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PIONEERING EDUCATIONAL PERSPECTIVES

Series 2025

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Preface

Pioneering Educational Perspectives: Series 2025 is a collection of thought-provoking insights and research contributions exploring contemporary educational trends and practices. This eBook presents a diverse range of perspectives on innovative teaching methodologies, digital learning strategies, and transformative approaches in education. Designed to serve as a resource for educators, researchers, and practitioners, it aims to inspire meaningful discussions and advancements in the field. Through carefully curated chapters, this publication offers fresh ideas and practical solutions to enhance learning experiences in an ever-evolving educational landscape.

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ABSTRACT

In today's fast-paced technological era, where instant gratification is constantly emphasized and digital distractions are increasingly common, short attention spans have emerged as a significant issue that can severely impact students' academic performance. A survey conducted among 30 students at Kolej Matrikulasi Perak (KMPk) revealed that a lack of focus negatively affects their study performance. Recognizing this challenge, Focus Enigma was developed using the MIT App Inventor platform as an innovative app to transform how students concentrate and stay productive. Through Focus Enigma, students can enhance their focus and, as a result, improve their academic outcomes. The app offers a powerful Pomodoro timer to optimize study sessions, daily inspirational quotes to keep users motivated, and timely reminders to help them stay on track. Additionally, Focus Enigma features a unique coin reward system, where students earn coins after completing Pomodoro sessions that can be used to unlock and customize themes, creating a more engaging study experience. The app also incorporates a meditation feature that uses the square breathing technique, helping students remain calm and balanced throughout their busiest days.

KEYWORDS: Focus, Pomodoro, Meditation, Reminders, Reward

PROBLEM AND OBJECTIVE

Students today face significant challenges in maintaining focus and productivity due to overwhelming digital distractions. This struggle is compounded by a lack of motivation and discipline, which often prevents them from achieving their academic goals. Furthermore, existing productivity tools do not effectively integrate proven focus techniques, such as the Pomodoro method and meditation, into one cohesive app.

To address these issues, Focus Enigma aims to help students sharpen their concentration and minimize distractions, encourage a disciplined approach to studying by rewarding productive behavior, and integrate relaxation techniques like square breathing to recharge the mind and reduce stress.

DESIGN DESCRIPTION

Focus Enigma is an app designed to boost student productivity and concentration by tackling the issues caused by digital distractions. Its main aim is to help students develop better study habits and improve their academic performance.

The app features motivational quotes and focus tips displayed on the home screen to inspire students and offer advice on staying productive throughout the day. It also includes two timer modes. First, it includes a Pomodoro timer, which applies the Pomodoro technique created by developer and entrepreneur Francesco Cirillo. This time management method uses 25-minute stretches of focused work followed by five-minute breaks (Sheldon & Wigmore, 2022). In this

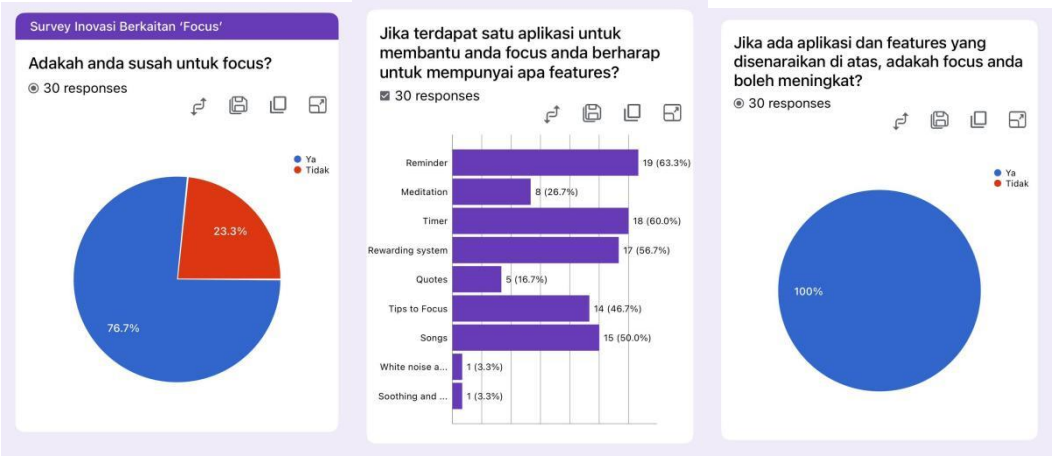
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mode, students earn coins by completing two to four focus sessions, each 25 minutes followed by a 5-minute break. If users stop the timer early, they risk losing coins, which encourages them to commit to their sessions. The second mode is a custom timer, allowing users to set their own study time at their own pace, with no rewards or penalties. Each focus session also allows users to set personal goals, which appear on the timer page to help them stay on track. As students progress, they can unlock themes like snow, beach, and forest, each with unique backgrounds and themed music for an immersive study experience. There is also a reminder feature that allows students to jot down tasks with dates and times, ensuring they do not miss deadlines. Additionally, the app includes a meditation feature that applies the square breathing technique, a method that helps users return their breathing patterns to a relaxed rhythm. This technique involves breathing in slowly for four counts, holding the breath for four seconds, then slowly exhaling for another four seconds, repeating the process until a sense of calm is achieved (Swiner, 2023).

