# Self-Regulation in Activity Theory: Applied Work Design for Human-Computer and Human-Machine Systems (Ergonomics Design and Management: Theory and Applications)

*Gregory Z. Bedny, Waldemar Karwowski, Inna Bedny*

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Every complex human–machine system includes a computer as a critically important means of work. However, an operator's interaction with a computerized system cannot be reduced to only performing computer-based tasks. Today human-computer interaction (HCI) is not limited to trained software users. People of all ages use all different kinds of gadgets such as mobile phone, tablets, laptops, etc. Written by Gregory Z. Bedny, this two volume set takes a two-pronged approach.

Application of Systemic-Structural Activity Theory to Design and Training discusses the action involved when an operator performs various tasks in highly automated technological systems and interacts with various displays and controls. It also includes consideration of certain aspects of analysis of computerized tasks. At the same time, it also considers manual components of work in contemporary industry.

Levels of computer proficiency of computer interface users vary widely. How do we make HCI user friendly? How do we shorten the training process for new kinds of software and for constantly changing interfaces? **Applying Systemic-Structural Activity Theory to Design of Human-Computer Interaction Systems** answers these questions and more.

Together, these two books give you quantitative methods for assessing psychological complexity and reliability of task performance that can save you time and money in interface design. They also present state-of-the-art information in SSAT and demonstrates its application to the task analysis, design, and training.

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