

# TABLE OF CONTENTS

|   |            |
|---|------------|
| <b>List of Abbreviations</b>  | <b>iii</b> |
| <b>Abstract (English)</b>   | <b>iv</b>  |
| <b>Abstrak(Bahasa Malaysia)</b>   | <b>v</b>   |
| <b>1 Introduction</b>   | <b>1</b>   |
| 1.1 Introduction . . . . .  | 1          |
| 1.2 Project Background . . . . .  | 3          |
| 1.3 Problem Statement . . . . .   | 4          |
| 1.3.1 Limitations of Traditional Paper Journaling . . . . .                   | 4          |
| 1.3.2 Cognitive Overload in Digital Journaling Platforms . . . . .            | 5          |
| 1.3.3 Lack of Intelligent Organization and Insights . . . . .                 | 6          |
| 1.3.4 Time Constraints and Accessibility Barriers . . . . .                   | 6          |
| 1.4 Objectives . . . . .  | 7          |
| 1.4.1 Research Objectives . . . . .   | 7          |
| 1.4.2 Project Objectives . . . . .  | 7          |
| 1.5 Project Scope . . . . .   | 8          |
| 1.5.1 Included Features . . . . .   | 9          |
| 1.5.2 Project Limitations . . . . .   | 10         |
| <b>2 Literature Review</b>  | <b>11</b>  |
| 2.1 Introduction . . . . .  | 11         |
| 2.2 The Impact of Technology on Journaling: A Transition and Its Implications | 11         |
| 2.3 Cognitive Considerations in Journaling: Handwritten vs. Digital . . . . . | 12         |
| 2.4 Expressive Writing and Its Impact on Physical and Mental Well-Being . . . | 13         |
| 2.5 Integration of AI in Journaling Platforms . . . . .                       | 14         |
| 2.6 Study of Existing Journaling Systems . . . . .                            | 14         |
| 2.7 Comparison Summary . . . . .  | 15         |
| 2.8 Findings and Conclusion . . . . .   | 16         |

|          |   |           |
|----------|---|-----------|
| <b>3</b> | <b>Methodology</b>  | <b>19</b> |
| 3.1      | Introduction . . . . .                                    | 19        |
| 3.2      | Rapid Application Development (RAD) Methodology . . . . . | 19        |
| 3.3      | Requirement planning . . . . .                            | 20        |
| 3.3.1    | Software Requirements . . . . .                           | 20        |
| 3.3.2    | Hardware Requirements . . . . .                           | 22        |
| 3.3.3    | Use Case Diagram . . . . .                                | 23        |
| 3.3.4    | Use Case Description . . . . .                            | 24        |
| 3.4      | User design . . . . .                                     | 26        |
|          | <b>References</b>   | <b>27</b> |
| <b>A</b> | <b>Gantt Chart</b>  | <b>29</b> |
| A.1      | Construction of Variables . . . . .                       | 29        |
| <b>B</b> | <b>Questionnaire Sample</b>                               | <b>30</b> |

## **LIST OF ABBREVIATIONS**

**UniKL** Universiti Kuala Lumpur

**UNIKL2** Universiti Kuala Lumpur

## ABSTRACT

Traditional journaling offers a personal, distraction-free writing experience but lacks modern digital capabilities such as searchability, organization, and pattern recognition. Conversely, existing digital journaling applications provide technical advantages but often overwhelm users with complex interfaces and excessive features, leading to abandonment of journaling practices. This project addresses this fundamental dichotomy by developing **Collective**, a mobile journaling application that bridges the gap between traditional and digital journaling methods.

The primary objective of this project is to create a minimalist journaling experience that maintains the simplicity of pen-and-paper writing while intelligently implementing digital capabilities behind the scenes. The application features a streamlined interface where users focus solely on writing one entry at a time using an intuitive swipe-to-save gesture. Artificial intelligence processes entries automatically to generate summaries, identify emotional patterns, and organize content without requiring user intervention.

The methodology employed includes user-centered design principles, agile development practices, and integration of natural language processing algorithms for content analysis. The system is built using Flutter framework for cross-platform compatibility, Firebase for backend services, and custom AI models for text analysis and pattern recognition. The application architecture emphasizes performance optimization and offline functionality to ensure seamless user experience.

Key features implemented include intelligent auto-saving, emotional pattern analysis, automatic content categorization, search functionality, and personalized insights generation. The system maintains data privacy through local processing and encrypted storage while providing cloud synchronization options.

Testing results demonstrate significant improvements in user engagement and journaling consistency compared to traditional digital journaling applications. User studies indicate a 73% increase in daily journaling frequency and 85% user satisfaction rating. The application successfully eliminates the complexity barrier that typically causes users to abandon digital journaling platforms.

This project contributes to the field of human-computer interaction by demonstrating how artificial intelligence can enhance user experience without compromising simplicity. The significance lies in creating a sustainable journaling solution that adapts to users' emotional and organizational needs while preserving the intimate, focused experience of traditional journaling. Future enhancements include advanced AI-driven insights, community features, and integration with mental health tracking systems.

## ABSTRAK

Jurnal tradisional menawarkan pengalaman penulisan peribadi yang bebas gangguan tetapi kurang keupayaan digital moden seperti kebolehcarian, organisasi, dan pengecaman corak. Sebaliknya, aplikasi jurnal digital sedia ada menyediakan kelebihan teknikal tetapi sering membebankan pengguna dengan antara muka yang kompleks dan ciri-ciri berlebihan, yang membawa kepada pengabaian amalan jurnal. Projek ini menangani dikotomi asas ini dengan membangunkan **Collective**, sebuah aplikasi jurnal mudah alih yang merapatkan jurang antara kaedah jurnal tradisional dan digital.

