

**ASSIGNMENT COVERSHEET**

<b>UTS: ENGINEERING &amp; INFORMATION TECHNOLOGY</b>		
<b>SUBJECT NUMBER &amp; NAME</b>  Fundamentals of Interaction Design	<b>NAME OF STUDENT(s) (PRINT CLEARLY)</b>  YAFIE FARABI	<b>STUDENT ID(s)</b>  14458044
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<b>STUDENT EMAIL</b>	<b>STUDENT CONTACT NUMBER</b>	
<b>NAME OF TUTOR</b>	<b>TUTORIAL GROUP</b>  Group 1	<b>DUE DATE</b>
<b>ASSESSMENT ITEM NUMBER &amp; TITLE</b>		
<p><input checked="" type="checkbox"/> I acknowledge that if AI or another nonrecoverable source was used to generate materials for background research and self-study in producing this assignment, I have checked and verified the accuracy and integrity of the information used.</p> <p><input checked="" type="checkbox"/> I confirm that I have read, understood and followed the guidelines for assignment submission and presentation on page 2 of this cover sheet.</p> <p><input checked="" type="checkbox"/> I confirm that I have read, understood and followed the advice in the Subject Outline about assessment requirements.</p> <p><input checked="" type="checkbox"/> I understand that if this assignment is submitted after the due date it may incur a penalty for lateness unless I have previously had an extension of time approved and have attached the written confirmation of this extension.</p> <p><b>Declaration of originality:</b> The work contained in this assignment, other than that specifically attributed to another source, is that of the author(s) and has not been previously submitted for assessment. I have rewritten any material provided by AI or other nonrecoverable sources and where appropriate acknowledged their contribution. I understand that, should this declaration be found to be false, disciplinary action could be taken and penalties imposed in accordance with University policy and rules. In the statement below, I have indicated the extent to which I have collaborated with others, whom I have named.</p> <p>No content generated by AI technologies or other sources has been presented as my own work and I have rewritten any text provided by AI or other sources in my own words.</p> <p><b>Statement of collaboration:</b></p> <p>Signature of student(s) <u>Yafie Farabi</u> _____ Date 21/03/2025</p>		

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**ASSIGNMENT RECEIPT**

To be completed by the student if a receipt is required

<b>SUBJECT NUMBER &amp; NAME</b>	<b>NAME OF TUTOR</b>	
<b>SIGNATURE OF TUTOR</b>		<b>RECEIVED DATE</b>

# Interview Completion (checkpoint)

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Assessment 3

14458044 – Yafie Farabi

# Explanation

This is an ungraded but required checkpoint for your individual contributions towards the **group Persona task**, part of the **Assessment Task 3 Design Project**. The timely completion of your individual interview is essential to the successful completion of both your individual and your group's assignments in this project.

This submission should include the following elements:

1. The recording of your individual interview
2. A complete transcript of the interview
3. A 2-page bullet-point summary
4. The completed interview informed consent form

See Canvas / Assignments / Interview Completion for all the details of this task submission.

## Part 1: Interview Recording

**NOTE:** Your interview should be conducted face-to-face, in English, and in the presence of a peer. The interview should last at least 20-30 minutes. The consent form should stipulate your participant's consent to the recording.

Paste the link to your media file below. Ensure your tutor has full access to it (e.g. share without a password or provide the password here). You may also attach the media file in the submission point (provide a password below, if applicable).

[https://drive.google.com/file/d/1jopp169ObX\\_nuT63xxa-8L6xyMSqLH3H/view?usp=sharing](https://drive.google.com/file/d/1jopp169ObX_nuT63xxa-8L6xyMSqLH3H/view?usp=sharing)

## Part 2: Interview Transcript

**NOTE:** You may use a transcription tool/app for this task. You must NOT use an AI tool to do this as this would expose the privacy of your participant.

Paste the text of your full transcript below.

