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### **BetterU: Productivity and Well-Being Application**

BetterU : Goals Assistance (Shared), Time Usage Tracker, Anonymous Community, Personal Chat, Report

#### **ABSTRACT**

BetterU is a mobile application designed for helping users to build their work-life routine via intelligent task management and supportive community. Most people , especially students and office workers, are overwhelmed by "endless" daily tasks and struggling with organizing their daily tasks. Meanwhile, prolonged focus on work or study can lead to social isolation and hard to form meaningful connections. Traditional social platforms often lack safe space, causing the reluctance in asking or sharing content. BetterU can address these problems through providing goal-oriented task assistance, time usage tracking via app activity and anonymous community with personal chats. These can effectively organize users' daily tasks and prevent the fearness of judgment during content sharing. In this proposed project, Flutter and AI technologies will be used to develop the mobile application for automating task extraction and planning. Thus, every user can manage tasks effectively, stay connected to society and improve overall productivity. (149 words)

#### **PROBLEM**

##### **1. Social Isolation and Fearness of Seeking Help**

The fast advancing of the world's technologies has brought many benefits to people nowadays. However, it also significantly increases the paces of the world at the same time. In order to keep track of the pace of the world in terms of education and working progress, most of the students and office workers have to face huge school tasks and workloads day and night. This has seriously caused **insufficient time for them to communicate with other people**. Thus, they will be finally isolated from society where this phenomenon is known as social isolation. It refers to a situation where the people are lacking friends or close co-workers, and they often feel lonely, depressed, lack self-esteem and anxiety. (Tulane University, 2020) One of the major causes of social isolation is **busy schedules and unaffordable workloads**. People would feel shamed with losing a job or getting bad results during study if they do not complete all the jobs and tasks. Thus, they will choose to sacrifice the time for staying connected to society and use the time for accomplishing the tasks. In fact, 30 percent of American adults felt lonely at least weekly over the past year while 10 percent reported feeling lonely every day in early 2024. (Tulane University, 2020)

At the same time, there is a huge portion of people who are suffering from social anxiety disorder. In 2023, Malaysia ranked 52nd globally with 4.88% of its population suffering from anxiety. It indicates that approximately 1,610,400 Malaysians are affected by this anxiety. (<https://www.facebook.com/syok>, n.d.) One of the reasons behind this is the **uncomfortable social environment** which would make people feeling shy, insecure, being teased and shamed.

(What Can You Do If You Live in Fear of Being Judged? | BetterHelp, n.d.) In order to avoid any embarrassment that might cause them to be recognized or ridiculed, they choose not to speak out and even not to seek help from others when facing difficulties. Thus, it also indicates that they possibly **resist using social media platforms to post or share any contents where their identity can be known** as they are fearing judgment. Eventually, they will probably not be able to speak their minds or seek any help when they are in trouble. All the problems and worries can only be kept inside them, leading to depression.

## **2. Cognitive Overload and Difficulty in Task Management**

In today's fast-paced world, both students and working adults are frequently experiencing different cognitive overload due to the **constant influx of information, tasks and responsibilities**. For students, they will have to face excessive academic content, tasks with numerous deadlines and complex assignments everyday. It leads to an overwhelmed working memory, cognitive strain and even reduced productivity. (Efremkin, 2025) For working adults, they often handle multiple responsibilities to work on different tasks and meetings. This overload not only leads to difficulties in prioritizing tasks and deciding where to start, but also makes **productivity decrease and stress levels are heightened**. (Host, 2024)

Although task management applications are widely available in the marketplace nowadays, there are many users still reluctant to use it. The reasons behind it are the **complexity and unsuitability for personal uses**. The professional task management tools offer advanced features such as sprints, kanban boards, version control and dependency management. However, those features are mainly designed for team-based collaboration and project management, rather than individual use. (Slant - 31 Best Task Management Apps for Personal Use as of 2025, 2017) Meanwhile, the complexity of the task management application will be increased along with the collaboration of different advanced features. It is meaningless for **normal users to adapt to the increasing complexity of the task management application** but the added features are definitely not suitable for them to use on personal and academic tasks management. (Tuğçe Ayteş, 2019) Additionally, many task management applications **lack user-friendly guidance for casual users**, making it hard for them to adopt productive task management habits.

Due to the complexity of the task management applications, it will make normal users **feel confused to clearly identify and organize their tasks**. They cannot even decide where to start jotting down their task items and how they should prioritize the tasks accurately. Meanwhile, they are always getting **exhausted with manually jotting down all the task items using own-typing text**. Most of them are not willing to spend their time on writing down their tasks manually, they cannot even identify the priority of each task accurately. Over 58% of knowledge workers struggle with work coordination despite the availability of task management platforms, it has highlighted a gap between tool complexity and user needs. (Baker, 2023) Not only that, the **task item recorded by people themselves might lose focus**, they might be confused by their own written task item when reviewing back their tasklist. They also cannot precisely decide when they need to start and finish their tasks and how to timely follow up their task progress.

