UNIVERSITI TEKNOLOGI MARA

GoVolunteer: VOLUNTEERING MOBILE APPLICATION FOR ELDERLY

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ABSTRACT

Volunteering refers to any activity in which is given freely to benefit another person, group or organisation. Volunteering is associated with better self-health ratings, increased life satisfaction, as well as lower levels of functional dependence and depressive symptom. The focus of this project is to develop a volunteering mobile application for elderly which can allows the elderly to contribute time and expertise to not-for-profit organizations, schools, government office and other agencies that utilize volunteer services. The cause of developing this project is to help elderly to be more productive and reduce their loneliness, it also helps the organization or any person to find a volunteer and team up with them to address sustainable development challenges. There are several problems has been identified which are there are a lot of assistive technology for elderly but lacks of technology or platform that can help elderly to participate and contribute themselves to the community. In addition, elderly people will feel lonely when they are left alone at home. Therefore, to solve this problems GoVolunteer provide a platform where the elderly can give an advice and chatting in personal messages with the user to eliminate the loneliness. The objectives of this project are to identify the requirement for GoVolunteer Mobile Application, to design GoVolunteer Mobile Application based on requirement and to develop GoVolunteer Mobile Application based on requirement and design.The methodology used in this project is Mobile Application Development Life Cycle. Moreover, this application will provide a better User Interface (UI) based on User Experience (UX) from elderly. User Interface (UI) is a design of user interface for software such as the look of mobile application, with a focus on ease of use while User Experience (UX) is the process of creating products that provide meaningful and relevant experience to users. The combination of UI and UX will help the elderly to navigate and interact easily throughout the application. In future, this project can be enhanced by adding more features that suitable for volunteering application.

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Chapter 1

Introduction

1.1 Project Background

The population of aging has been increasing recently in a worldwide, and Malaysia not only exception. Officially published data by the Department of Statistic of Malaysia verified that in the year 2010, 5.0% of the total population of Malaysia were older people above 65 years old. By the year 2040, the figure was estimated to increase more than twofold to 11.4% thus it make Malaysia progressively becoming an ageing country. (Department of Statistic Malaysia, 2012). Meanwhile, according to Turner (2009), in the year 2000, 12.4% of the population in U.S. were older people above 65 and over. Clinical condition of frailty and loneliness become one of the most problematic expression of population ageing.

Today, technology play a big role in ensure the elder can be more active and participate in any activities. Currently there are many technologies can be used to help elderly participate in community such as Golden Volunteer Opportunities, JustServe and social career application that can be download at Google play store. This application can help elderly to involve and participate in volunteering. In addition, according to Joan, Laurence, Matthijs and Harmen (2015) app provides an easy and accessible tool to promote physical activity and a healthy lifestyle, because of that they suggest that the use of app could be an additional stimulus to the training program. By doing some exercise or participate in any physical exercise it can help the elderly to maintain their health and mental. In addition, communications technologies have been prove can help prevent and alleviate social isolation and loneliness among older people (Calouste Gulbenkian Foundation, 2012). Moreover, in another research shows that internet-based technologies can enable people changing their health behaviour by interventions, self-help programs and tailored health-related information (Siegel & Dorner, 2017).

Therefore, the project aims to develop a productive mobile application for elderly for helping them to participate in the volunteering activities without them having to go outdoor and ensure they get a better leisure time. This mobile application will become a social platform for elderly to contribute themselves to the community such as expert