

Lifehacking is the most widespread phenomenon nowadays. Its impact on modern society



Е.А.Козьякова, ученица 11А МБОУ «Краснообская школа №2», р.п. Краснообск

The concept of "lifehack" originated in the 80s of the 21st century in the IT environment. It was invented by programmers who strove to optimize everything. At first, only the part "hack" was used. It meant a quick and effective solution to solve the computer problem. Then the word "life" was added and the meaning of the term expanded.



Danny O'Brien (born 1969) is a British technology journalist, graduated from Oxford University. He was called the father of the term "lifehack".

The most popular sites where you can find a lot of useful lifehacks .

- www.lifehacker.ru
- <https://vk.com/pro.live>
- <https://dzen.ru/search?query>
- <https://cpykami.ru/>



Purpose of research: to find out what a lifehacking is and its impact of lifehacking on modern youth.

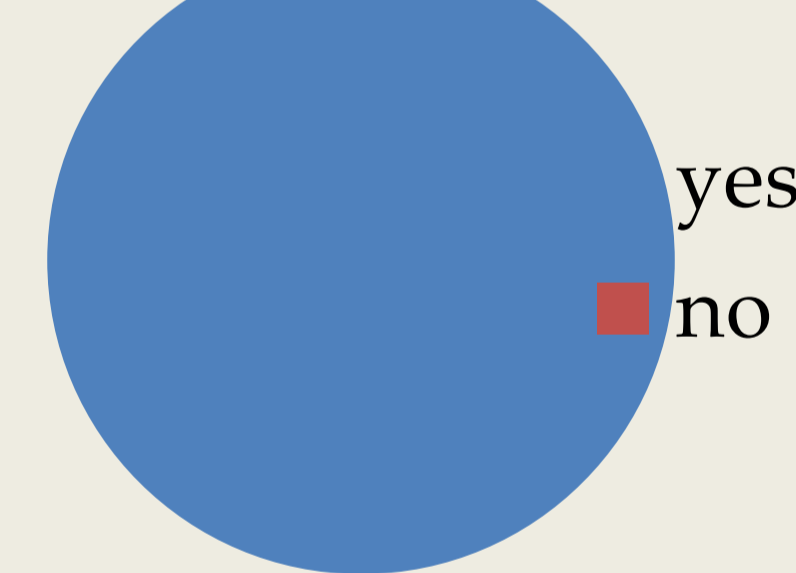
Lifehack /'laɪfhæk/ noun

A strategy or technique that you use in order to manage your time and daily activities in a more efficient way. **Synonyms:** advice, strategy, technique, counsel, recommendation, trick, method, recipe, skill, practical tips

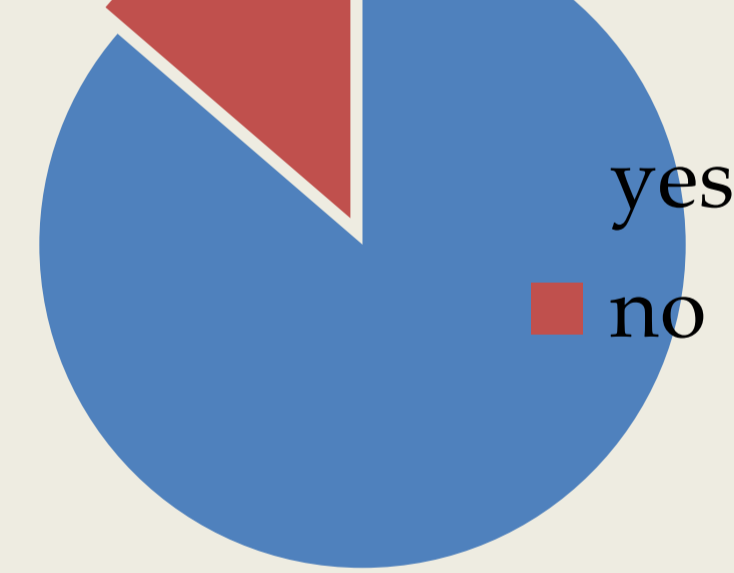
In our research we interviewed students of our school, their parents and teachers. We wanted to find out how popular life hacks are in our school and what lifehacks are used by different categories of people. The following questions were asked:

Do you know the meaning of the term «lifehack»

