



United International University

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Section: B

Course Title : Human Computer Interaction

Milestone - 01

Date : 19- 11- 2023

**Submitted to:
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1.1 Problem Statement:

Who: Those who stay away from family for study

What: Living away from family for study or work can bring about various challenges, including homesickness, loneliness, lack of support, cultural adjustment and potential mental health issues. These challenges can impact an individual's overall well-being and require coping strategies and support systems to address effectively.

Where: Usually these can be observed in dormitories and hostels. Among the students.

Why : It improves the well-being and academic success of students. It offers support, guidance, and better mental health. Higher retention, improved performance, and revenue opportunities.

1.2 User Group:

University students and those who live in dormitories without their family. Age: 20-25

2.1 What research methods do you use? Why?

We have used survey and interview research methods for our research.

Survey methods yield quantitative data, offering a straightforward way to grasp user sentiments and obtain brief insights into daily life. On the other hand, interview methods delve deeper, providing a window into opinions, attitudes, behaviors, and diverse aspects, allowing researchers to analyze and draw meaningful conclusions from the collected data. That is why we used these two types of research methods.

2.2 How do you reach out to your target user groups?

We have conducted our survey research on our social platforms by sharing among our university friend groups and collected our responses. That is the easiest way for us to reach our target audience.

2.3 Participant Demographics

demographics are given below:

- Male and female both

- Age 20-25

- Education level: undergraduate

Most of them are from university students who are living in dormitories in the university area.

2.4 Types of Data Generated from Data Collection Process

Our data collection process includes quantitative and qualitative data collection. We have collected quantitative data by conducting survey research methods and also we have collected qualitative data by conducting interviews on our targeted user groups.

2.5 Data Recording Process

While conducting interviews we took notes on our notepad and recorded audio with permission from the participants. After that we merged them and wrote them on a google doc file.

2.6: Facing and Overcoming the Challenges

Students were hesitant to share their mental health related problems as this information is sensitive and should be kept private with promised confidentiality. To overcome this we used anonymized data collection methods like providing a private and quiet space to conduct interviews in order to ensure that their personal information is kept private and confidential. We also promised to not reveal their identity and that it would be kept hidden, creating a supportive environment so that participants would open up more.

3.1 Insights from the Affinity Diagram

- **Academic Pressure:** A significant number of students cited academic workload as a major stressor, impacting their well-being.
- **Homesickness:** Many students identified homesickness as a key source of stress, affecting their emotional health.
- **Social Support:** Students often rely on talking to friends or fellow students to cope with stress and adjustment issues.
- **Challenges in Cultural Adaptation:** A subset of students faced difficulties in adapting to new cultural norms and lifestyle changes.
- **Integration Efforts:** Some students actively participate in cultural exchange programs within the dormitory or hostel community to facilitate better integration.
- **Roommate Conflicts:** A portion of students experienced stress due to conflicts with roommates, impacting their living situation and emotional well-being.
- **Frequency of Communication:** Students vary widely in how often they communicate with their families, with some in daily contact and others communicating less frequently.
- **Financial Challenges:** Several students highlighted difficulties in managing finances while living away from their families, adding to their stress levels.
- **Struggle for Balance:** Many students find it challenging to balance academic responsibilities with personal and social life, impacting their overall well-being.

3.2 Those we didn't know

Many students who are facing mental health issues find it difficult to focus on their studies, which in turn affects their ability to develop their skills. In the past, it was believed that only a small number of students faced mental health problems, usually those who came from underprivileged backgrounds and had many responsibilities at home. However, this is no longer the case. Nowadays, many students struggle with various mental health issues, and this affects their academic performance on a daily basis.

3.3 Those we confirm that we suspected

At first, it was believed that students were experiencing mental health issues due to the pressure of exams and assignments. However, after collecting data, it became clear that students who were struggling with exam-related stress were also experiencing other uncommon reasons for mental distress. Furthermore, it was observed that students did not prioritize their mental well-being; the data revealed that many of them did not maintain a healthy routine, had irregular sleeping patterns, used drugs, and did not participate in any extracurricular activities. Additionally, shy students were hesitant to communicate their problems with their parents. It was also found that even if the university or authorities took any initiative, these students were unlikely to attend.

3.4 Affinity Diagram Link:(Team H)

<https://miro.com/app/board/uXjVNfpWi4s=?moveToWidget=3458764566797916665&cot=14>

Quotes from Interview Questions with 8 Participants about those who stay away from family for study



4.1 User Persona 1



Nipa



Dhaka, Bangladesh



24 y



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Single

CHALLENGES

Stress, Anxiety and lonely

I usually feel bad or lonely being away from my family, but being from home for so long has gotten me used to it. I don't face any academic challenges due to being away from home.

