WWW.IJRPR.COM

International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Mama Bot

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ABSTRACT

"MAMA BOT" is an innovative digital solution designed to support individuals with Attention Deficit/Hyperactivity Disorder (ADHD) by integrating real-time emotional intelligence, biofeedback, and adaptive productivity tools into one cohesive platform. While existing ADHD and mental wellness apps like NeuroFlow, Aurora, MindMate, Mightier, and Earkick offer various forms of support—such as task reminders, mood tracking, or emotional regulation—they fall short in delivering a holistic, real-time, and neuroadaptive experience tailored to ADHD-specific needs. Mama Bot Buddy addresses these gaps by utilizing data from wearable devices and sensors to provide real-time biofeedback, enabling emotion-aware adaptive task scheduling that aligns with the user's cognitive and emotional state. The app further enhances engagement through gamified micro-tasks, breaking down complex goals into rewarding, manageable steps. To ensure consistent support, the platform blends AI driven coaching with human accountability options, including peer support circles and therapist integration. Additionally, a one-tap Emergency Focus Rescue feature delivers instant interventions such as breathing exercises and motivational prompts during periods of stress or executive dysfunction. By combining these features into a single platform, mama bot offers a uniquely personalized, responsive, and empowering experience for managing ADHD in both everyday life and long-term wellness.

I. INTRODUCTION

Mamabot is a friendly, AI-powered companion designed to bring the warmth, care, and guidance of a mom into your everyday life. Whether you need advice, motivation, a gentle reminder, or just someone to talk to, Mamabot is always just a message away.

Built with empathy and emotional intelligence at its core, Mamabot does more than just answer questions — she listens, encourages, and supports you like a true momfriend. From helping you plan your day and manage stress to offering life tips, recipes, self-care ideas, or parenting advice, Mamabot is your all-in-one digital helper with a heart.

Her tone is nurturing, understanding, and sometimes playfully sassy — just enough to keep things real. Whether you're a student living away from home, a busy professional, a new parent, or simply someone who needs a little extra encouragement, Mamabot is here to guide you, remind you to take care of yourself, and lift your spirits when you're feeling low.

Mama Bot is an AI-enhanced parenting support system designed to assist mothers in the early years of their child's development—specifically from birth to 36 months. Built with modern web technologies like Next.js and TypeScript, the platform combines developmental science, emotional intelligence, and digital convenience to offer a comprehensive toolkit for new parents.

The app features a smart ADHD early signal tracker, weekby-week developmental milestones, emotional support tools, feeding guides, and a mother-to-mother support network. Whether it's tracking a child's speech progress or helping a mom manage stress during tantrums, Mama Bot acts as a digital companion that listens, supports, and inform every step of the way.

II. LITERATURE REVIEW

The concept of AI-based emotional companions, such as Mamabot, builds upon an evolving body of research in artificial intelligence, human-computer interaction, and digital mental health. In recent years, AI systems have increasingly moved beyond task-based assistance (e.g., Siri, Alexa) toward emotionally intelligent support, aiming to replicate empathetic, human-like interactions (Picard, 1997; McStay, 2018).

Emotional AI or "affective computing" is a field pioneered by Rosalind Picard (1997), which focuses on designing systems capable of recognizing, interpreting, and simulating human emotions. Modern large language models (LLMs), such as GPT-4, have demonstrated the ability to engage in emotionally resonant dialogue, enhancing user experience and fostering relational bonds (Wolf et al., 2020).

Virtual companions and chatbots like Woebot (Fitzpatrick et al., 2017) and Replika (Kachuee et al., 2021) have shown promise in supporting mental health, offering conversation-based therapy or emotional companionship. These systems use natural language processing and psychological frameworks (e.g., CBT) to deliver personalized and supportive responses. Research suggests that such digital agents can reduce loneliness and improve emotional wellbeing, particularly among young adults and remote populations (Inkster et al., 2018).

AI in caregiving roles, particularly maternal archetypes, is a newer area of exploration. Studies indicate that users often respond positively to AI that reflects nurturing or authoritative personas when used appropriately (Lee et al., 2021). This supports Mamabot's design as a comforting, guidance-oriented digital presence.

However, ethical concerns regarding dependency, privacy, and authenticity persist in the literature. It is essential to balance realism with transparency, ensuring users understand they are interacting with an AI (Sharkey & Sharkey, 2012).

In summary, Mamabot is grounded in current advancements in emotional AI and digital companionship. It fills a unique niche by blending maternal warmth with intelligent assistance, offering a relatable and emotionally responsive AI experience.