Targeted mainly at students, Focus Enigma stands out for its fun, gamified approach. By combining productivity techniques with rewards and customization, the app encourages students to actively engage with their study habits, promoting a more balanced and effective learning experience.

VISUALS

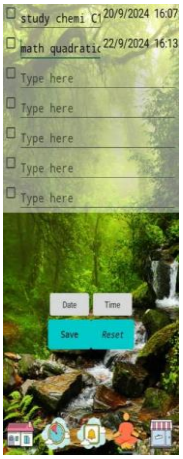
a) Surveys



b)Home page



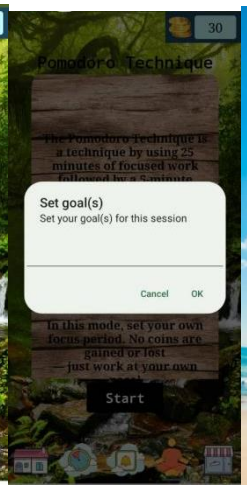
c)Reminder



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d) Timer







(e) Meditation (f) Shop





NOVELTY AND UNIQUENESS

Focus Enigma stands out from traditional productivity apps by combining multiple tools such as the Pomodoro timer, meditation, and a unique coin reward system into a single, cohesive platform. Unlike other apps, Focus Enigma allows students to unlock customisable themes, complete with immersive backgrounds and music, to create a more engaging study environment. The integration of goal-setting within the timer further sets it apart, ensuring that students stay focused and motivated throughout their study sessions, while promoting long-term healthy study habits.

BENEFITS TO MANKIND

Focus Enigma addresses the widespread issue of digital distractions, helping students enhance their concentration and develop more effective study habits. By incorporating proven techniques such as the Pomodoro method and square breathing meditation, the app not only improves academic performance but also supports mental well-being. The ability to stay focused and calm during stressful periods is invaluable for students, and the app's structure encourages a disciplined approach to studying that promotes both productivity and stress relief.

COMMERCIAL POTENTIAL

Focus Enigma has significant market potential, particularly among students seeking tools to improve focus and productivity. Its gamified approach, through coin rewards and customizable features, gives it a unique competitive edge over other productivity apps. This opens opportunities for in-app purchases, such as premium themes and additional features, while

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collaborations with educational institutions could further enhance its scalability. With a strong value proposition and potential for partnerships, Focus Enigma is well-positioned to become a go-to productivity tool for students around the world.

CONCLUSION

Focus Enigma offers a fresh approach to student productivity by combining focus-enhancing techniques, customizable rewards, and tools for mental well-being into one comprehensive app. Moving forward, the app could introduce additional themes, expanded customization options, and even collaboration features for group study sessions. By continuously evolving to meet student needs and incorporating feedback, Focus Enigma has the potential to not only improve individual productivity but also become a widely adopted tool in the educational landscape, making studying more engaging and effective.

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