Hi sorry to interrupt your time. Is it okay I do it interviews like my name is Yafi and I'm conducting an interview as part of project on wellbeing and focus of this interview is to better understand the mental and social wellbeing of the people who primarily work or study from home. And this will help me to jump the potential solution for improving wellbeing such as a timestanding desk to enhorse breaks

while studying or working. So like your answer will guide me in ideas that can better support people like you in your daily routines. And your participation it will take a long 20 to 30 minutes, so is that okay? Yeah, that sounds great. I'm happy to help. So this interview is divided to um six arts, and the first part is we begin with Greg information. So, uh this one is started by breathing and introducing the purpose of the discussion and explained the focus of the study, which is to understand the challenges, people faced while working or studying with mo particularly in terms of the mental physical and social well being. and you can also provide concert for the interview to be in this interview is also going to be recorded. And after that um we can gather her some background information, including um what what you're doing in um your. So first, can you please tell me about your name and a little bit about yourself? Yeah, um, my name is King. I'm currently study ID at university. uh, and I also work on time as a freedence weight developer. I've been starting from home for the past year, uh and I usually work for home as well. Um if you're working from home or do you also do both or you just study from home or. Yeah, both, actually both. Uh, I balance my buttonn job in my studies. So, uh, I spend a lot of time at home for both. So you're a student, right? And you're do you have online class and like, if you have on like class then like how long do you usually spend the class online each week, uh I have online classes for uh most of my courses. Uh, I would say, uh I spend about um 15 to 20 hours per week. You when I lectures and uh assignments. Oh, how is how is it and like deal enjoy online class or like, do you like in person class and if you like online class, could you tell me the reason why do you forgrade? Um, okay. uh I like the flexibility of online classes. but, um I miss the socialpect of uh in priirus, as parter to stay in gadget and motivated when aano, especially things and there are so many distractions. that's I understandable. I also agree with you. um it's it's really difficult to stay focused at home. And next, I'm gonna move on to mental well-being at home question. So this questions will be focusing on psychological and emotional effect of working and studying at home and I also want to ask you about the mental challenges that you face, like maybe if you face like, bird out, like of modification or difficulty in concentrating. And also I'm also curious if you feel I isolated or disconnected and if you feel that emotions, how do you handle this? Okay, so firstly, what challenges do you face in mainly mental wellbeing while working or studying from home? I think the biggest challenge is staying motivated in focus. It's 18 to get destructed by household chores or just general titles. Um, I also miss having a clear variation between work or study time and personal time. Um, do you feel isolated or disconnected while working or studying from home and how do you handle those and like, how do you um separate your distraction from like househ householdores or general pirateness? Um, definitely summ nice in real like or I'm in a bubble. uh and I miss socializing with my ears. I tried to have it by staying in touch with my fines and uh classmates, uh serves video calls and chat. I also try to take short breaks through all side to get some fresh air. Oh, and do you like get bored or like, and is there any other way for you to manage stress or mental exporton when working or studying from home? I enjoy take breaks when I start feeling over well. A man go for work do a short workout or just relax with some music. I try not to go through the exhaustion though even even though it is tempting to just get a ripping down. Oh, yeah, I understand those feeling it must be difficult to um handle it and I'm also curious, like, do you stay modifated? like, self directed? Or like, do you still interact with your colleagues or classmates from early? and it'sus directly wor especially things I do a lot of li studies on my own. Uh, I do act with uh classmates during good projects. So when we need to ask questions, um, but it's not as ir regular as I life. Um, okay. and then we can move on to the next part, which is physical well being at home, so in this section, I'm going to explore how working or studying from home affect your physical health and I also curious if you do exercise like stretching or any any exercise during the day and how do you fit in your exercise in the schedule? Well, this person I say, I try to do some Radio

