



COLLEGE OF COMMUNICATION AND INFORMATION TECHNOLOGY

Certification

This Thesis titled "Interactive Mindfulness Mobile Application" written and submitted by Elaisa A. Cabal, Mea M. Amuyot and Xena Marie G. Lara, registered

INTERACTIVE MINDFULNESS MOBILE APPLICATION
Information Technology, has been examined and recommended of Oral Examination.

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PIEL M. DILLAS JR.
Member

by:

JASON ARTATES
Member

Approved as partial fulfillment of the requirements for the degree
Bachelor of Science in Information Technology

Elaisa A. Cabal
Mea M. Amuyot
Xena Marie G. Lara

CCIT

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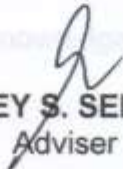
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GEOFFREY S. SEPILLO, Ed.D
Adviser

APPROVAL SHEET

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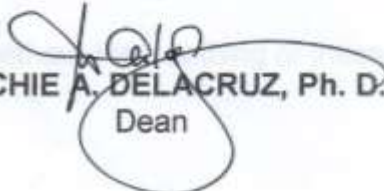

DANIEL A. BACHILLAR
Chairperson


FIEL M. DULLAS JR.
Member


JASON ARTATES
Member

Accepted as partial fulfillment of the requirements for the degree

Bachelor of Science in Information Technology


Date

MENCHIE A. DELACRUZ, Ph. D.
Dean



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Abstract

The aim of the study Interactive Mindfulness Mobile Application using android platform is to be able to help the user to cope up with everyday stress and mind exhaustion due to overthinking of the past and future events. This study will serves as your guide towards being mindful. Exercising mindfulness daily is proven effective to lower your stress. Being mindful means being able to focus on every detail of present events. Maintaining focus is essential when exercising mindfulness.

Specifically, this study attempted to answer the following questions: What is the user's evaluation of the Interactive Mindfulness Mobile Application based on the software quality evaluation standards such as Functional Suitability, performance efficiency, compatibility, usability, reliability, security, maintainability and portability? And what is the evaluation on the level of acceptability of the users in terms of functionality and performance?

Students and Peer Facilitators evaluation on the software quality of Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of: The students and peer facilitator evaluated the functional suitability as Excellent, Performance Efficiency as Excellent, Compatibility as Fair, Usability as Excellent, Reliability as Excellent, Security as Fair, Maintainability as Very Good and Portability as Excellent.

Students' evaluation on the Level of Acceptability of the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of: Functionality.



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The students evaluated the Functionality as Excellent. Performance. The students evaluated the Performance as Excellent.

Peer facilitators' evaluation on the Level of Acceptability of the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of: The peer facilitators evaluated the Functionality as Highly Acceptable. The peer facilitators evaluated the Performance as Highly Acceptable.

There was a significant difference on the software quality evaluation of the peer facilitators and students of the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of usability. There was a significant difference on the level of acceptability assessment of the peer facilitators and students on the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of functionality and performance.

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