Stop

AntiProcrastination

(SAP)

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**Statement about the Problem:**

Procrastination is a pervasive issue that affects individuals from all walks of life, leading to decreased productivity, missed deadlines, and significant stress.

**Describe the problem Statement:**

Procrastination is a complex phenomenon characterized by the habitual delay or putting off of tasks, decisions, or actions, often

resulting in feelings of guilt, anxiety, and regret. It can have severe consequences on mental and physical health, relationships, and career advancement. Despite its prevalence, procrastination remains a poorly understood phenomenon, with many struggling to overcome it. Procrastination can manifest in various forms, including:

* + Task avoidance: Putting off tasks or decisions, often leading to feelings of anxiety and guilt.
  + Time management: Failing to prioritize tasks, leading to inefficient use of time and energy.
  + Goal-setting: Setting unrealistic or vague goals, making it difficult to achieve them.
  + Self-regulation: Struggling to regulate emotions, leading to impulsive decisions and behaviors.

**Objective and scope of the project:**

The primary objective of SAP is to design and develop a comprehensive system that helps individuals identify and overcome procrastination habits, thereby improving their productivity and overall well-being. The scope of the project includes:

* + Developing a user-friendly interface for users to track and manage their tasks and goals
  + Creating a personalized feedback system to motivate users to stay on track
  + Integrating social sharing and accountability features to encourage users to stay committed •Conducting user research to gather insights into procrastination habits and challenges .

**Methodology:**

* + **Literature Review:** A comprehensive review of existing research on procrastination, its causes, consequences, and strategies for overcoming it. This will involve a thorough analysis of academic journals, books, and online resources to gain a deeper understanding of the phenomenon.
  + **User Research:** Surveys, interviews, and focus groups to gather insights into the procrastination habits, challenges, and motivations of individuals. This will involve recruiting participants from diverse backgrounds and age groups to ensure a representative sample.
  + **System Design:** Development of a user-centered anti-procrastination system, incorporating features such as task management, goal-setting, and personalized feedback. This will involve creating wireframes, prototypes, and testing them with users to ensure usability and effectiveness.
  + **Prototype Development:** Creation of a functional prototype of the anti-procrastination system, incorporating user feedback and iterative refinement. This will involve developing a minimum viable product (MVP) and testing it with a small group of users.
  + **Evaluation:** A controlled study to assess the effectiveness of the anti-procrastination system in reducing procrastination habits and improving productivity. This will involve recruiting participants and randomly assigning them to either a control group or an experimental group.

**Hardware & Software to be used:**

* + **Hardware:** Desktop computers, laptops, and mobile devices will be used to develop and test the antiprocrastination system.
  + **Software:** Front-end development will be done using React, back-end development will be done using Node.js, and database management will be done using MongoDB. Integration with social media platforms will also be done to enable social sharing and accountability features.

**Future Work of this Project:**

* + **Artificial Intelligence and Machine Learning:**

Integrating artificial intelligence and machine learning algorithms to provide more personalized feedback and recommendations to users.

* + **Mobile App Development:** Developing a mobile app to increase accessibility and convenience for users.
  + **Large-Scale Studies:** Conducting large-scale studies to assess the long-term impact of the antiprocrastination system on productivity and wellbeing.

**References/Bibliography:**

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Procrastination: A review of the research. Psychological Bulletin, 99(1), 46-64.

* Ferrari, J. R. (2010). Still procrastinating: The noregrets guide to getting it done. John