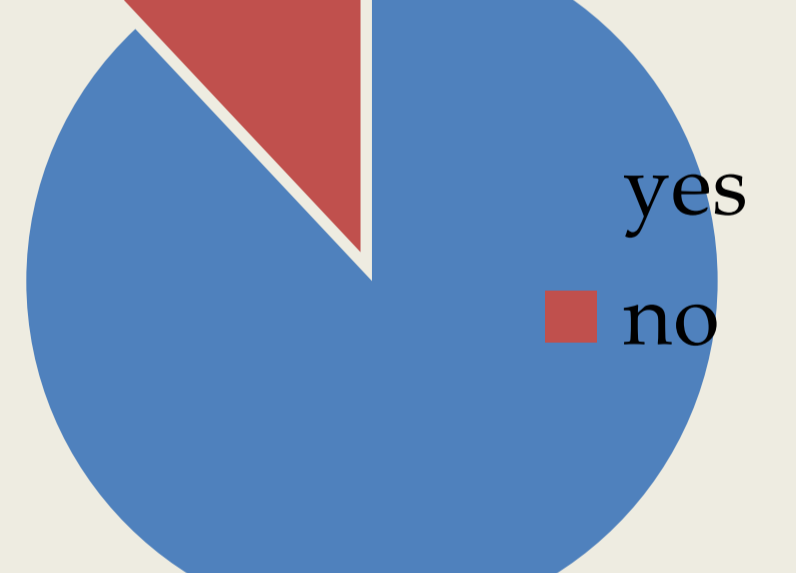
Students' answers



Parents' answers

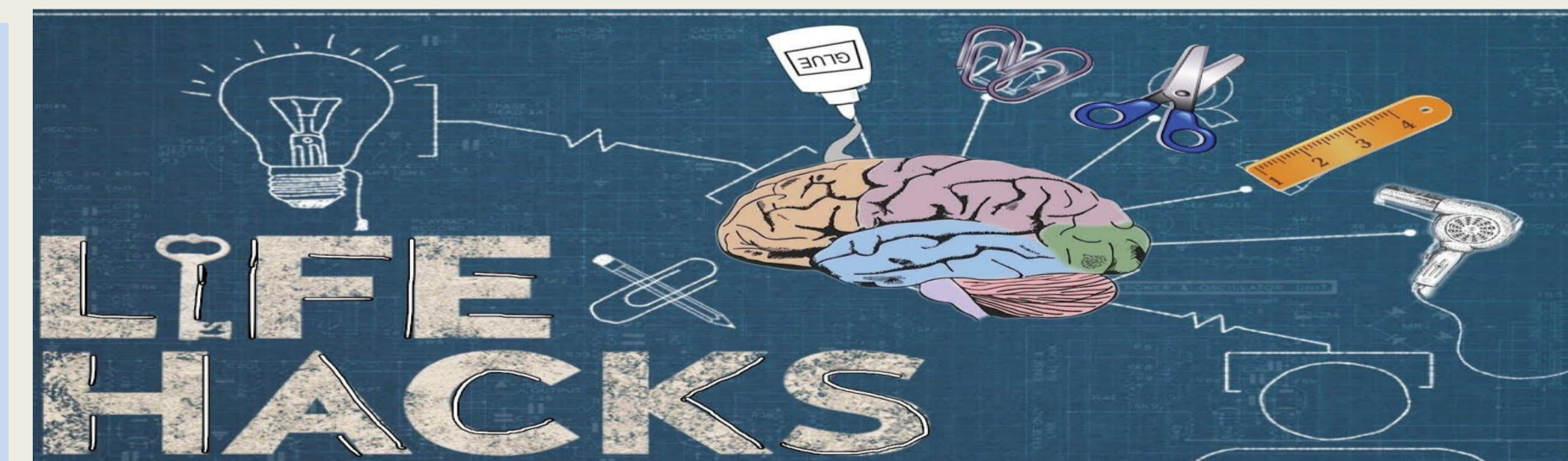


Teachers' answers



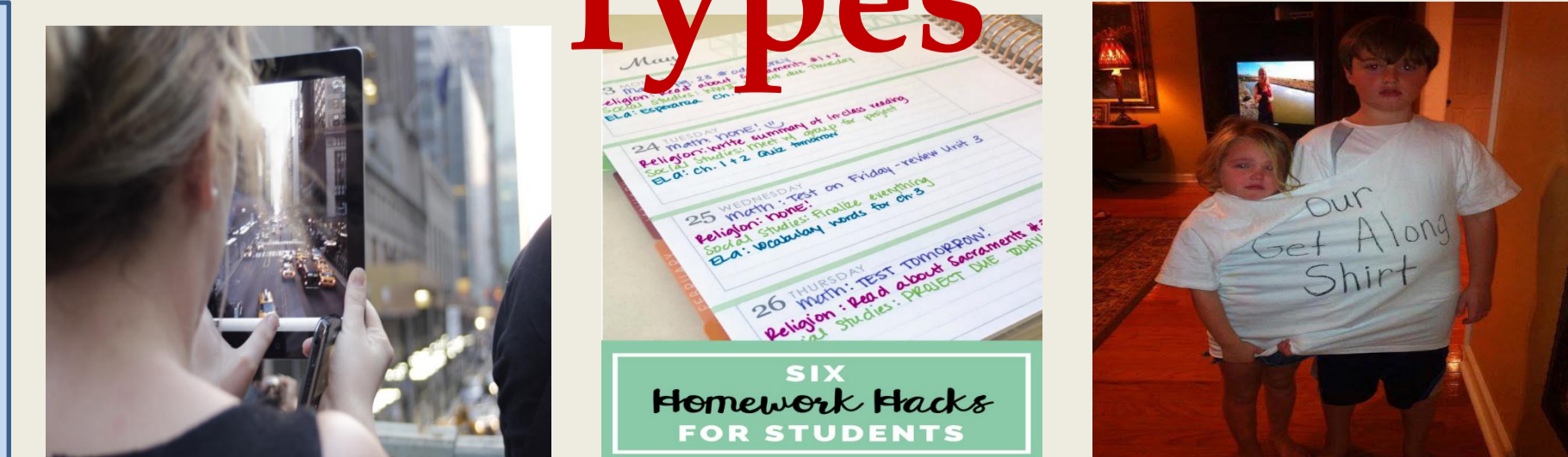
Tasks of research:

- to get acquainted with the term "lifehacking" and its history
- to study social networks and find out the most popular blogs
- find out what lifehacks teenagers can use in daily lives, make a survey of schoolmates, their parents, teachers (popular lifehacks in our school)



Object of research: Lifehacks, different types of lifehacks.

Subject of research: schoolchildren aged 12 to 18, their parents, teachers



What lifehacks do you use in school life

Do homework in advance	50%
learn poems using videos	60%
learn poems before going to bed.	56%
In order to learn the text or definitions, I write them several times and read them aloud.	40%
watch films or listen to audiobook, instead of reading school literature works	30%
carry all the notebooks at the same time, not to forget them	10%
use mobile phone as a ruler	60%