

# Capstone M1: Your idea

## Title

ZEN

## Users

The app's users waste a lot of time because they are addicted to social media and spend a lot of time there. These users would like to break their habit of using these apps without realizing it.

My target audience consists of users who actively and passively use social media. As a student, I have access to a few students at ISU who express their excessive usage of social media, which distracts them, and they'd like to inculcate healthy habits that help them do things consciously. Additionally, my friends and acquaintances who also have social media addictions are users of the app.

## System Idea

With innovative features on social media, millennials and Gen Z are impacted to the extent that social media involvement has become the norm. Keeping up with the content and the motivation to be active on these platforms keeps the audience engrossed in these apps. As a result, most people subconsciously spend more time than they would like on these apps. Although apps like Instagram have notification alerts for the time spent, it still isn't effective enough for most people to develop the habit of minimizing the time spent on them.

To tackle this, I propose an interface that helps people escape their social media addiction by encouraging and teaching them to adapt to mindfulness and develop productive habits that help them grow in all aspects (health, emotional, and mental). Upon usage of this app, the users would benefit by adapting to spending more time on tasks that prove helpful for their overall growth and developing conscious thinking. The app uses visual cues like graphs to show their activity. Short, innovative games to improve concentration would be implemented.

## Strategy

Peers, Acquaintances, and friends who benefit from such an interface will be asked for their consent and asked to fill out a short survey to choose the correct set of users for the app. The identified users will be interviewed during the first phase of the process. I would follow the user-centered approach to solve this problem.

Using Games and other innovative approaches to help users inculcate mindfulness and productive habits while decreasing their time spent on social media is the main idea of the system. The system's main goal is to educate and encourage users to develop conscious thinking, optimism, and mindfulness to help them make wise decisions about every aspect of life rather than just concentrating on reducing social media addiction.

## Relationship to the problem

With a history of addiction to social media, I have tried to reduce my usage of unproductive subconscious scrolling multiple times and use time for some productive tasks. Not knowing how to spend the time more productively, I always resorted to scrolling, which felt relaxing. At times, I also prioritized social media over important tasks, which affected me negatively. Lack of motivation to perform tasks also contributed greatly to this. In addition, uninstalling the app did not work for a longer time, and it was easy to get into the overuse of Instagram very quickly. An app with such features would have been very helpful for optimism and would have motivated me to utilize my time productively.

By using this app, users would see positive growth and develop the habit of prioritizing tasks based on their importance due to mindful thinking.

## Strategy to follow

Hello Sri Kompella, it's great to hear about your capstone project in the field of Human-Computer Interaction (HCI). Your app idea sounds like it addresses an important issue in today's digital age, where many people struggle with excessive

screen time and a lack of mindfulness. Here are some suggestions and considerations for your project:

1. **\*\*User-Centered Design\*\***: Since HCI is all about designing with the user in mind, make sure to conduct thorough user research. Understand your target audience's needs, pain points, and motivations. This will help you create a user-centered app that resonates with your target users.
2. **\*\*Mindfulness and Meditation Content\*\***: Collaborate with mindfulness experts or meditation instructors to provide high-quality content within your app. This might include guided meditation sessions, breathing exercises, or mindfulness challenges.
3. **\*\*Personalization\*\***: Implement features that allow users to customize their mindfulness journey. Personalization can significantly enhance the user experience. Users should be able to set goals, track their progress, and receive tailored recommendations.
4. **\*\*Time Management Tools\*\***: Since your app aims to help users utilize their time wisely, consider integrating time management tools. This could include task lists, time tracking, and reminders to help users balance their activities effectively.
5. **\*\*Social Media Monitoring\*\***: To address the issue of overspending time on social media, consider integrating features that monitor and restrict social media usage. This could involve setting daily time limits or providing insights into how much time users spend on these platforms.
6. **\*\*Gamification\*\***: Gamify the app to keep users engaged and motivated. Rewards, badges, and challenges can make the learning process more fun and encourage users to form mindful habits.
7. **\*\*Feedback and Progress Tracking\*\***: Implement a feedback system that allows users to provide input on their experience with the app. Track user progress and provide positive reinforcement to keep them motivated.
8. **\*\*Accessibility\*\***: Ensure your app is accessible to a wide range of users, including those with disabilities. Consider features like voice commands, screen readers, and high-contrast themes.

9. **\*\*Privacy and Data Security\*\***: Mindfulness and personal data are sensitive areas. Assure users that their data will be kept private and secure. Comply with relevant privacy regulations like GDPR or CCPA.

