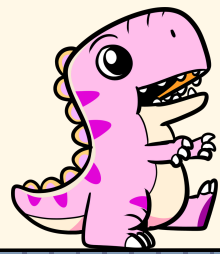
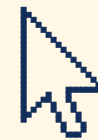
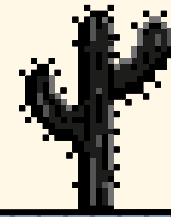


Verslouwende media & de effecten ervan

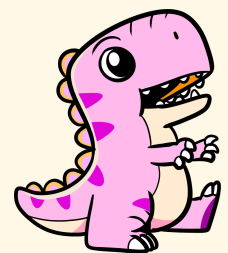
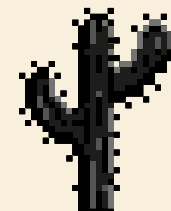
Irteza & Michelle

Start



Inhoud

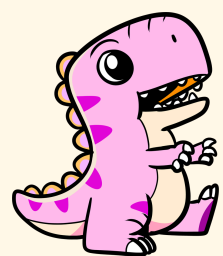
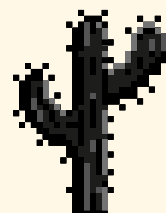
- Wie zijn de boosdoeners?
- Kleine interactie
- Hoe maken ze ons verslaafd?
- De problematische effecten (Wat is er stuk?)
- Oplossing (Hoe gaan we het repareren?)

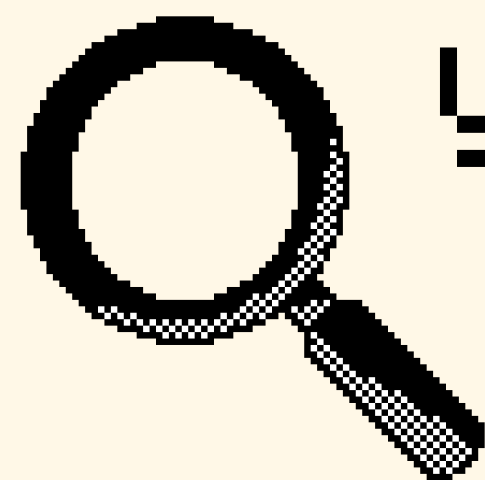


De boosdoeners

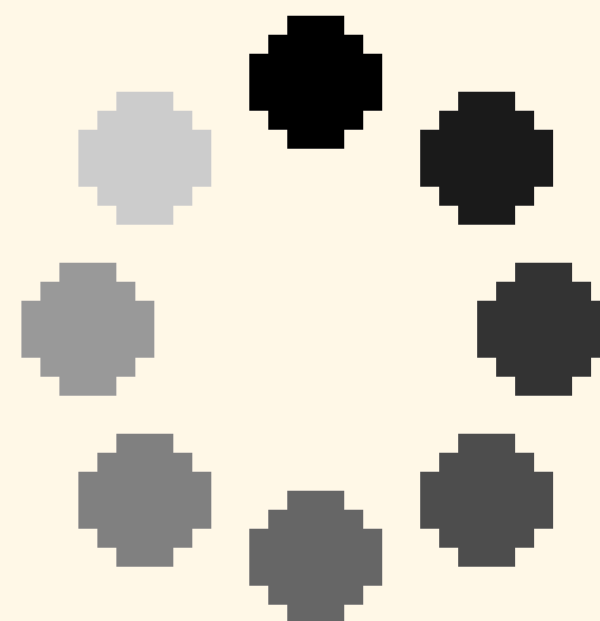


- social media platforms
- werd populair in de 2010's...
- focus ligt op 'SFV's (short-form videos)





Time to expose
yourself...



Hoeveel uur zit jij
filmpjes te kijken?