activity every day. uh, you if it's just straining or um 15 minute workout. the hard sometimes. But uh I can a in migs. I fin really help reser forks and reducing strap. um like how how long do you usually sit at your desk while studying or working or do you ever get up to stretch or move around uh utori and I see for about a two, just three hours and a time before I need you get up. Uh, I try to scratch or work around join my brakes, do you avoid stains sit, to long. Oh, yeah, it's I understand because I also study at home a lot and it's really um painful for me because I need to stretch in every time. So like, I'm curious if if you ever think about time standing desks, like which walks after a set period of time to embrage movement or like what are your thoughts on using a product that for you to take a break while working or studying I think a time is standing desk could be a good idea. Sometimes, uh I've forgot to take breaks, uh and have something that uh for me to move to the real house. And however, uh I want to I want um flexibility to adjust it um when I zone and need to work longer. Uh, it would be helpful to have a break miner that done built to region. Oh, thank you for your idea. That's really that's really good. And also thank you for the suggestion. And now, like, let's move on to the next part, which is um your preferences in work and studying. So I'm curious about your your feeling about your occupation and your study and I'm also curious about your preference if you like work or study and why do you uh why do you engage in much fair in this? So, yeah. Okay, um I enjoy Burs, actually. Um I find the word I do in web to bottom and w woody. uh, and my studies and IT, are interesting. Uh, especially the hands on projects. However, it can be challenging to balance both, and sometimes I feel a like I feel like I don't have enough time for everything. yeah, I also think that it's really um difficult to balance studying and and working. So do you know enjoy your current work or do you prefer like labor or maybe stay in your work which is mental work? And could you tell me the reason why? Uh. prefer metal work. Um, I enjoy problem solving and creating things. Uh, just like a webs or software. but science in can be mally exhausting, uh, and I wish I could just do something uh physical to break the routine. Oh, that's uh really interesting to hear. so like, um, do you have any achievement or is there like something that you are satisfied with where you are in your career or your active in journey or like, do you feel unsatisfied or something or unique, like to achieve more thing or yeah, is there like anything that you feel missing out? Uh, um um, satisfied is my progress of war. but I feel like I need more handson experience. I have done some real of real work, but I want to explore in a shapes and more operate deal projects to really push myself. Oh, thank you for your answer. So, like, um I think we're gonna move on to the next bar, which is I'm craised about your social wellbeing and the first thing I'm curious is about your relationship and social connection outside of work and study, um so like, how would you describe your relationship with your family? Do you spend time with them regularly? Yeah, um my recipe with my family's good. I often sp spend time with a regular I try to spend quite a time together. especially on weekends. But, uh, since I work in the study from home, uh, it's can be a bit hard to balance everything. And we usually have dinner together every night. night, yeah. Do you feel like if you have enough social interaction outside work, or studying or like and how do you stay connected with friends or loved one? Um, I do try to stay connected with my friends, so we coast or social media. But sometimes I feel like I miss imprison interaction. I stay connected by making plans to meet up when it's possible or chating online. Oh, um, that's really interesting. And next I have question for you about mental health solution, so um from all of the question that you have answered so far, like, how do you improve your mental wealthy and I'm also interested in the app that you use for mental health and productivity and what features what would you like to find? So, um, are you gonna be interested about app that plans mental health and productiveity? Or like if you if you're interested with the app, what feature would appeal to you the most? Um Yep, um, I would be interested on freezer like a my urnus sizes, uh test trucking and maybe minors to take breaks would

be help for. Um, sometimes they help needs me to stay forest, but also reminds me to uh relax and their charter uh will be great. Um, thank you for your idea. So, um as your student, right? And I guess that you also feel the same like other student. So like, do you think if student population now suffers from mental health challenges due to demands of online learning and work and like if you feel that way, what do you think the best idea to the situation? I think the shift to online learning has added lot of pressure. The lack of inversion in the action and the brewing of our story boundaries can lead to Bungau. I think uh universities in emoreors can um could offer more spot like a mental house and resources, and encourages students who take cover breaks. Oh, yeah, that's a really good idea. I also agree that universities or like employers could offer more support, um like mental health resources and. And also one more thing is like, uh I heard I also heard a lot of from a lot of people one the way to deal with um with all the stress and burnout is by being closer to God, which is a spiritual stuff. So is it okay if I ask you if you are a spiritual person or like, if you are then what kind of spirituality do you follow? And how how does it affect your over wellbeing? I'm not very richer, but I find peace in activities like over and meditation. and help me clear my mind and do stress. which in the essential for my wellbeing. Oh, okay. I was not expecting that because I heard a lot of um a lot of people find it that spiritual thing is a good way to um handle with that, but now I guess I believe that a lot of people have their own way to handle their stress. So, um I'm just gonna move on to the closing question so like, I'm curious um what are some of those ski frequencies you used to maintain both your mental and physical wellbeing at home? I trying to sell audud physical activity and schedulere. I also make time for relaxation and socializing, even if it's just online. Oh, that uh that's a great solution. I think it really suits you. So like, um do you have any other thought or idea about my solution to to propose timestamping desk and if you have like do you have any suggestions or improvement to the concept, maybe like to for other people who also experience the same thing like you. Uh, um I think the concept is great, but maybe allowing more customization, like an setting a timer to fit by work floor would be helpful. And it will also be nice if there was an option to um switch between sitting and standing automatically surround a day. Oh, thank you so much. That's a really amazing idea. Um, and I would definitely uh apply to your suggestion to my project. So, um I'm done with my interview today and thank you so much for your time and f valuable insight, so your input will be incredibly helpful in developing ideas for my project and for overall mental, physical and social wellbeing, especially like for people who are working in studying from home. I'm really, really appreciating your honestpect and suggestion, and if you're interested, I will be sending you a summary of today interview. And I'm really happy to keep you updated on any progress again, and I thank you so much for your participation. Okay, thank you. I'm glad to be your part of this. I look forward to seeing how your project progresses.

