CAT 4 RESOURCE DEVELOPMENT

Group 4-01
PROJECT MORE INTERACTION

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CONTENT

ABSTRACT

Project More Interaction is an online platform to promote more face-to-face social interaction. Smartphones have become an ubiquitous part of our lives and has changed the way we live and communicate. Thus, people started to communicate and spend more time together virtually than socially. A more realistic solution would be to use smartphones in moderation and allow time for technology breaks. The website provides information on places or activities that people can visit or do with their family and friends. It also recommends phone usage tracker apps to track ones usage and is able to send immediate alert to remind of breaks in technology. There are some suggested games in which ones can play with their close ones. In addition, there is also a self-created game using the website called Scratch. With the world going more digital, we will inevitably use our smartphones more often, resulting in us engaging more virtually. We need to be smarter, and radically change how we use them. We need to practise self-control and spend more time with our family and friends face-to-face instead of online. Thus, our website can help people to realise the need to interact socially and provide the avenue for them to realise it.

1   INTRODUCTION

1.1   Rationale

Technologies have been taking a toll on how we live and communicate. People starts to communicate more through texting and updating their status on social media. There are less verbal communication and less social interactions. This causes a huge problem to their loved ones as their bonding may be weakened and their relationship will drift further apart. They spend less time together and ties will slowly break. They may not have the knowledge to stop this, resulting in no action being taken and the problem getting worse.

1.2   Objectives

The objective of Project More Interaction is to promote more face-to-face social interaction with their loved ones and less virtual interaction such as chatting through social media, spending time on online games and videos and constant checking of messages or notifications. Therefore, it hopes to:

- Allow people to bond closer
- Improves communication and social skills
- Deter mental health problems and sleep disruption

1.3   Target Audience

The target audience are lower secondary school and upper primary school students.

1.4   Resources

The resources that we created was a website on a web development platform, Wix. This website can be accessed on both desktop and mobile devices. In the resource, it provides ways to promote family and friends bonding and interaction through recommended activities to do together, a self-created computer game and various suggested hands-on games. There is link to website to show them how to play those games. There is also a comparison on various free phone usage tracker apps in market operating on either android, iOS or both where people can turn to prevent them from spending too much time virtually.

2   REVIEW

With the world more well connected and almost everyone having a smart device, people start to communicate less face-to-face. It is a common sight to see that people are having their eyes on their devices than on the food and engaged in less social interactions during meals. All of them are engaging in their own respective virtual interactions. According to Assistant Professor Ryan Hong (The Straits Times, Apr 2, 2017) from the NUS Psychology department, the prolonged use of mobile devices can also impede children's ability to connect socially with people offline. There are other negative effects such as mental health problems, sleep disruption,

and emotional development. Teenagers are the most vulnerable as they are exposed to smart device at a young age when they are lacking self-regulation and consequential thinking.

Some know that this is a problem but do not know how to resolve this problem. Some think that it is alright as it is a norm. However, there are other who think that it is a problem but do not know how to resolve this and where to find a solution.

3   METHODOLOGY

3.1   Needs Analysis

We conducted a needs analysis to find out how people view the importance to have more social interactions to ascertain the relevance of our project. We sent survey questionnaires, on Google form, to some secondary students in Singapore.

3.2   Survey Results

From the response, 85.7% of the students think that they should start interacting more with their family and friends. Majority of the students supported the idea of developing a resource package and is willing to try it. More than 66% of the students are interacting less than 4 hours daily with their family and friends, and spent more than 2 hours on the phone daily. Pls refer to Appendix A for the survey summary.

3.3   Development of Resources

We searched for many phone usage tracker apps, activities and places, and games that could help our target audience to bond closer with their friends and families. The information collected were then collated into the different sections of the website. We also provided the links to the websites for the activities and games for the target audience to read up more about it.

