

## To design and implement a Spiritual Healing Forum for the young

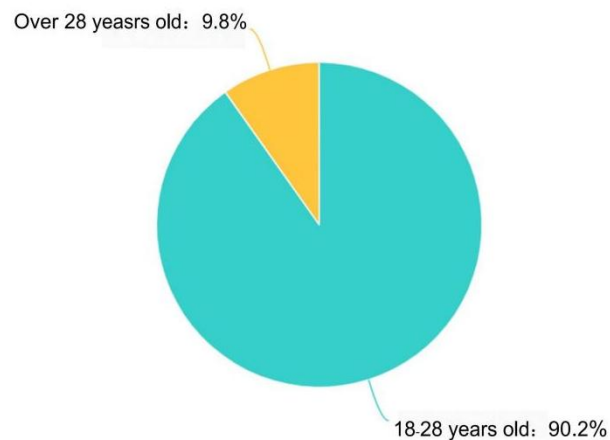
### 1. Background info

Contemporary young people are facing immense pressure in terms of work, study, and life, which often leads to the emergence of anxiety. Especially after the pandemic, emotional scars still linger in people's hearts. Prolonged social isolation and an uncertain future have left many feeling lonely and lost. The absence of face-to-face communication and emotional support further exacerbates the occurrence of psychological issues.

### 2. Problem

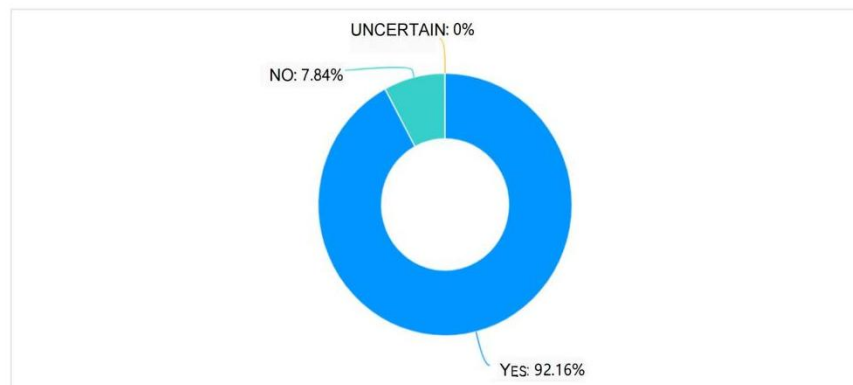
The pressure of frequent lifestyle changes cannot be ignored. With the end of the epidemic and the end of online lifestyle, many people need to change the lifestyle they have been accustomed to, which inevitably leads to a decline in learning and work efficiency and an increase in pressure. Activities such as exams, papers and commuting to work also bring a large burden to young people, and young people inevitably have psychological problems under pressure.

Among our respondents, 90.2% are young individuals aged 18-28. Through our survey, we have discovered that approximately 92.13% of individuals believe that young people experience psychological confusion and confront emotional isolation and challenges. This reflects the undeniable significance of mental health within the young population.



(Figure 1: Respondent Age Distribution Chart)

Have you ever perceived that in contemporary society, young individuals are confronted with heightened emotional isolation and psychological challenges?[Multiple choice]



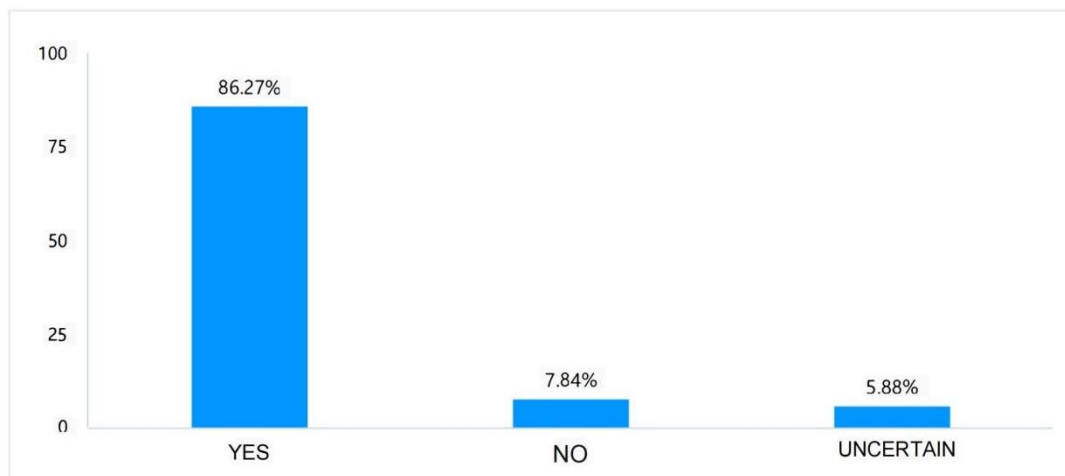
( Figure 2: Survey on Whether Individuals Believe They Face Psychological Confusion and Challenges.)

