

Overcoming Digital Distraction

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Abstract— This project is dedicated towards analyzing and preventing distraction of technology from humans. As technology becomes more and more integral to everything we do, it can sometimes distract us from the things that matter most to us. We believe technology should improve life, not distract from it. Our project is basically a Android application which is can reduce these problem. The goal is to help young generation to understand how to use it safely, sensibly and with an awareness of how it can impact on them. The first step toward Overcoming Digital Distraction often understands more about how you interact with technology in the first places. It will help to focus on your time with technology, minimize distraction, and find balance as family.

Keywords: digital wellbeing, distraction, technology

I. INTRODUCTION

A. Background

Digital transformation is affecting every aspect of human endeavor to some degree, including generally accepted concepts within liberal democracies of privacy, autonomy, agency, and the implied contract between citizens and their governments. While other factors have also played a role in changing people's lives in recent years, it is apparent that digitalization and its associated technologies are affecting established patterns of human activity and the human networks within which activities take place. There is evidence to suggest that rapid and pervasive change may affect the human brain's ability to cope, having evolved to operate within smaller human networks. This is mirrored at a macro scale with our social institutions struggling to adapt to rapid technological change. Policy agendas and tools as well as measures for monitoring and sustaining human wellbeing must therefore adapt to consider the impact of digitalization and associated technologies. As a first step, we present a framework that can help structure the research agenda and policy considerations. It focuses on the dimensions of wellbeing that are potentially most affected by digital transformation: the evolving institutions of self, of social evolving institutions of self, of social life and of civic life. Our analysis suggests several priorities for policy development, research and monitoring that could support human wellbeing and better individual and societal adaptation to the impacts of digital transformation.

B. Aim & Objective

The project aimed to develop a systematic way of considering digital transformation through the lens of 'human wellbeing', broadly defined. Wellbeing is a diffuse concept but it is often looked at in a relatively narrow framing. Typically, it comprises objective indicators of material conditions and subjective measures of self-perception. By contrast, we have chosen a very broad and multi-level approach, which deliberately reflects a range of

dimensions for which the policy and political communities will need to engage the broader research community, particularly in areas such as human development and the social sciences but also in the humanities.

C. Motivation

In recent years, internet users have begun to complain about their inability to spend the amount of time they decided to spend online. The literature has examined "internet addiction" or "problematic internet use", which have been intended as pathological conditions affecting a small niche of digital media users. However, more and more studies show that the majority of users suffer from problems in managing communication overabundance both in the workplace and in personal life.

II. LITERATURE SURVEY

A. Related Work

Without the technological tools provided by the Overcoming Digital Distraction reminds us how easy it is to lose track of time and become consumed by technology. This system presents an introduction of an embedded processor-based laboratory environment monitor system and its design for hardware and software. This system aims at completing monitoring a variety of real-time data. This system achieves the intelligent management of laboratory. By wired or wireless means, the laboratory monitoring system can communicate with pc..

- 1) Many of the functions built into Overcoming Digital Distraction are encouraging its users to "schedule custom breathers as often as you want, pausing what you're currently watching and encouraging you to step away".
- 2) The solution mainly focuses on giving users a better sense of how much time they spend doing different activities on the phone
- 3) Without forcing its users to either use the functions or act based on the results, the wellbeing app can be interpreted as mainly mnemonic function, aimed together information that otherwise would have been forgotten.

B. Problem Statement

Digital technologies likely affect aspects of human activity and behavior that have been shown to be fundamental to human development, such as the way children are parented or the way they learn, the physiological responses that are triggered and neural patterns that are set with a variety of device uses. There is much that remains unknown in these regards.

III. SYSTEM

A. Approach

As technology becomes more and more integral to everything we do, it can sometimes distract us from the things that matter most to us. We believe technology should improve life, not distract from it. Our project is basically a Android application which is can reduce these problem interface for performing practical to the student and it will help lecturers to monitor individual student’s activity on their system. On the basis of that performance the lecturer can give marks on every practical and can view the performed practical of the individual student.

Wellbeing is a diffuse concept, but it is often looked at in a relatively narrow framing. Typically, it comprises objective indicators of material conditions and subjective measures of self-perception. By contrast, we have chosen a very broad and multi-level approach. The below fig-1 shows the flow of the Client-Server Connectivity.

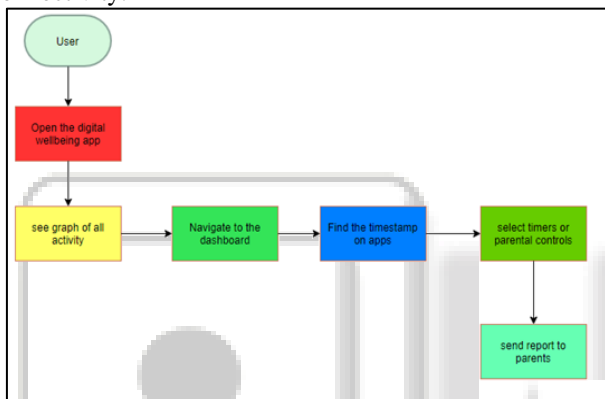


Fig. 1: Flow Chart

B. Architecture

1) Connectivity Diagram

The below fig-2 is showing the connectivity sequence diagram. In this system there is one user handling client system which is sending request to Server through Client Process and Server responding it through Server Process. Both the system has their own software and hardware.

