CAT 4 RESOURCE DEVELOPMENT

Group 4-091

DON'T STRESS WITH STRESS!

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ABSTRACT

Don't Stress With Stress is a project which is aimed to create an interactive, easy to use and one-stop website, with the purpose of helping secondary school students cope with stress that they might face so that they can lead an enriching and empowering secondary school life. The website provided extensive blogs, which presented comprehensive information about the types of stress secondary school students are facing and various coping mechanisms for it. The website also housed interactive games, which let the students have fun while gathering useful knowledge, and soothing music to reduce stress. We have also left our email in the website, so that students could send in any queries that they might have. We also have a feedback form for them to share their opinions and recommendations for the website. Last but not least, we also created an Instagram account, a platform which we disseminated posters regarding stress.

1   INTRODUCTION

1.1   Rationale

Secondary School students undergo a lot of stress, and it might be hard for them to find websites that provide them with the appropriate ways to relieve their stress. Therefore, we would want to compile information and create a one-stop website to learn about stress and the ways to destress.

1.2   Objectives

The objectives of Don't Stress With Stress were to:
- Help secondary school students better cope with their stress
- Allow them to lead an enriching and empowering secondary school life
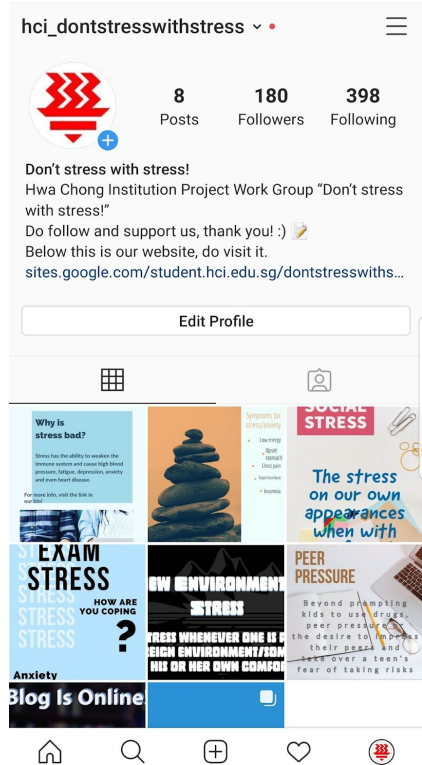
1.3   Target Audience

The target audience were Secondary School Students.

1.4   Resources

The resources created for this project was a google site comprising blogs, games and soothing music as well as an Instagram account.
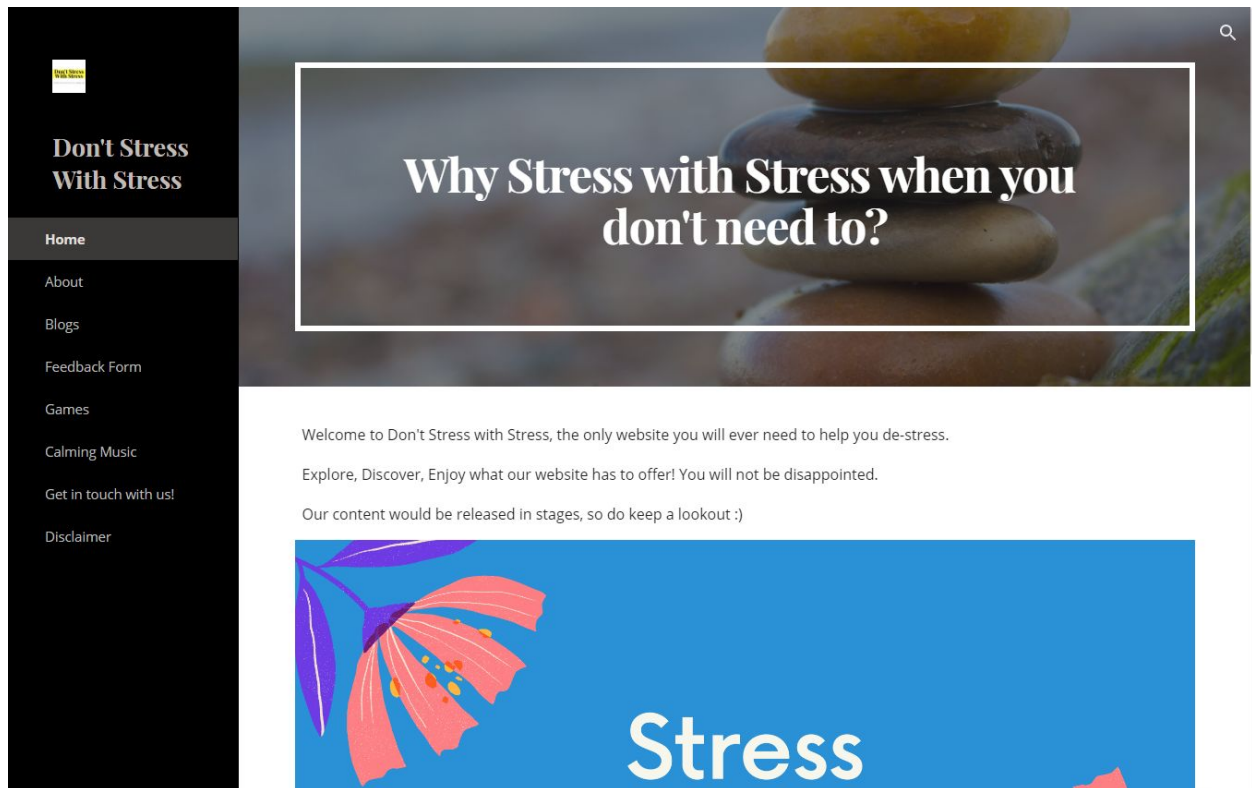
Components of the Google Site