All these were compiled neatly into the online platform which can be access from both desktop and mobile devices. Finally, a survey was conducted to gather feedback on the website.
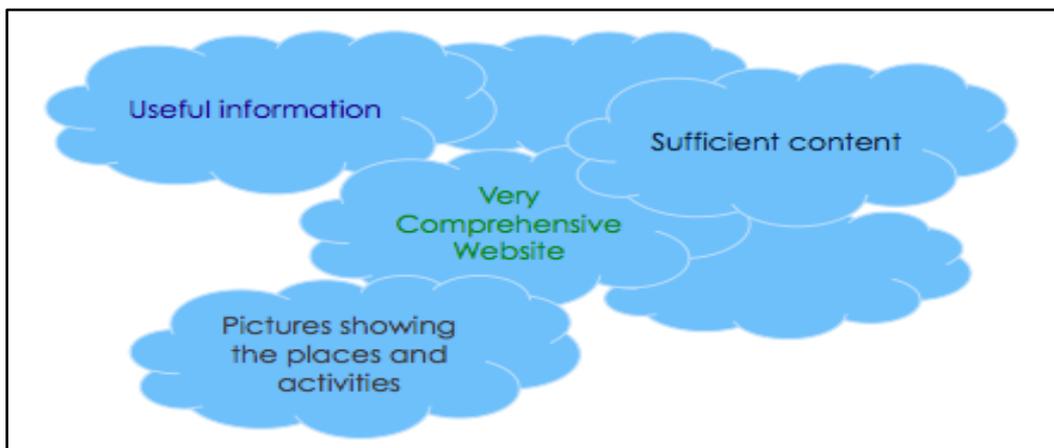
3.4 Pilot Test

When the first pilot-test was sent out to more than 100 people, the online platform was shown and their feedback were sought. The feedback was incorporated into improving the website.
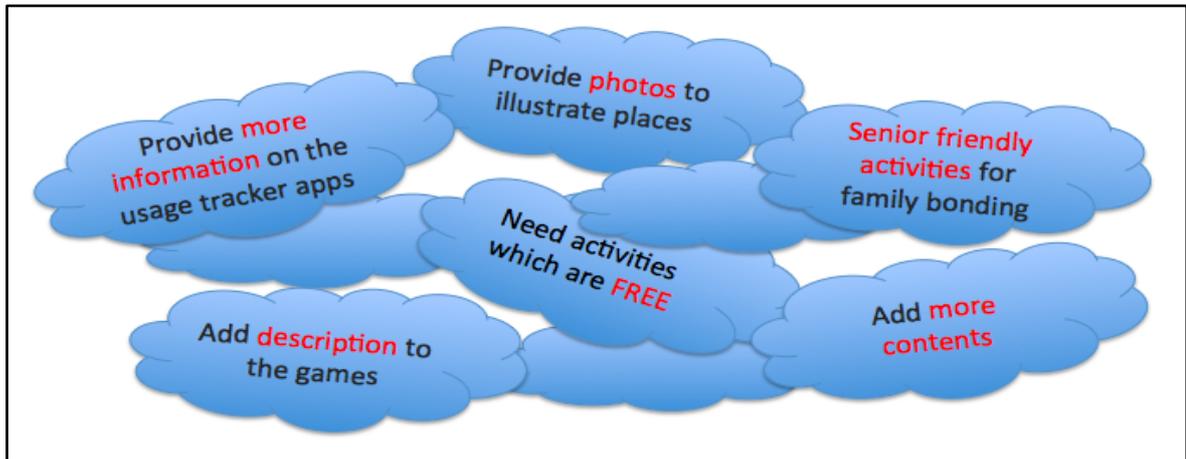
Feedback from respondents who participated in first pilot-test

After completing the improvement work to the website; beefing up on the information, new additions and making it more user-friendly. Another round of pilot test was conducted.

The feedback was positive. 91.8% agreed that activities and information provided was sufficient. 91.8% like the creative design and aesthetic of the website. 95.9% believe that it would make a positive impact to increase social interactions and 91.8% are willing to spend time socially on those recommended activities with friends and family. In addition, 85.7% responded that they will introduce this website to their friends. Pls refer to Appendix B for summary of the response to second pilot test.

