

UNIVERSITI TEKNOLOGI MARA

**THE DEVELOPMENT OF ANGER MANAGEMENT
MOBILE APPLICATION
(FlyHigh)**

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ABSTRACT

Anger management is when people who are quickly irritated and tend to have a poor tolerance for frustration, which simply means that they believe they should not have to deal with irritation, difficulty, or discomfort. They can't take things in stride, and they're especially enraged if the situation appears to be unfair, such as when they're corrected for small mistake. Some people are truly "hotheaded," according to Jerry Deffenbacher, PhD, a psychologist who specialises in anger management; they become furious more readily and fiercely than the ordinary person. There are also some who are chronically irritated and unhappy but do not express their displeasure in loud and dramatic ways. People who are easily enraged do not necessarily curse and hurl objects; they may retreat socially, pout, or get physically unwell. Therefore, "FlyHigh" is developed to help user who has anger management problem without having to seek for specialist. The objective of this project is to identify the requirements, to design and develop "FlyHigh" anger management mobile application. This project use the Mobile Application Development Life Cycle (MADLC) for methodology but only till testing phase. The scope of this project is focuses on user who can hardly control their anger. The main features for "FlyHigh" are online diary, daily quotes and meditation mode. The application allows user to calm themselves by using all this features. The mobile application, "FlyHigh" is test using System Usability Scale (SUS). For future development, it is proposed that "FlyHigh" should have dashboard and mood tracker function also to be developed in the iOS platform for compatibility with apple devices.

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CHAPTER ONE

INTRODUCTION

1.1 Project background

Mental health includes our emotional, psychological and social well-being. It affects how we think and also act. It is all about how a person think, feel and behave. Mental health is crucial at every stage of life starting from childhood all through adulthood. There are types of mental health problems which are anxiety and panic attacks, bipolar disorder, depression, eating disorder and many more types that were already diagnosed by specialist.

Intermittent explosive disorder (IED) is also a mental health disorder but lesser-known than the other common one. It marked episode of unwanted anger and commonly known as “flying into a rage for no reason”. It is estimated that during their lifetime, one to seven percent will diagnosed with IED. (Cleveland Clinic,2018) This type of mental disorder can be discovered as early as six and also early teens. However, people under the age of 40 is commonly diagnosed with this IED. In Malaysia, mental disorders estimated for about 8.6% of total. National Health Morbidity Survey in 2015 reported the generality of mental health issues among adult and children were 29.2% and 12.1% respectively. Suicidal attempt suddenly increasing (Malaysian Mental Healthcare Performance,2017).

Mobile application also simply referred as an app is a computer program or software application designed to run on a mobile devices. Mobile applications have increasingly in recent years. Mobile app provides an isolated and limited functionality. For instance, it can be a game, a calculator or a mobile web browser. The majority of mobile apps today are built for systems like Android IOS and they are called native apps.

Sal Raichbach, PsyD, LCSW believes mental health apps have the potential to reach those who can't afford or didn't take any treatments by removing the barrier to treatments. But other mental health specialists question the effectiveness of the apps. Tanisha Ranger, PsyD, a psychologist who has used many apps with her patients found that it was an excellent way to help people stay connected out from the sessions.