Screenshot of the Instagram account

2   REVIEW

There are many articles all around the internet about stress and how to cope with it. As a result, it might be very difficult and time-consuming to locate all the relevant information, which might turn secondary school students off. Even if that does not faze them, the articles are mostly words which would be boring and therefore drive them away. This could be compiled more effectively and made more interactive.
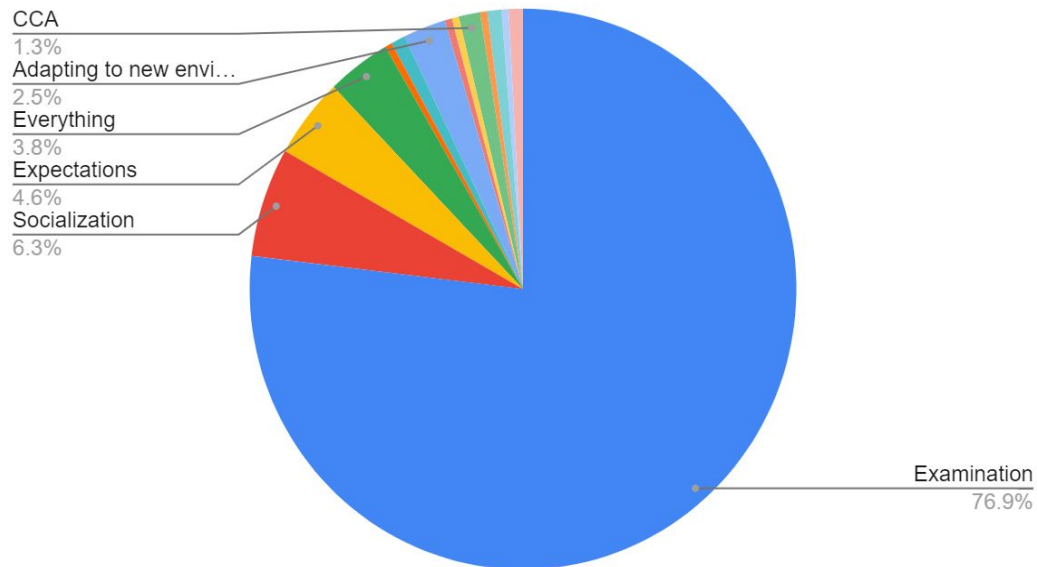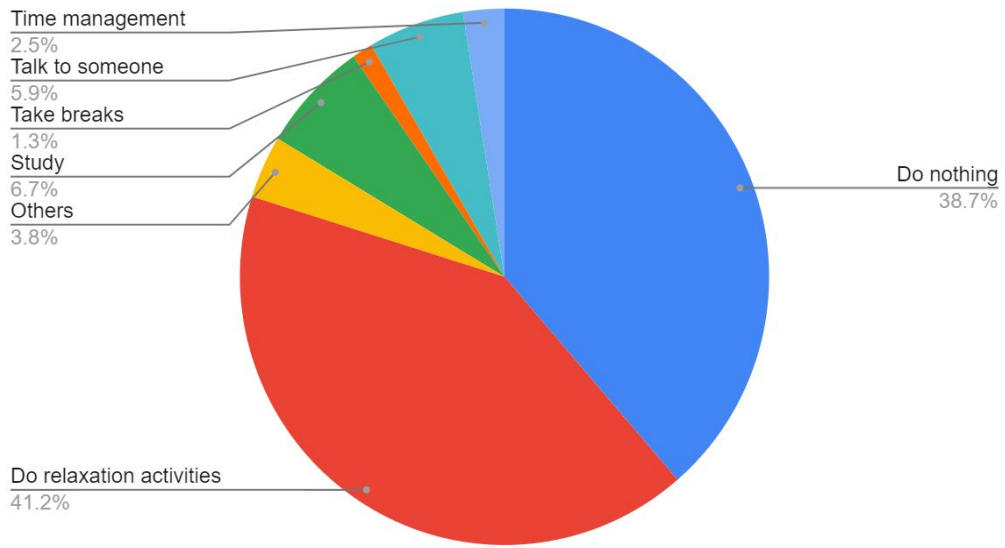
3   METHODOLOGY

