

CMPSC472_finalproject

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Installation

1. Clone the repository to your local machine using the following Git command:

```
git clone git@github.com:darsh8692/CMPSC472_finalproject.git
```

2. Install the npm packages:

```
npm install
```

3. Run the project using following command:

Runs the app in the development mode.

```
npm start
```

Launches the test runner in the interactive watch mode.

```
npm test
```

Builds the app for production to the **build** folder.

```
npm run build
```

Usage instructions

Dashboard Navigation:

- Upons running the app, users will be directed to the dashboard.
- Use the navigation menu to explore different sections: Home, Entries, Personalized Prompts, and New Journal entry.

Create a Journal Entry:

- Click on the "New Entry" or "Create Journal Entry" button.
- For your entry begin typing or use the voice-to-text feature to record your thoughts.

Personalized Prompts:

- Explore the "Personalized Prompts" section for suggestions to enhance your gratitude practice.
- Respond to prompts by typing.

Project Goals

- Develop a user-friendly Gratitude Journal web application tailored specifically for elderly users.
- Implement features for creating journal entries, including personalized prompts and voice-to-text entry.
- Prioritize simplicity and accessibility in the user interface to accommodate varying levels of technological familiarity among elderly users.
- Integrate gentle reminders to encourage and support consistent engagement with gratitude practices.
- Provide an option for users to attach images to their entries, fostering a more personalized and meaningful reflection.

Significance of the Project

Enhancing Emotional Well-being:

- Cultivates a positive mindset by facilitating the expression and acknowledgment of daily moments of gratitude.
- Supports mental and emotional well-being by encouraging regular reflection on positive aspects of life.

Tailored Experience for the Elderly:

- Addresses the specific needs and preferences of elderly users through features like larger fonts, simplified navigation, and voice-to-text entry.
- Recognizes the importance of customization in technology for diverse user demographics.

Digital Companion for Loneliness:

- Acts as a digital companion for the elderly, fostering a sense of connection and companionship.
- Provides a platform for self-expression and reflection, reducing feelings of isolation.

Multimodal Input with Voice-to-Text:

- Enhances accessibility by including a voice-to-text feature, allowing users to effortlessly create journal entries without the need for typing.
- Acknowledges and accommodates diverse abilities and preferences among elderly users.