

Digital Craft Research Document

< Screen Time

Today

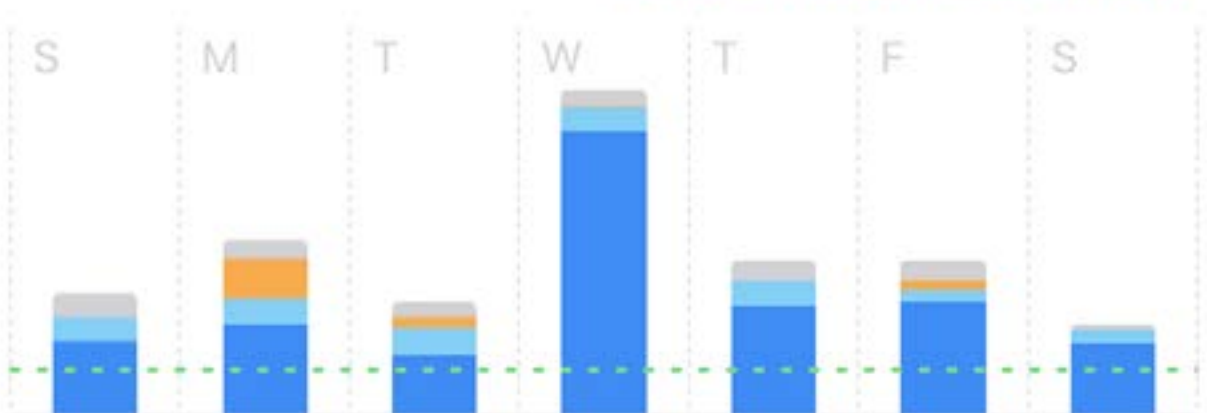
Last 7 Days

Sterre van der Helm's iPhone

SCREEN TIME

Today at 17:35

7h 4m per day ↑ 23% from last week



Entertainment
35h 1m

Social Networking
6h 37m

Games
2h 34m

Weekly Total

49h 29m

P1; Critical making cards

Make a Youtube comment disobedient using fabric.

function of a comment?
to react to something
express opinion
show support
to hate for no reason

to not react on something
do not express opinion
do not show support
to not hate for no reason

how do we make a fabric like a youtube comment?

Use the fabric as the feeling of the comment
and then link a youtube comment to it
make an object out of it
positive and negative and neutral

incorporate the feeling of the comment into the fabric

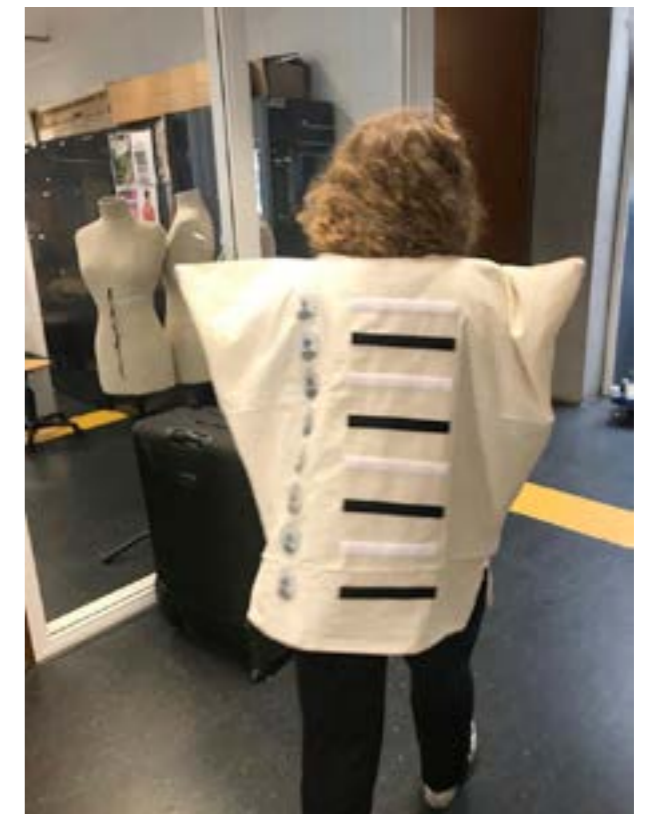
Jacket with patches
spikes for the fabric
make a statement piece

because every comment has a purpose to
express something
then when it becomes neutral it has no purpose
it's disobedient

We stop the interaction.
because every comment has a purpose to
express something
then when it becomes neutral it has no purpose
it's disobedient

The media itself is neutral
comments make it positive or negative

Youtube is the medium and the comments are
positive or negative
In order to make a comment disobedient
It should not be able to interact
The wearable represents the interface of Youtube
The person is the content
and the comments are useless
The content is zipped in and cannot get out, so
the message of the video becomes obsolete
because perceived interaction is not fulfilled.



THE WORLD OF ASMR

LET'S CHILL

Autonomous Sensory Meridian Response

ASMR is the term for the sensation people get when they watch stimulating videos or take part in other activities — usually ones that involve personal attention. Many people describe the feeling as “tingles” that run through the back of someone’s head and spine. Others say the feeling is deeply relaxing, and can even cause them to fall asleep or reduce anxiety or depression.

Most common tingles people get from watching a video:

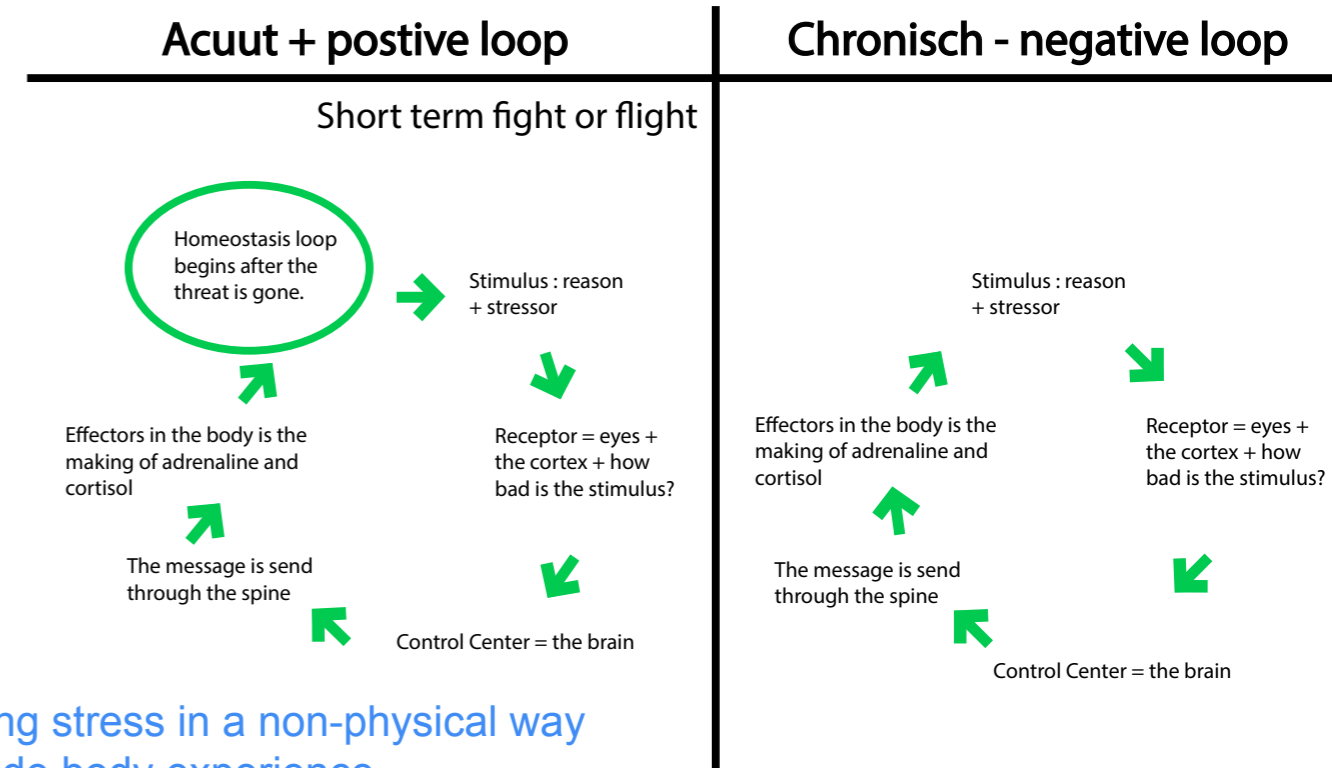
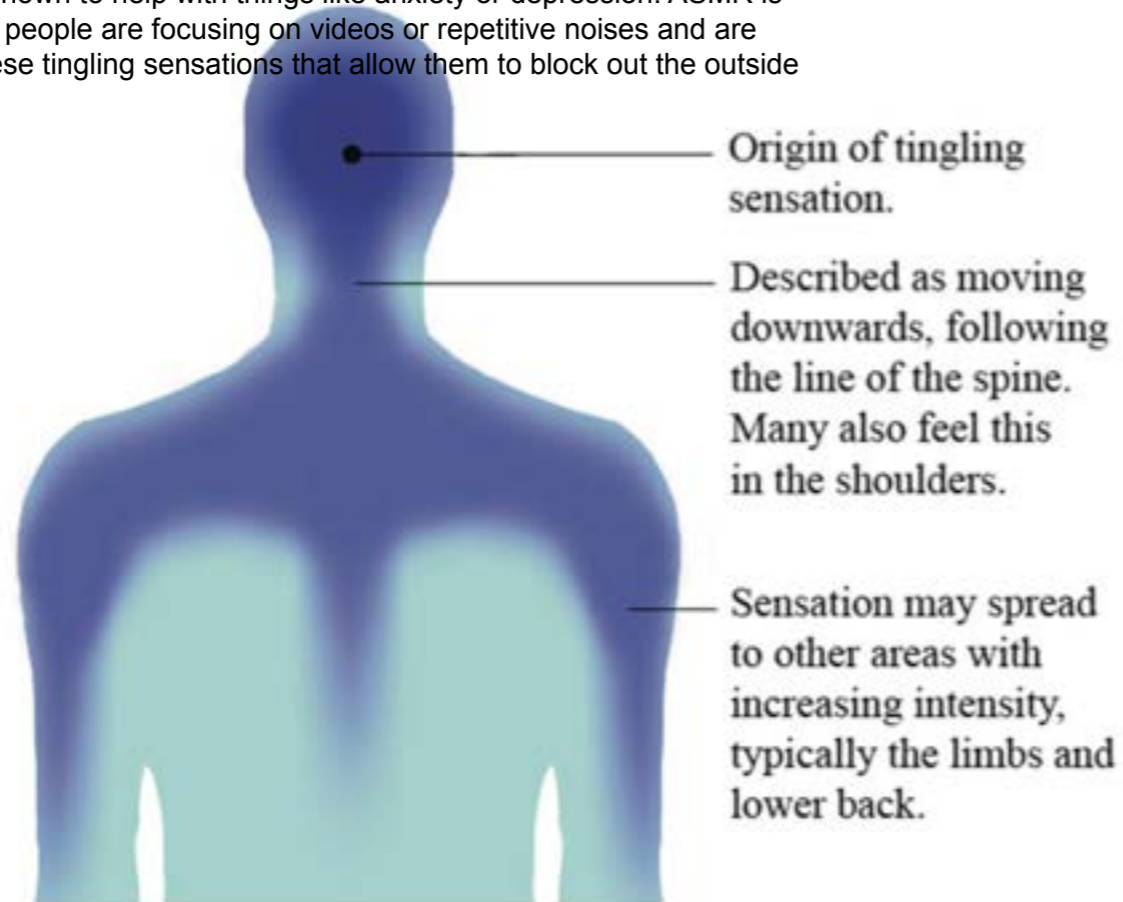
whispering, tapping, scratching, personal attention, role play, massage, crispy sounds eating, hand movements and slimes. Can it be a cure for anxiety and depression?