3.1   Needs Analysis

A needs analysis was conducted to establish the relevance of our project. Firstly, a stress survey was shared to find out more about the respondents' sources of stress. Indeed, all of the 239 respondents mentioned that they faced stress. Also, close to 39% of the 239 respondents said they did not do anything to cope with their stress, which might cause that stress to sprout into something worse and undesirable. Besides that, close to 60% of the 239 respondents would use a resource package that would help them to cope with stress, which confirmed the feasibility of our project.
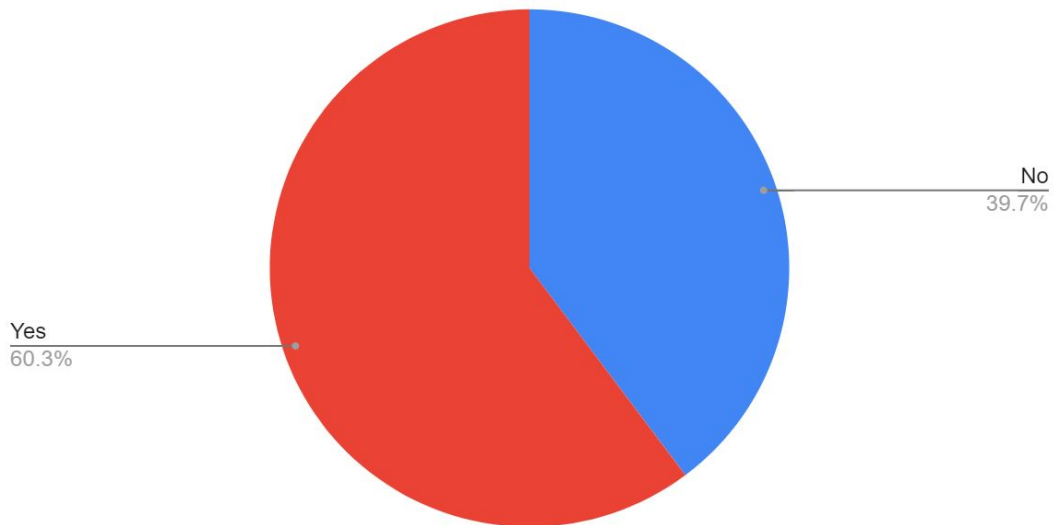
3.2   Survey Result

If you face stress, what is the cause of it?

- CCA 1.3%
- Adapting to new envi… 2.5%
- Everything 3.8%
- Expectations 4.6%
- Socialization 6.3%
- Examination 76.9%

How do you cope with your stress?

Time management
2.5%

Talk to someone
5.9%

Take breaks
1.3%

Study
6.7%

Others
3.8%

Do nothing
38.7%

Do relaxation activities
41.2%

Would you use a resource package that would help you cope with stress?

No
39.7%

Yes
60.3%

3.3 Development of Resources

We have searched the internet extensively, scraped the net for credible, relevant information for our target audience, secondary school students. The information was then compiled and made into either blogs or games. The games were made using WordWall and the content of the games were created using the collated information mentioned above. Finally, all these were uploaded onto the online website we created. Also, we added copyright-free, classical music which was proven to reduce stress to the website.

3.4 Pilot Test

A pilot test was administered to secondary school students through Google Forms. After using the website and testing all its functionalities, they were asked to pen down their user experience. Generally from the results of the feedback form, we can observe that our project has made a positive impact on our users. Most of the respondents mentioned that they have learnt a lot about stress which means that our project has succeeded in what it was meant to do.