## **SOLUTION**

### **Solution 1: Addressing Social Isolation & Fearness of Seeking Help**

In order to solve the critical issues of social isolation and fearness of seeking help, BetterU provides an **anonymous community and personal chat features** for building safe, inclusive and

comfortable places for users. Thus, they can take courageous steps of writing their hearts as well as their minds without any worry.

### **Anonymous Community Module**

BetterU understands that some of the users often feel shy and insecure when they are in a strange environment no matter in real life or online. Due to this behavior, they are usually reluctant to or afraid to share anything online as worrying about being recognized or judged. Thus, the anonymous community module is designed for saving them from this difficulty. It **creates a safe space for users to join topic-based group chats, share notes, diary posts and seek advice without revealing their real identity**. Without knowing the real identity, the person-to-person prejudice can also be reduced effectively, users will post the content in a more honest and sincere way.

### **Personal Chat Module**

During the anonymous community, users may easily get to find someone who has common understanding with themselves. So, a personal chat module can **provide private conversations for one-to-one chat** after accepting the private conversation request from another user. This can further reduce the barrier of fear of judgment in public conversations and ease continuous help seeking to one person. In personal chat, both parties can still optionally decide whether to use anonymous identity for maximizing the user's privacy and appropriate level of intimacy. In personal chat, they can send text messages, images and videos as well.

### **Report Module**

Moreover, it can **summarize the social interaction report** for users which contains number of posts shared, number of comments and like given and common discussion topics. It can also **analyze users' active conversations number and frequency of seeking or offering help** in connection and support reports. These reports can help users to understand their current social status and encourage users to express thoughts safely via anonymous channels. Meanwhile, it can also encourage users' connection during emotionally challenging periods.

### Solution 2: Addressing Cognitive Overload & Difficulty in Task Management

BetterU can effectively help users to organize the tasks and mental burden of decision making via a **goal assistance module**. It can intelligently simplify the users' task management process and break overwhelming tasks into smaller and manageable steps. Since most people are reluctant to manually jot down their tasks using manual typing, BetterU can **support capture tasks using methods other than manual typing** to increase the users' efficiency and reduce users' manual effort. BetterU can also execute a **time usage tracking** and **generate reports** for evaluating users' performance and suggesting improvement solutions for them.

### **Goal Assistance Module (Shared)**

This module is designed to simplify and structure users' task management processes via allowing users to **create, view and update their goals in a clear to-do list format**. From the aspect of user input of task items, it supports **task extraction from speech** which can efficiently reduce users' efforts and time spending on providing the task inputs. After receiving the tasks input, BetterU will **automatically analyse users' task list and generate a well-balanced schedule based on deadlines and importance**. Thus, users do not need to manually decide when and how to distribute their workload. It also allows users to update their task completion status, it can

**automatically adjust the remaining schedule to reflect new priorities or missed tasks.** So, users will not feel lost or overwhelmed when plans change when maintaining productivity in different situations. The smart advisor and smart reminder feature in this module can also **provide personalized suggestions on prioritizing tasks and improving work strategies** based on past patterns and task lists.

#### **Time Usage Tracker Module**

This module can **evaluate users' habits and provide suggestions for improvement** via collecting users' real-world activity data using app screen time. It can provide a clear view of how their time is being spent and highlights the areas where they can adjust their habits for better productivity and planning easier. It also **supports NFC features** which allow users to realize clock in and out of specific tasks using NFC stickers.

#### **Report Module**

This module can **summarize all the completed and pending tasks** within the selected date range using visual graphs. Not only that, it can also analyze the detailed information such as completion rate, average time taken per task and missed deadlines. Meanwhile, it can **regularly generate summary reports of time distribution on different activities** such as work or study tasks and app-based leisure. Thus, users can view their current productivity status and remaining tasks from time to time.

#### Critical Functions of Solutions

##### **Goal Assistance Module**

- Allows easy task management with speech-to-task extraction, to-do list creation, auto-planning, and auto-rescheduling.
- Includes smart advisors and reminders for personalized guidance on task prioritization and workflow optimization.

##### **Time Usage Tracker Module**

- Tracks time spent on activities and screens, including NFC sticker integration for clocking tasks.
- Highlights time distribution patterns and identifies productivity gaps for improvement.

##### **Anonymous Community Module**

- Enables users to join topic-based group chats, share posts, notes, and diaries without revealing their identity.
- Reduces fear of judgment and promotes sincere, open self-expression in a safe environment.

##### **Personal Chat Module**

- Allows users to build private one-on-one conversations for continuous support and connection.
- Supports optional anonymous identity and multimedia sharing (text, images, videos) to maintain user comfort and privacy.

##### **Report Module**

- Generates social activity reports, including post count, comments, likes, and conversation trends.

- Encourages self-awareness of social habits and suggests healthier engagement during emotionally difficult periods.
- Generates visual summaries of completed vs pending tasks, completion rates, missed deadlines, and time allocation.
- Helps users reflect on their productivity trends and plan for better task management and life balance.