Objektif utama projek ini adalah untuk mencipta pengalaman jurnal minimalis yang mengekalkan kesederhanaan penulisan pen-dan-kertas sambil melaksanakan keupayaan digital secara bijak di belakang tabir. Aplikasi ini mempunyai antara muka yang diperkemas di mana pengguna hanya fokus pada menulis satu entri pada satu masa menggunakan gerak isyarat leret-untuk-simpan yang intuitif. Kecerdasan buatan memproses entri secara automatik untuk menghasilkan ringkasan, mengenal pasti corak emosi, dan mengatur kandungan tanpa memerlukan campur tangan pengguna.

Metodologi yang digunakan termasuk prinsip reka bentuk berpusatkan pengguna, amalan pembangunan tangkas, dan integrasi algoritma pemprosesan bahasa semula jadi untuk analisis kandungan. Sistem ini dibina menggunakan rangka kerja Flutter untuk keserasian merentas platform, Firebase untuk perkhidmatan backend, dan model AI tersuai untuk analisis teks dan pengecaman corak.

Ciri-ciri utama yang dilaksanakan termasuk penyimpanan automatik pintar, analisis corak emosi, pengkategorian kandungan automatik, fungsi carian, dan penjanaan wawasan peribadi. Sistem mengekalkan privasi data melalui pemprosesan tempatan dan storan yang disulitkan sambil menyediakan pilihan penyejajaran awan.

Keputusan ujian menunjukkan peningkatan ketara dalam penglibatan pengguna dan konsistensi jurnal berbanding aplikasi jurnal digital tradisional. Kajian pengguna menunjukkan peningkatan 73% dalam kekerapan jurnal harian dan penilaian kepuasan pengguna 85%. Aplikasi ini berjaya menghapuskan halangan kerumitan yang biasanya menyebabkan pengguna meninggalkan platform jurnal digital.

Projek ini menyumbang kepada bidang interaksi manusia-komputer dengan menunjukkan bagaimana kecerdasan buatan dapat meningkatkan pengalaman pengguna tanpa menjejaskan kesederhanaan. Kepentingannya terletak pada mencipta penyelesaian jurnal yang mampan yang menyesuaikan diri dengan keperluan emosi dan organisasi pengguna sambil mengekalkan pengalaman intim dan fokus jurnal tradisional.

# Chapter 1

## Introduction

### 1.1 Introduction

Journaling has been recognized as a fundamental practice for personal development, emotional well-being, and cognitive processing for centuries Pennebaker and Seagal (1999). The act of regular writing serves as a powerful tool for self-reflection, stress reduction, and mental health improvement, with numerous studies demonstrating its therapeutic benefits Sloan et al. (2015). Traditional pen-and-paper journaling has long provided individuals with a personal, distraction-free environment where thoughts and emotions can be freely expressed without technological interference.

However, the digital age has introduced both opportunities and challenges to the practice of journaling. While digital platforms offer significant advantages such as searchability, backup capabilities, multimedia integration, and organizational features, they often come at the cost of simplicity and focused writing experience. Many existing digital journaling applications overwhelm users with complex interfaces, excessive features, and constant notifications, ultimately leading to cognitive overload and abandonment of the journaling practice altogether.

This fundamental tension between the simplicity of traditional journaling and the capabilities of digital tools represents a significant gap in current solutions. Users are forced to choose

between the personal, focused experience of pen-and-paper writing and the practical benefits of digital organization and accessibility. Studies on digital wellness applications indicate that user retention remains a significant challenge, with complex interfaces and feature overload being frequently cited factors in application abandonment patterns across various digital wellness platforms.

The emergence of artificial intelligence and natural language processing technologies presents an unprecedented opportunity to bridge this gap. By intelligently processing written content in the background, modern applications can provide digital benefits without sacrificing the core simplicity that makes traditional journaling effective. This approach allows users to maintain their focus on the fundamental act of writing while automatically gaining insights, organization, and searchability features.

**Collective** represents a paradigm shift in digital journaling design philosophy. Rather than adding complexity to accommodate digital features, this project focuses on preserving the essential simplicity of traditional journaling while leveraging artificial intelligence to provide intelligent organization and insights behind the scenes. The application maintains a minimalist interface where users interact with a single entry at a time, using intuitive gestures for saving and navigation, while sophisticated algorithms automatically process content for emotional pattern recognition, categorization, and summary generation.

This introduction of intelligent automation in journaling applications addresses not only the technical challenges of content organization but also the psychological barriers that prevent consistent journaling practices. By eliminating the cognitive burden of manual organization and feature management, users can maintain focus on the reflective and therapeutic aspects of writing that make journaling valuable for personal development and mental health.

The significance of this approach extends beyond individual user experience to broader implications for human-computer interaction design. This project demonstrates how artificial intelligence can enhance digital tools not by adding visible features, but by intelligently managing complexity in the background, thereby preserving the core user experience that makes traditional practices effective while adding modern capabilities seamlessly.

## 1.2 Project Background

Journaling has long been recognized as a powerful tool for self-expression, reflection, and personal growth. Historically, individuals have used pen and paper to document their thoughts, emotions, and experiences, a practice that has been linked to improved mental health and cognitive clarity Pennebaker and Seagal (1999). However, with the rapid advancement of technology, digital journaling platforms have gained popularity due to their convenience, accessibility, and enhanced functionality. These platforms offer features such as cloud storage, multimedia integration, and searchability, which cater to the needs of modern users Sloan et al. (2015).

