

**Universiti Teknologi MARA**

**Pink Story: Menstrual Cycle Information Mobile App**

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## ABSTRACT

The menstrual cycle is very important for women all over the world. However, many existing period trackers do not have Islamic features, especially for Muslim women users to help them to track their qada prayers. Therefore, Pink Story was developed to help Muslim women to track the menstrual cycle and track qada prayer. The objective of this project is to identify the user requirement, design and develop the Pink Story: Menstrual Cycle Information Mobile Application. The Mobile Application Development Life Cycle (MADLC) approach was used to develop this project up till the testing phase. The features of this app are tracking the period length, period cycle, track qada prayers, and a reminder to alert the user for the period and qada prayers. The testing phase involved eight users to test the Pink Story mobile application. The targeted user for this application is Muslim women. According to the results of user testing, all Pink Story mobile application features were functioning well, easy to understand and navigate. The score for the testing result is 88 based on the System Usability Scale (SUS). The future recommendation for this application is to add features such as a dashboard, better visualization, and automated features on the period tracking and reporting.

**Keywords:** Self-tracking, Qada Prayers, Alarm Reminder, Mobile Application Development Cycle, Android platform.

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# CHAPTER 1

## INTRODUCTION

This chapter shows the project background, problem statement regarding to the current issues identified, the objective of the project, project scope and limitation, and the significance of the Pink Story: A menstrual cycle information mobile application.

### 1.1 Project Background

According to Michael et al. (2020), talking about menstruation and similar topics is taboo in some cultures. The menstruation cycle is a normal thing that happens for every woman in the world that anyone can talk about it. As the world change into a technology era, woman also needs to change their method for calculating their menstruation cycles. According to Epstein et al. (2017), women can understand their bodies, mental states and have materials to prepare themselves. Based on experiments from South Asia, girls had no understanding of menstruation and therefore did not completely understand the physical process of menstruation (Michael et al., 2020).

By using mobile applications as a different method to record their menstruation cycles, it can help them to improve and be more prepared. They can understand their pattern of emotion and their traits when they use mobile applications. Therefore, an application to understand their menstruation cycles is needed. Especially for them to see the log of their monthly menstruation. By having an application to track their monthly menstruation, they can know the pattern and estimate date for the next period.

Other than that, Muslim women need to know their pattern of menstruation because they cannot perform the prayers when menstruation happens. In addition, knowing