Feedback from respondents who participated in second pilot-test

4   OUTCOME & DISCUSSION

The project was successful and had many positive feedback. Our final outcome was a website filled with activities and places that could help to bond people closer. It included recommended physical and an interactive multiplayer games, as well as phone usage tracker apps which can help them to manage their usage so as to have more social interactions. Some limitations we faced included not having enough people to try out the activities and also not having enough time. If given more time, we could have created more interactive games, sort the activities by their costs and include information to professional help, which could be some of the possible further works in the future.
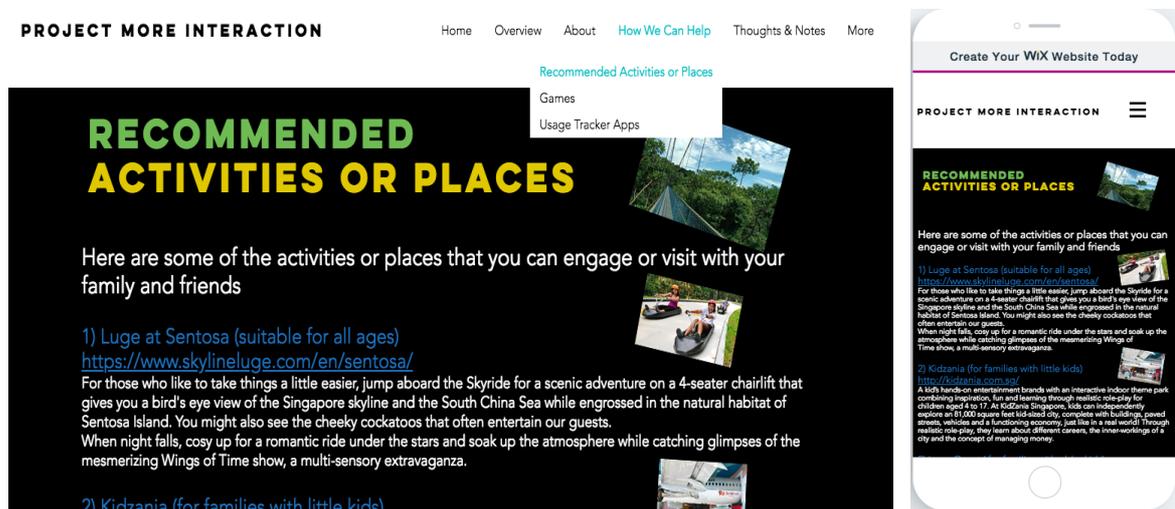
Screenshot of PMI website using PC and mobile phone

