

C3 App: Secondary Research

End-to-End Mobile App

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NOTES:

- In the age of screens, families are spending more time “alone-together” ([Source 1](#) [Source 2](#), UK study, 5000+ kids with parents) (**LACK OF QUALITY TIME, DISTRACTED BY DEVICES**)
 - Turns out, families are spending more time together than before. But not together-together. Alone-together.
 - So called alone-together time jumped by 43% over the period of study, to 136 minutes per day in 2015.
 - “For all of the the additional time they were together, children said they were alone,” Mullan said.
 - A lot of this alone-together time is taken up by tech, the researchers found. They did not have data for 2000, but in 2015, children and parents used mobile devices for:
 - 38% of total family time
 - 47% of alone-together time
 - 27% of shared activity time
 -
- American families spend just 37 minutes of quality time together per day, survey finds ([Source: StudyFinds.org](#))
 - Adults 3+ hours on social media daily
 - 37 minutes of “quality time” together weekdays (2h 40m on weekend days)
 - Majority polled say lives are “hectic”
 - ¼ admit lack of family time is a “problem”
 - ⅔ of parents blame long work hours
 - Chores and complex school & activities schedules blamed as well.
 - 54% of parents said they get at most 12 date nights to themselves a year, while 31% sometimes go more than a month without a night out
 - 65% of the respondents said even during dates, they’re likely running errands or doing domestic chores
 - Sixty-five percent of respondents said they spend more time their children when they go away — a much needed dose of quality time.
 - 3/10 say their kids would rather play computer games than have a family conversation or take part in a family activity. ([source](#). WHY?)
- Spouse “Together Time”: Quality Time Within the Household (source: [ResearchGate.net](#))
 - “In examining the temporal and spatial dimensions of spouse together time, we have found that some clusters of activities (apart from sleeping, mainly meals, watching TV

and going out) are done more together with one's spouse than others [...] it is important for couples to make time to eat together, to spend time together in the evening (even in front of the TV set), and to go out together from time to time."

- "working times in general seem the most decisive factor influencing the amount of together time. Non-working couples have much more opportunities to do things together and for other couples, working long hours and/or having off-scheduled working hours and non-overlapping working schedules negatively affect the time couples spend together."
- Time for Each Other: Work and Family Constraints Among Couples (source: [National Library of Medicine](#))
 - parents share significantly less total and exclusive spousal time together than nonparents
 - individuals experience greater happiness and meaning and less stress during time spent with a spouse opposed to time spent apart
 - "[...] our work shows the importance of considering individuals' time both in full, and exclusively with their spouse [...]"
- Why Couples Must Spend Quality Time Together (source: [FamilyToday.com](#))
 - "Enhances romantic friendship.
 - Helps prevent divorce
 - Builds emotional intimacy
 - Quality time improves your sex life
 - Learn how to communicate
 - Helps you unwind
 - **Increases Trust**
 - By repeatedly scheduling a date night, you show your spouse that:
 - You are accountable
 - You can be relied upon
 - Their feelings and happiness matter to you
 - They can trust that you will follow through on your promises
 - Keeps things interesting
- Stop. Reflect. Try New Things. (source: [Forbes](#))
 - According to Eblin, the key to being less overwhelmed is being more mindful. He describes mindfulness as "awareness with intention."
 - his model for mindfulness covers four domains:
 - Physical
 - Mental
 - Relational
 - Spiritual
 - "Whether we base it on science or common sense, there is great power in being mindful and intentional about our choices. Putting ourselves in a position to reflect, try new things, and continue to learn widens our perspectives and brings numerous physical benefits. Plus, it's often just plain fun."

