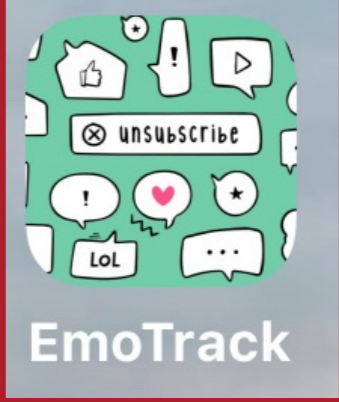# Social Media is 'destroying' your life! 😱

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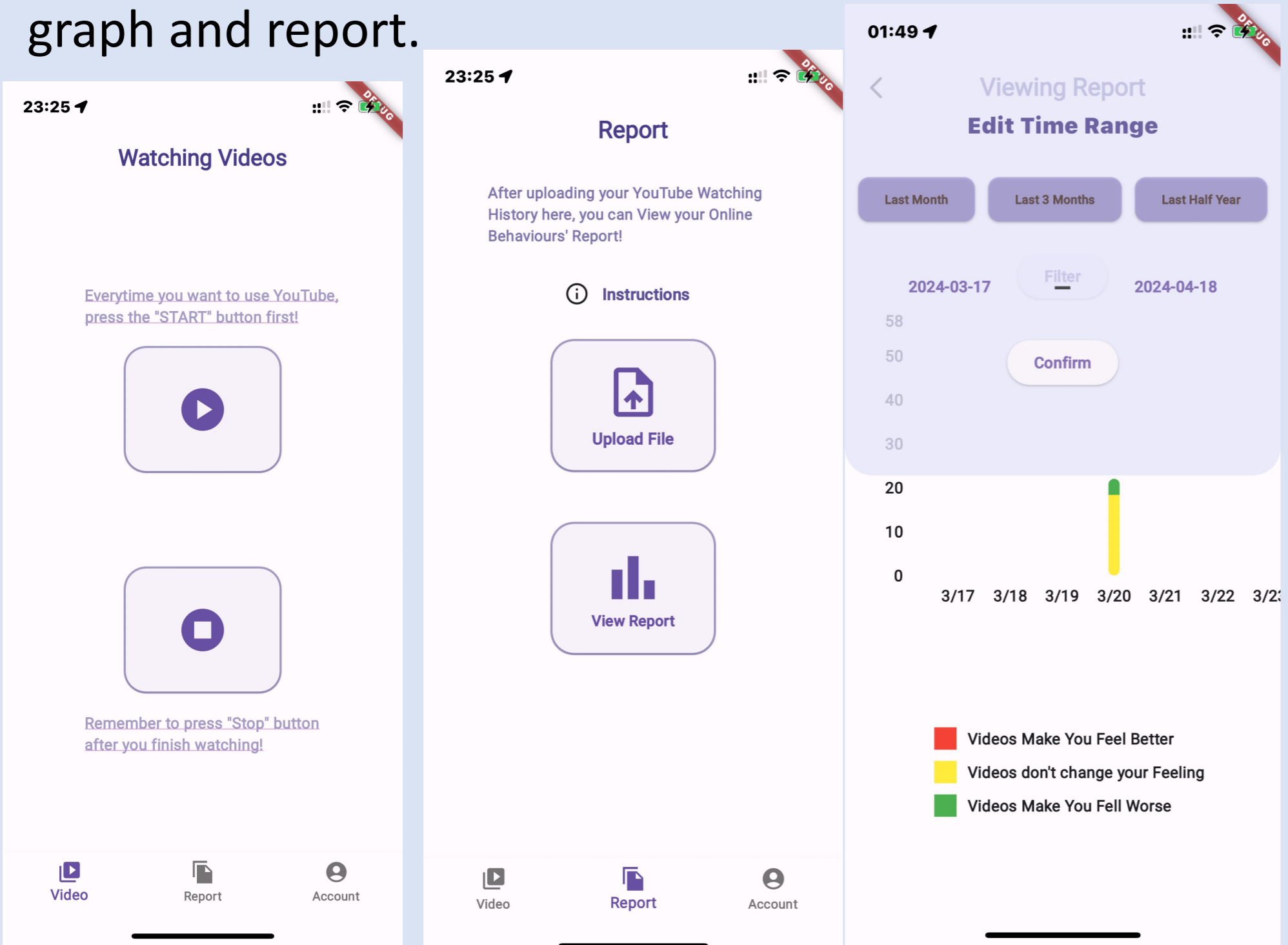School of Computer Science, University of Bristol

EmoTrack

Project Introduction

In the UK, digital media's dual impact on young people's mental health is notable, offering both positive aspects like peer support and risks including cyberbullying. Despite efforts to regulate harmful content, distinguishing between beneficial and detrimental online activities remains challenging. Research by Dr. Lucy Biddle from Bristol Medical School suggests teaching young people skills to manage online engagement effectively can enhance digital literacy and personal agency, leading to safer online experiences and mitigating negative impacts. This approach emphasizes empowering youth to navigate the online world more wisely.

