



## Self-Care App

**Paras Khandagale<sup>1</sup>, Sakshi Bhawar<sup>2</sup>, Divyansh Mishra<sup>3</sup>, Tarique Ansari<sup>4</sup>, Dilip Nitture<sup>5</sup>**

<sup>1,2,3,4</sup>Final Year Student Department of Computer Engineering, Vivekanand Education Society's Polytechnic, Chembur, Maharashtra, India.

<sup>5</sup>Senior Project Mentor Department of Computer Engineering, Vivekanand Education Society's Polytechnic, Chembur, Maharashtra, India.

### ABSTRACT

Self-care is an application that helps individuals to look after themselves. The key point of this application is to focus on Mental health. There will be different categories the user can select from for eg. Depression, anxiety, self-doubt, mood swings, loneliness, etc. Here, this app allows the user to select the issues they are going through. On the bases of the issues, the application will suggest different counselors near them, Books they should read, music that will help, and quotes to feel motivated. Also, this application will manage their schedule for a day to be productive. As meditation can give you calm and peace and balance that can benefit both emotional and physical well-being, which can also be included in the schedule.

**Keywords:** Android, Self-care, Health

### INTRODUCTION

Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health. When we are mentally healthy, we enjoy our life and environment, and the people in it. We can be creative, learn, try new things, and take risks. We are better able to cope with difficult times in our personal and professional lives. We feel the sadness and anger that can come with the death of a loved one, a job loss or relationship problems and other difficult events, but in time, we are able to get on with and enjoy our lives once again.

### INDUSTRIAL SURVEY

When we were asked to think about a relevant topic for our final year project, we thought of several topics and rejected them for some other reason. Later, we thought of finding an issue a human being faces in their day-to-day life and developing an application to overcome the same. That's when we took a short survey by asking our relatives, friends, close friends, neighbours, and a couple of other people about their experience with mental health. By doing so, we found out that there are many people including students of a certain age going through depression, self-doubt, and many other similar problems. Also, by doing little research we found out that close to 60 to 70 million people in the country suffer from common and several mental disorders. India is the world's suicide capital with over 2.6 lakh cases of suicide per year.