5   CONCLUSION

Project More Interaction has always been a hard project. It is time consuming to research for suitable usage tracker apps, and selecting activities and games which would be of interest to the teenagers in order to successfully help to promote more interactions and enables more bonding with friends and family. This project has given us the opportunity to develop many skills. At the start of the project, we needed creativity to find out what are the possible and useful resources that we could develop. It was not an easy task. We listened to everyone's opinion and needed to agree on one resource to embark on. After decided on the topic, we
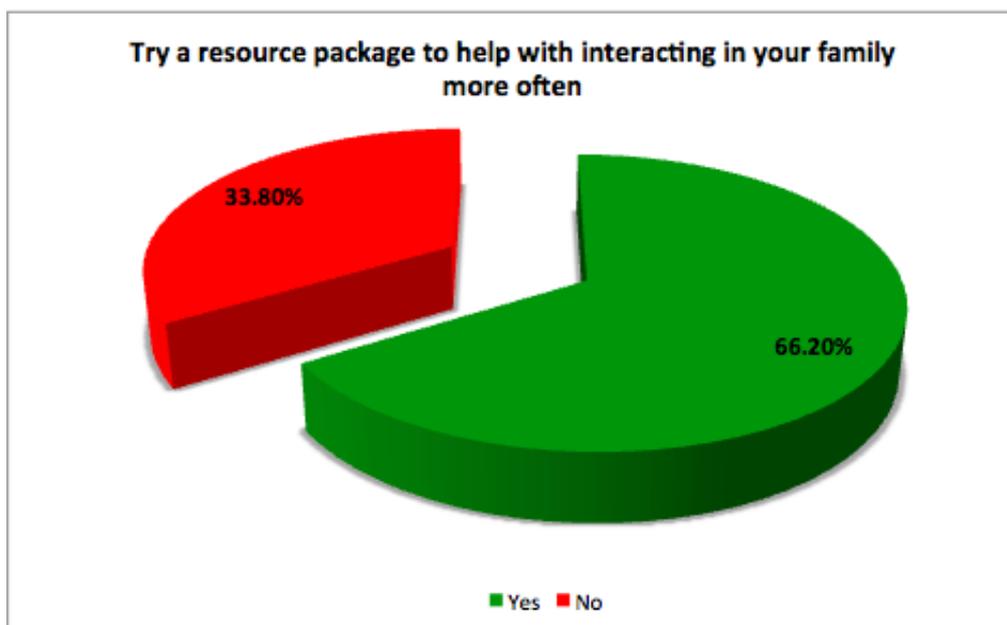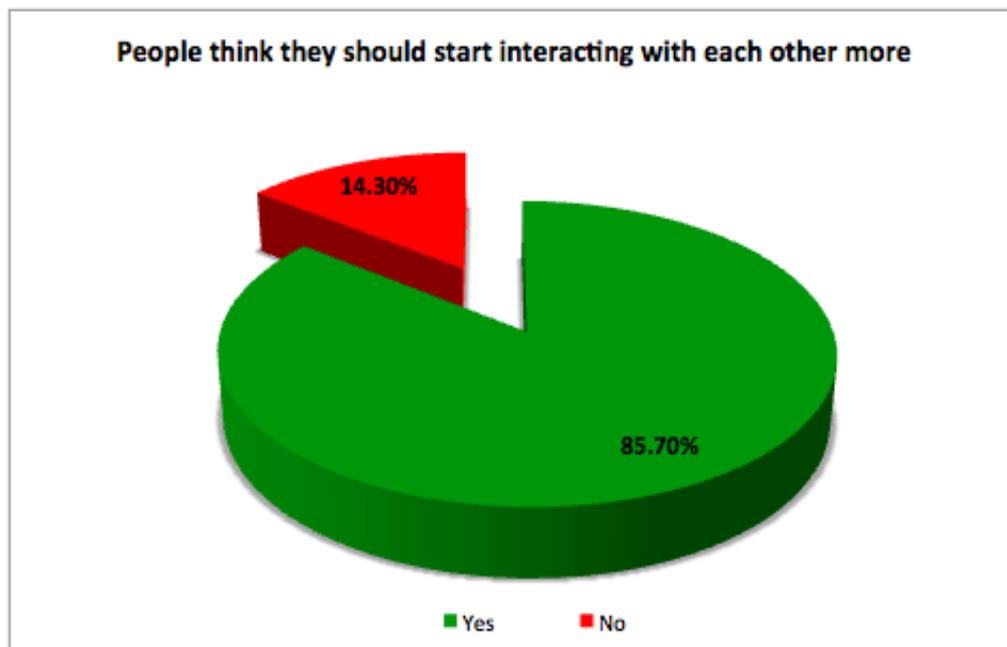
needed to create the resource which required us to be patience as it was not easy to gather the data and information. Lastly, we needed determination as everyone was very busy and did not have enough time to help on improving the project. Thus, we had to sacrifice our resting time to meet up and complete the project.

6   REFERENCES

1. Yang, C. (2017, April 2). 12-year-olds in Singapore spend 6½ hours daily on electronic devices: Survey.The Straits Times. Retrieved Aug 10, 2018 from https://www.straitstimes.com/singapore/glued-to-screen-for-612-hours-digital-habits-in-singapore

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APPENDIX A

Below charts is a survey summary of student's response.

