Universiti Teknologi MARA

Endxiety Self-Relief Button Mobile Application (Android Based)

Nurul Ashiqin Faizali

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ABSTRACT

Mental health issues are commonly debate and heard these days. People often overlook that anxiety attack is one of the mental health issues that commonly found among the communities. Anxiety attack caused by the anxiety disorder that one suffered need to be addressed properly. The main problem that lead to this research is that people does not aware that there are different types of anxiety attack based on its respective symptoms. Hence, people did not know how to address the issues properly. Next, from medical perspectives there is no mobile application has been developed to address issue of any type of anxiety disorder people. Furthermore, lack of knowledge on how to address the anxiety attack as first aid or self-relief. The Endxiety Self-Relief Button mobile application is developed to help people who suffered from anxiety disorder and continuous anxiety attack to sooth themselves or reach for help if necessary, to authorities. This mobile application is developed using Ionic with AngularJS framework for Android operating system. This mobile application also intended to educate people with anxiety to understand more about their anxiety for better acceptance toward their condition. This mobile application included several self-relief solutions to help people endure or stop the anxiety attack by listening to songs that helpful for mind relaxation, proper breathing technique by pressing the endxiety button, perform 5-4-3-2-1 coping technique to regain control of mind when anxiety trigger taken over and reach help by connecting to hotline number for emotional support including depression and anxiety by Befrienders Kuala Lumpur. This mobile application is hopefully benefiting to people who suffered from anxiety disorder to reach help at tip of their fingers.

TABLE OF CONTENTS

CONTENT	PAGE

CHAPTER 1

INTRODUCTION

In this chapter 1, the project background previewed about the overview of the research title and the relation with current technology conducted the research. The problem statement addressed in this chapter to clarify the main problems that lead to this research. Objectives mapped with problem statements and focus on the purpose of this research. Scopes will be listing to highlight the guidelines used to focus on the goal of this research and significance of this research to community out there.

1.1 Project Background

Mental health includes our emotional, psychological, and social well-being (Mentalhealth.gov, 2019). How human think, feel, and act are affected by mental health. It also helps to identify how human deal with stress, respond to others, and make choices. At every stage of life, from infancy and adolescence through adulthood, mental health is important. Across the globe, people start to give attention on mental health disorder such as depression, anxiety disorder, and panic attack. According to Anxiety and Depression Association of America, it is not unusual for someone with an anxiety disorder to have depression and vice versa as well. An anxiety disorder is also diagnosed in nearly half of those diagnosed with depression (Adaa.org, 2019). There are five major types of anxiety according to U.S. Department of Health & Human Services (HHS) which are Generalized Anxiety Disorder (GAD), Obsessive-Compulsive Disorder (OCD), Panic