Run



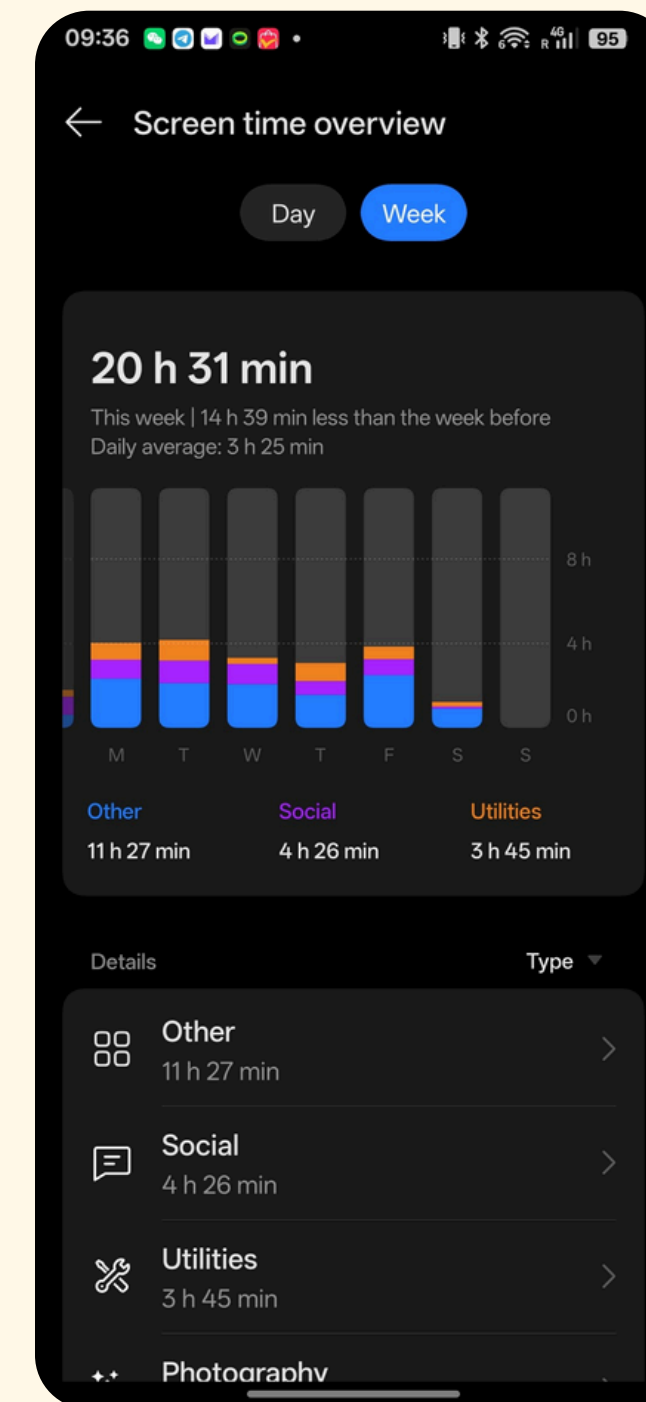
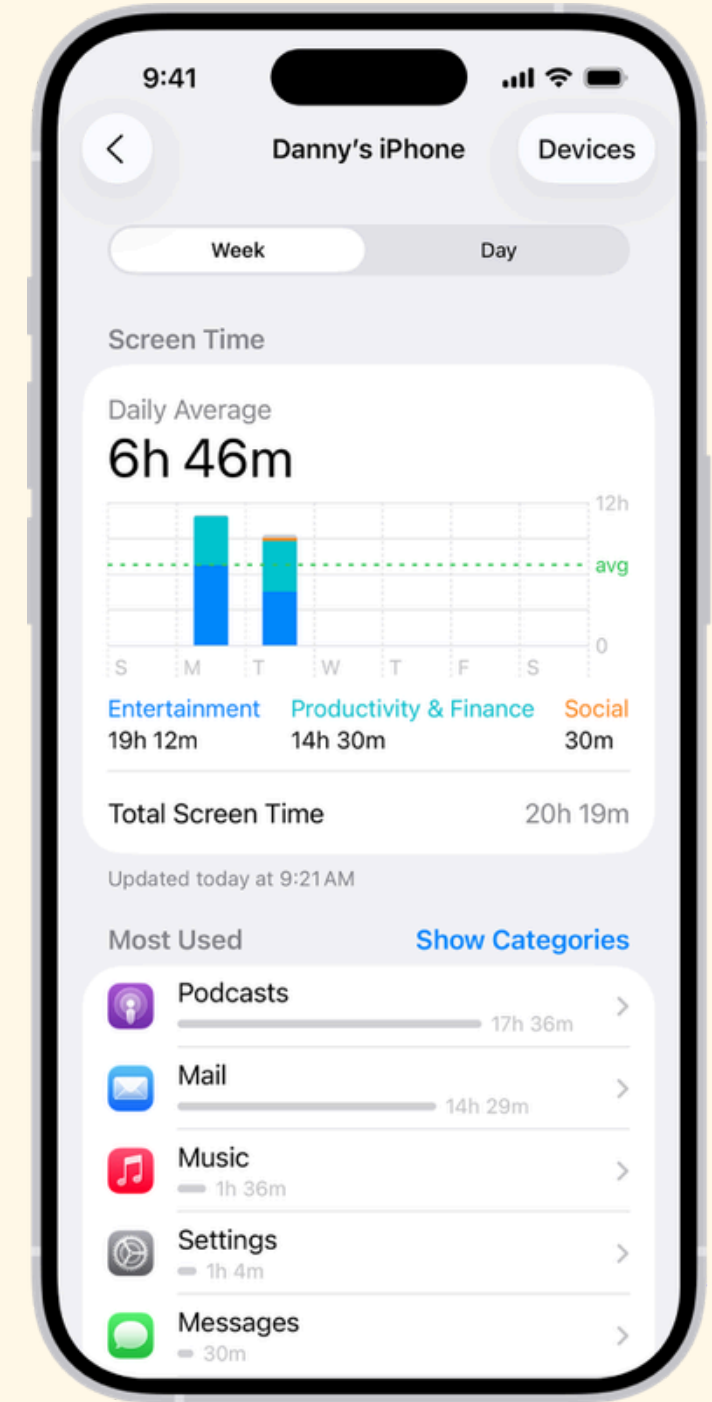
Waar vind je je Screen Time?