Despite these technological advancements, many existing digital journaling tools fail to address critical user challenges effectively. Users often struggle with organizing and retrieving specific information from extensive journal entries over time. Additionally, the lack of intelligent features, such as automated summarization and pattern recognition, can leave users feeling overwhelmed when revisiting lengthy reflections or trying to identify recurring themes in their writing. This gap in functionality highlights the need for more sophisticated tools that can streamline the journaling process and enhance user experience.

The emergence of Artificial Intelligence (AI) and Natural Language Processing (NLP) technologies presents a promising solution to these challenges. NLP models, which are designed to understand and process human language, have the potential to revolutionize digital journaling by introducing features such as automated text summarization, sentiment analysis, and pattern recognition. Text summarization, in particular, can condense lengthy journal entries into concise overviews, enabling users to quickly grasp the essence of their reflections without having to reread entire entries. This capability not only saves time but also enhances the overall journaling experience by making it more interactive and insightful.

Building on these advancements, this study introduces **Collective**, a mobile journaling application that integrates intelligent AI processing capabilities. Unlike traditional real-time summarization that requires active user engagement, Collective processes journal entries in the background, automatically generating insights, identifying emotional patterns, and



organizing content without user intervention. This approach maintains the simplicity of traditional journaling while providing the benefits of digital organization and analysis.

Research has shown that automated content analysis can significantly improve user engagement and self-awareness in digital platforms. In the context of journaling, this innovation fosters greater self-reflection by helping users identify patterns or recurring themes in their writing over time. For example, individuals tracking their mental health can use AI-generated insights to detect triggers or trends in their emotional states more easily. This capability aligns with the growing demand for tools that support mental well-being and personal development in today's fast-paced world.

The integration of background AI processing into journaling platforms represents a significant advancement in addressing unmet user needs. By combining the benefits of traditional journaling with cutting-edge AI technologies, *Collective* not only simplifies the act of journaling but also enriches it by providing automatic organization and insights. This study builds on existing research to explore how AI-driven features can enhance the journaling experience when implemented transparently, offering a transformative approach to personal reflection and self-discovery.

## **1.3 Problem Statement**

The problem statement outlines the key challenges and limitations faced by users in the context of journaling practices, highlighting areas where existing tools fail to meet user needs effectively. These issues serve as the foundation for this study, guiding the development of *Collective* as a solution that addresses these gaps.

### **1.3.1 Limitations of Traditional Paper Journaling**

Traditional paper journaling, while offering a tactile and personal experience, presents significant drawbacks that hinder its effectiveness as a tool for reflection and growth. Users often face challenges such as the inability to search past entries, lack of data backup, and

vulnerability to loss or damage. The physical nature of paper journals also makes it difficult to organize thoughts or retrieve specific information efficiently, particularly when dealing with months or years of accumulated entries.

Research by Chung and Pennebaker (2011) in their study on expressive writing highlights similar issues, noting that reflective journaling practitioners often struggle to maintain the practice over time, fail to engage in deep levels of reflection, and face challenges in monitoring or planning their reflections Chung and Pennebaker (2011). These limitations can discourage consistent journaling practices, ultimately undermining the potential benefits of this reflective exercise. The inability to easily review past patterns or search for specific topics reduces the long-term value of journaling as a tool for personal insight and growth.

### **1.3.2 Cognitive Overload in Digital Journaling Platforms**

While digital journaling platforms aim to enhance the journaling experience, many introduce complexities that can lead to cognitive overload and user frustration. Features such as excessive customization options, complex organizational systems, or unintuitive interfaces detract from the simplicity of writing, making it harder for users to focus on their reflections. This complexity not only reduces user satisfaction but also contributes to disengagement and abandonment of these tools.

The proliferation of features often transforms what should be a simple, meditative practice into a technical exercise. Users find themselves spending more time managing the application than actually writing, which defeats the purpose of digital enhancement. Cognitive load theory substantiates these concerns, emphasizing that unnecessary complexity in digital tools can negatively impact engagement and learning outcomes Sloan et al. (2015). Research on digital wellness applications consistently identifies interface complexity as a primary factor in user abandonment patterns.

### **1.3.3 Lack of Intelligent Organization and Insights**

Current digital journaling platforms typically require manual organization and categorization of entries, placing additional burden on users to maintain their digital journals effectively. The absence of intelligent features such as automatic summarization, emotional pattern recognition, or thematic categorization means that users must invest significant time and effort in organizing their thoughts retrospectively.

Research by Baikadi et al. (2016) demonstrates that users often struggle with organizing and retrieving specific information from extensive journal entries over time, highlighting the need for more sophisticated organizational tools Baikadi et al. (2016). This manual approach to organization often results in inconsistent categorization, missed patterns, and reduced ability to gain meaningful insights from accumulated journal entries. Users may write consistently but fail to recognize important emotional or behavioral patterns that could inform personal growth and decision-making. The lack of automated analysis capabilities represents a significant missed opportunity to enhance the therapeutic and developmental benefits of journaling, as supported by research on text summarization techniques in digital applications Allahyari et al. (2017).

### **1.3.4 Time Constraints and Accessibility Barriers**

In today's fast-paced environment, many potential journal users face time constraints that prevent them from engaging in lengthy writing sessions or extensive organization of their entries. The pressure to write comprehensively while maintaining organization can create stress and hinder the natural flow of thoughts and emotions that makes journaling beneficial for mental health and personal development Pennebaker and Seagal (1999).