III. CHALLENGES IDENTIFIED

The development and deployment of Mamabot, an emotionally intelligent AI modeled on a nurturing maternal persona, present several challenges across technical, ethical, and user experience domains.

1. Emotional Accuracy and Context Awareness

While large language models can simulate empathy, maintaining consistent emotional intelligence across diverse contexts remains a challenge. Misinterpretation of user emotions or tone may lead to inappropriate or unhelpful responses, reducing trust and effectiveness.

2. Personalization vs. Generalization

Mamabot aims to offer personalized support, but striking the right balance between generic advice and user-specific responses is complex. Without real-time learning or access to user history, interactions may lack depth or continuity, limiting user satisfaction.

3. Cultural and Gender Sensitivity

Modeling Mamabot after a "mom" archetype introduces cultural biases. Perceptions of motherhood, caregiving, and emotional tone vary widely across cultures, which can affect how users relate to the AI. Ensuring inclusivity and avoiding stereotyping is a significant challenge.

4. Data Privacy and Security

Handling emotionally sensitive conversations raises concerns about data privacy. Users may share personal or mental health-related information, requiring robust data encryption, transparent policies, and compliance with regulations like GDPR or HIPAA.

5. Dependency and Ethical Considerations

There is a risk of emotional overdependence on AI companions. Prolonged use might substitute for real human interaction, particularly for vulnerable users, such as those experiencing loneliness or depression. Ethical boundaries must be established to guide appropriate use.

6. Maintaining a Realistic yet Comforting Persona

Crafting a believable "mom-like" tone that is both comforting and not overly intrusive requires fine-tuned prompt engineering and design. Overstepping with unsolicited advice or a judgmental tone could alienate users.

Problem Statement

Many people today face emotional stress, loneliness, and a lack of supportive interaction in their daily lives. Existing AI assistants focus on tasks but fail to provide meaningful emotional support. There is a clear need for a digital companion that combines empathy, guidance, and humanlike conversation. Mamabot aims to fill this gap by offering an AI-powered "mom-friend" — a comforting, caring presence that can assist with daily life while providing emotional support. However, challenges such as emotional accuracy, user trust, ethical concerns, and personalization must be addressed to ensure Mamabot is both effective and responsible.

ALGORITHM

Step 1: Input Collection

Accept user input via text (or voice, if applicable).

Optionally collect contextual data (e.g., time, location, user preferences, past interactions).

• Optionally log interaction for personalization and

Step 2: Preprocessing

Clean and tokenize the user input.

Detectintent using NLP models.

Ask follow-up questions or offer further support.

Perform sentiment analysis to assess emotional tone (e.g., happy, sad, stressed).

Emotional support • Life advice Health/wellness reminders Daily task/help requests Casual conversation

Step 3: Intent Classification

Classify the user input into categories:

Health/wellness reminders Daily task/help requests Casual conversation.

Step 4: Response Generation If emotional support:

Generate empathetic response using emotional tone + intent. Include motivation, comfort, or encouragement. If task-based or advice: Fetch structured responses from a knowledge base or pre-trained model. Provide practical suggestions (e.g.,reminders, recipes, parenting tips).

• If casual: Engage in friendly, mom-style small talk or storytelling.

Step 5: Persona Layer (Mom-Like Tone)

• Apply Mamabot's personality traits: Warmth, humor, gentle reminders, slight sass (optional). Adjust tone based on user mood and prior interactions.

Step 6: Output Delivery

Return the final message to the user in conversational format

Step 7: Follow-Up (Optional)

Set reminders or suggest related topics.

