

Wearable Technology and HCI: Usability and User Experience Studies

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Abstract: *Wearable technology has revolutionized Human-Computer Interaction (HCI) by integrating computing functionalities into everyday attire, thereby enhancing user experiences in various domains. This paper explores the usability and user experience studies related to wearable technology, focusing on understanding how these devices influence interactions between users and digital environments. Through a qualitative research approach utilizing thematic analysis, this study examines existing literature to identify key usability challenges, user preferences, and design implications. Findings underscore the importance of user-centered design principles and the potential for wearable technology to improve convenience, accessibility, and engagement in HCI. The discussion highlights areas for future research and development, emphasizing the need for continued innovation to optimize wearable technology for diverse user needs..*

Keywords: Wearable technology