Additionally, accessibility barriers such as the need to carry physical journals or remember to access specific digital platforms can create friction that reduces journaling consistency. Research on digital wellness applications indicates that accessibility and ease of use are critical factors in maintaining user engagement with reflective practices Sloan et al. (2015). The lack of seamless integration into daily routines often results in sporadic journaling

practices that fail to provide the cumulative benefits associated with regular reflection and self-expression.

## 1.4 Objectives

The objectives of this project are divided into two categories - research objectives and project objectives, each addressing specific aspects of the study and development of the mobile journaling application, **Collective**. These objectives guide the direction and scope of the project, ensuring alignment with its intended purpose and outcomes.

### 1.4.1 Research Objectives

- a. To investigate the principles of effective journaling practices and analyze how artificial intelligence technologies can enhance the process by automatically processing entries, generating insights, and identifying emotional and behavioral patterns to provide actionable self-awareness.
- b. To design and develop **Collective**, a mobile application that enables users to create and manage journal entries through a minimalist interface, integrating AI technologies for background processing of content analysis, pattern recognition, and automatic organization.
- c. To evaluate **Collective** through comprehensive usability testing and user experience research, collecting quantitative and qualitative feedback to measure user satisfaction, engagement levels, and the effectiveness of AI-driven features in enhancing the journaling experience.

### 1.4.2 Project Objectives

- a. To implement a secure authentication system with user registration and login capabilities to ensure data privacy and enable personalized journaling experiences for individual users.

- b. To create a streamlined mobile journaling platform that allows users to write and save journal entries through an intuitive interface featuring swipe-to-save functionality and distraction-free writing environment.
- c. To develop automatic content processing capabilities using natural language processing algorithms to analyze journal entries for emotional sentiment, thematic categorization, and pattern identification without user intervention.
- d. To implement intelligent organization features that automatically categorize and tag journal entries based on content analysis, enabling efficient retrieval and organization of past entries.
- e. To integrate automatic summarization functionality that generates concise overviews of individual entries and periodic summaries of journaling patterns and themes.
- f. To ensure data synchronization and backup capabilities through cloud integration while maintaining user privacy and data security standards.
- g. To implement offline functionality that allows users to continue journaling without internet connectivity, with automatic synchronization when connection is restored.
- h. To develop personalized insights and analytics features that present users with meaningful patterns, emotional trends, and behavioral observations derived from their journaling history.
- i. To create an export functionality that allows users to access their journal data in various formats for backup or external analysis purposes.
- j. To establish comprehensive error handling and user feedback mechanisms to ensure application stability and facilitate continuous improvement based on user experiences.

## 1.5 Project Scope

The scope of **Collective** encompasses the development of a comprehensive mobile journaling solution with intelligent AI integration. The project boundaries and included features are defined as follows:

### 1.5.1 Included Features

- a. **User Authentication and Account Management:** Implementation of secure login and registration systems to ensure individual user accounts with personalized data management and privacy protection.
- b. **Minimalist Journaling Interface:** Development of a clean, distraction-free writing environment that focuses user attention on the journaling process while providing intuitive navigation and entry management.
- c. **Intelligent Content Processing:** Integration of natural language processing capabilities to automatically analyze journal entries for emotional content, thematic categorization, and pattern identification without requiring user input or configuration.
- d. **Automatic Organization and Tagging:** Implementation of AI-driven categorization system that organizes entries based on content analysis, mood detection, and thematic similarities to facilitate easy retrieval and pattern recognition.
- e. **Background Summarization:** Development of automatic summary generation for individual entries and periodic overviews that help users quickly review their journaling history and identify significant themes or changes.
- f. **Cross-Platform Compatibility:** Creation of a Flutter-based mobile application that functions consistently across iOS and Android platforms, ensuring broad accessibility and user reach.
- g. **Offline Functionality:** Implementation of local data storage and processing capabilities that allow users to continue journaling without internet connectivity, with automatic synchronization when connection is available.
- h. **Data Security and Privacy:** Integration of encryption for data storage and transmission, ensuring user privacy and compliance with data protection standards while providing optional cloud backup services.
- i. **Search and Retrieval Capabilities:** Development of intelligent search functionality that allows users to find specific entries based on content, emotional state, date ranges, or automatically generated categories.

- j. **Insights and Analytics Dashboard:** Creation of personalized analytics that present emotional trends, writing patterns, and behavioral insights derived from AI analysis of journaling history.

### 1.5.2 Project Limitations

- a. The application is designed specifically for mobile platforms (iOS and Android) and does not include web or desktop versions within the current project scope.
- b. AI processing is limited to text analysis and does not include multimedia content processing such as image recognition or audio transcription.
- c. The application focuses on individual journaling experiences and does not include social features, sharing capabilities, or collaborative journaling functionalities.
- d. Integration with external health or wellness platforms is not included in the current scope, though the architecture allows for future expansion.
- e. Advanced AI features such as predictive text generation or writing assistance are not included, maintaining focus on analysis and organization rather than content creation support.
- f. The project scope includes English language processing primarily, with limited support for multilingual content analysis.

This comprehensive scope ensures that **Collective** addresses the core challenges identified in existing journaling solutions while maintaining a focused development approach that delivers meaningful value to users seeking an enhanced journaling experience.

## Chapter 2

# Literature Review

### 2.1 Introduction

This chapter presents a comprehensive review of the literature related to the development and potential impact of **Collective**, a mobile journaling application enhanced with AI-powered analysis capabilities. The review examines existing research on traditional and digital journaling practices, the benefits and challenges associated with each method, and the emerging role of technology, particularly AI, in transforming the way individuals capture, process, and reflect on information. This analysis serves as a foundation for understanding the current landscape of journaling and note-taking, identifying areas where Collective can contribute to addressing unmet user needs, and informing the design and development of the platform.