10. **\*\*Testing and Iteration\*\***: Continuously test your app with real users and be prepared to iterate based on their feedback. Usability testing and user feedback are crucial in HCI projects.

11. **\*\*Education and Onboarding\*\***: Provide clear and concise onboarding for new users. Include tutorials or educational content to help users understand how to make the most of your app.

12. **\*\*Collaboration\*\***: Consider partnering with mental health professionals or academic advisors to ensure the app's content aligns with best practices in mindfulness and conscious living.

13. **\*\*Marketing and Outreach\*\***: Once your app is developed, have a strategy for marketing and reaching your target audience. Social media, blogs, and presentations at HCI or mindfulness-related conferences can help.

14. **\*\*Ethical Considerations\*\***: Think about the ethical implications of your app. Ensure that it promotes responsible usage and avoids any potentially harmful behaviors.

15. **\*\*User Support\*\***: Have a plan for providing user support and addressing issues or questions that users may have.

Remember that building an app is just the beginning. Ongoing maintenance and updates will be necessary to keep it relevant and effective. Good luck with your capstone project, and I hope your app helps many people achieve a healthier and more balanced lifestyle! If you have any specific questions or need further assistance, feel free to ask.

Potential users

1. Vanmali
2. Vijaya
3. Hiral
4. Anirudh

5. Amlan
6. Pranav
7. Sirisha
8. Ruchi
9. Abhimanyu
10. Suma jayadurga,

#### Favorable responses in the Survey

Vedika- P5

Ammu

Shweta Zambre Kadam- P1

Revanth- P2

Ruchi - P3

Abhinav- P4

#### User quotes

"I had been busy for the last few years, at least for the last year. I couldn't practice because I had to do many other things I primarily focused on. So, I didn't really spend my time on mindfulness activities. Back of my mind, I think of it daily, but unfortunately, I procrastinate." - P4

"I continuously use Instagram sometimes. I won't even know how much time I am using, and it eats away about 40-45 minutes minimum" - P2

"I have difficulty continuing this because of other tasks I come across. That's that's how I will miss out. You know, some days where I don't do meditation, or I don't spend time on myself. But I'll definitely try to do that. Sometimes, our schedule is so heavily packed that we won't even have time for ourselves". - P2

"I have a calendar, Zen mode, and I have steps ago and this kind of physical activity tracker. So if there is an application that can, you know, combine all these things like it should know that I have so and so tasks and it should also, you know, have some AI or something saying that hey, you know you have time free time in this time. You can do this at that time or go for an evening walk. Or you can just do meditation in the morning. Or something like that. And, like, you know, a calendar must be incorporated with some physical tracking and suggestions." - P2

"Social media, for me, it's like running away from my stress. So whenever I get stressed about something like I'm studying and then I'm doing my homework, and then I get stressed about

something, I'll immediately open Instagram and start scrolling because it's like a comfort zone there" - P3

"I kept the time limit on my phone, no. I was like, even though I was not managing my time efficiently, it helped me do many things alone, rather than watching what people are doing around the world. So I realized that thing, and spending time on routine without my phone was good. I used a time limit for a good 1 1/2, two months. So I was I was addicted to social media. But it wouldn't switch immediately to productive mode. But once after a stage, I was on to figuring out things. OK, now I have free time during my day, how should I spend it? What productive thing should I do? This led to me starting to use social media again. I turned the time limit off at that point" - P3

"Aesthetic makes people not distract themselves from that thing. But motivational things or reminders, their goals are presented so they don't get distracted and focus on that thing. In that case, it takes effort to make that kind of thing that people get attracted to their own work and goals." - P3

"Mindfulness is a journey that describes how to know yourself and be on that path. Ignoring whatever anything is going on around the world. , I expect from an app that you know how I can be more focused on myself, know what I like the most, can I know myself more." - P3

Mindfulness means reducing our screen time and spending some quality time doing our hobbies is really helpful, for that means reading, writing, painting, which develops our own personality. - P1

"features like adding tips and tricks for time management, you should add some advantages and disadvantages of social media. Adding Success stories of people who benefited from such practices is also motivating." - P1

Reminders every now and then will be very useful. Meditation is important, as in like the app. And I think it teaches you from the basics, for the beginners that should be there. Something that will motivate you to open that app and do it. It should be fun to interact with the app" - P5

"One person motivates the other person. If you're doing it alone, it happens that you get very lazy or you don't get motivated. But when you're doing it with a Friend. That's what has happened to me, and even I have observed. When you're friends are doing it, it is motivating to both" - P5