People think they should start interacting with each other more

14.30% No
85.70% Yes

Try a resource package to help with interacting in your family more often

33.80% No
66.20% Yes

Time spent on social interaction daily with family and friends

- 33.77%
- 14.29%
- 15.58%
- 14.29%
- 22.08%

Legend: 0-1h · 1-2h · 2-3h · 3-4h · More than 4h
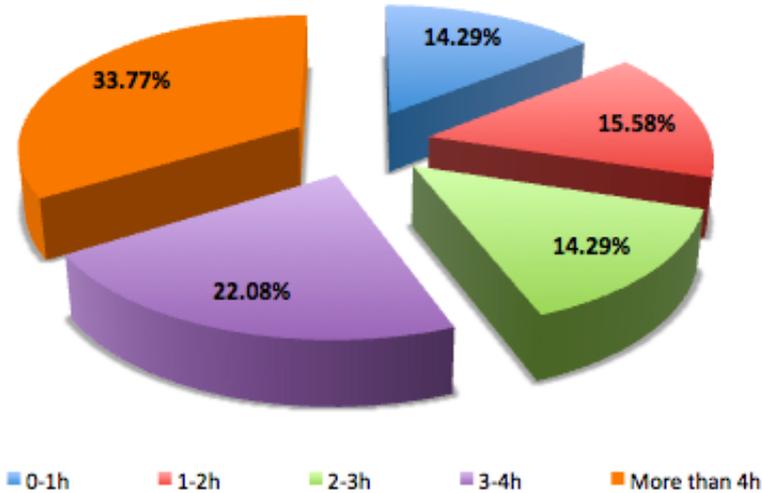
Time spent on the phone daily

- 19.50%
- 14.30%
- 18.20%
- 23.40%
- 24.60%

Legend: 0-1h · 1-2h · 2-3h · 3-4h · More than 4h
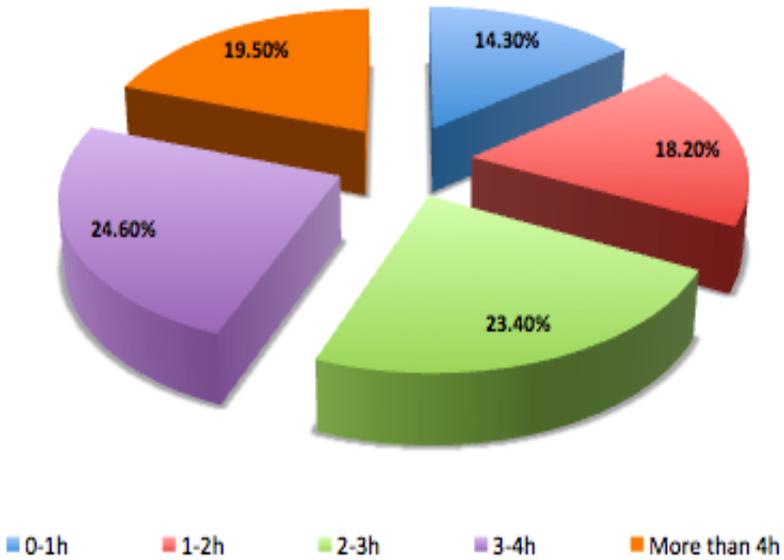
APPENDIX B

Below charts is a summary of the response to the 2nd pilot-test conducted.

Importance to have more social (face-to-face) interaction and less virtual interaction with your family and friends
12.20% No
87.80% Yes

Website satisfaction
18.40% Acceptable
36.70% Very satisfied
44.90% Satisfied
Very satisfied, Satisfied, Acceptable, Unsatisfied, Very unsatisfied

Activities listed helps increase social interactions with friends/family
4.10% No
95.90% Yes

Spend more time socially on those recommended activities with friends/family
8.20% No
91.80% Yes

Information on usage tracker apps useful
10.20% No
89.80% Yes

Website provides enough activities and information
8.20% No
91.80% Yes

Do you like the website?
6.10% No
93.90% Yes

Introduce this website to friends
14.30% No
85.70% Yes

Website is asthetically pleasing and creative