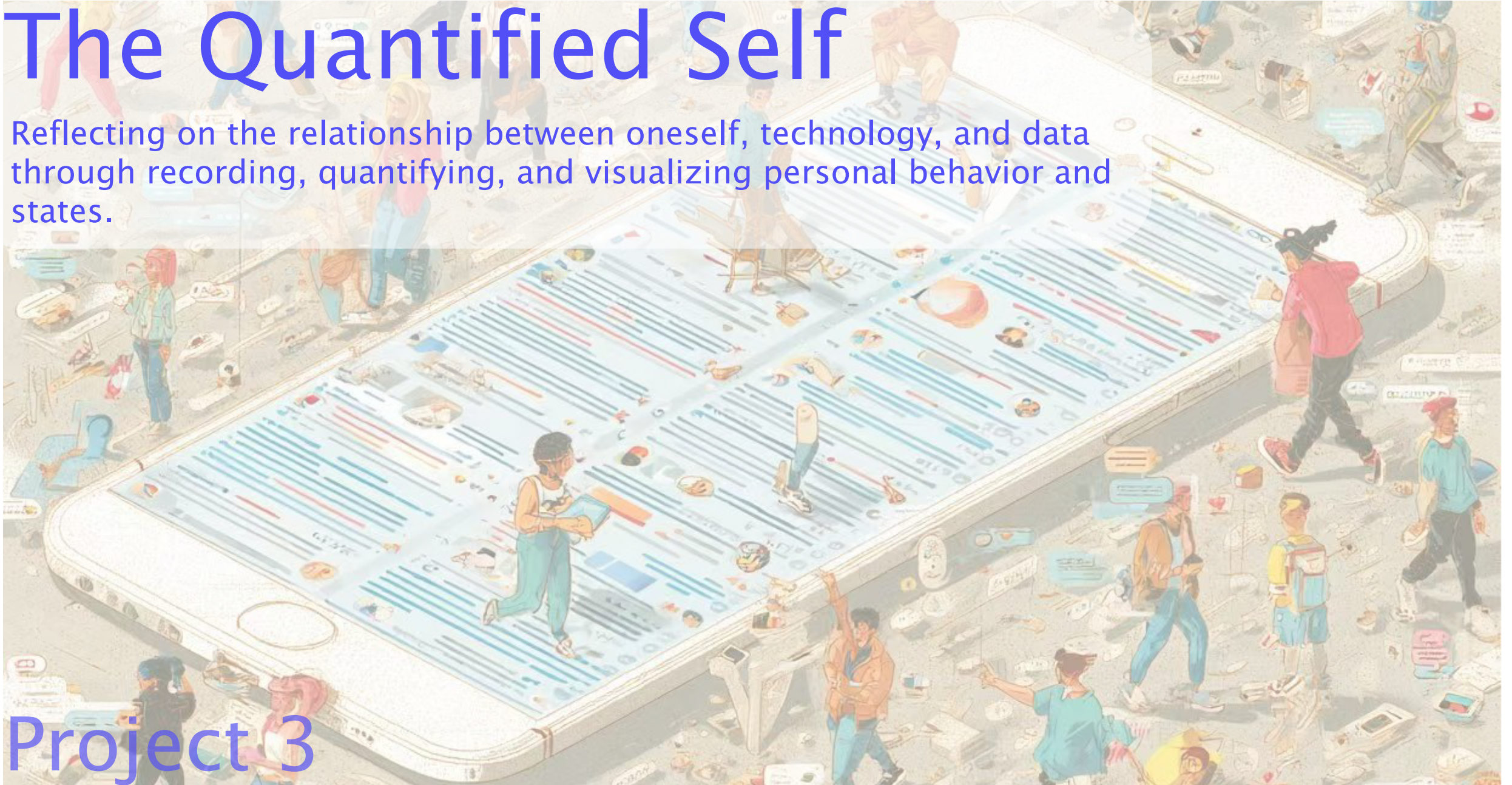


The Quantified Self

Reflecting on the relationship between oneself, technology, and data through recording, quantifying, and visualizing personal behavior and states.

Project 3



Story

I seem very active online, but how much real social interaction do I actually have?

This question stems from my personal daily experience. In instant messaging apps, I often reply quickly to messages and participate in multiple conversations, which appears to be "socially active" from a data perspective; However, on an emotional level, I often feel exhausted, distant, and even lack a true sense of connection. Therefore, I hope to reveal through self tracking whether quantitative "activity" is equivalent to qualitative "social satisfaction"? Can data reveal the gap between surface and interior?

The first type of data I have chosen is quantifiable social behavior data, such as the number of messages sent per day, the number of people we chat with each day, the types of relationships we chat with, and other data that can be recorded and compared.

The second type of data is subjective emotion and intimacy data, such as emotional ratings after chatting, etc., which cannot be automatically generated by the platform and rely entirely on my subjective records and reflections on quality data.