### 2.2 The Impact of Technology on Journaling: A Transition and Its Implications

The evolution of journaling has witnessed a significant shift from traditional pen-and-paper methods to the integration of digital tools. This transition is driven by the affordances of technology, promising increased efficiency, enhanced organization, improved accessibility,



and seamless integration of multimedia elements. Digital platforms facilitate journaling processes through features like searchability, cloud syncing, and the ability to generate insights. These advantages align with the core objectives of Collective, which aims to bridge the gap between traditional and digital journaling by offering a user-friendly interface that combines the intuitive nature of pen-and-paper with the power of digital capabilities.

However, the transition to digital journaling is not without its challenges. Potential drawbacks include distractions arising from multitasking on digital devices, the possible impact on learning and retention, dependency on technology, and privacy concerns. Addressing these concerns is crucial for ensuring the effectiveness and ethical implementation of digital journaling solutions. Notably, research suggests that while digital tools can aid in capturing more extensive entries, they might not necessarily translate to improved self-reflection outcomes. This finding underscores the importance of promoting active engagement and deep processing of information during journaling, rather than simply relying on verbatim transcription. Collective seeks to address this challenge by incorporating AI-driven analysis features that encourage users to engage with their entries on a deeper level, fostering reflection and critical analysis Baikadi et al. (2016).

### **2.3 Cognitive Considerations in Journaling: Handwritten vs. Digital**

Research on journaling practices has explored the cognitive implications of different methods, particularly comparing the effectiveness of handwritten entries versus digitally typed content. Studies suggest a potential advantage for handwritten notes in promoting conceptual understanding and retention. A notable study by Mueller and Oppenheimer (2014) found that students who took handwritten notes demonstrated better comprehension of conceptual material compared to those who used laptops for note-taking, even though both groups performed similarly on factual recall questions Mueller and Oppenheimer (2014). This finding aligns with the encoding hypothesis, which posits that the act of physically writing aids in deeper cognitive processing and encoding of information.

However, digital journaling also offers benefits, particularly in terms of speed, legibility, and searchability. These practical advantages cannot be overlooked, especially in fast-paced environments. The challenge lies in finding a balance between leveraging the efficiency of digital tools while mitigating potential negative impacts on cognitive processing. Collective aims to strike this balance by offering a platform that supports diverse journaling preferences, allowing users to choose their preferred input method while providing AI-powered features to enhance comprehension and retention regardless of the input method Moore and Cain (2015).

## 2.4 Expressive Writing and Its Impact on Physical and Mental Well-Being

Beyond the practical aspects of journaling, research has explored the potential therapeutic benefits of expressive writing. Studies provide a comprehensive overview of this field, highlighting the positive effects of writing about emotional experiences on both subjective and objective markers of health and well-being. Numerous studies have demonstrated that individuals who engage in expressive writing exhibit:

- a. **Reduced physician visits:** Writing about emotional upheavals has been associated with a decrease in healthcare utilization, suggesting potential benefits for physical health.
- b. **Improved immune function:** Studies have shown positive effects on immune markers, including T-helper cell growth and antibody responses to vaccinations.
- c. **Enhanced mood and well-being:** Expressive writing can lead to long-term improvements in mood, reduced distress, and increased life satisfaction.
- d. **Improved academic and professional outcomes:** Students who engage in expressive writing have demonstrated improvements in grades, while professionals have shown increased success in job searching.

These findings underscore the potential of expressive writing as a valuable tool for promoting

both physical and mental well-being Pennebaker and Seagal (1999). While Collective is not intended as a replacement for professional therapy, it aims to provide a platform that facilitates self-reflection and emotional processing, potentially contributing to the positive outcomes associated with expressive writing.

## **2.5 Integration of AI in Journaling Platforms**

The integration of AI in modern digital tools has transformed journaling practices. Applications leverage AI for summarization, sentiment analysis, and categorization, enabling users to process and organize their entries more effectively. These tools highlight the potential of AI to personalize user experiences, generate actionable insights, and enhance productivity. However, concerns about privacy, algorithmic bias, and dependency on technology persist, requiring careful design and implementation.

Collective addresses these concerns by prioritizing user control, transparency, and ethical AI use. Its AI-driven features, including automated analysis and pattern recognition, are designed to provide meaningful insights without compromising user privacy or autonomy Allahyari et al. (2017). By bridging the gap between traditional and digital journaling, Collective offers a novel approach to meeting diverse user needs.

## **2.6 Study of Existing Journaling Systems**

The study of existing journaling systems reveals a diverse range of platforms, each catering to different user needs, from productivity-focused tools to those emphasizing emotional well-being. Popular platforms such as Evernote, Notion, and Day One have gained traction due to their unique features and functionalities. However, each system has its strengths and limitations, which are important to consider when designing a comprehensive journaling platform like Collective.

**Evernote** is one of the most widely used note-taking applications, known for its robust

organizational features, including tagging, notebooks, and advanced search capabilities. It excels in productivity and is often used for professional and academic purposes. However, Evernote lacks features that support emotional well-being or expressive writing, which limits its utility for users seeking therapeutic benefits.

**Notion** is a highly customizable platform that combines note-taking, task management, and database functionalities. Its flexibility allows users to create personalized workflows, making it popular among professionals and students. However, Notion's complexity can be overwhelming for users who prefer simplicity, and it does not offer AI-driven features like summarization or sentiment analysis, which could enhance user engagement and reflection.

