

UNIVERSITI TEKNOLOGI MARA

RELAXING APP

MUHAMMAD ALIF BIN MOHD AMIN

**BACHELOR OF COMPUTER SCIENCE (HONS.) NETCENTRIC
COMPUTING**

JULY 2021

ACKNOWLEDGEMENT

In the name of Allah, the Most Gracious and the Most Merciful. Alhamdulillah, praise and thanks to Allah SWT, for all the graces and blessings and Selawat and Salam to the Prophet Rasulullah SAW, hopefully His syafa'at will be abundant in days later.

I would like to express my highest gratitude to my supervisor, Nor Shahniza binti Kamal Bashah (Assoc. Prof. Dr.) for her giving me the opportunity to do this project, provide an invaluable guidance, advice, and support to complete this final year project. I appreciate every single “walk” she taught me.

Thank you to all the lecturers of Bachelor of Science (Hons) Netcentric Computing at UiTM Shah Alam for their patience and kind advice during the process of completing the project.

Lastly, thanks you so much to all those who supporting me in any way during the completions of this proposal report by discussing, sharing, or exchanging ideas and everyone who are directly or indirectly involved in writing this report.

Thank you so much.

ABSTRACT

Relaxing Apps is a mobile apps that will help people who are facing stress, anxiety, and depression to calm down. Stress, anxiety, and depression can lead to suicide. The learning style make people learn better when they receive get the input that matches their dominant way of learning. People who are learning by their dominant way can really absorb it easily because it is the way their brain can adapt faster. People who facing mental health does not consult with doctor because it may be high cost. The aim is to decrease the number of suicides caused by these mental illnesses. The app was developed by using Android Studio with Java as the language and Firebase as the database. Giving the best services to the user for calming themselves by using their personal adaptation which are they giving choices whether they are kinesthetic, auditory or visual person. The benefit of Relaxing App is the user will experience the natural sound and instrumental song for the audio, relaxing images with a bunch of natural photos for visual and breathing exercise for the user to calm for kinesthetic.

TABLE OF CONTENTS

| CONTENT | PAGE |
|-------------------------------------|-------------|
| SUPERVISOR APPROVAL | i |
| STUDENT DECLARATION | ii |
| ACKNOWLEDGEMENT | iii |
| ABSTRACT | iv |
| TABLE OF CONTENTS | v |
| LIST OF FIGURES | ix |
| LIST OF TABLES | xii |
| | |
| CHAPTER 1: INTRODUCTION | 1 |
| | |
| 1.1 Background of Study | 1 |
| 1.2 Problem Statement | 2 |
| 1.3 Objectives | 3 |
| 1.4 Scope | 3 |
| 1.5 Significance | 3 |
| 1.6 Summary | 4 |
| | |
| CHAPTER 2: LITERATURE REVIEW | 5 |
| | |
| 2.0 Introduction | 5 |

CHAPTER 1

INTRODUCTION

1.1 Project Background

Our emotional, psychological, and social well-being are all part of our mental health. It has an impact on the way we think, feel, and act. It also influences how we deal with stress, interact with others, and make decisions. Mental health is vital at all stages of life, including childhood, adolescence, and maturity (Mentalhealth.gov, 2020). When our mental health is weak, it will affect our entire work performances, relationship with others and our physical health will be affected too. We as human, emotion have a big role. That is why we need to take care of our mental health.

The definition of stress is sensation of being overwhelmed or unable to cope with mental or emotional pressure (Mentalhealth.org.uk, 2021). Our bodies' reaction to pressure is stress. Stress can be caused by a variety of conditions or life events. When we encounter something new, unexpected, or that threatens our sense of self, or when we believe we have little control over a situation, it is typically triggered.

Anxiety is a sensation of tension that is accompanied by anxious thoughts and physical changes such as a rise in blood pressure. Anxiety disorders are characterised by repeated intrusive thoughts or concerns. They may avoid situations because they are afraid. Physical symptoms such as sweating, shaking, disorientation, or a racing heart are also possible.

Depression is a frequent and dangerous medical condition that has a negative impact on how you feel, think, and act. Depression produces unhappiness and/or a loss of interest