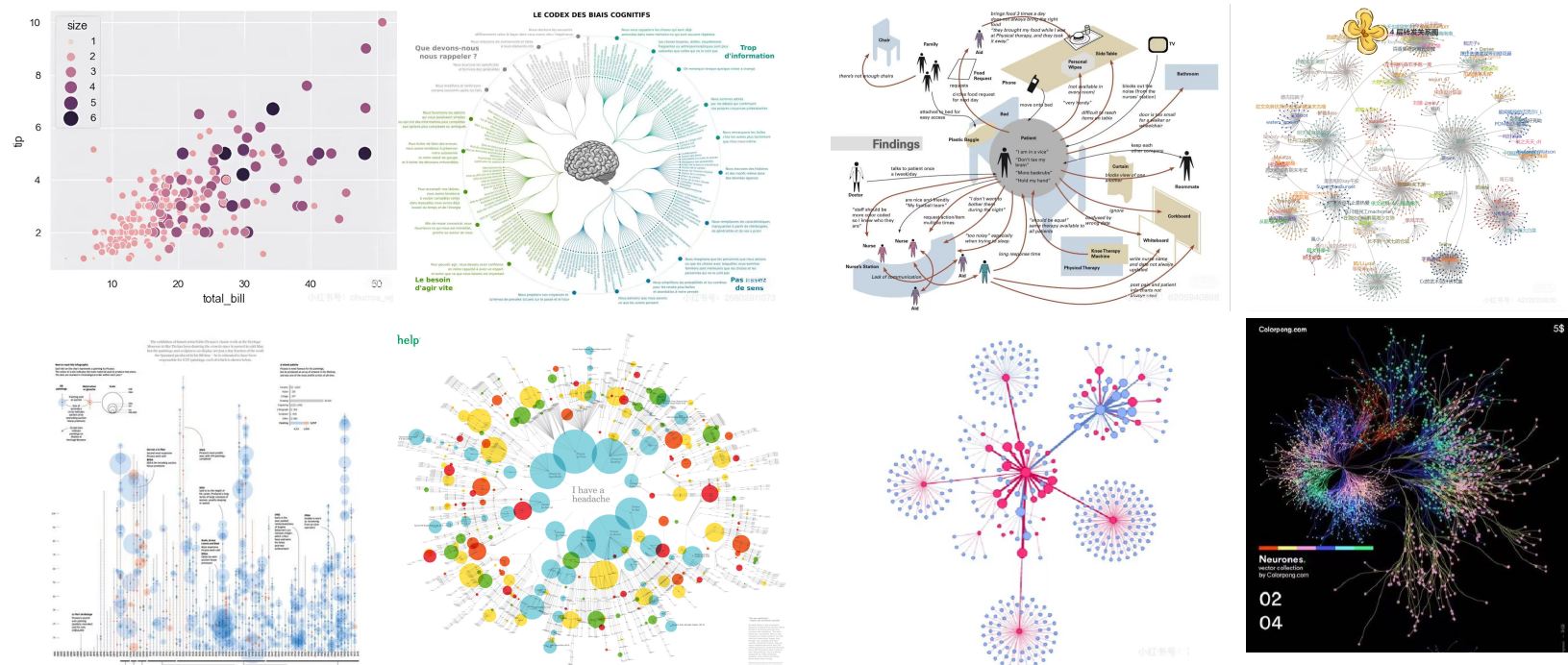
The reason for choosing this theme is because from the pictures, it can be seen that a large proportion of daily usage of social media occurs.



Research and Inspiration

Visual reference:

I didn't choose the traditional chart format because I believed it couldn't contain more information, so I opted for other forms. I wanted to create two different visualizations, one was a scatter plot mode, and the other was a model like a character relationship chart. This was inspired by the visualization images I found online, and I hope the images match my theme and are interesting.



Color reference:

I chose the temperature color scheme as a reference because I believe that human contact and communication are like temperature, with distance and closeness, cold and warm.



