

Using an Internet Extension to Save You From the Internet

Presenter: Yousef Abdulrahman, CIS Department · Mentor: Dr. Sarbani Banerjee, CIS Department

Abstract

In recent times the Internet has become a major part of everyone's lives, and it can absorb one into its endless abyss of information and entertainment. Some people have become obsessed with the Internet, sacrificing their health, time with friends and family, and even becoming addicted. The purpose of this research project is to develop a Google Chrome Extension that monitors the time spent browsing on websites like Google, YouTube etc. It will be using JavaScript, HTML and CSS. First, the user interface will be created using CSS to have a user-friendly view of the Extension. JavaScript will be the main programming language used to implement the functionality of the Chrome Extension. It will show warnings every 30 minutes and to remind the user to take a break or change posture or hydrate. It will also send daily, weekly, and monthly statistics of the improvement on time spent on the Internet versus time spent on useful, constructive activities. For example, how many hours spent watching Netflix compared to how many hours on educational websites. The web browser extension will be an icon at the top of the user's browser and will be hidden while the user is on the Internet: a pop-up window on the computer will show up on the screen to tell the user to take a break with an inspirational quote to get the user moving. This Extension will be published in the Chrome Web Store for anyone using the Google Chrome web browser to use.

Methods

To create the extension programming skills involving JavaScript classes, functions and object-oriented programming as well as knowledge of user-friendly interface to make it easier for the user to navigate when implemented.

Findings/Results

I found that using the Extension while browsing the Internet has increased my level of productivity and made it easier to remember to be productive as well as encouraging users.



Interpretation of Findings

Through the use of reminders, statistics that track your progress weekly that push the user to beat their productivity level of the past week, as well as encouraging quotes to help motivate, it has helped users become more productive and have one more tool to fight procrastination. With inspiring quotes, and personal statistics of progress of improving this gives the user small rewards to keep becoming less of a procrastinator and makes the user more productive throughout the day.

Conclusions

In Conclusion I found the Extension is useful to help manage your time better and decrease levels of procrastination and increase levels of productivity. This in turn makes the user more happier in life, the user has more time to do things the user has wanted to do but never gotten around to doing it because of the user's internet habits.

References

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