“ASMR is definitely not the secret to treating depression and anxiety,” says Stephen Smith, a professor of psychology at the University of Winnipeg, who has studied the neural connections in ASMR people.

“It could help some people as a ‘supplement’ of sorts to real treatment, but it should not be used in- stead of consulting a trained professional.”

He says the reason some perceive it as a form of treatment is because there are elements that are similar to mindfulness meditation, which we know has the ability to lead to a sense of calm.

“In meditation, people focus on an external image or an internal sensation and it’s focused attention that allows them to block out the outside world,” Smith said. “It’s been shown to help with things like anxiety or depression. ASMR is the same in that people are focusing on videos or repetitive noises and are experiencing these tingling sensations that allow them to block out the outside world.”



Pulling stress in a non-physical way outside body experience.

The glove represents the old school bodily features, and the cooling element functions as an automatic reaction to one of the symptoms of stress. Your body temperature is a huge indicator for a change in psychical energy. With our device it differentiates the old reaction from the new.

The stress organ that is placed on the body functions as an indicator as well as calming down yourself. The feedback loop is within the vibration of the ring that is connected to the stress organ. The vibration and inside feeling of stress get’s noticed by the stress organ and gives you feedback through vibration. So you know when you need to adjust your behaviour to experience less stress in the future.



P3; Black Box

How is technology linked to economic, political and ecological wicked problems and human-made catastrophes? Where is a line out? How to break the feedback loops? How is the supply chain linked to the device you are working with? Pick a problem or issue to analyze and engage with a complex ecological system. This is a visual mapping assignment, which should be accompanied by a text of max 1000 words.

When technology became implemented in our daily lives we made a lot of different products with different functions. Over time we started experimenting with technology. All these objects became smaller and evolved into one supercomputer where all these products became combined. Now we only need one computer to calculate, get our mail, find our way and store our memories.

The product we chose was an old calculator from the 1960's till 1970's. The first hand-calculator (without electronics) was made in 1642. From there on this calculator stays the same until 1974 when the first patent for an electronic calculator was issued.

The calculator is linked economically to everything that has to do with money. For example; predictions about profits, salary, pension and insurances. Economic and political are intertwined, because the hierarchy of our political systems does not exist without money. Campaign and election, but also when leading a country. If Trump hadn't calculated his budget, he would never have won the election.

Ecological problems are being solved with the help of calculator, for example to measure how much admission output we could make to still have livable air. Especially now

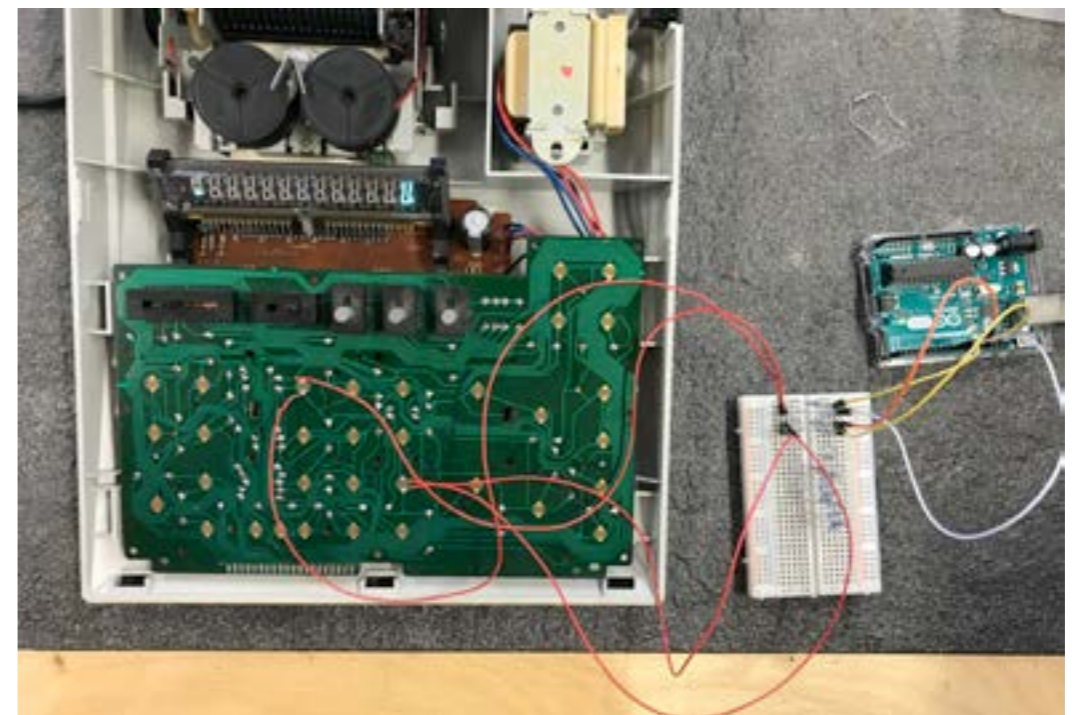
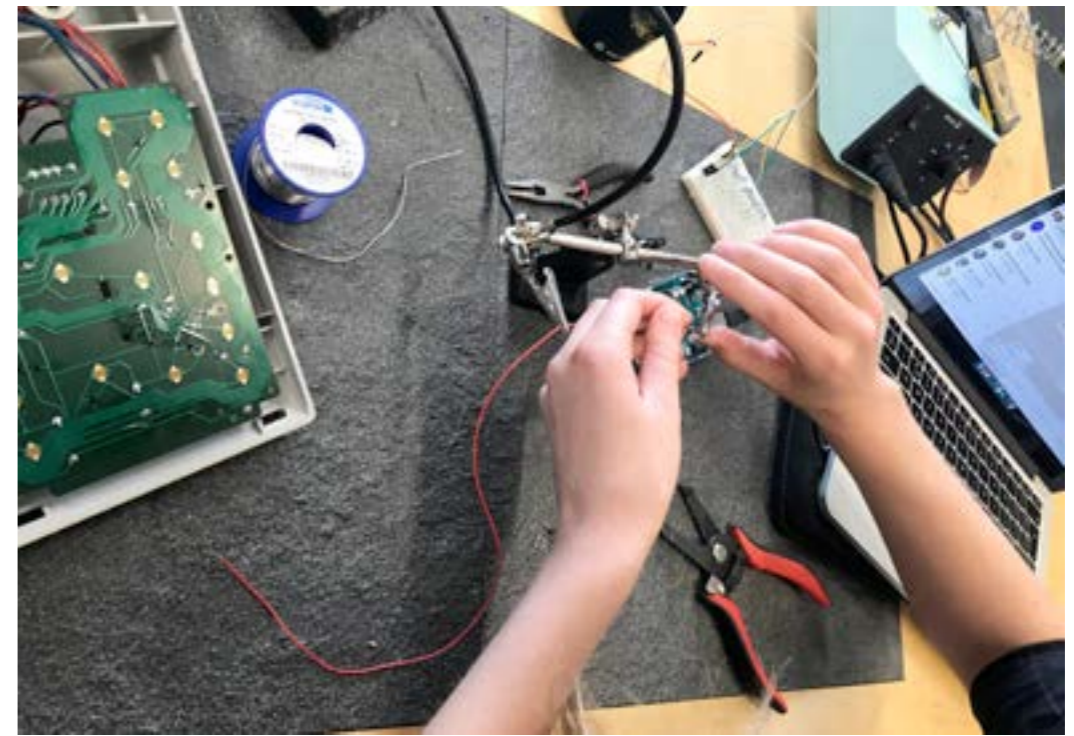
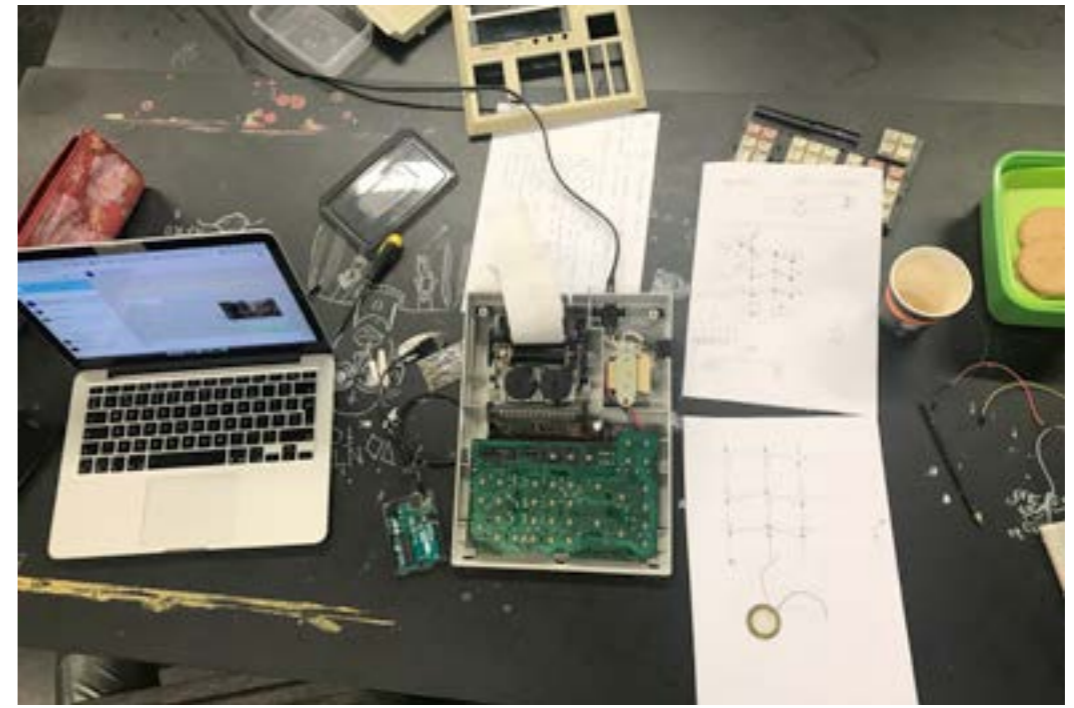
that we are in the height of the problems caused by climate change, it is important to calculate the water levels. But also calculate when a tsunami is going to hit a city and how much damage it is going to do.

