

Technology as a means of well-being

GRAND CHALLENGES :

C1. Health, demographic change and wellbeing

C7. Secure societies – protecting freedom and security of Europe and its citizens



CHALLENGE

1. On an individual perspective: wellbeing (emotional, mental, spiritual, physical) can be understood as freedom to choose / self-determination/ autonomy. The challenging question is: what does a “good life” mean and in which way will technology be used in personal and professional lives?
2. On a public perspective:
 - Guarantee the access to technology with equivalent opportunities, in order to ensure to each person a self-determined “good life” and a “balanced and ethical use of technology”
 - Creation of frame conditions in order to avoid abuses both from the employees and employers point of view. Today, people are not completely aware of the possibility to create “boundaries” between them and technology.

The challenge is to avoid that employers take advantage of technology to abuse employees.

- Encouraging engagement from citizens

We should keep in mind: technology is a means, not a goal. The objective is to reach a good life (self-determined).

3. On an organisational (business) level there's the need to integrate the perspective of the individuals into the workplace/ working environment, with an “integrated system design” process: start with social need and develop new technology later; not the other way around. A challenge exists between consumer technology and technologies in the workplace. So far the employees have to go through the technologies the business imposes on them. Technology development in business should learn from the consumer technology development in order to start from the final user need (employees).

SCOPE

Instead of being governed by technological devices, we want to govern them. Especially in the workplace, the aim is that final users (employees) play an active role in the development and process of introduction of new technologies, so that the development is end user centric.

The promotion of a higher level of awareness in the use of technology will allow reaping the benefits it offers without suffering negative consequences such as screen addiction, shifting relationships from physical to virtual space, thinner boundaries between virtual and real actions and exploitation at the workplace.

EXPECTED IMPACT

Online
consultation
rating ★

- Better understand the relation between virtual and real
- Better deal with privacy issues
- Dialogical development of our claim to technology, society and self
- Promote critical thinking as a basic requirement for all that follows
- Promoting risk assessment research (generate data & evaluate data)
- Avoid being overwhelmed by the constant pressure to make far-reaching decisions with regard to fast-paced technological developments which are outside the reach
- Holistic focus
- Measuring wellbeing
- High ethical standards of societies and constant dialog

Work life balance and wellbeing

5 Technology as a means of wellbeing

Research topic: Technology as a means of well-being

#9.a

Grand Challenges :

- 1: Health, demographic change and wellbeing
- 7: Secure societies – protecting freedom and security of Europe and its citizens

CHALLENGE

1. On an individual perspective: wellbeing (emotional, mental, spiritual, physical) can be understood as freedom to choose / self-determination/ autonomy. The challenging question is: what does a "good life" mean and in which way will technology be used in personal and professional lives?

2. On a public perspective:

Guarantee the access to technology with equivalent opportunities, in order to ensure to each person a self-determined "good life" and a "balanced and ethical use of technology".

Creation of frame conditions in order to avoid abuses both from the employees and employers point of view. Today, people are not completely aware of the possibility to create "boundaries" between them and technology. The challenge is to avoid that employers take advantage of technology to abuse employees

Encouraging engagement from citizens

-We should keep in mind: technology is a means, not a goal. The objective is to reach a good life (self-determined).

3. On an organisational (business) level there's the need to integrate the perspective of the individuals into the workplace/ working environment, with an "integrated system design" process: start with social need and develop new technology later; not the other way around. A challenge exists between consumer technology and technologies in the workplace. So far the employees have to go through the technologies the business imposes on them. Technology development in business should learn from the consumer technology development in order to start from the final user need (employees).

SCOPE

Instead of being governed by technological devices, we want to govern them. Especially in the workplace, the aim is that final users (employees) play an active role in

the development and process of introduction of new technologies, so that the development is end user centric.

The promotion of a higher level of awareness in the use of technology will allow reaping the benefits it offers without suffering negative consequences such as screen addiction, shifting relationships from physical to virtual space, thinner boundaries between virtual and real actions and exploitation at the workplace.

EXPECTED IMPACT

Better understand the relation between virtual and real

Better deal with privacy issues

Dialogical development of our claim to technology, society and self

Promote critical thinking as a basic requirement for all that follows

Promoting risk assessment research (generate data & evaluate data)

Avoid being overwhelmed by the constant pressure to make far-reaching decisions with regard to fast-paced technological developments which are outside the reach

Holistic focus

Measuring wellbeing

High ethical standards of societies and constant dialog

Online consultation rating: average importance: 3.

Nations Prioritizing this Research Area: Switzerland (1), Ireland (4), Slovenia (5)

CITIZENS' VISIONS

[LIT] Vision 6: Emotional Intelligence for Positive World Creation

"Not only technology can save the world, but above all human self-knowledge".

[HRV] Vision 3: The preservation of human health and nature for the generation XYZ

"[in our vision] Technology does not alienate people and does not endanger their health"

[MAL] Vision 6: Education and Society (community)

"[now] Technology is not completely at our service [...] To give man a vision. What makes man is not what man makes, and our creations should not become our creators."

[IRE] Vision 5: Balance of Nature, Humanity, and Technology

"We want technology to be used for the betterment of society"

[ESP] Vision 3: Building the future

"To regulate the role of new technologies in order to avoid damaging the quality of human relationships"

[SVK] Vision 2: Technology for Better Health

"People will live a quality life because of the support for research and development, improved access to its results and better cooperation of the included actions" [WP2]