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2023

# ABSTRACT BOOK 2023

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INTERNATIONAL JASIN

MULTIMEDIA AND COMPUTER SCIENCE

INVENTION AND INNOVATION EXHIBITION

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# **i - J a M C S I I X**

## **2023**

INTERNATIONAL JASIN MULTIMEDIA & COMPUTER SCIENCE  
INVENTION AND INNOVATION EXHIBITION (I-JaMCSIIIX) 2023

# **Virtual Award Ceremony**

**8th November 2023**  
**Wednesday**

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[https://www.youtube.com/channel/UCW3Mw4\\_ngn6tn8gyXI0pLlw](https://www.youtube.com/channel/UCW3Mw4_ngn6tn8gyXI0pLlw)





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## 2023

INTERNATIONAL JASIN MULTIMEDIA & COMPUTER SCIENCE  
INVENTION AND INNOVATION EXHIBITION (I-JaMCSIIx) 2023

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## International Jasin Multimedia & Computer Science Invention and Innovation Exhibition



# HELPIE: Stress Consoling App

Mohd Saharudin Bin Setapa<sup>1\*</sup>, Muhammad Muhriz Bin Marzuki<sup>2</sup>, Aqeel Ieman Eusoff Bin Mokhtaruddin<sup>3</sup>, Irfan Naufal Adha Bin Rusnizan<sup>4</sup>, Ammar Rayyan Bin Azlan<sup>5</sup> & Zulfa Haiqal Bin Zulfahimi<sup>6</sup>

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**HELPIE: Stress Consoling App** is an innovation built in the form of a digital application to help the community in managing their stress. Often, we heard many cases of depression, burnout and suicide attempts in Malaysian society. Data from Malaysia YouGov Survey in 2020 shows that 92% of Malaysian workers experienced stress due to fear of losing their jobs during the Covid-19 pandemic while 26% of 90 students from secondary schools also experienced stress due to too much concern in academic achievement. Having the same problem in our school and community motivates us to create this innovation called HELPIE. HELPIE aims to help the community to know their feelings, control emotions and help to manage their stress through various features offered in HELPIE. Using SDG 3: Good Health & Well Being as main framework, HELPIE offers 7 features in one single app which are Feelings Game, Cards Therapy Game, Stress Measurement, Health Status Survey, Chat Assistance, Therapist Consultation and Stress Support System which this application can be used by people from multiple backgrounds and ages. To identify the effectiveness of this innovation, data from users' observation usage and interviews was taken from residents in Putrajaya which includes school students, teachers and local community. Results from the data show that HELPIE helps to have a positive impact on the community. Participants gave positive responses and feedback while using this application. To further improve the functionality of HELPIE, we plan to get services from local therapists through collaboration with hospitals and local authorities. Besides, we also plan to publish this application on Google Play so that more people can use it. We believe that HELPIE can contribute towards better health of the community as in our project motto which is "*Happy Life with HELPIE*".

*Keywords—stress, emotions, mobile application, stress management*



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