IV.SYSTEM ARCHITECHURE

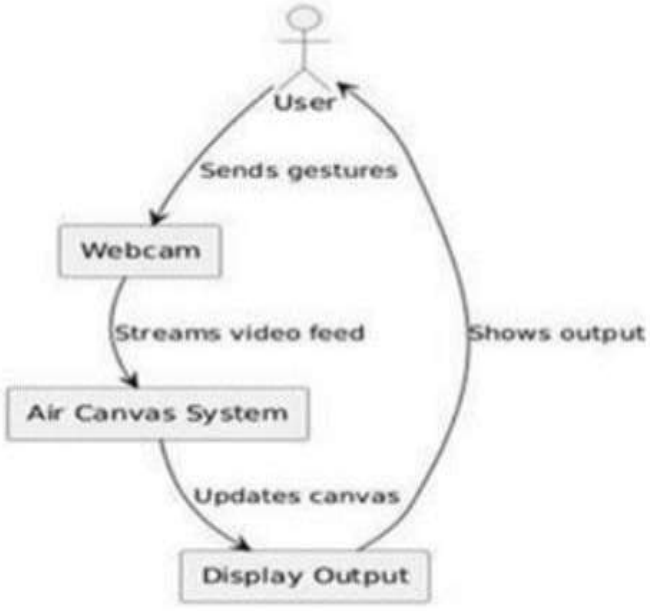


Figure 1: System Architecture Diagram

V.IMPLEMENTATION

Figure 2: Use Case Diagram

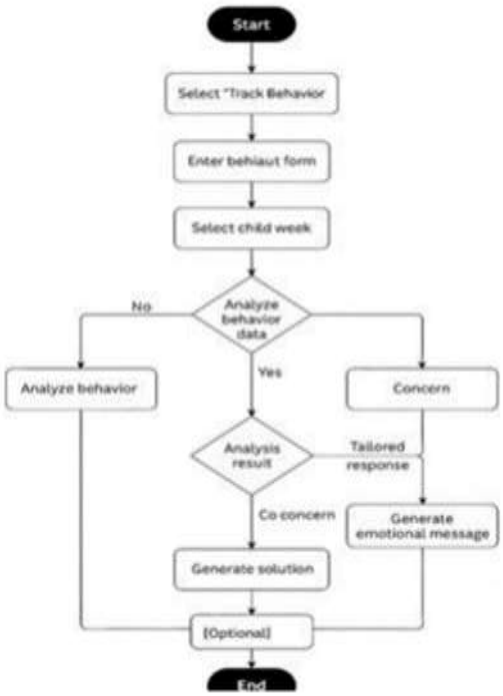
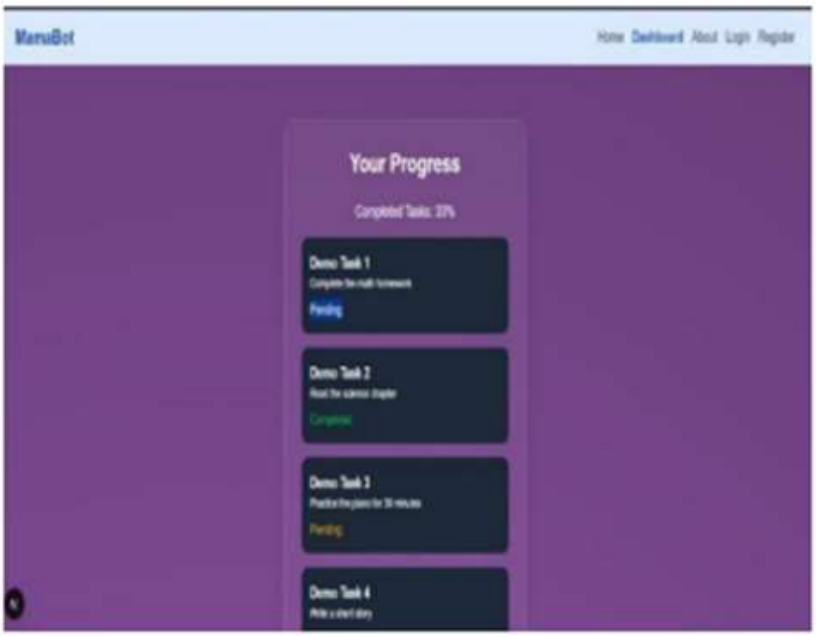


Figure 3: Activity Diagram

VI.OUTPUT SCREEN



VII. ACKNOWLEDGEMENT

I would like to express my sincere gratitude to everyone who supported and guided me throughout the development of this project, Mamabot: An AI-Based Emotional Companion. First and foremost, I extend my heartfelt thanks to my [advisor/supervisor name], whose valuable insights, encouragement, and continuous support made this work possible. Their guidance helped me stay focused and motivated at every stage.

CONCLUSION

The MAMA-Bot project demonstrates the feasibility of using Natural Language Processing (NLP) techniques to build a chatbot capable of answering maternal healthrelated queries. By integrating Python with machine learning libraries and a structured dataset, the chatbot provides users with informative responses and serves as a potential support tool for expecting mothers. The system showcases how conversational AI can be applied in realworld healthcare support, offering roundthe-clock assistance and easing the burden on healthcare professionals. XII. REFERENCES 1. Picard, R. W. (1997) – Introduced the concept of Affective Computing, which laid the foundation for emotionally aware AI systems like Mamabot. 2. Fitzpatrick, K. K., et al. (2017) – Demonstrated the effectiveness of emotionally intelligent chatbots like Woebot for mental health support, showing potential for AI companions in emotional wellness. 3. McStay, A. (2018) – Explored the ethical and social impact of Emotional AI, emphasizing the importance of trust, empathy, and user care in AI design.