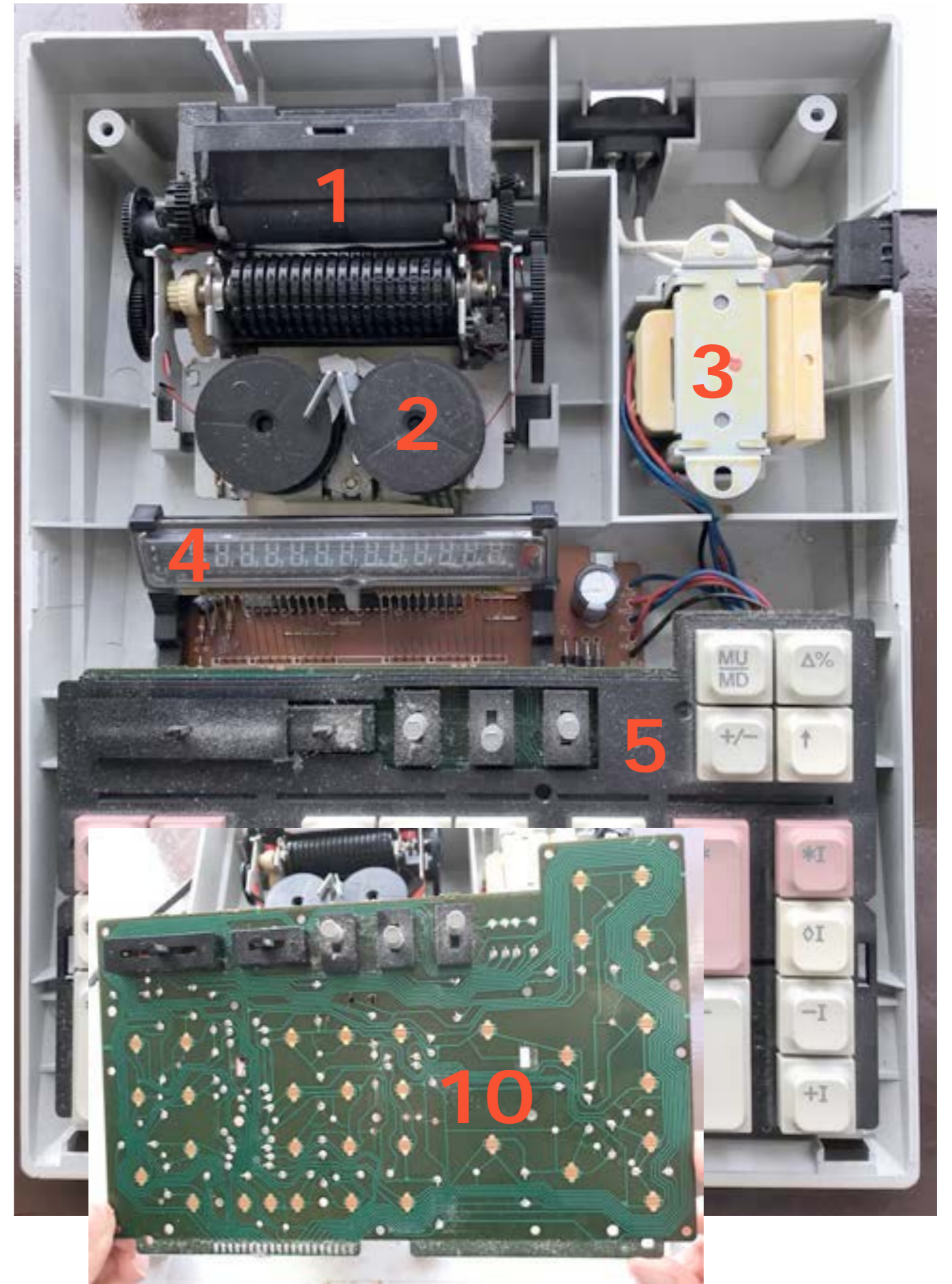
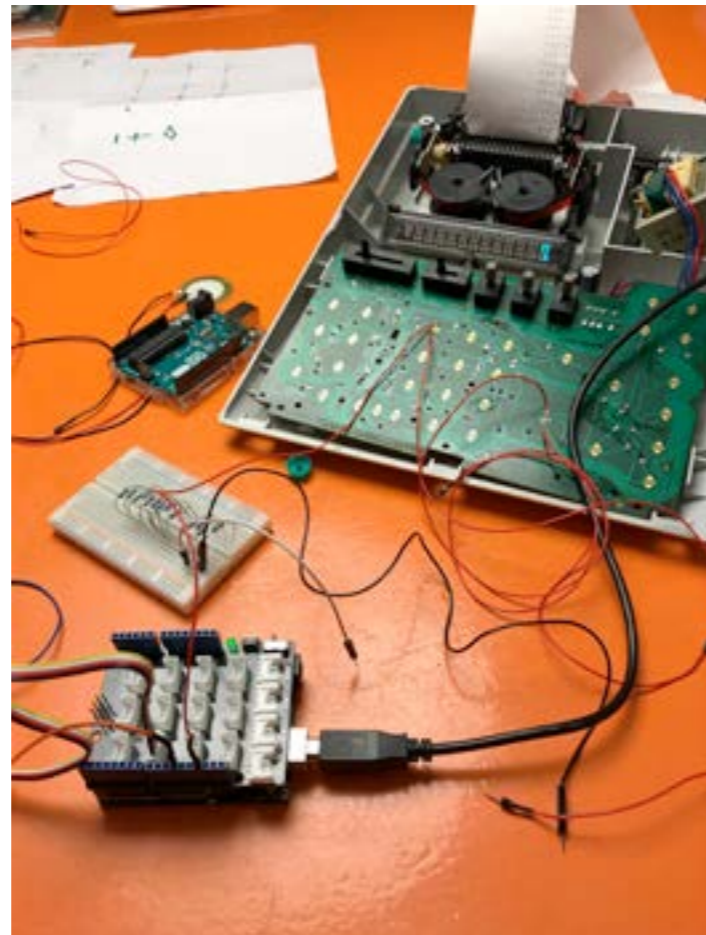
The feedback loop of the calculator is that we can show all the problems we have and create. By calculating your overweight, ecological footprint or who has the most votes we check constantly check our own destruction. The input is all the data we produce, this data comes in the form of problems and issues of our own making. And then we try to solve these problems, by letting the world know we have these problems, and need to create a new formula.