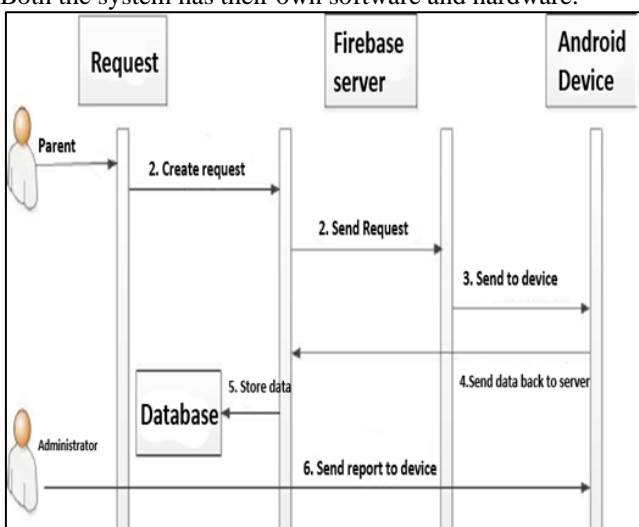


Fig. 2: Flow diagram

C. Basic Steps

- 1) Step 1: Firebase will start listening.
- 2) Step 2: Android device will send request.
- 3) Step 3: Device will get connect with firebase.
- 4) Step 4: Device will send its detail to firebase.
- 5) Step 5: Details will be received by the firebase.
- 6) Step 6: Device will perform practical and will send it to firebase.
- 7) Step 7: Firebase will see the details of device.
- 8) Step 8: Firebase will give some automatically shut down, Device.
- 9) Step 9: Connection will be terminated.

D. Scenarios

1) Scenario

In normal scenario the firebase will start listening request from child/parent. For establishing connection, the child will send connection request to the firebase. Once connection get established child can give control to parent, the parent can now control the child activity and accordingly set timestamp.

E. Project Plan

- 1) Analysis: In the existing system the system is to difficult to operate and even many doesn't know about it. It is a step so that parent can monitor their child phone activity and even reduce digital stress.
- 2) Literature Review: This system presents and introduction of an protection towards digital era. It is applicable for Android version 9 and above.. This system aims at completing monitoring a variety of real-time data. This system achieves the intelligent management of Mobile phone. By wireless means, the parent can easily monitor their child activity.
- 3) Model: The below fig shows the model of project

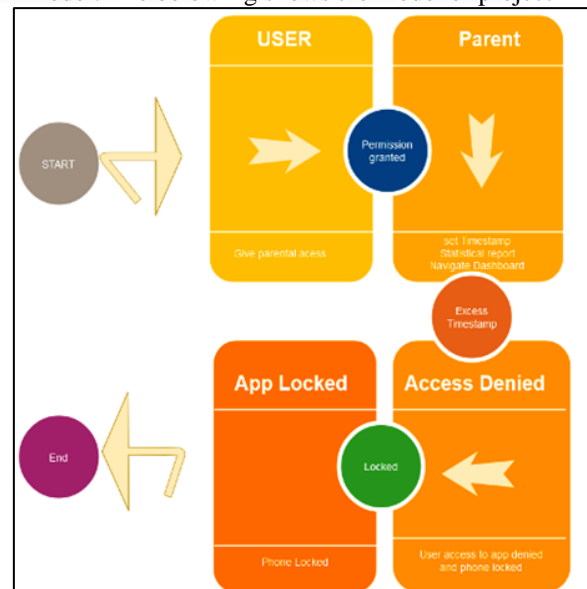


Fig. 3: Basic Model of Application

- 4) The above figure is showing Client-Server Connectivity. The server has its own database which is storing all the data coming from Client.

- 5) Methodology: We firstly design and code for Client Side for connectivity with the Server. After this we will design and code for Server for activation and responding to the request to the Client. After this we will code for connectivity between them.
- 6) Testing: In this the code written will be tested. The execution of the system will also be tested in sequential form.

IV. OUTPUT

A. Application Startup:

This is the general startup of application i.e Overcoming Digital Distraction. There are some buttons and some text boxes which contain some information about the next step.

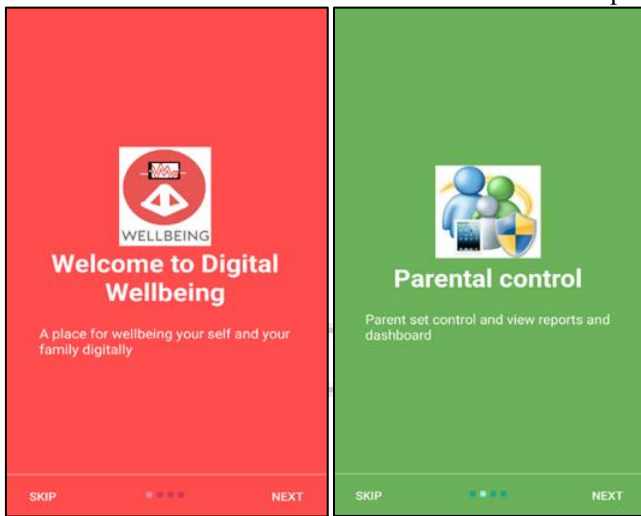


Fig. 4: Application Startup

B. Application startup2:

This is Application startup in which we can see the options such as set tier and lock by which parent can easily set the timer and locked.

