

Wellbeing app

Criterion A

Scenario/Issue

These days, the rate of stress has increased in each person, which makes people feel demotivated and procrastinate to start a new day. This issue has had a bad effect on some people, and my English teacher (Mr. W.K) is one of them. My client has been struggling with the amount of workload that he needs to finish every day and he didn't feel motivated while working on them. This makes him procrastinate and leave work over days and days. Also, he mentioned that he wants to write about his days somewhere and be able to look back on the future. He also wants somewhere to express his feelings and wants something to motivate himself to keep on doing his work. He said he is looking to find a program that could help him overcome this situation. This situation made me feel interested and I wanted to solve it with him, so I told him to explain more about what he wanted. He said that he wants to feel gratitude and wants to solve problems with the organization to keep him avoid being overloaded. After the conversation, we decided to discuss a solution.

Rationale

We discussed that I could make an application which can help my client to solve these problems. He wants the app to send a notification throughout the day to motivate him as well as some questions about daily life and well-being which he can answer to make him refer back to his life. I decided to design an application for IOS because my client is using an iPhone, this could make it easier to download and access the app without needing to use other phones. Moreover, I chose to make an app instead of a website because the program will need to send a notification and it would be faster to access it using the app instead of writing the name of the website on a search engine. In order to make the app, I will use Xcode and ReactJS to code the app for IOS and make a good-looking user interface. This will attract the client which would create a peaceful place for him to share his life and improve his mindfulness. For the programming language, I will use mostly Java on Xcode to construct the program, this is a big advantage because I am studying Java for IB. Lastly, I will use MySQL to make a database because I had

studied it in IGCSE last year and it is fast at transforming data.

Success Criteria

- 1) The client will be able to create an account and log in
- 2) The app will send notifications to motivate the user
- 3) The client and make a timetable for organizing in the app
- 4) The app will ask questions about the user's daily life
- 5) The app will provide helpful advice for the client
- 6) It will be run without any problems
- 7) Friendly and nice appearance of the interface
- 8) Take less storage
- 9) Can save client answers
- 10) The user can write a diary every day

Appendix:

Transcript of the first interview with the client:

Me: Hi, I'm doing a Computer Science IA and I want to design a program that could help other people. I heard that you have a problem, can you explain more about it?

The client (Mr K.S): yes, sure, firstly hello.

The client (Mr. K.S): these days, I have been working very hard and work is quite demanding, and it is often difficult for me to find motivation and stay focused, i find that it would be very easy to get down.

Me: Do you find any stress about the workload or your organization with it?

The Client (Mr . K.S): Yes, I do feel some stress, I think it stresses that maybe i can put on myself sometimes, but it comes from having a lot of work to do and deadlines. It requires lots of energy so that leads to a ton of stress.

Me: I will try to make a program that could help you with this problem. Me: So, do you want the program to be an application or a website.

The Client (Mr . K.S): I think considering today's age, and the way I use it, I think probably an application would work better, but I would be open to a website too, but I think an application would be better.

Me: Also, what features would you like to be created in the application?

The Client (Mr . K.S): I think the feature that I would like is something to help me with motivation, maybe something to help me feel a bit more grateful and notice the things in my life that I am working for to maybe take my mind off stress.

Me: Thank you for your idea, i will try to make an application which could help you with these problems.