#### Technologies Applied

- Programming Language: Dart
- Framework Used: Flutter
- Database: Firebase
- Version Control: Git + GitHub
- UI Design Tools: Figma
- AI Tools: Scikit-learn, Pandas

#### **TARGET MARKET**

BetterU mobile application is mainly focusing on two target users who are students and working adults. Both user types are often struggling with work or study challenges, productivity control, and facing social connection issues in a fast-paced environment.

##### **Students**

Students are one of the primary target users of BetterU application, especially for those in **secondary schools and universities**. These user groups often **face overwhelming pressures** from school work, assignments, co-curricular commitments and examinations. Excessive information and pressure from different sources will easily make them fall into a cognitive overload. Meanwhile, the continuous flow of task assignments will also make it **hard to manage the tasks and schedules**. When they are having poor task management, the **social isolation will also easily happen** as they are busy with handling different tasks all the time without work-life balancing. Thus, BetterU is designed to **assist them in managing their studying schedules to achieve work-life balance while maintaining their productivity**. It also helps them to **maintain a constant social connection** via anonymous communities and personal chats.

##### **Office Workers**

Another primary target user group is office workers. Since they are always in charge of corporate and administrative tasks, they need to **continuously be juggling multiple office tasks, meetings and deadlines**. They have also switched their mindset repeatedly between multiple overlapping responsibilities, this would cause a serious mental burden to them. Apart from that, they only are able to execute **social interactions with workplace colleagues, rather than family and friends which is beyond the workplace**. The long hours of continuous work and loss of contact with the outside world will lead to **stress, loneliness and decrement in productivity**. Thus, BetterU can **offer structured task planning, time usage tracking, scheduling and private chat features** to support both work organization and mental well-being to achieve work-life balancing.

#### **COMPETITION / CONTRIBUTION**

Feature	Applications
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	BetterU	Google Keep	Confluence
Objective	Holistic support for personal productivity, task management, mental well-being, and social connection for individuals.	Simple note-taking and basic reminders for individuals.	Reminders for individuals, team-based knowledge sharing, project documentation, and collaboration.
Task Management	Smart goal assistance - breaks complex tasks into smaller steps, generates schedules, updates priorities automatically.	Basic to-do lists and reminders, limited to manual note checking.	Document-based planning with manual task breakdown, focuses on collaborative projects.
Task Extraction	Supports speech-to-text task extraction, minimizing user effort in recording tasks.	Manual input only (typing).	Manual writing and documentation.
Time Usage Tracking	Tracks screen time, NFC-based clock-in/out for tasks, visual reports for evaluating and improving time management habits.	Not available.	Not available.
Social Interaction	Anonymous community for open, judgment-free expression; Personal chat with optional anonymity for private conversations.	Limited - only personal note sharing through links.	Team-centric comments and mentions, identity always revealed.
Smart Assistance	Smart advisor suggests task priorities and productivity strategies, smart rescheduling adapts to missed tasks automatically.	Basic text reminders only.	No AI-based assistance, only manual task assignment.
Complexity and Usability	Intuitive for individuals, combines task planning, mental health tools, social support, and productivity guidance into one smooth experience.	Very simple, but limited for advanced planning or mental health support.	Feature-rich but complex, designed for businesses and teams, not personal life.

Reports and Analytics	Generates detailed reports on task progress, time usage, social interactions, and emotional health for self-awareness and self-improvement.	No reporting features beyond viewing notes and reminders.	Document history and version control, no personal performance insights.
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### MILESTONES

#### Proposed Development Model / Research Method : Incremental Model

The Incremental Model is chosen as the proposed development model for BetterU mobile application. This is because it **supports the building and delivery of module by module** for minimizing the risk and challenges for the whole system development. Since BetterU consists of multiple integrated modules such as Goal Assistance and Time Usage Tracker, and Anonymous Community and Personal Chat, it is crucial to **allow each module to be developed, tested and enhanced stage by stage** based on the weightage of each module. Thus, the **potential issues can be identified and resolved early** before working on the next module to ensure the system stability and complexity.

#### Project Schedule:

ACTIVITIES	EXPECTED OUTCOME	COMPLETION DATE
Submission of Project Proposal	Approval of proposed idea and selected development model	18/4/2025
Research Finding	Literature review, technology evaluation, problem validation	28/6/2025
Submission of Project I Portfolio	Full documentation of design, findings, and planning	8/9/2025
Initial System Preview	Demonstrate early prototype to supervisor	26/9/2025
Prototype Development	Functional prototype with basic modules	31/10/2025
Preparation of Test Plan and Test Cases	Test plan and test cases reviewed by supervisor	7/11/2025
Prototype Preview	Feedback and improvement suggestions from supervisor	21/11/2025
Final System Development	Completed application with integrated modules	21/11/2025
Final System Testing	Full testing with usability feedback and final refinements	28/11/2025
Submission of Draft Report	Preliminary version of complete project report	12/12/2025
Submission of Final Report	Finalized report and completed system submission	19/12/2025

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## APPENDIX



