PROJECT: StudyBuddy

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I. INTRODUCTION

Personal productivity is the ability to manage time effectively, schedule tasks, and maintain concentration to achieve desired goals and objectives (Martinez, 2026). It is an essential factor in achieving both professional and personal success. However, personal productivity issues, such as procrastination and poor time management, pose a significant challenge to achieving a productive life, affecting one's efficiency and daily life. (Anderson, 2024). The problem is relevant because it hinders the individual from completing a myriad of tasks, ranging from simple chores to large projects. Addressing personal productivity issues allows individuals to improve their health and well-being, decrease stress levels, engage better with tasks, have a greater sense of purpose, and may even allow for more sustainable practices and habits (McCreadie, 2025). Personal productivity issues can affect a wide range of individuals and organizations, from employees in workspaces to students in school. This greatly impacts how they perform tasks and their mental health.

II. PROBLEM DESCRIPTION

Personal productivity issues are a category of issues that hinder the efficient use of time when performing a task (Lough, 2021). In other words, these are challenges that people face in finishing work efficiently. There are many factors that reduce productivity and can be internal or external, such as workplace and organizational barriers ("Obstacles to productivity", n.d.).

Yongo (2024) listed several trends in regards to personal productivity, which include:
1. 66% of remote working professionals who engage in homeworking reported struggles with maintaining focus.
2. Employees are hindered by digital distractions every 11 minutes.
3. When an individual is interrupted while working, it generally takes 23 minutes to regain full focus. This causes overall productivity to plummet by up to 40% and increases stress.
4. Multitasking can also decrease productivity by up to 40%, increasing the time needed to finish individual tasks.
5. A ratio of 1 in 6 office workers reports a daily 2-hour loss of time due to distractions, and 7% disclose that 3 hours of their workday were spent on distractions.

The challenges to addressing personal productivity issues lie with the individual and how one copes with workloads and external distractions. Nowak (2024) noted that barriers, such as forgetfulness, time management issues, task struggles, disorganization, lack of goals and priorities, heavy workloads, life problems and adjustments, overcommitting, distracting work environments, perfectionism, and the fear of no longer having creative freedom, limit one's ability to be productive. However, working on oneself and improving on coping with said barriers will create a positive impact on the individual and the organization. Fortunately, technology may also help address these issues.

III. PROPOSED SOLUTION

This solution focuses on student productivity. Therefore, to assist them in completing tasks and improving their time management, an application can help them organize their

workloads. StudyBuddy is a productivity app that lets students track their daily tasks so they don't miss anything and stay on schedule.

Its features include a to-do list, calendar integration, time blocking, an alarms and reminders system, distraction blockers (blocks certain apps or websites during time-blocked activities), time usage analytics, color-coding and customization, grade calculators, and gamified flashcards for studying. It is expected to increase productivity in handling academic tasks, improve organization, focus, and time management. Ultimately, it seeks to improve academic performance through a structured app that monitors digital activity.

IV. CONCLUSION

Personal productivity issues hinder the achievement of a productive life. These range from light to severe work-related disruptions in one's day-to-day life. This requires an app that lets users keep track of their daily tasks. Organization is key to having a focused, efficient timetable, enhancing one's ability to manage time and progress through work with minimal issues.

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