This project is going to focus on how users' moods will be affected by various online activities, the application will track users' moods while browsing the internet, generating an analytic report for users to develop their metacognition skills and enhance their abilities for online activities.
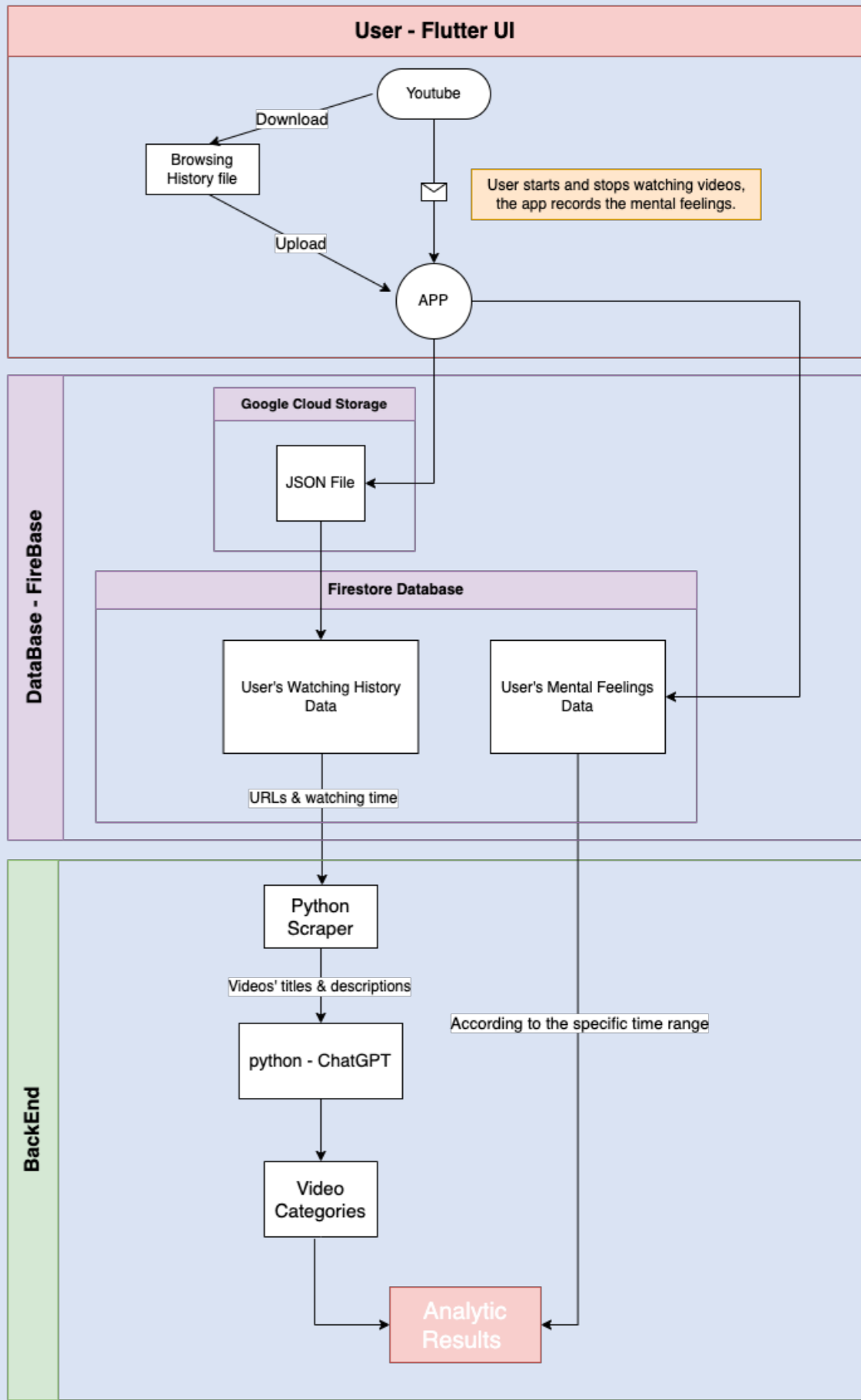
Methods