- “New experiences trigger the release of dopamine, motivating us, which in turn leads to neurogenesis, or the creation of new neurons and new neural connections.”
- “something as simple as listening to new music increases mental acuity; new songs cause the brain to learn and predict, which gets new neurons firing.” (source: science.time.com)
- “This is indicative of the broader idea that to continue to grow, we need to tackle new challenges. Conversely, the more success we have, the less likely we are to try new things or to take risks. This is one reason we stay on the hamster wheel, even when it’s overwhelming. The success we’ve earned causes our minds to become locked on what has worked for us so far. As the Zen master Suzuki Roshi put it: “In the beginner’s mind there are many possibilities, but in the expert’s mind there are few.”
- Things to consider to keep yourself mindful and inspired:
 - Get clear about what makes you fulfilled
 - Be intentional about trying new things.
 - Lose the need to be perfect.
 - Variety is the spice of (longer) life.
- Trying New Things (source: Psychology Today)
 - Why we fear new things?
 - We like routine
 - Fear of unknown (we fear unknowns more than known bad outcomes, [source](#)).
Examples: fear of not liking a dish, fear of a country being dangerous, fear of etc.
 - Remind yourself when faced with trying something new
 - Often requires courage
 - Opens up possibility of enjoying something new
 - Keeps you from becoming bored
 - Forces you to grow. (“We don’t ever grow from taking action we’ve always taken”
- 4 Benefits of Trying New Things (source: The Sage)
 - Times become more memorable
 - Fear takes a backseat and your sense of adventure grows
 - You’ll get to know yourself better
 - Creativity and Brainpower will be stimulated
- 14 Reasons to Always Try New Things in Life (source: LifeHack.org)
 - Create satisfying memories
 - Brings you out fo your shell
 - You understand your fears better
 - It Is Healthy
 - “Life stops when we stop learning and trying. The learning process continues long after we have left school into our daily affairs. Your brain, just like the rest of your body, needs food to remain active, and new things stimulate and boost it.”
 - It Humbles you

- This is what kids actually want to do with their families (source: [NYPost](#))
 - 73% of American kids would like more opportunities to bond with their family...
 - 70% of parents would also like more chances to spend quality time together
 - Even when asked about their friends, children were more likely to feel connected to their family than their peers (49 percent vs. 14 percent)
 - Top 20 activities kids most **WANT** to do with their parents
 - Go to the beach
 - Exercise
 - Play sports
 - Go to the pool
 - Go to the movies
 - Play at a park
 - Camp
 - Take a day trip (zoo, museum, amusement park, etc.)
 - Play video games
 - Go shopping
 - Go out to dinner together
 - Hike
 - Go to an event (sporting event, concert, etc.)
 - Spend time together in the car (driving to school, appointments, extracurriculars, etc.)
 - Watch movies at home
 - Make a meal together
 - Eat meals together at home
 - Play board games/card games
 - Create arts and crafts
 - Have them help with homework/schoolwork
 - Top 10 activities quality-time parents do with their children
 - Eat meals together at home
 - Help their children with homework/schoolwork
 - Watch movies at home
 - Bath time/getting ready for bed
 - Make a meal together
 - Read bedtime stories
 - Go out to dinner together
 - Go shopping
 - Play video games
 - Driving their children around (to/from school, appointments, etc.)
- 10 Benefits of Spending Time With Family (source: [Family Focus Blog](#))
 - Strengthens Family Bonding
 - Quality Family Time Improves Child's Academic Performance (Source: [SchoolFamily.com](#))
 - Spending Time With Family Helps Kids Develop Parenting Skills ([source](#))

- More Family Time Results In Less Behavioral Problems
- Spending Time With Family Results In Less Violence
- More Family Time Means Less Chance of Drug Abuse (source: [Focus On The Family](#))
- Greater Happiness (feeling cared for)
- Lead to greater self-confidence
- Results in Conflict Resolution Skills
- More Chance Of Success

Misc. Meeting NOTES (Pre ResearchPlan):

- Hone in on what problem I'm solving. (Data backing it?)
 - What people want VS. What people Need
 - Want
 - Pass the time
 - Have fun
 - Create memories
 - Need
 - Build relationships
 - Create memories
 - Building relationships through Quality Time with new adventures.