped me. He explained me the situation and made sure that everything is fine.

For the fifth log, I was ideal sitting and looking around. Having random thoughts in mind and suddenly an unexpected thing happened. Somebody assumed that we have meet before. We had some greeting until the other person realised that she was mistaken. This conversation might not mean anything but it lead to making a relationship with random stranger.

For the last log, I was having self-doubt and low self-esteem. It was just one of the days when you feel low. Then, I had a conversation with my friend. This conversation had made me realised that I should not doubt myself. This social interaction made me confident as well as motivated.

Personally for me, social interaction has both positive as well as negation effect. Social interaction and mind are connected and both can be effected from one another. If mind or mood is not good and feeling annoying or irritated then having a good social interaction is difficult. And if mood is very motivated or confident then you have a very good interaction. It works the other way as well. If you feel not confident, low or having self-doubt then a motivation social interaction might cheer up your mood.

Social interaction is interlinked to the environment as well. Having a noisy environment can make you mood disturbing and so you may have a poor social interaction. One more aspect which effect social interaction is the person you are having interaction with. Usually, you have deep conversation with close relationship person as compared to one who is a stranger. You feel hesitated talking to a stranger compared to someone you know. Social interaction has effect not only you but the person you are interaction with.

By doing this assignment, I realised that Social conversation is fundament and important. We never realise how important social interaction is and take it for granted. Assume the world where nobody would interact and could not convey their thoughts. Having social interaction is one of the strong and most important gift human has

received. Social interaction has significant effect to our mind as well. Social interaction or Social conversation is important and people should engage in more social interaction.