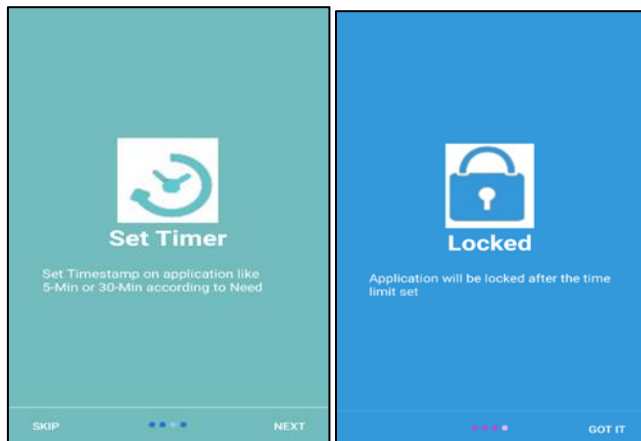


Fig. 5: Application Startup2

C. Working Demo:

After connecting child with parent, the parent will have all details of child saved on their mobile. The app clearly demonstrates the current usage and accordingly parent can intervene it. It will also show the details related to the child phone. The parent can also see the activity of child by clicking on various buttons present in the window.

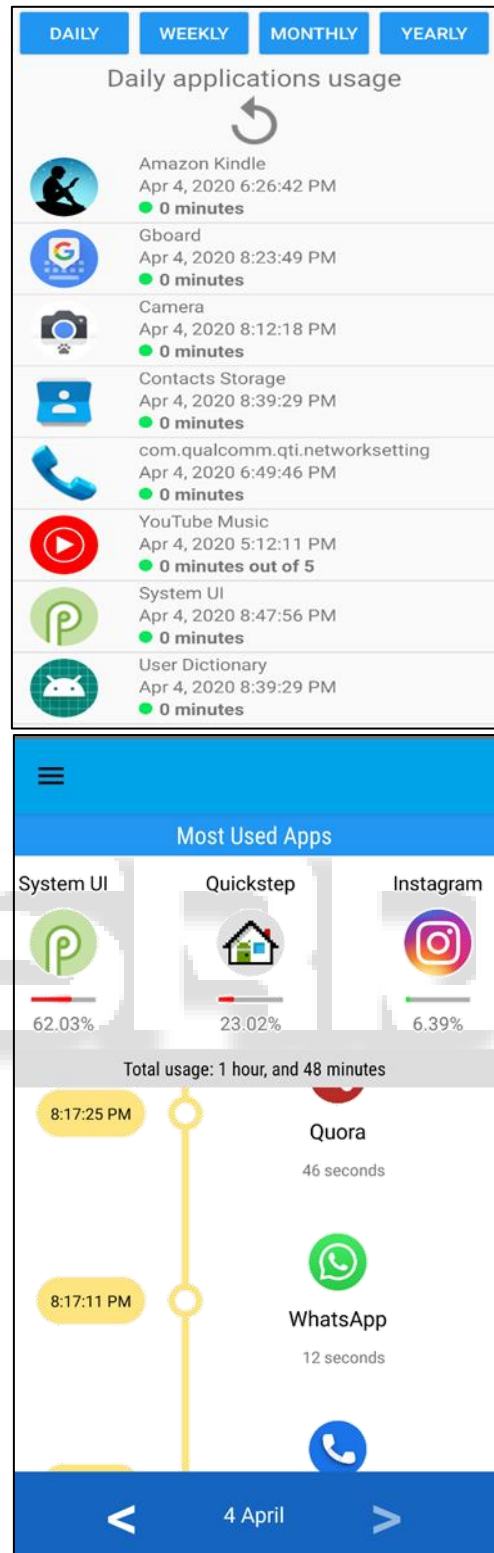


Fig. 10: Working Demo

V. RESULT

The application is successfully built and had been tested on various android platforms.

VI. APPLICATION

Monitoring and controlling system can be used for different purposes. The aimed research and system after this survey

mainly supports guardians wanting to control their children access to mobile devices. Future application may be built upon using the same core idea can help gathering data from different areas to support researches on how children use their electronic devices. Such study may use big data analysis to understand patterns in children behavior using mobile devices.

VII. CONCLUSION

Children are shaped by the things they are exposed to. This paper provides a conclusive solution to provide safer the youth of nation and help countries to build better future generations. Overcoming Digital Distraction app has various modules to facilitate this without curbing the child's knowledge about worldly things or putting a stop to their curiosity. It gives control to the parents about what their children view, which keeps them away from negative impact of technology.

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