

APPLICATION TASK

Privacy concerns in modern society can significantly affect our mental well-being. The constant data collection and tracking, coupled with the awareness that our information is always susceptible to being collected and tracked, can lead to heightened stress and a pervasive feeling of never truly achieving complete privacy. Today, data collection and tracking are common through various means, such as web cookies, location services, health monitoring in smartwatches, video surveillance, digital payments, and numerous other methods. Our every move is subject to monitoring and tracking.

How much data collection and tracking should we allow in society?
When does it become too much?

Are we considering the pros and cons of monitoring and tracking everything we do, or have we accepted that this is how life is now?

What about Artificial Intelligence (AI), and its possibility to read our minds based on collecting data and tracking our personal dreams, thoughts, routines, relationships, etc.

How can we protect our mental privacy once this is introduced on a mass level and our data is collected and processed in ways we couldn't even imagine before?