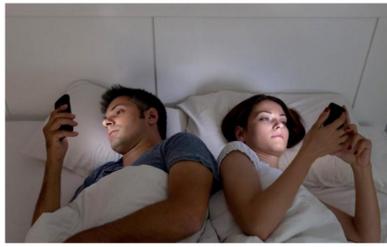


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Context

With such a push from governments across the globe for digital inclusion there is a big focus on the positive impact and benefits of the Web and digital technologies. However, some users are starting to pushback and decrease usage due to a rise in health implications from excessive use. There is a growing popularity of adopting the practice of unplugging within organisations who advocate for better work-life balance for their employees. Some companies have even observed an increase in efficiency and productivity when certain technological aspects are removed and improvements in well-being among employees.

With an increase in technology addiction and users suffering from burnout it is becoming apparent that some people need better technology consumption practice. In particular, help is needed to prevent the blurring of professional and personal life boundaries as this appears to be one of the main causes for a technological burnout or overload.

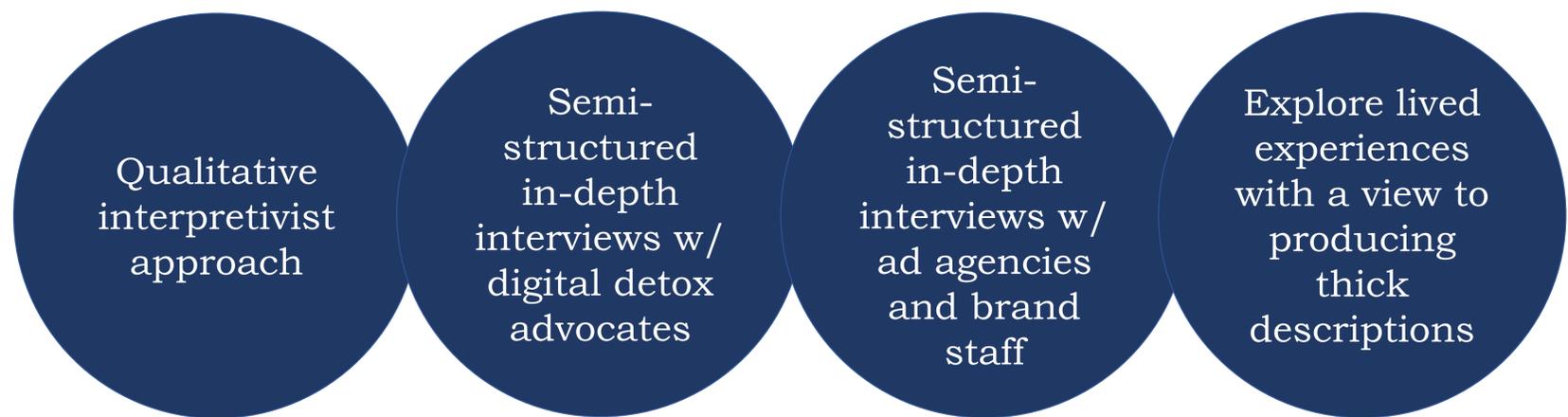
Research Questions

1. What are the practices around users' managing their technology consumption?



2. What are users' feelings and attitudes towards managing their technology consumption.

Proposed Methodology



Impact and Future

Working with companies where there is an "always on" culture due to a competitive push for exceptional client servicing, but where they also want to improve employee well-being by finding the right balance between business and leisure with the aim to create new work policy and guidelines to support this.



If it is possible to identify that a digital detox or better technology consumption practice can improve ones' well-being then it might lead to influencing the ways in which technology is consumed and create a more relevant and mindful use of the Web or the practices that are identified could support the development of new technologies and their functionalities.