To give an example of a broken feedback system we use the example of the previous American election, everybody thought that Hillary would win. She won the 'popular vote' but lost the elections. With the result of the media telling us that Hillary would probably win, by showing us the calculations based on opinions formed on social media. The algorithms gave American voters false pretenses.

We think that we need to be led only by actual numbers instead of opinions of numbers. This is to make sure we get the correct feedback, and have a real effect on problems. We need interpret the calculations ourselves instead of letting the media make the translation.







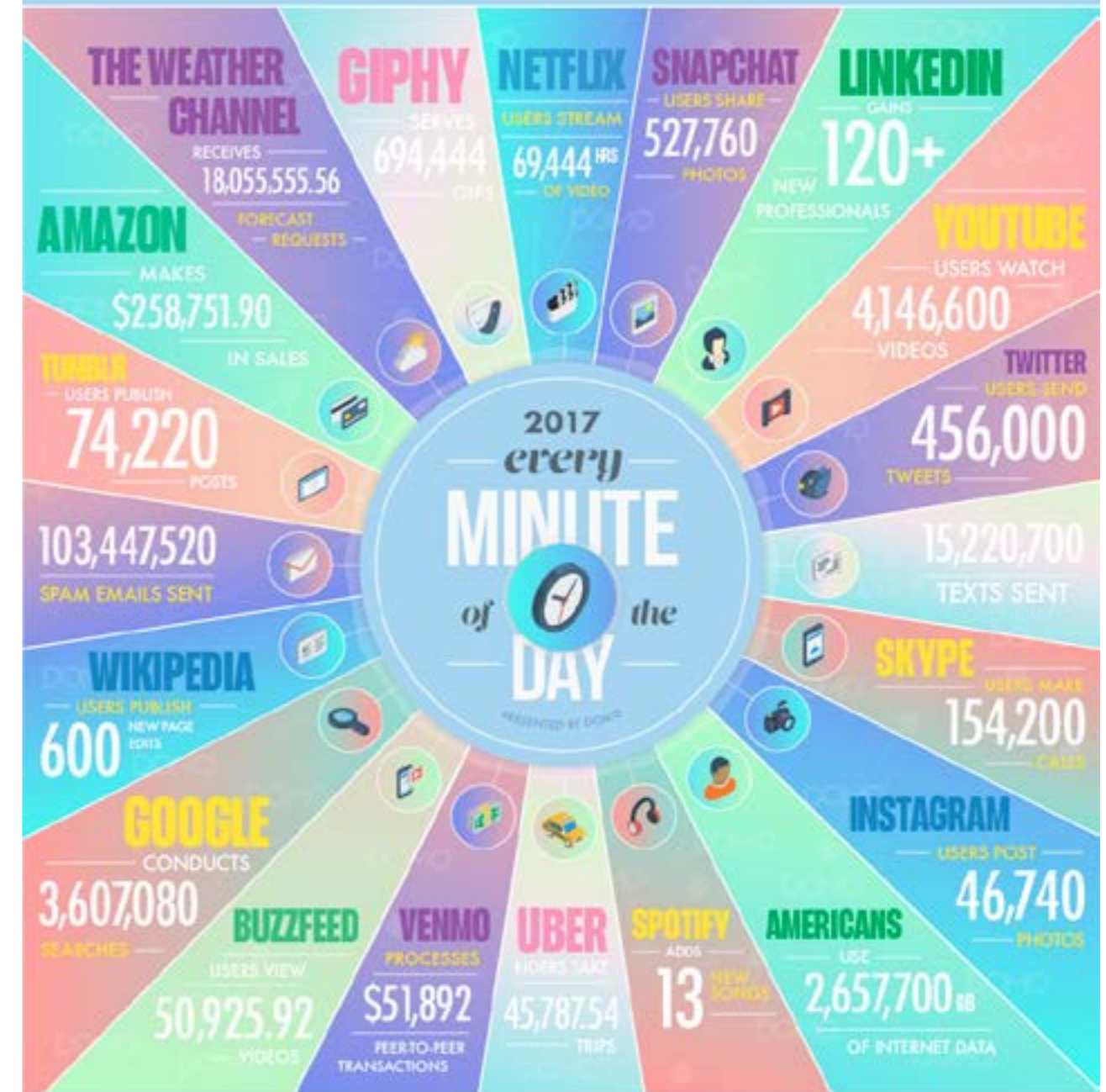
- 1 This is the printer function, it exist out of a spinning wheel with numbers that get's activated by the computer.
- 2 These are the cartridges (red and black) for printing the numbers on the paper.
- 3 This is the transformer, transforms 220 V to 19 V equalpower.
- 4 This is the display, where the numbers appear if you use the keyboard.
- 5 The keyboard, used to type in numbers to make the calculations.
- 6 Capacitor
- 7 four bit single chip microcomputer, 4 bit RAM (random acces memory & these pin connect every number key with the display
- 9 resistors
- 10 contact for the buttons and computer



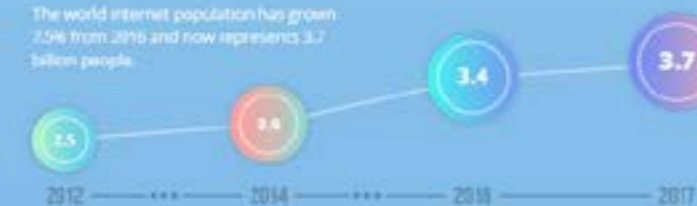
DATA NEVER SLEEPS 5.0

How much data is generated *every minute*?

90% of all data today was created in the last two years—that's 2.5 quintillion bytes of data per day. In our 5th edition of Data Never Sleeps, we bring you the latest stats on just how much data is being created in the digital sphere—and the numbers are staggering.



The world internet population has grown 7.9x from 2012 and now represents 3.7 billion people.



With each click, swipe, share, and like, businesses are using data to make decisions about the future. Domo gives everyone in your business real-time access to data from virtually any data source in a single platform for smarter decision-making at any moment.

Learn more at domo.com

GLOBAL INTERNET POPULATION GROWTH 2012-2017
(IN BILLIONS)

SOURCES: FORNOSTRANER INGS.COM, FBARSOCIAL.COM, WIKIPEDIA, POPRS, ADWFF.COM, PORTLIFE.COM, BLOOMBERG.COM, OVERSIGHT.COM, IBM, BUZZFEED, INTERNET LIVE STATS, INTERNET WORLD STATS, IBC



Retrospective timing

It all started with the ticking sound of the clock. Hearing time. We (or I) never seem to fully realize this, when listening or watching a minute pass by. We used to have church bells; helping us rise in the morning and tuck in for the night. I started wondering about how this ticking, the noticeable passing or physical reminder of time could change behaviour.

We need to control how our time is used. A 'digital detox' Time can be manipulated by sources of power. With a key interest to increase productivity and manage labour.

Will it make you more productive, get a better view on how long some activities take and how long you perceive them. Will it make no difference at all?

Where is your biological clock located?

The "master clock" that controls circadian rhythms consists of a group of nerve cells in the brain called the suprachiasmatic nucleus, or SCN. The SCN contains about 20,000 nerve cells and is located in the hypothalamus, an area of the brain just above where the optic nerves from the eyes cross.

We can not go back to natural time.

Prospective timing

The attentional gate model (Zakay, 2000) provides an explanation for prospective timing. It is based on the scalar expectancy theory (SET) model, which is an internal clock model that successfully predicts and explains time-based behaviours (e.g. time conditioning) in animals. In this model, the internal clock consists of some sort of a pacemaker that emits signals continuously and with a constant, steady tempo. The signals emitted in a given interval are read and counted by a component called an accumulator. The count of signals during a target interval is stored in memory and can be used to represent the duration of that interval. An organism can repeat certain durations by counting the signals until there is a match between the new count and a former one. This does not require any awareness of the passage of time.

One factor is the intensity of information processing in which one is engaged.

Ornstein (1975), presented participants with either a simple or a very complex figure (a circle or an irregular polygon, respectively) and asked them to memorise them. Later on the participants were asked to retrospectively estimate the exposure duration of each figure. Though exposure was identical in terms of clock-time, those participants who were exposed to the simple figure estimated exposure duration to be significantly shorter when compared to participants exposed to complex figures: much less information needed to be stored in memory.

