

1.	Record Nr.	UNINA990002526370403321
	Autore	Miller, Alan
	Titolo	Subset Selection in Regression / Alan J. Miller
	Pubbl/distr/stampa	London : Chapman & Hall, 1990
	ISBN	0412353806
	Descrizione fisica	X, 229 p. ; 22 cm
	Collana	Monographs on statistics and applied probability ; 40
	Disciplina	519
	Locazione	MAS
	Collocazione	XIII-E-1
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910975176603321
	Autore	Syvertsen Trine
	Titolo	Digital detox : the politics of disconnecting / / authored by Trine Syvertsen (University of Oslo, Norway)
	Pubbl/distr/stampa	Bingley, England : , : Emerald Publishing, , [2020] ©2020
	ISBN	9781787693418 1787693414 9781787693395 1787693392
	Edizione	[1st ed.]
	Descrizione fisica	1 online resource (x, 153 pages)
	Collana	SocietyNow
	Disciplina	302.231
	Soggetti	Digital media - Political aspects Internet addiction - Social aspects Digital media - Social aspects Social Science, Technology Studies Social interaction
	Lingua di pubblicazione	Inglese

Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Chapter 1: Introduction: Do we have a problem? -- Chapter 2: What is the problem? Intensifying the quest for attention -- Chapter 3: You are the problem! Everybody online and self-regulation -- Chapter 4: Managing the problem. Disconnection and detox -- Chapter 5: The problem is personal - and social: Making sense of digital detox.
Sommario/riassunto	Social media and smartphones are criticised for being addictive, destroying personal relationships, undermining productivity, and invading privacy. In this book, Trine Syvertsen explores the phenomenon of digital detox: users taking a break from digital media or adopting measures to limit smartphone and social media use. Based on studies, documents, media texts and interviews with media users, Syvertsen discusses how media industries intensify the quest for attention, how companies and governments team up to get everybody online, and how the main responsibility for managing online risks and problems are placed on the users' shoulders. She provides a rich account of how users reduce their online engagement through time-limitations, restrictions on smartphone use, productivity apps, and use of analogue media. Syvertsen shows how digital detoxing has much in common with other forms of self-help such as mindfulness, decluttering and simple living and places digital detox within a culture of self-optimisation. But digital detox is also about sustaining face-to-face conversations, better work-life-balance, a deeper connection with nature and more meaningful interpersonal relationships. With a wealth of examples, analyses and stories, Digital Detox is a valuable guide to why digital detox and disconnection has become a topic, how it is practised, what it says about the state of media industries and how people express resistance in the 21st century.