A Study on Nonlinear Time Lapse Model for Improving Work Efficiency by Controlling Time Pressure

1910154 Kohei TSUTSUMI

In this thesis, I proposed a nonlinear time lapse model in which the rate of time lapse is not constant but varies nonlinearly in order to improve work efficiency. It was hypothesized that a high pressure model would improve work efficiency. Although preliminary experiments showed that it was not effective for all people, it was suggested that the work efficiency could be improved by applying an appropriate model to each person. Based on the results of the preliminary experiments, I conducted a main experiment. The results of the main experiment suggested that it was possible to improve the work efficiency of people who tend to be aware of the remaining time and who can process tasks while being aware of it, as originally hypothesized.