Second factor is the amount of contextual changes occurring during the interval. Block and Read's (1978) experiment involved participants engaging in identical information-processing tasks for a fixed interval. Some participants were exposed to changes in room lighting, the other participants were not exposed to any contextual changes. Consequently, the group exposed to change estimated the duration of the target interval as significantly longer than those not exposed.

Third factor refers to the level of segmentation into meaningful sub-intervals. The more an interval is segmented, the longer its retrospective duration estimation will be (Poynter, 1983). Intervals are segmented by high-priority events (HPEs), which attract attention, are stored in memory and are easily retrieved later on. Such HPEs act as cues, facilitating the retrieval of information from memory, thus enabling the retrieval of a larger amount of information leading to longer retrospective duration estimations. Contextual changes are most probably acting as HPEs.

Chrononormativity

Twenty 1st-century media tap into the continuous attention economy and labor potential of bodies while at the same time, decenter their conscious perception of what has been extracted, through the incongruent scale of algorithmic time.

In this day and age our time is not only consumed by things in the natural world. But we are also quite invested in the digital world. Everything is possible with the internet. It is normal that we spend hours on our phones, doing whatever. Without realizing hours pass by. This is a new form of time consumption that is even a bit dangerous because the digital is ruling over our physical time frame.

I was curious if there was some movement against this. Are we dealing with our digital lives, and realizing how much time we lose, or gain when handling all these devices?

The Guardian wrote an article with keys to a digital detox, so apparently we are consciously dealing with this.



The digital detox rules

- Delete all social media apps from your phone; check these only from a desktop computer.
- Turn all banner-style/pop-up/sound notifications off all other apps (keep the badge-type notifications where you have to visually check the app).
- Leave your phone in your pocket or keep it out of sight for meetings/get-togethers/conversations/meals involving other people.
- Keep your phone out of sight during your commute.
- Don't take your phone with you into the bathroom or toilet.

Day 1 Leave your phone outside your bedroom overnight; get an alarm clock or turn up the volume on your phone so you can hear its alarm easily from your bed through the door. Continue this all week.

Day 2 Put your phone in a central place when you return home and go to the location of the phone (rather than carrying it around with you) if you need to check it.

Day 3 Take work email off your phone (notify everyone in advance that you're doing this).

Day 4 Go out to dinner, lunch or to an evening event/gym session and leave your phone behind.

Day 5 Keep your phone on airplane mode as default all day; take it off this mode only when you need to use it.

Days 6 and 7 Your complete digital detox: keep your phone switched off and put away from 7pm Friday to 8am Monday.

Evelyn Wan's paper about the influence of biopower and politics extracted into our human lives, without keeping track on it was the ground-breaker to dive in to the subject of algorithm time. This made me want to explore these different projects and theories she describes in her thesis.

Here a few examples of things she writes that acted as an inspiration;

“Temporality, specifically a beyond-human temporal scale, has become the modus operandi of twenty-first-century media.”

“Biopolitics, in a nutshell, is the study of governing strategies focused on the regulation of populations and the management of ‘life itself’”

“I propose the term ‘techno-chrono-biopolitics’ to highlight the technological and chronological dimensions of biopower’

After reading her thesis I started looking at some of Foucault's work because he seemed to be the originator of the term biopower. He describes it as; Let us begin with a brief definition of biopolitics and biopower, before situating these concepts within the broader context of Foucault's oeuvre. In short, biopolitics can be understood as a political rationality which takes the administration of life and populations as its subject: ‘to ensure, sustain, and multiply life, to put this life in order’.⁹ Biopower thus names the way in which biopolitics is put to work in society, and involves what Foucault describes as ‘a very profound transformation of [the] mechanisms of power’ of the Western classic age.¹⁰ In *The Will to Knowledge*, Foucault writes of;

[A] power that exerts a positive

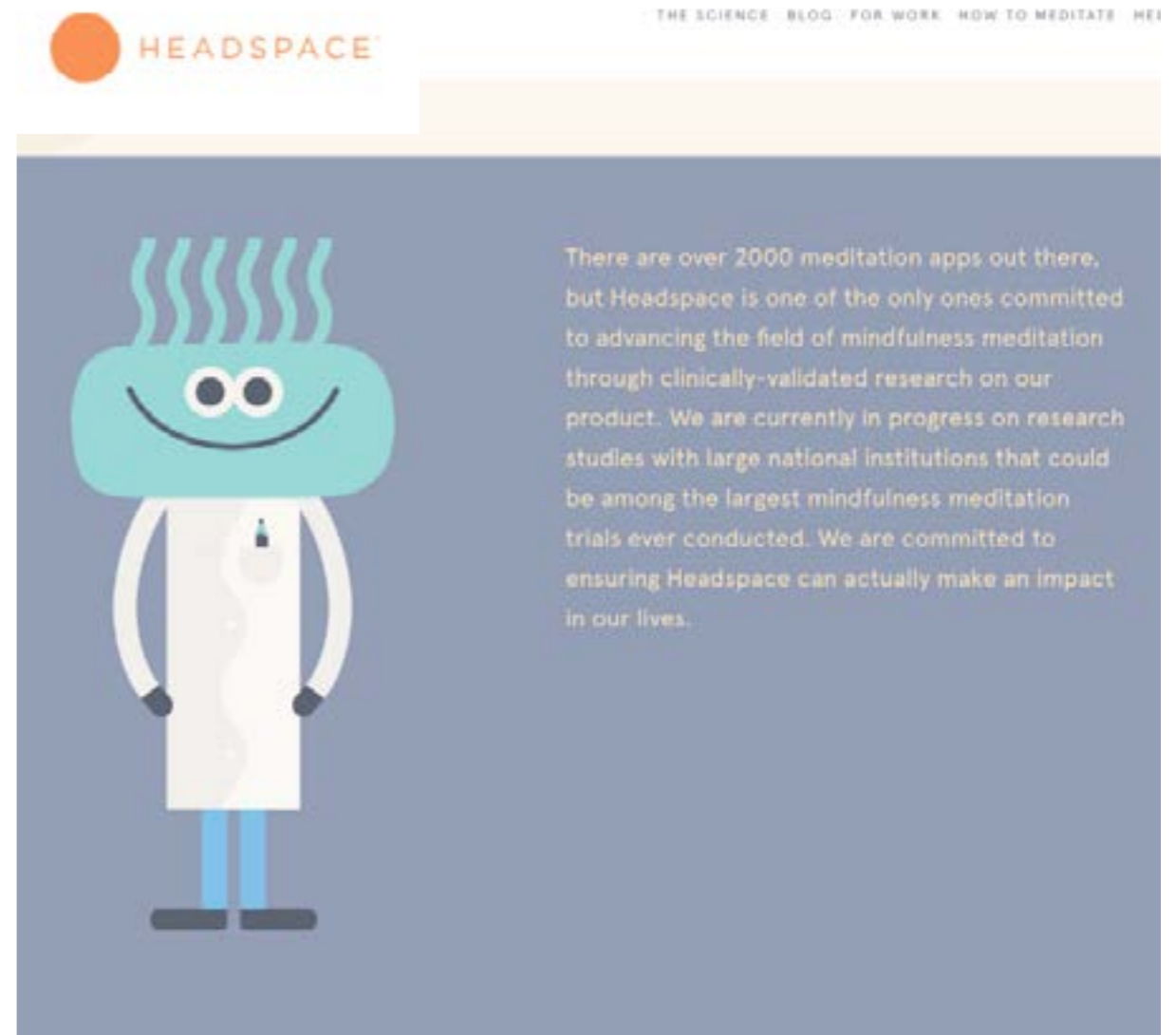
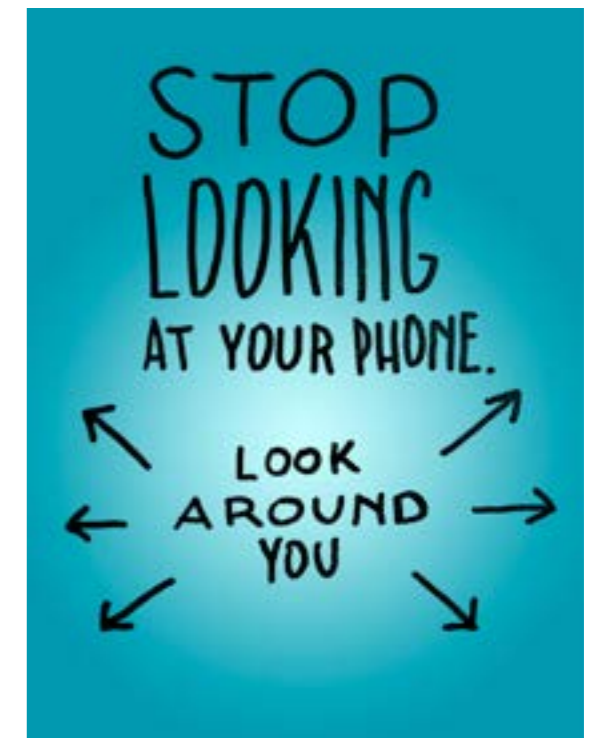
influence on life, that endeavours to administer, optimize, and multiply it, subjecting it to precise controls and comprehensive regulations.¹¹ Foucault is speaking here of a power he later designates as “biopower”, a power which –significantly – has a ‘positive influence on life’ (my italics). This new biopower constitutes a ‘profound transformation of [the] mechanisms of power’ insofar as it differs from what Foucault associates with ‘juridico-discursive’ conceptualisations of power as repressive and negative:¹² a power whose ‘effects take the form of limit and lack’.¹³ Indeed, Foucault conducts a lengthy critique of this repressive functioning of power in both *The Will to Knowledge*¹⁴ and *Society Must be Defended*,¹⁵ demonstrating that such power functions to hide other productive or ‘positive’ capacities of power that are also at play particularly, for example, within the capitalist governmentality of the 19th century.