## Part 3: Interview Summary

**NOTE: You must produce this summary yourself, without the help of summarising or AI technologies.**

A recommended way to summarise your interview is to listen to the recording while reading the transcript, highlighting sections of particular interest. Once finished, extract those sections and place them under the 4 main dimensions of wellbeing. Finally, convert those sections into key sentences (i.e. not the exact same text but your interpretation).

### Example

Transcript and highlight: "Yeah, I was already on the train when I started thinking about it. But it was now too late to go back! I couldn't stop wondering, did I lock the door? What if I didn't? I spent the whole day stressed. When I came back home, it was locked – what a relief! The problem is that this is not the first time it happens. It looks like I'm doing it more often these days."

Extracts: I couldn't stop wondering, did I lock the door? I spent the whole day stressed. The problem is that this is not the first time it happens.

Summary point: home security is a recurring and constant concern (dimension: Mental wellbeing)

Paste a 2-page summary of your interview, in bullet-point form under titles with the 4 dimensions of wellbeing. Open the summary with a brief reference to the interview and interviewer (e.g. name and age, general demographic information, time and place for the interview).

Interviewee:

Name: King Dong

Age: 22

Occupation/Study: Study

Interview conducted: 19 March 2025

Time: 4pm

Location:

The interview focused on understanding the mental, physical, social, and spiritual wellbeing of individuals working or studying from home, with a specific interest in challenges faced and potential solutions to enhance wellbeing. The interview lasted approximately 20 minutes.

## Mental Wellbeing

### Challenges in Work-Life Balance

#### Transcript and highlight:

*"It feels like work never really ends. Even when I take breaks, I keep thinking about assignments or deadlines. Sometimes I work late into the night without realizing it."*

#### Extracts:

- Work feels continuous, even during breaks.
- Assignments and deadlines are always on their mind.
- Late-night work happens unintentionally.

**Summary point:** The lack of separation between work and personal life makes it difficult to maintain a proper work-life balance, leading to mental exhaustion.

## Feeling of Isolation

### Transcript and highlight:

*"I don't really talk to my classmates outside of group projects. It's mostly just emails and chat messages, but it's not the same as face-to-face conversations."*

### Extracts:

- Communication is mostly limited to emails and chat.
- Lack of face-to-face interaction affects social connection.

**Summary point:** Remote work/study limits social interactions, making it harder to build meaningful connections.

## Stress Management

### Transcript and highlight:

*"When I feel stressed, I try to take short breaks or do breathing exercises. It helps a little, but deadlines still stress me out."*

### Extracts:

- Uses breaks and breathing exercises to manage stress.
- Deadlines remain a major source of pressure.

**Summary point:** Mindfulness techniques help, but workload stress is still a challenge.

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## Physical Wellbeing

### Sitting for Long Hours

### Transcript and highlight:

*"I sit for hours without realizing it. Sometimes my back starts hurting, and I remember I should move."*

### Extracts:

- Sits for extended periods without breaks.
- Experiences physical discomfort due to prolonged sitting.