NEEDS

Financial Support, Family motivation.

I am very concerned about financial. Financial crisis is responsible for my stress. When I'm short of money, it feels bad to put pressure on my family, I can't even manage by myself. Due to which I am under a lot of stress.

PREFERENCES

Easy access to mental health resources

I prefer that students have a go-to relax place 2 or 4 days for easy access to mental health conditions, overcome and easy access to mental health resources as they lack awareness.



4.2 User Persona 2



Sunny

BIO

Sunny is a 19 year old collage student who is struggling with anxiety and depression. He feels overwhelmed by the pressure of school, activities, and social expectations.

CONTACT

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single

CHALLENGES

Stress, Financial, Homesickness, Loneliness

Sometimes I feel loneliness and feel lackings of proper take care that my family always did for me. Basically I faced term final exam I faced some difficulties due to being away from home.

NEEDS

Financial Support, Mental health support

Sometimes I feel stress, Being detached from family decision, financial facts and sometimes for academic project. Basically I do home tuition for my financial support. I feel np stress while I doing tuition beacuse it helps me financially and increase standrad of living.

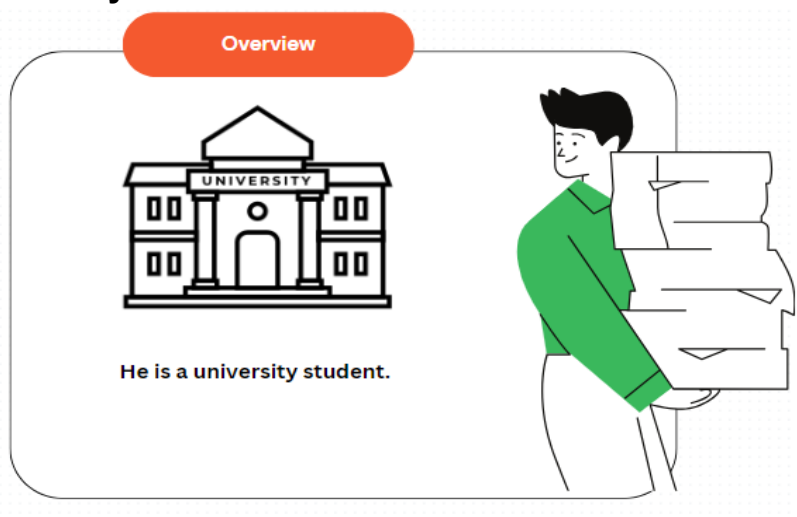
PREFERENCES

Easy access to mental health resources, connect with your family and friends.

5.1 Scenario

The storyboard addresses the challenges faced by students and young professionals living away from their families for academic reasons or Other professions. We have conducted surveys and interviews of some people. They face a lot of problems on a daily basis due to being away from their families. Notable among them are loneliness, academic pressure, financial concerns, and difficulties in managing daily tasks independently. We have tried to highlight these issues in our storyboard. The story board highlights how much a student misses his gamim=ly due to loneliness and how lonely he is at home. And academic pressure due to not doing daily studies are mentioned. It is also mentioned how much they are in trouble due to financial problems.

5.2 StoryBoard

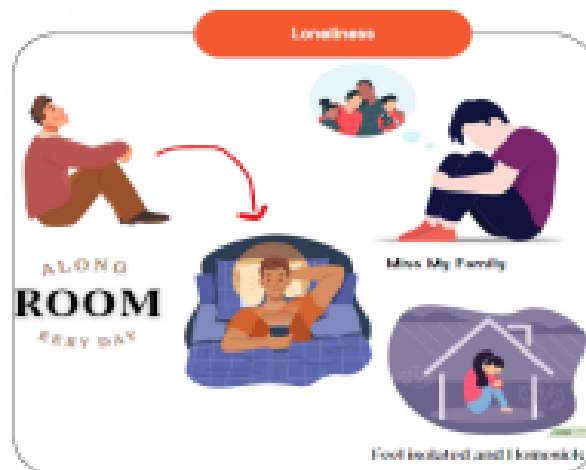


A student is busy with his university studies.



We approached them and asked about the daily life. I did some short interviews and got to know about their various problems in life.

After the interview I got to know about the loneliness of his life, about the daily life and his hardships without family.



Academic Stress



He succumbs to academic pressure due to not studying regularly

Financial Concerns



Due to financial problems, money income, academy pressure and various thoughts are running through his mind all the time