Then returning to the last chapter of Evelyn Wan's ‘clock time’. She describes a few projects. Such as ‘One year performance.’



This gives a beautiful example of how machines slowly started to control our biopower. Stepping away from a natural time that used to control us. Now we are much further controlled by these machines. They help us answer emails, write birthday cards, give us examples of what we should wear.

And I noticed that of the many projects I found it has nothing to do with a PHYSICAL change. It reminds us that we are addicted through our phones. Wan gives us an example of an app that can help you reduce the screen time of your phone. But is digital the answer here? Doesn't it need to be more physical? The actual reminder of the vibration means you cannot escape it. You carry it with you as long as the machine is working out your time for you.



How to make it work?

Experimenting with the physical reminder of time; from one till twelve.

Experimenting with the unconscious passing of time through ever attention getting algorithms.

How can I make the running algorithms n your phone physical?

i am going to use vibrations as a physical reminder of the running algorithms. To make sure the importance is felt, I want these vibrations to occur close to your hart.

The design of the safetybelt is because of the link to your personal safity and the fact that your always connected to your phone. It is always within reach and you feel safe when you have it with you. In close contact with the world through social media, news apps, whatsapp to talk with your friends and family.

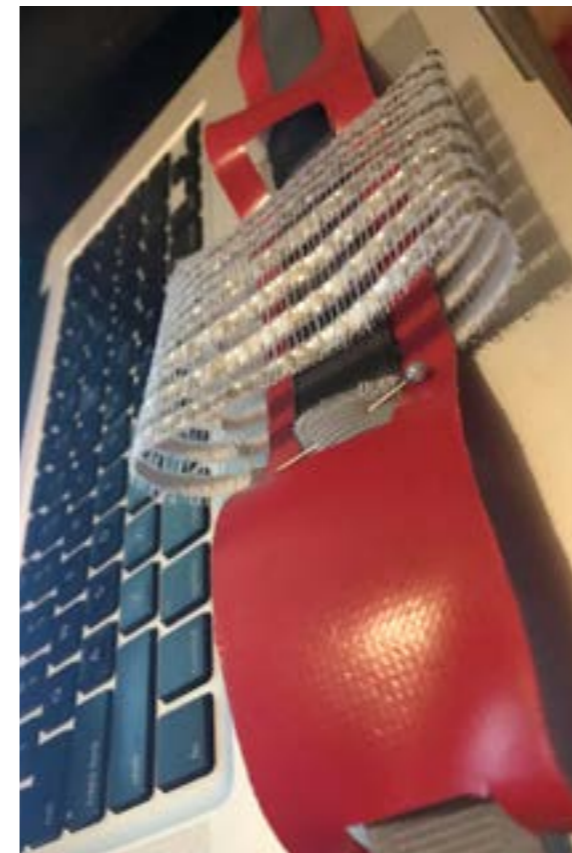
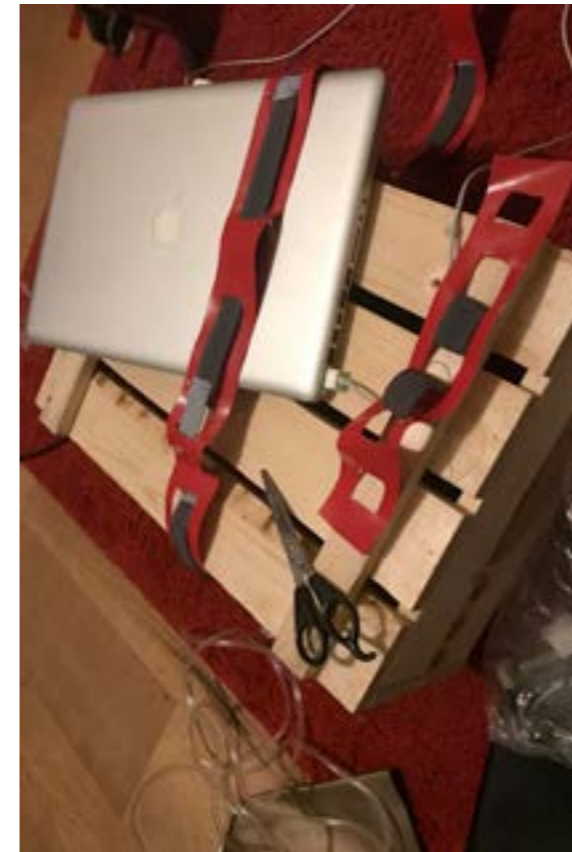
The future of this project lies in actually connecting it to an iPhone, this is our main link to algorithms running. If I can make a machine that let's you feel or see these algorithms, all the time. Not only when in a a special room where you can connect it but during daily life. We will perhaps notice how it affects us. Or at least how fast and often these algorithms update, refresh and bring you news.

What do I want to say?

Digital, data, algorithms take ahold of the hours we have in a day. Often not realizing that we spend so much time on our phones.

How do I want to say it?