**Summary point:** Long hours of sitting negatively impact physical health.

### Exercise Routine

### Transcript and highlight:

*"I try to do some stretches in the morning, but I don't always have time. By the end of the day, I feel stiff."*

### Extracts:

- Tries to stretch in the morning but isn't consistent.
- Feels stiffness from lack of movement.

**Summary point:** Regular exercise is difficult to maintain, leading to physical discomfort.

### Interest in a Standing Desk

#### Transcript and highlight:

*"If I had something to remind me, I'd probably stand up more. A standing desk that tells me when to take a break sounds useful."*

#### Extracts:

- Needs reminders to take movement breaks.
- Finds a standing desk with alerts a helpful idea.

**Summary point:** A timed standing desk could encourage healthier work habits.

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## Social Wellbeing

### Family Relationships

#### Transcript and highlight:

*"I live with my family, but we don't always talk much during the day because I'm busy."*

#### Extracts:

- Lives with family but has limited interactions due to work/study.

**Summary point:** Family connections exist but are impacted by time constraints.

### Maintaining Friendships

#### Transcript and highlight:

*"I text my friends sometimes, but we don't call as much as we used to. I miss hanging out in person."*

#### Extracts:

- Keeps in touch with friends via text.
- In-person interactions have decreased.

**Summary point:** Digital communication helps, but in-person friendships have weakened.

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## Spiritual Wellbeing

### Self-Reflection and Mental Peace

#### Transcript and highlight:

*"I'm not very religious, but I like having quiet time to reflect. It helps me feel calmer."*

#### Extracts:

- Does not follow a particular religion.
- Finds self-reflection helpful for peace of mind.

**Summary point:** Personal reflection is an important part of their emotional wellbeing.

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## Closing Thoughts

### Personal Wellbeing Strategies

#### Transcript and highlight:

*"Taking small breaks and trying to move more helps me feel better. I just need to do it more consistently."*

#### Extracts:

- Breaks and movement improve wellbeing.
- Consistency is a challenge.

**Summary point:** Regular short breaks and physical activity help maintain wellbeing.

### Feedback on Standing Desk Concept

#### Transcript and highlight:

*"It would be nice if I could set my own break times instead of having a fixed schedule."*

#### Extracts:

- Prefers customizable break settings.

**Summary point:** A personalized break schedule would make a standing desk more effective.

## Part 4: Informed Consent form

**NOTE:** An informed consent form template is available In Canvas / Module 2 / Design Project. You must edit the template with your own information. You must go through this consent form together with your participant and complete it before starting the interview. You must both sign the consent form.

Provide your completed and signed consent form below (inserting an image of the document) or as a file in the submission point.

## Informed consent to participation

I agree to participate in the study conducted by **NAME** as part of assignment work in the Fundamentals of interaction Design subject at the University of Technology Sydney. I understand that the purpose of this study is to gain insight into participants' views and experiences on **TOPIC**.

I understand that my participation in this research will involve **DESCRIBE ACTIVITY**. I might be inconvenienced by the time required to be involved in this study, but no other harm is likely to result from my participation.

I understand that the research activity may require a recording in audio, video, or otherwise for help with transcription.

I hereby give consent to the recording of my activity.

I am aware that I can contact the researcher, **STUDENT'S NAME** (phone: **PHONE**, email: **EMAIL**), or the subject coordinator, **SC'S NAME** (phone: **PHONE**, email: **EMAIL**), if I have any concerns about the research.

I also understand that I am free to withdraw my participation from this study at any time I wish, without consequences, and without giving a reason. I will not be penalised in any way for declining to take part in any stage of the research.

I agree that **STUDENT'S NAME** has answered all my questions fully and clearly.

I agree that the research data gathered from this study will be submitted for academic purposes in a form that does not identify me in any way.

  
\_\_\_\_\_  
Name and Signature (participant)

19/03 /2025  
Date signed

  
\_\_\_\_\_  
Name and Signature (researcher)

19 /03 /2025  
Date signed