From high school to college, or from college to society, or from one company to another, young people have to integrate into a new environment, which also brings them no small challenge. Changes in interpersonal relationships (such as isolation, loss of contact with friends, shrinking social circles) will increase stress. Young people need appropriate and safe platform to talk about their feelings, we also need platform to provide healing services for the youth.

### 3. Solution

Through our survey, we found that only 7.84% of young people believe that a supportive community is **not** necessary when facing emotional and psychological issues. This underscores the necessity of mental healing communities.

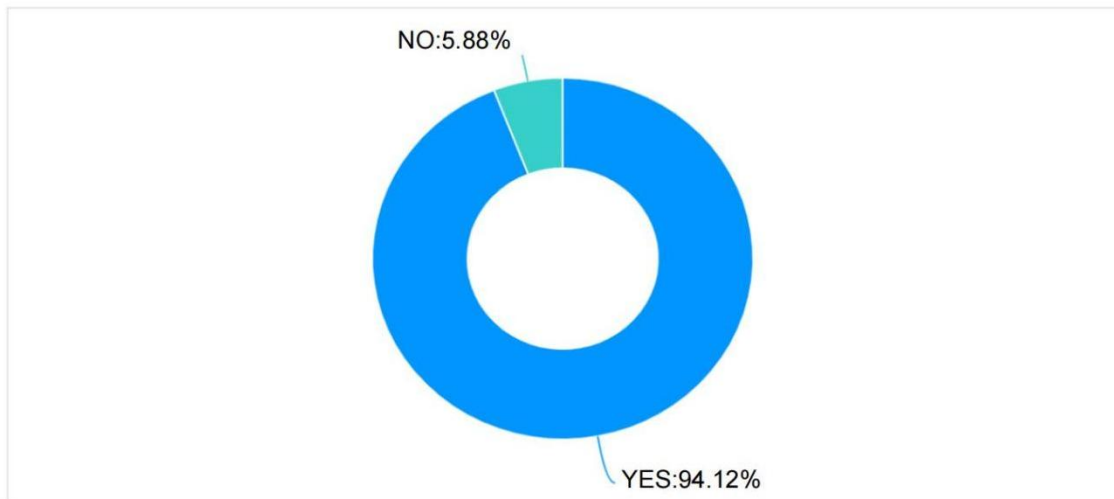
Do you believe that young people need a supportive community when facing emotional and psychological issues? [Multiple choice]



(Figure 3: Respondents' Belief in the Need for a Community for Emotional Support and Healing.)

After the survey, we also found that the vast majority of young individuals believe that a safe, empathetic, and encouraging mental healing forum is beneficial for the psychological well-being of young people.

Do you believe that a safe, empathetic, and encouraging mental healing forum is beneficial for the psychological well-being of young individuals?"[Multiple choice]



( Figure 4: Demand Survey for Mental Healing Forums)

We propose the development of a Spiritual Healing Forum that will assist the young individuals in reestablishing emotional connections. Through various psychological resources, relaxation approaches, and sharing of emotional support, we will offer users a safe, understanding, and encouraging forum. In this platform, we aim to create a warm community for young people, where they can feel that they are not alone in facing challenges.

We will encourage each other to share experiences and emotions, helping one another overcome psychological difficulties and regain confidence and courage in life. This website will serve as a comforting place for the soul, assisting young individuals in rediscovering inner balance and tranquility.