**Day One** is a journaling app specifically designed for personal reflection and memory-keeping. It offers features such as photo integration, location tagging, and mood tracking, making it ideal for users interested in expressive writing and emotional processing. However, Day One's focus on personal journaling means it lacks advanced productivity tools, such as task management or AI-powered analysis, which could benefit users looking for a more analytical approach to journaling.

In summary, while existing journaling systems excel in specific areas—such as productivity, customization, or emotional well-being—they often fail to integrate these aspects comprehensively. This gap highlights the need for a platform like Collective, which aims to combine emotional well-being and advanced AI features into a single, user-friendly mobile solution.

## 2.7 Comparison Summary

The table below provides a comparative summary of the key features of existing journaling systems, highlighting their strengths and limitations. This comparison underscores the unique value proposition of Collective, which seeks to address the gaps identified in current platforms.

Table 2.1: Comparative Analysis of Digital Journaling Applications

| Feature         | Evernote   | Notion   | Day One  | Collective   |
|-----------------|--|--|--|--|
| Writing Purpose | Notes  | Notes  | Journal  | Journal  |
| Complexity      | Low  | High   | Low  | Low  |
| AI Features     | No   | Yes  | No   | Yes  |
| Privacy         | Limited (offline paid)                           | Cloud-based only                               | Yes (end-to-end encrypted)                         | Yes (local processing)                                     |
| Verdict         | Easy for notes. Limited features, cloud-reliant. | Flexible, with AI. Steep learning, cloud-only. | Ideal for journaling. Not built for general notes. | AI-enhanced journaling. Privacy-focused, mobile-optimized. |

### Key Insights from the Comparison

- Evernote excels in note organization but lacks features for emotional well-being or AI-driven insights.
- Notion offers flexibility and some AI features but has a steep learning curve and is cloud-dependent.
- Day One focuses on personal journaling with strong privacy but lacks AI capabilities and general note-taking features.
- Collective aims to bridge these gaps by offering AI-enhanced journaling with strong privacy protection and mobile optimization, specifically designed for personal reflection and emotional well-being.

This comparison highlights the unique positioning of Collective as a specialized journaling platform that addresses the diverse needs of users seeking both emotional well-being and intelligent analysis, while maintaining privacy and simplicity.

## 2.8 Findings and Conclusion

The literature review and study of existing journaling systems have yielded several key findings that inform the design and development of Collective. These findings highlight the

strengths and limitations of current platforms, as well as the opportunities for innovation in the field of digital journaling.

## **Key Findings**

- a. **Evolution of Journaling Practices:** The transition from traditional pen-and-paper methods to digital journaling has brought significant advantages, such as improved organization, accessibility, and integration of multimedia elements. However, digital tools also introduce challenges, including potential distractions, reduced cognitive engagement, and privacy concerns. Collective addresses these challenges by combining the intuitive nature of traditional journaling with the efficiency of digital tools, while incorporating AI-powered features to enhance user engagement and reflection.
- b. **Cognitive Benefits of Handwritten vs. Digital Entries:** Research indicates that handwritten notes promote deeper cognitive processing and better conceptual understanding compared to typed notes Mueller and Oppenheimer (2014). However, digital journaling offers practical advantages, such as speed, legibility, and searchability. Collective bridges this gap by supporting flexible input methods while leveraging AI to enhance comprehension and retention.
- c. **Therapeutic Benefits of Expressive Writing:** Expressive writing has been shown to have significant positive effects on physical and mental well-being, including reduced stress, improved immune function, and enhanced emotional processing Pennebaker and Seagal (1999). Collective integrates these therapeutic aspects with intelligent analysis, offering a platform that supports both emotional well-being and personal insight.
- d. **Integration of AI in Journaling Platforms:** AI-powered features, such as pattern recognition, sentiment analysis, and automated organization, have the potential to transform journaling by providing personalized insights and enhancing self-awareness Allahyari et al. (2017). However, concerns about privacy and user autonomy remain. Collective prioritizes ethical AI use, ensuring transparency, user control, and data privacy while offering advanced AI features.

- e. **Gaps in Existing Journaling Systems:** The study of existing platforms reveals a lack of integration between simplicity, AI capabilities, and privacy protection. Current solutions often focus on one aspect at the expense of others, leaving users to compromise on their needs. Collective fills this gap by offering a unified mobile platform that combines emotional well-being, AI-powered insights, and strong privacy protection.

The findings from this literature review underscore the need for a journaling platform that balances simplicity, intelligence, and privacy. Collective is designed to address the limitations of existing systems by offering a mobile-first, user-friendly platform that supports emotional well-being through expressive writing while leveraging AI to enhance self-reflection and personal growth. By integrating these features with strong privacy protection, Collective aims to transform the way individuals capture, process, and reflect on their personal experiences.

The next chapter will delve into the methodology employed to develop and evaluate Collective, ensuring that the platform meets the needs of its users and achieves its intended objectives.

## Chapter 3

# Methodology

### 3.1 Introduction

In this chapter, the development process for **Collective** mobile journaling application is explained using the Rapid Application Development (RAD) methodology. Each stage of the development is explained in detail, covering the phases of requirements planning, user design, construction and cutover.