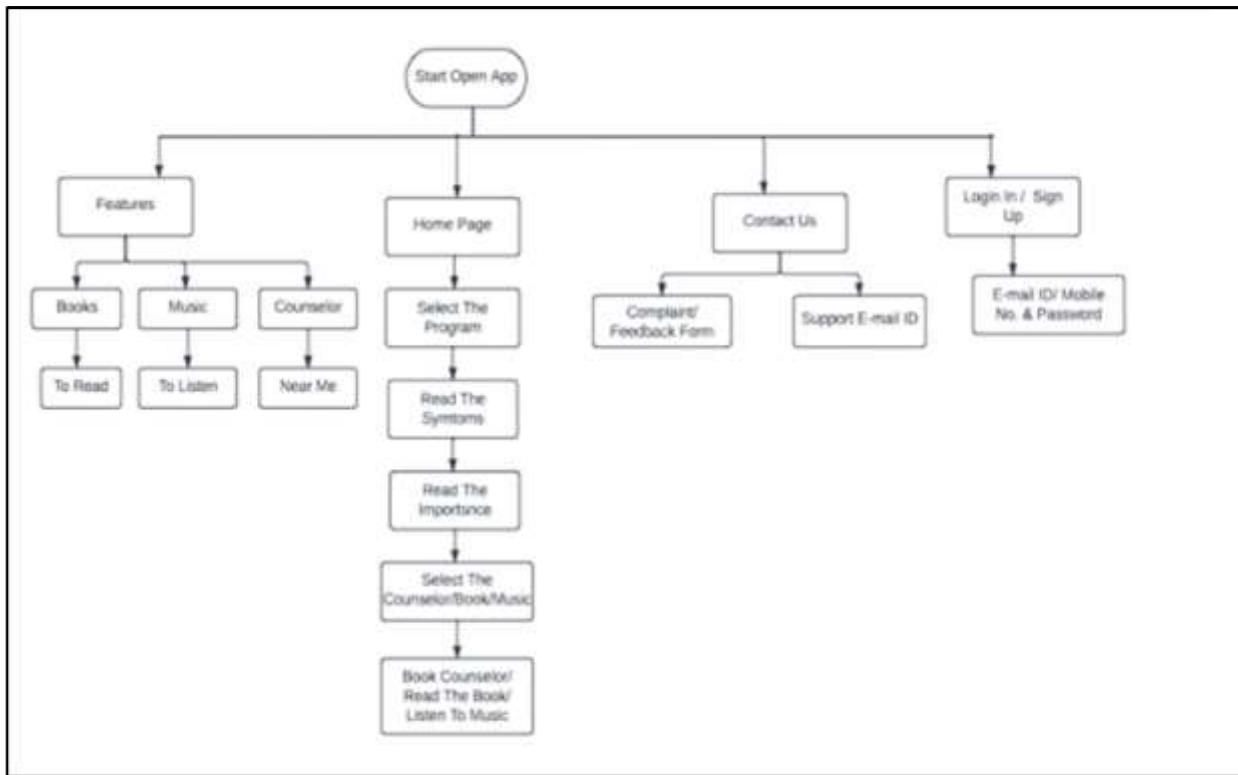
### PROPOSED DETAILED METHODOLOGY

Our group was first formed on the basis of roll number followed by every member brainstorming to get project ideas and topics with relevant scope and application. After analyzing and discussing with team members and project guide, Self-care app was selected as our final year project. Here, our application that helps individuals to look after themselves. The key point of this application is to focus on Mental health. There will be different categories the user can select from for eg. depression, anxiety, self-doubt, mood swings, loneliness, etc. Here, this app allows the user to select the issues they are going through. On the bases of the issues, the application will suggest different counsellors near them, Books they should read, music that will help, and quotes to feel motivated. Also, this application will manage their schedule for a day to be productive. As meditation can give you calm and peace and balance that can benefit both emotional and physical well-being, which can also be included in the schedule. The main motive is to help the user overcome the issues they are going through and to tell them the importance of self-care

### MODELING AND ANALYSIS

The main focus of the modeling and analysis is to provide a detailed report on the modeling of the report. In this section we present the graphs and charts to show the analysis and the glimpse of our research work. This contains very useful information regarding the modeling of the research. In this we have made a app named Self-Care Hub

Flowchart:



## PROBLEMS /ISSUES FACED

Although, many problems were solved by startups of such platforms, through our survey we found a major issue which the society is currently facing. The problem is that; Although the exact cause of most mental illnesses is not known, it is becoming clear through research that many of these conditions are caused by a combination of biological, psychological, and environmental factors. Issues faced during the development of project:-

Gradle version and firebase connection issue

Difficulty in integrating API's for location of counsellor's

Difficulty in integrating external data to our app.

## REQUIREMENTS

Desktop Laptop, Processor i3 or above, 8GB RAM or above, Windows 10 or above

Android Studio for developing android application

Firebase for backend

MYSQL for storing and managing data

## CONCLUSION

While many mobile apps have been developed to promote self-care, there is a gap in the current literature discussing the effectiveness of such mental health resources. Detailed systematic reviews in this field are needed.

### References

- Wiederhold BK, Riva G, Graffigna G. Ensuring the best care for our increasing aging population: health engagement and positive technology can help patients achieve a more active role in future healthcare. *Cyberpsychol Behav Soc Netw.* 2013;16(6):411–12. pmid:23751102

View at: PubMed/NCBI | Google Scholar

2. Lorig KR, Sobel DS, Stewart AL, Brown BW Jr, Bandura A, Ritter P, et al. Evidence suggesting that a chronic disease self-management program can improve health status while reducing hospitalization: a randomized trial. *Med Care.* 1999;37(1):5–14. pmid:10413387

View at: PubMed/NCBI | Google Scholar

3. hodosh J, Morton SC, Mojica W, Maglione M, Suttorp MJ, Hilton L, et al. Meta-analysis: chronic disease self-management programs for older adults. *Ann Intern Med.* 2005;143(6):427–38. pmid:16172441

View at: PubMed/NCBI | Google Scholar

4. Dumas RA. Health App completely buggy? [Internet]. c2014. Available: <https://discussions.apple.com/thread/6680914>. Accessed 2 November 2015.