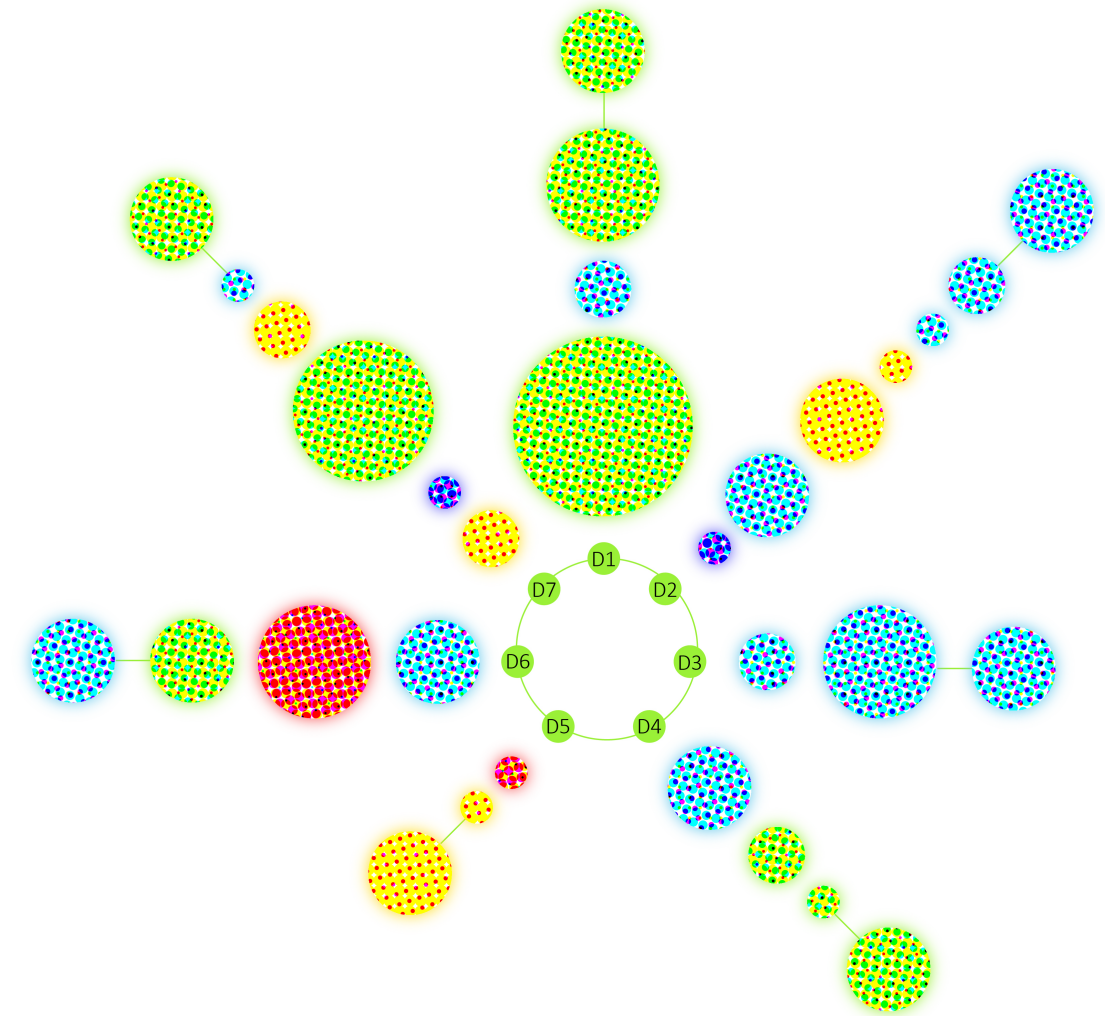
Outcome

Analysis:

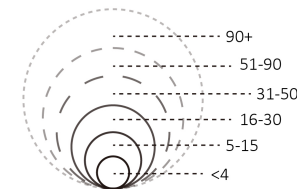
Because emotions and social relationships grow organically and are not linear, I used forms such as flowers and star shaped energy fields to make the audience feel the 'temperature' and 'vitality' at a glance.

This picture is not emphasizing who I am most connected to, but rather the fluctuation of emotional states over a period of time. In the figure, it can be seen that some dates have large circles, but these circles are not always the "warmest colors", and emotional values appear very frequently in the neutral or low range of 2-3. Revealing that high-frequency interaction does not necessarily equate to high emotional satisfaction, the moments of optimal emotions sometimes come from fewer but more concentrated interactions. So it seems very active on the internet, but that doesn't mean I have rich and meaningful real social interactions.

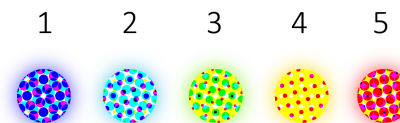
Social And Emotional Warmth



Number Message



Mood



Outcome

Analysis:

I choose a tree like network structure because it not only conforms to the data structure, but also naturally symbolizes the growth of relationships, connections, and emotions, making data not only visible but also felt.

High frequency chat partners do not necessarily equate to high intimacy relationships, such as messaging classmates 94 but having only 2-3 degrees of intimacy, or talking to parents only once but having 5 degrees of intimacy. This indicates that the quantity in digital social media does not match the quality of real relationships. Most conversations are focused on short time periods (0-10min, 10-30min), and deep communication beyond 1h and 2h is very limited, which means my social time is fragmented into a large number of low-intensity interactions. Even if there are a lot of messages, the time left for 'being listened to, understood, and responded to' is limited. The whole picture reveals that the social scope is expanding but the emotional density is decreasing. Online activity does not equate to emotional satisfaction, the quantity of messages does not equate to relationship quality, and having multiple contacts does not equate to being truly understood. The conclusion is that truly meaningful socialization often comes from a small but stable, emotionally intensive relationship, rather than a large amount of scattered digital interaction. So appearing to be very active on the internet does not necessarily mean that I have rich and meaningful real social interactions.

Social Network Relationship