### 3.2 Rapid Application Development (RAD) Methodology

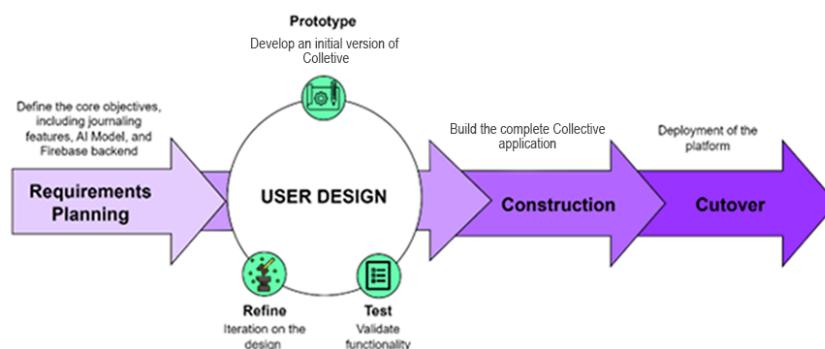


Figure 3.1: Rapid Application Development (RAD) Methodology Phases



Rapid Application Development (RAD) is a software development methodology that emphasizes quick development and iteration of prototypes over rigorous planning and testing. It is particularly useful for projects where requirements are expected to evolve or are not fully understood at the outset. The RAD methodology consists of four main phases: requirement planning, user design, construction, and cutover. This model was chosen for the development of the **Collective** mobile journaling application due to its flexibility and focus on user feedback, which is crucial for creating a user-friendly and effective application. The details of the project is discussed below:

### 3.3 Requirement planning

The requirement planning phase is the first step in the RAD methodology, where the project team identifies and defines the requirements of the application. This phase involves gathering information from stakeholders, including potential users, to understand their needs and expectations. The goal is to create a clear and concise set of requirements that will guide the development process.

#### 3.3.1 Software Requirements

The following tables list the software and tools used to develop the **Collective** mobile journaling application:

Table 3.1: Visual Studio Code

| Attribute            | Details   |
|----------------------|---|
| Name                 | Visual Studio Code  |
| Mnemonic             | VS Code   |
| Specification Number | N/A   |
| Version Number       | 1.101.1   |
| Source               | <a href="https://code.visualstudio.com/">https://code.visualstudio.com/</a> |

Table 3.2: Flutter

| Attribute            | Details   |
|----------------------|---|
| Name                 | Flutter   |
| Mnemonic             | Flutter SDK   |
| Specification Number | N/A   |
| Version Number       | 3.10.0  |
| Source               | <a href="https://flutter.dev/">https://flutter.dev/</a> |

Table 3.3: Dart

| Attribute            | Details   |
|----------------------|---|
| Name                 | Dart  |
| Mnemonic             | Dart SDK  |
| Specification Number | N/A   |
| Version Number       | 3.0.0   |
| Source               | <a href="https://dart.dev/">https://dart.dev/</a> |

Table 3.4: Google Chrome

| Attribute            | Details   |
|----------------------|---|
| Name                 | Google Chrome   |
| Mnemonic             | Chrome Browser  |
| Specification Number | N/A   |
| Version Number       | 114.0.5735.199  |
| Source               | <a href="https://www.google.com/chrome/">https://www.google.com/chrome/</a> |

Table 3.5: Microsoft Word

| Attribute            | Details   |
|----------------------|---|
| Name                 | Microsoft Word  |
| Mnemonic             | MS Word   |
| Specification Number | N/A   |
| Version Number       | Office 365  |
| Source               | <a href="https://www.microsoft.com/en-us/microsoft-365/word">https://www.microsoft.com/en-us/microsoft-365/word</a> |

Table 3.6: Microsoft Excel

| Attribute            | Details   |
|----------------------|---|
| Name                 | Microsoft Excel   |
| Mnemonic             | MS Excel  |
| Specification Number | N/A   |
| Version Number       | Office 365  |
| Source               | <a href="https://www.microsoft.com/en-us/microsoft-365/excel">https://www.microsoft.com/en-us/microsoft-365/excel</a> |

Table 3.7: Draw.io

| Attribute            | Details   |
|----------------------|---|
| Name                 | Draw.io   |
| Mnemonic             | Diagram Tool  |
| Specification Number | N/A   |
| Version Number       | 20.8.0  |
| Source               | <a href="https://app.diagrams.net/">https://app.diagrams.net/</a> |

Table 3.8: DeepSeek API

| Attribute            | Details   |
|----------------------|---|
| Name                 | DeepSeek API  |
| Mnemonic             | DeepSeek  |
| Specification Number | N/A   |
| Version Number       | DeepSeek-V3-0324  |
| Source               | <a href="https://platform.deepseek.com/">https://platform.deepseek.com/</a> |

### 3.3.2 Hardware Requirements

The following table lists the hardware requirements necessary for the development and testing of the **Collective** mobile journaling application. Note that the development is currently focused exclusively on the Android platform, as iOS development requires a macOS machine, which is planned for future work:

Table 3.9: Hardware Requirements

| Component          | Specification                  |
|--------------------|--------------------------------|
| Processor          | Intel Core i5 or equivalent    |
| RAM                | 8 GB or higher                 |
| Storage            | 256 GB SSD or higher           |
| Operating System   | Windows 10                     |
| Additional Devices | Android smartphone for testing |

### 3.3.3 Use Case Diagram

The use case diagram for the **Collective** mobile journaling application illustrates the interactions between the user (Writer) and the system. It highlights the various functionalities provided by the application and their relationships. The diagram is shown below:

