

Blake Herndon

Infm480

Project Scope

The scope of this project would focus on exploring how existing and potential technological tools can help manage gaming addiction across different age groups, particularly children and adults.

- **Current Tools:** Analyzing how parental controls, alarms, and reminders are currently used on popular gaming consoles (Xbox, PlayStation, and Nintendo Switch) to help users manage screen time, control content access, and set break reminders.
- **Behavioral Impact:** Examining how these tools affect gaming habits in both children and adults, including impacts on mental, emotional, and physical well-being. Understand how users react to these tools and if they help reduce gaming dependency.
- **Limitations and Challenges:** Identify issues with existing tools, like how easy they are to bypass, limited customization, or lack of appeal for adult users.
- **Proposed Solutions:** Outlining potential tools or improvements that could enhance the effectiveness of existing options. This could include ideas for more personalized alarms, daily usage insights, customizable reminders, modified UI, social gaming reports.
- **Stakeholder Needs:** Consider what parents, adult gamers, educators, mental health professionals, and gaming companies need. Think about how the proposed tools could meet each group's needs.

Solution

- **Innovative Tool Enhancements:** Propose specific feature upgrades, like customizable break reminders, age-appropriate notification styles, or better calendar/alarm integrations. For instance, suggesting that reminders could be based on playtime history or alert users during peak playtimes.
- **Policy Recommendations:** Suggest policies for gaming companies to adopt, such as periodic nudges to take breaks, features for users to easily review their playtime, or optional check-in features that encourage users to reflect on their gaming habits.

- **Educational Materials for Stakeholders:** Develop a proposal for educational resources, such as guides or interactive modules, that parents, educators, and mental health professionals can use to better support balanced gaming behaviors.