Create vibrations that mimic the running algorithms in your phone. Reminding the user that it constantly works and never sleeps. Always trying to consume precious time.





```

/*
Project of Sterne
*/

// These constants won't change.
// They're used to give names to
// the pins used:
const int analogOutPin = 3; //
Analog output pin that the LED is
attached to

int outputValue = 0; // value
output to the PWM (analog out)

void setup() {
// Initialize serial communications
at 9600 bps:
Serial.begin(9600);
}

void loop() {
// change the analog out value -
turn it on

analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 220);
delay(100);
analogWrite(analogOutPin, 10);
delay(1000);
analogWrite(analogOutPin, 140);
delay(100);

// keep it off for ... milliseconds
delay(3000);

analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 0);
delay(200);
analogWrite(analogOutPin, 170);
delay(100);

// change the analog out value -
turn it off
analogWrite(analogOutPin, 0);

// keep it off for ... milliseconds
delay(3000);

delay(100);
analogWrite(analogOutPin, 120);
delay(100);

analogWrite(analogOutPin, 0);
delay(100);
analogWrite(analogOutPin, 70);
delay(1000);
analogWrite(analogOutPin, 10);
delay(100);

// keep it off for ... milliseconds
delay(1000);

delay(100);
analogWrite(analogOutPin, 120);
delay(100);
analogWrite(analogOutPin, 0);
delay(300);
analogWrite(analogOutPin, 110);
delay(100);
analogWrite(analogOutPin, 0);
delay(500);
analogWrite(analogOutPin, 60);
delay(300);

// change the analog out value -
turn it off
analogWrite(analogOutPin, 0);

// keep it off for ... milliseconds
delay(2000);

analogWrite(analogOutPin,
120);
delay(50);
analogWrite(analogOutPin, 0);
delay(100);
analogWrite(analogOutPin, 70);
delay(100);
analogWrite(analogOutPin, 0);
delay(100);
analogWrite(analogOutPin, 10);
delay(100);

// keep it off for ... milliseconds
delay(1000);

analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 0);
delay(100);
analogWrite(analogOutPin, 70);
delay(1000);
analogWrite(analogOutPin, 10);
delay(100);

// change the analog out value -
turn it off
analogWrite(analogOutPin, 0);

// keep it off for ... milliseconds
delay(1500);

analogWrite(analogOutPin, 0);
delay(100);
analogWrite(analogOutPin, 70);
delay(1000);
analogWrite(analogOutPin, 10);
delay(100);

// keep it off for ... milliseconds
delay(1000);

// keep it off for ... milliseconds
delay(1000);

analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 220);
delay(100);
analogWrite(analogOutPin, 10);
delay(400);
analogWrite(analogOutPin, 140);
delay(100);

// keep it off for ... milliseconds
delay(1000);

analogWrite(analogOutPin,
120);
delay(100);
analogWrite(analogOutPin, 0);
delay(300);
analogWrite(analogOutPin, 110);
delay(100);
analogWrite(analogOutPin, 0);
delay(300);
analogWrite(analogOutPin, 60);
delay(300);

// keep it off for ... milliseconds
delay(2500);

analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 0);
delay(200);
analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 0);
delay(100);
analogWrite(analogOutPin, 70);
delay(1000);
analogWrite(analogOutPin, 10);
delay(100);

// keep it off for ... milliseconds
delay(1500);

analogWrite(analogOutPin, 270);
delay(100);
analogWrite(analogOutPin, 0);
delay(300);
analogWrite(analogOutPin, 170);
delay(50);

// keep it off for ... milliseconds
delay(1000);

analogWrite(analogOutPin, 170);
delay(100);
analogWrite(analogOutPin, 220);
delay(100);
analogWrite(analogOutPin, 10);
delay(400);
analogWrite(analogOutPin, 140);
delay(100);

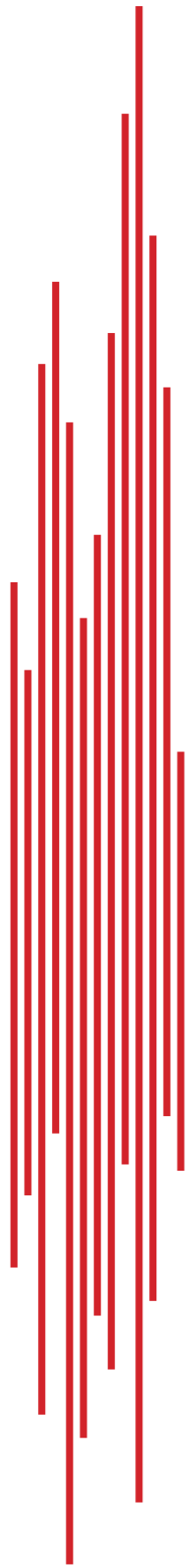
// keep it off for ... milliseconds
delay(1000);

analogWrite(analogOutPin,
120);
delay(100);
analogWrite(analogOutPin, 0);
delay(300);
analogWrite(analogOutPin, 110);
delay(100);
analogWrite(analogOutPin, 0);
delay(500);
analogWrite(analogOutPin, 60);
delay(300);

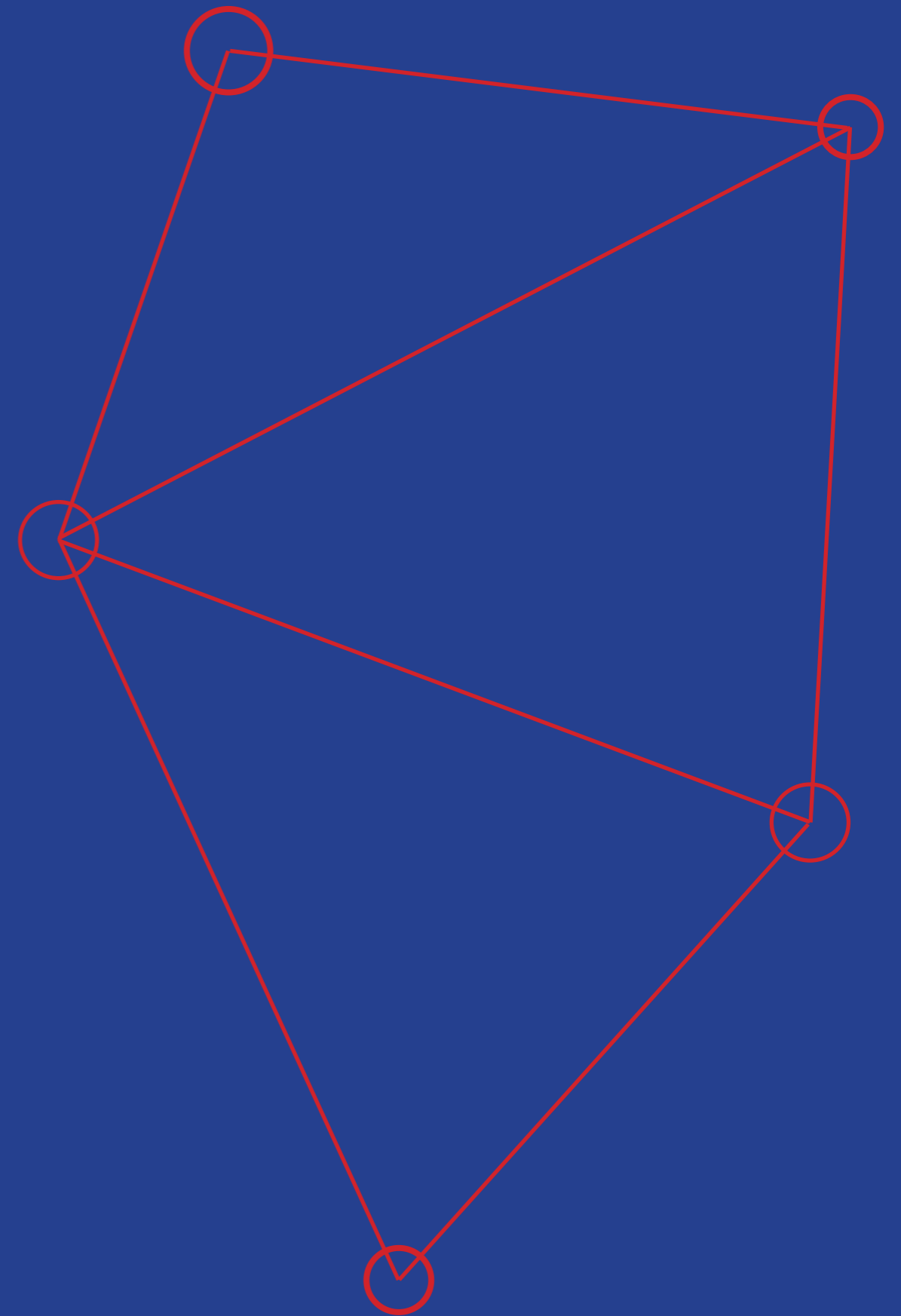
// change the analog out value -
turn it off
analogWrite(analogOutPin, 0);

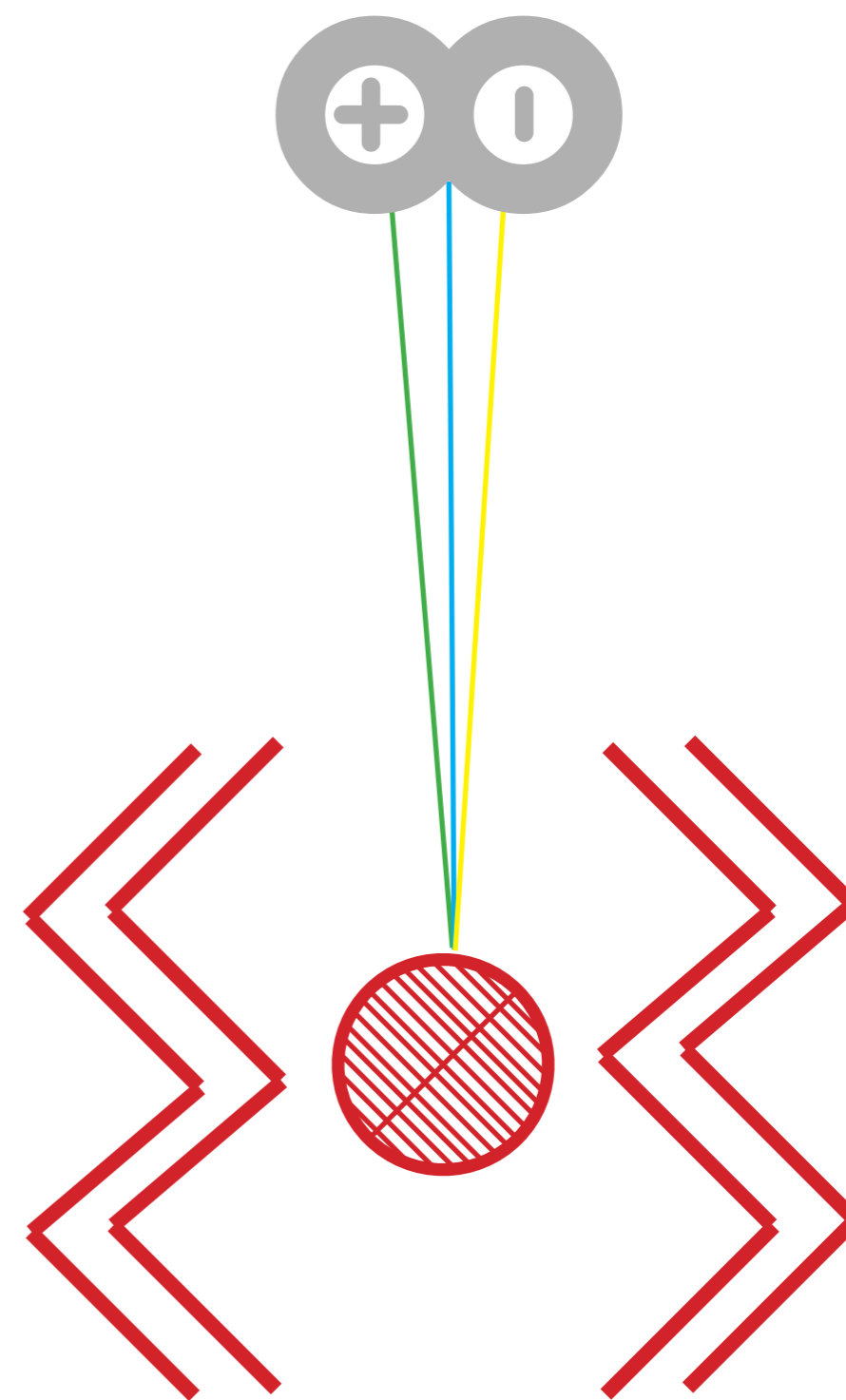