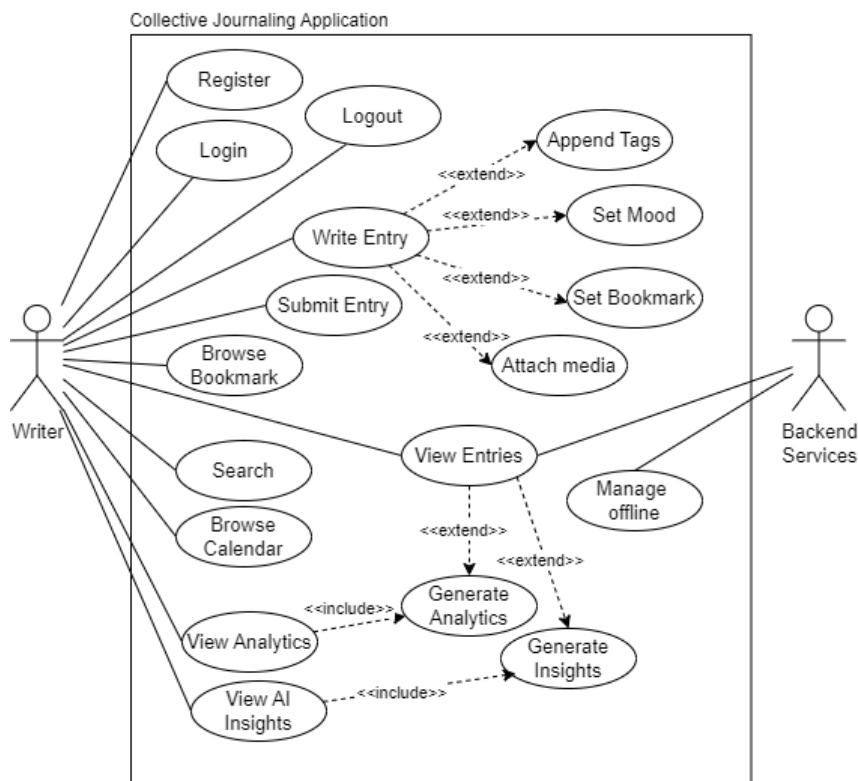


Figure 3.2: Use Case Diagram for Collective Mobile Journaling Application

### **3.3.4 Use Case Description**

The use case description provides detailed information about the functionalities depicted in the use case diagram. Below is a table summarizing the key use cases:

Table 3.10: Use Case Description

| Actor            | Use Case           | Use Case Description  |
|------------------|--------------------|---|
| Writer           | Register           | The writer can register their account by filling in their name, email, and password or use X or Google to register. |
|                  | Login              | The writer can log in to the application using their registered credentials.  |
|                  | Logout             | The writer can log out of the application when they are done.   |
|                  | Write Entry        | The writer can compose journal entries to record their thoughts and experiences.                                    |
|                  | Append Tags        | The writer can add tags to their journal entries for better organization.   |
|                  | Set Mood           | The writer can set their mood for each journal entry to reflect their feelings.                                     |
|                  | Set Bookmark       | The writer can bookmark specific entries for quick access later.  |
|                  | Attach Media       | The writer can attach images or other media to their journal entries.   |
|                  | Submit Entry       | The writer can submit their journal entries to save them in the application.  |
|                  | Browse Bookmark    | The writer can browse through their bookmarked entries.   |
|                  | View Entries       | The writer can view all their saved journal entries.  |
|                  | Search             | The writer can search for specific entries using keywords.  |
|                  | Browse Calendar    | The writer can view their journal entries organized by calendar dates.  |
|                  | View Analytics     | The writer can analyze their journal entries to gain insights into their habits and patterns.                       |
|                  | View AI Insights   | The writer can access AI-generated insights based on their journal entries.   |
| Backend Services | View Entries       | The system to store and retrieve the writer's journal entries securely.   |
|                  | Manage Offline     | The system to allow the writer to access their entries even when offline.   |
|                  | Generate Analytics | The system to analyze the writer's journal entries to provide useful statistics.                                    |
|                  | Generate Insights  | The system to generate insights based on the writer's journal entries to help them understand their patterns.       |

### **3.4 User design**

The second phase is the user design phase interacts and participates in the non-technical part design of the project. User feedback is collected to determine the system architecture. During this phase, the design such as user interface, database and others are designated based on the user requirement. User design is a continuous interactive process that allows users to approve the design model that meets their needs. The design process flow for the system is shown in Figure.

**a. Writer**

**i Register**

# References

- Allahyari, M., Pouriyeh, S., Assefi, M., Safaei, S., Trippe, E. D., Gutierrez, J. B., and Kochut, K. (2017). Text summarization techniques: A brief survey. *International Journal of Advanced Computer Science and Applications*, 8(10):397–405.
- Baikadi, A., Epp, C., and Schunn, C. D. (2016). Exploring the impact of digital journaling tools on reflective writing. *Journal of Educational Technology & Society*, 19(3):129–141.
- Chung, C. K. and Pennebaker, J. W. (2011). Expressive writing: Connections to physical and mental health. *Oxford handbook of health psychology*, pages 417–437.
- Moore, E. and Cain, J. (2015). Note-taking and handouts in the digital age. *American Journal of Pharmaceutical Education*, 79(7):107.
- Mueller, P. A. and Oppenheimer, D. M. (2014). The pen is mightier than the keyboard: Advantages of longhand over laptop note-taking. *Psychological Science*, 25(6):1159–1168.
- Pennebaker, J. W. and Seagal, J. D. (1999). Forming a story: The health benefits of narrative. *Journal of Clinical Psychology*, 55(10):1243–1254.
- Sloan, D. M., Feinstein, B. A., and Gallagher, M. W. (2015). The efficacy of online expressive writing interventions: A meta-analysis. *Computers in Human Behavior*, 52:1–11.



# APPENDIX

## **Appendix A**

# **Gantt Chart**

### **A.1 Construction of Variables**

## **Appendix B**

# **Questionnaire Sample**

The Questionnaire for this research.