- User uploads their online behaviours in the app.
- The app records user's feelings before and after using social media.
- The app generates an analytic result for user through graph and report.
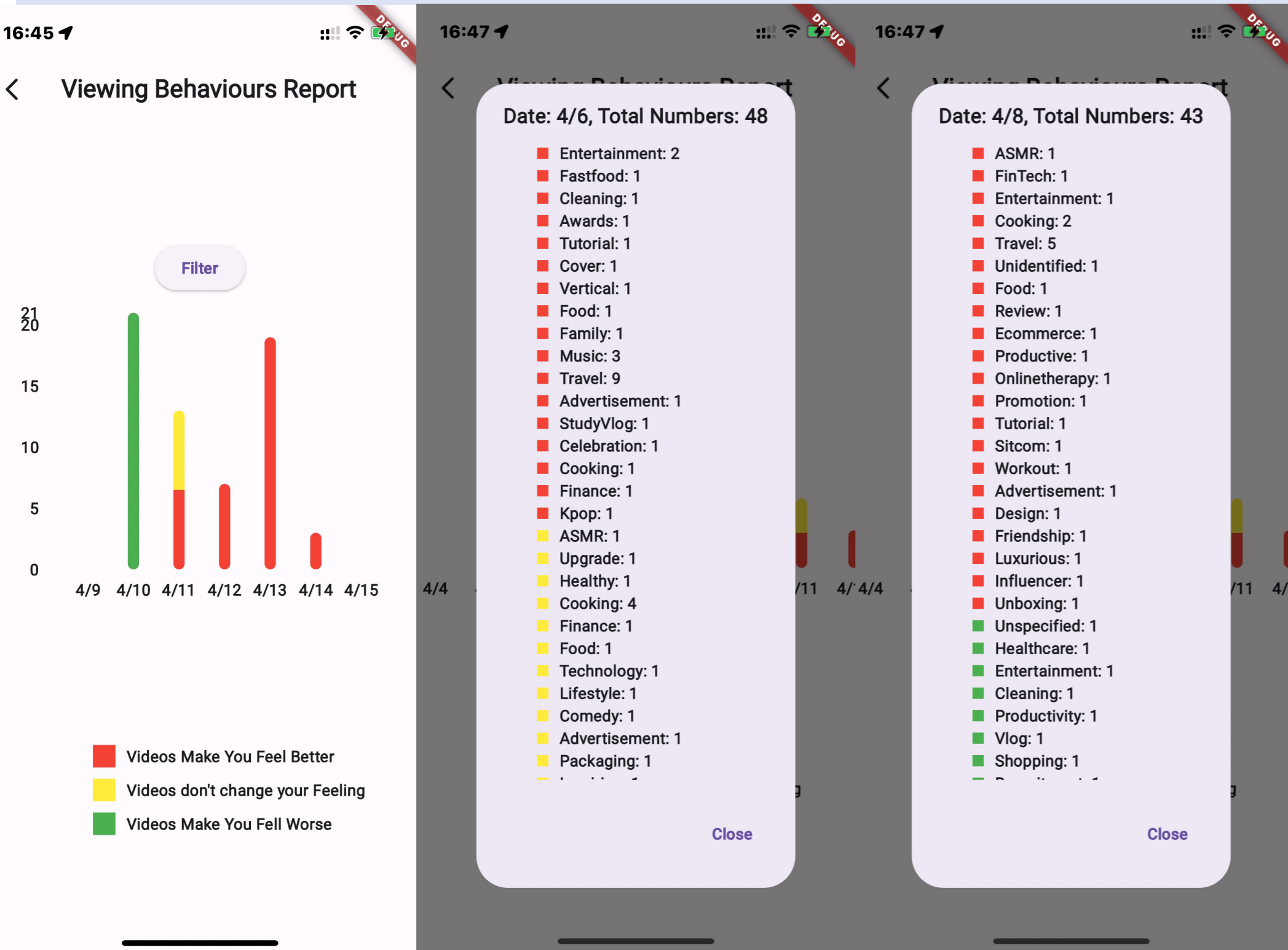

Processes and Relative techniques

- Flutter – build the user interface and deploy it to multiple devices (e.g. iOS, Android)
- Firebase – database to store files and collect data
- Python – build all backend functions
- Google Cloud App Engine – deploy the project on the Cloud

Findings

Conclusions

Completed:

✓ Research for both positive and negative effects that people using the social media

✓ Investigate existing technologies for monitoring people's online behaviours and analyse

✓ Designed the app with innovation and core competitiveness

✓ Build the app specific for analysing user's online behaviours using YouTube

✓ Collect users' experiences and advices through questionnaires

Next steps:

❑ Improve the app according to users' words

❑ Expand the app to cover more social media

❑ Increase more functionalities and creativity of the app

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