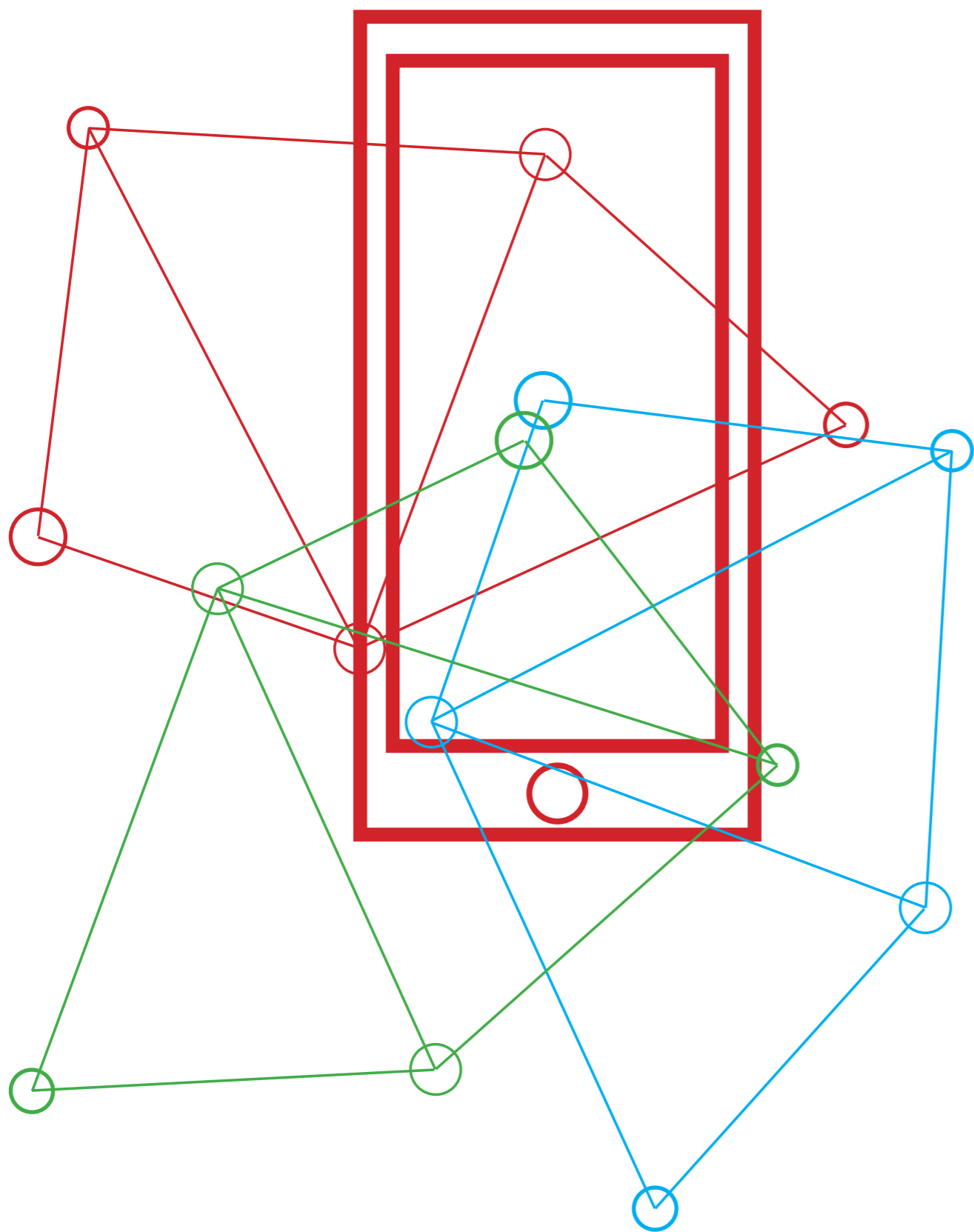
// keep it off for ... milliseconds
delay(1500);

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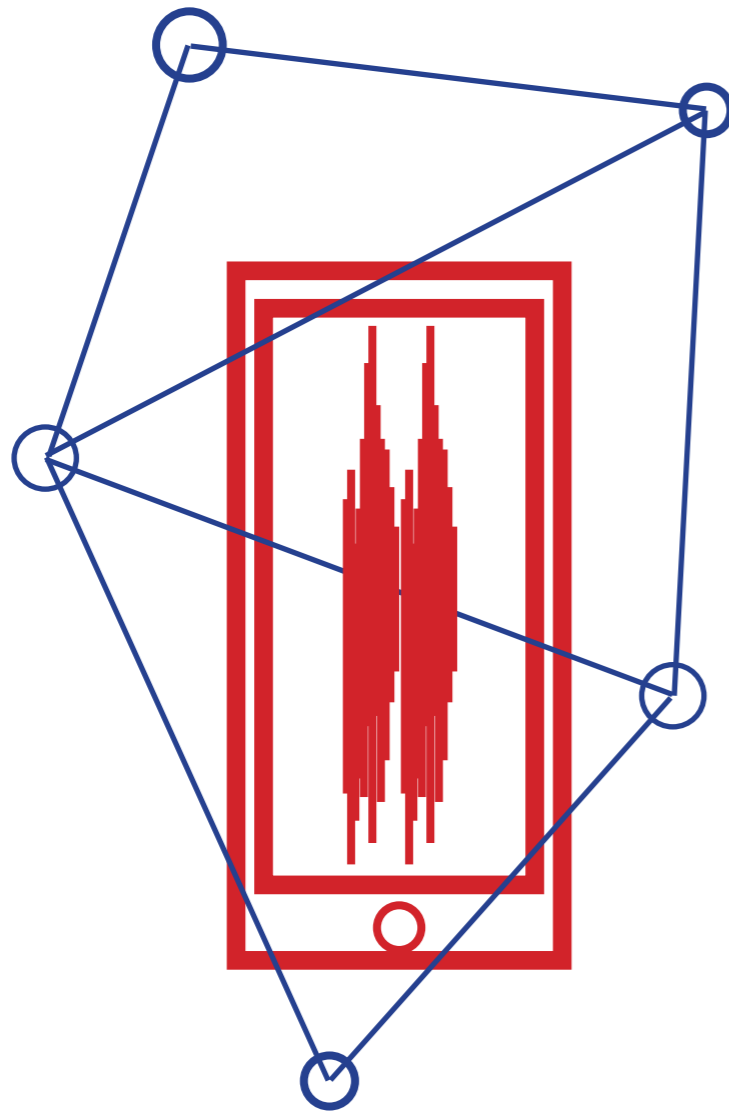


U s e
T e c h n o l o g y .
B u t
D o n ' t
L e t I t
U s e Y o u
e v e r y 12 m i n I U s e
a r h y t h m
o f v i b r a t i o n s
t h a t s y m b o l i z e
t h e w o r k i n g o f
a l g o r i t h m - t i m e





Position Paper



The way I use the digital to support is through my laptop, which gives me a grip into different ways of thinking and artistic theories. My craft is creating futuristic scenario's based on research of the now and trends that are happening. In these futuristic scenario's you pose a problem that can be solved by a change in behavior. The method differs from the subject you choose, but I like to use text, image and product to make people think and act on the problem I pose. My approach always starts with an interest, something that catches my attention, which I find weird, that does not feel right. Then I answer the How, Why, What questions. I have a sense for righteous and a little touch of megalomania, combined this often creates my vision and after that I can create my concept. The tools I use are books and texts to form my opinion. I like to use Illustrator and InDesign, and also the camera of iPhone. I like to use letters, and write poems to give an imaginary view on my feelings.

The choice of tool often differs, but I try to fit my media to my project. What I always like to make is a complete research book, which explains my process from beginning till end. This is than accompanied by some form of intervention or product. The way my work describes a vision is critical but also invites to think (further). It is not a way of telling what is right or wrong, merely an invite to think about your view on certain things. The theme cybernetics is a good way of describing how digital craft and lifestyle and transformation design connect. It's all about systems, and how to change them to act differently. The difference with digital craft and lifestyle is that Digital Craft cannot start change because the world is so vast and big that your small reaction can never be suitable in the future.

I am very interested in how technology influences people, in a very critical way. The way we've changed as a society by the digital is very big. There are enormous benefits not only in our daily lives, but also from an artist's perspective. When the first computer was made in 1938, it affected our work, social lives, communities and most important ourselves. This resulted in a whole new way of expressing ourselves. Creating a whole new system, we could measure and predict other systems with. In other words; we live in an information society. It has become easier to anticipate what people want/need because of digitalization, we can measure much more of our thoughts through data. So it has become more accessible to anticipate in true form. In our future we will depend on this form of acquiring information. Or perhaps we are all depended already.

My opinion concerning this expanding technology is filled with hope, but we need to design for people and not for money. Digital craft will expand its ways in the future. Digital craft makes it exciting, to engage people with technology. It helps create new borders for people and how we use technology. It will not about making small adjustments, or pointing out one piece of a system. It will be able to understand much more. With our growing knowledge of algorithms, artificial intelligence and how to make 'super' computers, we can see a growth in digital 'artists'. Our society is ready to learn more about these computer systems. You see a growing interest in computer science; the younger generations are continuously exposed to data, digital and electronic devices. When you take all this in consideration; newer technologies will broaden the field of digital craft.