

UNIVERSITI TEKNOLOGI MARA

**BUDDYAPP: DEPRESSION MOBILE
APPLICATION**

SITI NORHIDAYAH BT MOHD YUSOF

Report submitted in fulfillment
of the requirements for the degree of

Bachelor of Information Technology (Hons.)

Faculty of Computer and Mathematical Sciences

February 2022

ACKNOWLEDGEMENT

Firstly, I wish to thank Allah for giving me the opportunity to embark on my Bachelor's Degree and for completing this long and challenging journey successfully. Alhamdulillah, praises to His utmost blessings, I was able to finish this project within the time duration given.

Most importantly, this report is dedicated to the most loving parents for the vision and determination in the pursuit of this study. This piece of victory is dedicated to both of you. Alhamdulillah.

My gratitude and special thanks go to my supervisor, Assoc. Prof. Dr. Fariza Hanis binti Abdul Razak, who has accepted me as her supervisee for three semesters and whose contribution in inspiring ideas, suggestions, and encouragement endlessly.

I would also like to express my gratitude to Dr. Emma Nuraihan Mior Ibrahim, my Project lecturer, for her assistance and support. Next, special thanks to all of my lecturers for the commitment and support given along this project completion.

Finally, my appreciation goes to my friends and family members for keep supporting and helping me throughout this project development. Thank you so much.

ABSTRACT

Depression is a rate of a psychological condition characterized by a negative impact on one's mood. This project aims to create a mobile application for young people that will allow them to simply and efficiently discuss and express their feelings and issues. The goal of this project is to create a mobile app that allows the targeted population to express their struggles with others who can assist them overcome their sadness. The purpose of this project is to create a mobile application called 'BuddyApp' that helps young people who are depressed by encouraging them to express their concerns with other people via a mobile platform. This project's result is an Android mobile application. Besides, this project mainly focuses on young age members who are most likely to have depression. Therefore, this mobile application is to create a better exposure and awareness on depression illness that is currently rising among the youngster. The Mobile Application Development Life Cycle (MADLC) methodology is used as guidance in the project development. The findings of the testing phase reflect favorable feedback from the five testers. The testers feel that the BuddyApp idea may foster strong community relationships among the user while also instilling a healthy way to manage their mental and emotional states. As a result, if BuddyApp is used by a variety of young populations, it will benefit society in maintaining a healthy environment mindset which allows them to communicate with each other to share the problem to help-seeking and provide support for them.

Keywords: Depression, communication, expression, young people, mobile application, Android mobile application development tools, Mobile Application Development Life Cycle, Android Studio.

TABLE OF CONTENTS

	Page
SUPERVISOR APPROVAL	iii
STUDENT'S DECLARATION	iv
ACKNOWLEDGEMENT	v
ABSTRACT	vi
TABLE OF CONTENTS	vii
LIST OF TABLES	xi
LIST OF FIGURES	xii
CHAPTER ONE INTRODUCTION	1
1.1 Research Background	1
1.2 Problem Statement	2
1.3 Project Aim	3
1.4 Research Objectives	3
1.5 Scope	4
1.6 Project Significance	4
1.7 Chapter Summary	4

CHAPTER ONE

INTRODUCTION

This chapter will explain the project background of this project in general and the justification of the project. The elements in this chapter are included project background, problem statement, project aim, objectives, scope, and project significance.

1.1 Research Background

Depression is a common mental condition characterized by a sad mood, lack of interest or pleasure, feelings of guilt or low self-worth, sleep or hunger disturbances, low energy, and impaired focus. These issues can become chronic or recurring, causing significant limitations in an individual's capacity to carry out his or her daily tasks. (Bhowmik et al., 2012).

People have just been diagnosed with depression, and some of them do not care about their sadness until they feel horrible and are unable to cope with it. The percentage of those who were diagnosed with depression rose. The COVID-19 pandemic is to blame for the rise in the percentage of persons suffering from depression. Some of them had lost their jobs, while others had marital issues. According to Aguiar-Quintana et al. (2021), the COVID-19 pandemic has revolutionized the globe and has had a significant influence on every business, including international travel, tourism, and hospitality. Some students develop depression and mental illness as a result of the drastic change in learning methods for online learning.

In today's world, technology is extremely crucial for facilitating work and is widely employed in all industries. Furthermore, technology has a significant impact on mental health. By eliminating treatment hurdles and enhancing efficiency, mobile health (mHealth) technology offers the potential to improve mental health care in every