Voor Android:

- open 'Settings'
- scroll naar 'Digital Wellbeing & parental controls'

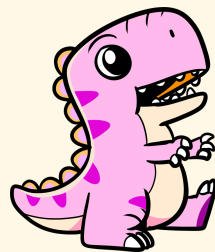
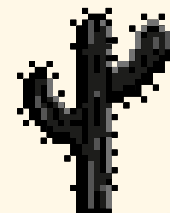
Voor iPhone:

- open 'Settings'
- klik op 'Screen time'



Hoe doen ze het:

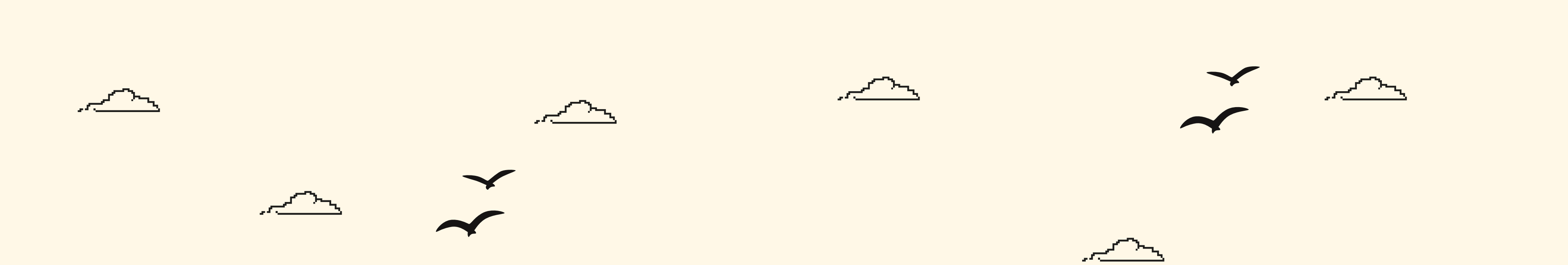
- Automatisch videos afspelen
- Algoritmes
- Infinite scrolling
- Personalised notifications





Algoritme van TikTok

- User interactions
- Video information
- Device and Account settings



Infinite scrolling

- Infinite scrolling = een Design Techniek
- Je hoeft niet meer te klikken op "Next"
- Je gaat dus makkelijker eindeloos door





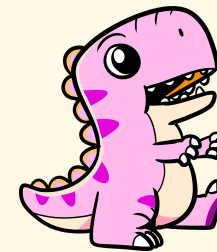
frontend System Design infinite scroll explained #shorts #systemdesign #fro

SoloWebWiz



Wat is er stuk?

- Onze 'attention span'
- Verslavende algoritmes
- Het kweekt doomscrolling (& brainrot)
- Social media is niet meer 'sociaal'
- AI spam
- The list goes on forever...



Oplossing

- Short feed limit (YouTube)
- App blockers / Screentime limiters
- Leg je telefoon weg challenge met Claar





Thank You!

Ok