TECHNOLOGY AND INFORMATION SYSTEM (SECP1513-05)

Design Thinking Report - "Escape The Phone"

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DESCRIPTION OF PROBLEM

Nowadays, almost everyone owns a smartphone that is capable of doing a plethora of actions, including ease of access to entertainment and better information gathering. However, most people waste way too much time on screen that results in disturbed focus on whatever task at hand. For example, there's a habit among people where they would open their smartphone due to a notification, resulting in hours of scrolling through social media right after for no apparent reason. This problem has plagued lots of people, especially teenagers that should be limiting their time using a smartphone. Instead of using their precious time working away at assignments, they have unknowingly wasted hours scrolling through TikTok. Many have wondered if there was ever a way that can force us to overcome this bad habit since it is affecting our lives considerably. Thus, this leads to our project which aims to solve this problem.

THE SOLUTION OF THE PROBLEM

Through discussion between members, we decided to make an application called "Escape the phone" to let us focus more in real life. The app is something like Focus Mode on the phone to let us free of distractions. By using this app, it can help us do things efficiently and reduce wasting time. Besides, it will improve well-being from keeping away from eye strain problems, sleep disturbance and poor posture. It also decreases dopamine detox. Through this application, we can also better control the time of using the screen on your phone and it will also have a reminder settings to minimize the distractions. The reminder notifications will cover the whole screen of your mobile phone to prevent you from forgetting the time of using it. For instance, the application will turn off the non-essential notifications such as entertainment and social media or use the "Do not Disturb" mode when you want to focus on doing something. If you ignore the reminder of this application, it will crash your phone and make you unable to use some applications.

EXISTING PRODUCTS IN MARKET

Previously we had spoken about our solution for wasting time on the phone. We have explained the idea of sustaining your focus with an application that could crash your phone so that you can focus more to do what you like. In reality, there are similar systems with different utilization. For example, in IOS there is a system that can make you more focused to do something. It is called "Focus Mode". You can categorize your focus mode in an iphone depending on your situation whether you are jogging, working and many more.

Also in Samsung, there is a system called "Digital Wellbeing and Parental control" which can create your own focus mode in Samsung smartphones. But the additional feature is they create focus mode for parenting, which helps children less active on using phones. The system can help children to not rely on phones. It also benefits their eyes and well-being.

DIFFERENCE BETWEEN EXISTING WITH OUR PRODUCT

Our system, "Escape The Phone" has its own uniqueness when compared with the existing system that has already been embedded in other operating software for digital devices. For instance, IOS, which is the operating software of Apple Inc., has a focus mode that enables the user to control their screen time and keep a record for that particular user. However, this approach is not enough to constrain someone from too much phone usage, especially when it comes to sleep and work hours. In contrast, we have developed a system that can ensure good control of phone usage for our users due to its feature to send a pop-up notification to remind us and automatically turn off the phone if the usage exceeds certain parameters, such as the daily screen time limit or when the focus mode is on. Other than that, the system also prohibits users from accessing their phone for a certain period that has been set.

Thus, this system seems to be more effective because it will force the user to focus on what they should do instead of unconsciously using the phone, compared to the existing system that still gives the user access to their digital devices even though the focus mode is already turned on. In return, this system will apply the value of discipline to users, and they can live a better lifestyle by getting rid of excessive phone use.