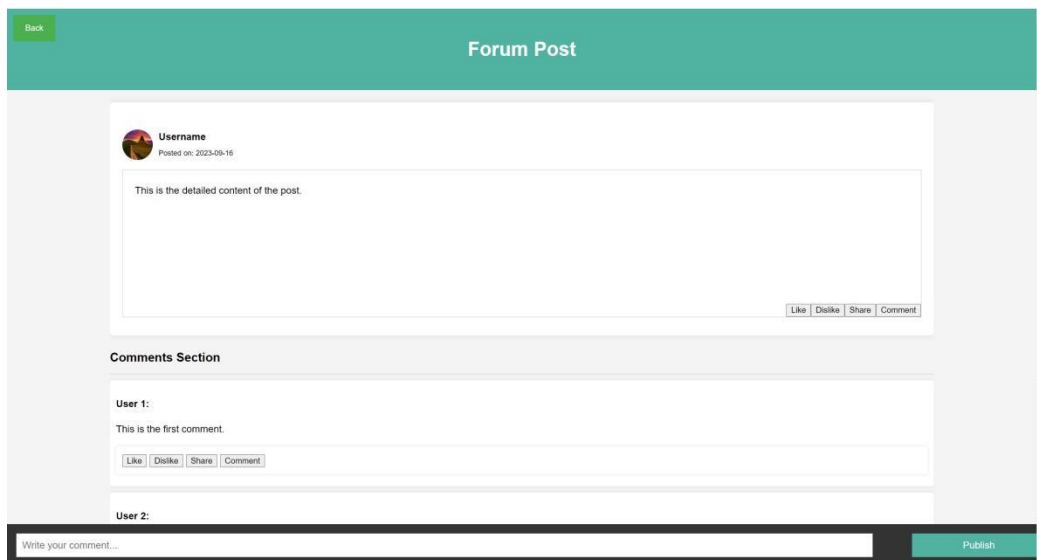
#### **4.Objectives**

With this project, we intend to achieve the following:

- (a) Develop and deploy a a Spiritual Healing Forum by November 10, 2023
- (b) Add some features and tools to enable users to easily post threads, reply to comments, and share content.
- (c) Ensure the stability and security of the website to provide a good user experience.



(Figure 5: Website Design Concept Diagram)



(Figure 6: Website Design Concept Diagram)

## 5.Benefits

With this project, the benefit we can expect are as follows :

- a) **Providing Psychological Support:** Your website will offer a safe and supportive platform for young people to share their psychological issues, which will help alleviate their anxiety and stress, enhancing their mental well-being.
- b) **Fostering Communication and Interaction:** The website will serve as a community for young people to communicate and interact with one another. They can share their experiences, viewpoints, and advice, thereby building connections and friendships. This interaction helps reduce feelings of loneliness and provides emotional support, which contributes to building stronger psychological resilience.

## Timeline

Phase	Description	End date
Phase 1	Data collection & investigation of the user requirement	September 25, 2023
Phase 2	Software Design and Development	October 31, 2023
Phase 3	Testing, Security Inspection	November 10, 2023
Phase 4	System support & maintenance	November 20, 2023

## Action plan

**Objective 1:** To develop and deploy a Spiritual Healing Forum

Action	Assigned to	Deadline	Progress
Data collection and investigation of the user requirement	Qiu guansheng, Li tengfei, Fang qingyan, Lin zhi	September 25 , 2023	In-progress
Design the user interface	Chen jiajun, Shen daliang, Zhang yichi, Qiu Guansheng, Lin zixing	October 8 , 2023	In-progress
Design the front-end and the functionality of the website	Chen Jiajun, Shen daliang, Qiu guansheng, Zhang yichi, Lin zixing	October 31, 2023	In-progress
Develop the back-end logic and database of the website	Liu hongyu, Li haoyang	October 31, 2023	Not started
Implement user registration, posting and reply functionality	Chen jiajun, Shen daliang, Qiu guansheng ,Zhang yichi, Lin zixing	October 25 , 2023	Not started
Test and debug the website	Liu hongyu, Li haoyang, Chen jiajun, Shen daliang, Zhang yichi	November 10, 2023	Not started
Technical Support and User Assistance.	Li haoyang, Liu hongyu, Li tengfei, Lin zhi	November 20, 2023	Not started

**Objective 2:** To ensure the effectiveness and security of the Spiritual Healing Forum

Action	Assigned to	Deadline	Progress
Monitor the performance and user feedback of the website	Qiu guansheng, Lin zhi, Fang qingyan, Li tengfei	December 1, 2023	Not started
Regularly perform updates, bugfixes, and modifications	Qiu guansheng, Lin zhi, Fang qingyan, Li tengfei	December 1, 2023	Not started