"It let me understand the different types of stress and the benefits of it. I also learnt about how to cope with stress."
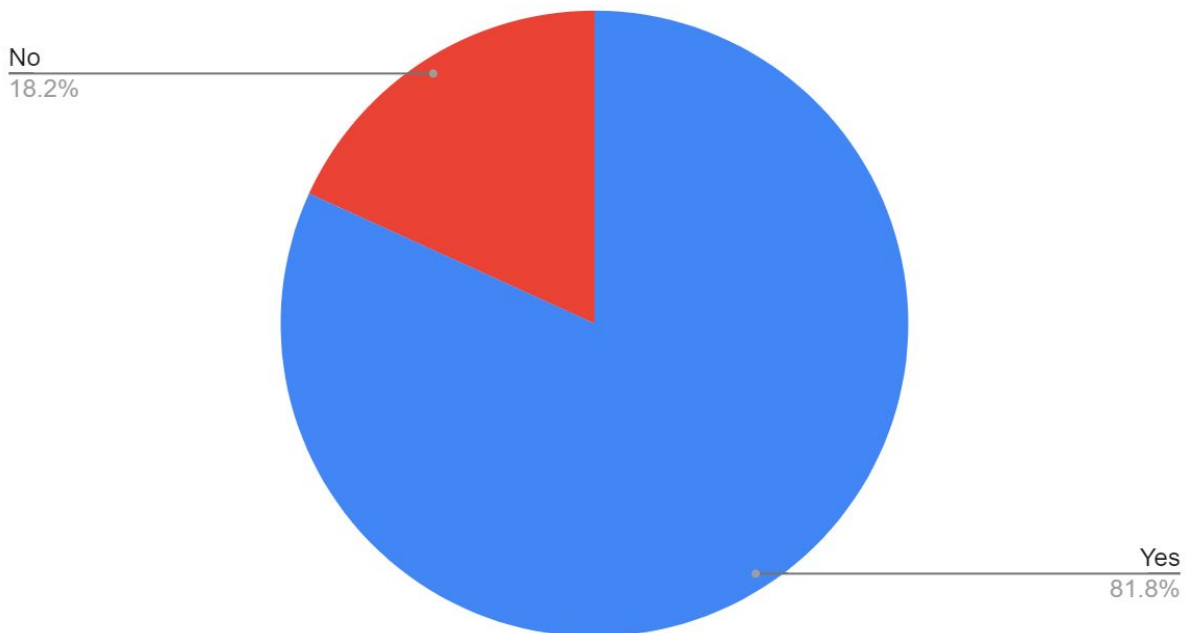- Tan S Z

"It helped me calm down my nerves and made me feel relaxed. It also teaches how to cope with stress."
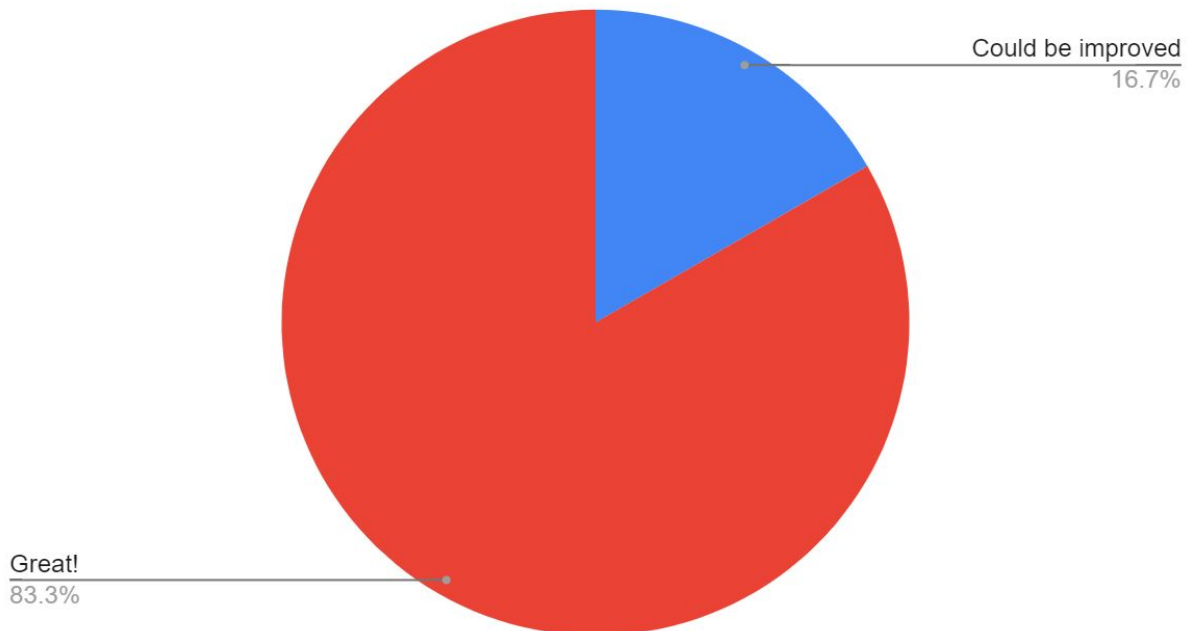
- Wong Z

"Provided me with good music so I can be at ease."

- Kim J Y

Did our website help you cope with your stress?

No
18.2%

Yes
81.8%

How do you think of our website?

Could be improved
16.7%

Great!
83.3%

Feedback from respondents who participated in the pilot test

4   OUTCOME AND DISCUSSION

From our pilot test, it is evident that our resource package was well received by our target audience. However, through our Google Form, some respondents mentioned that they did not really manage to access our project due to the fact that they did not have an Instagram account. Therefore, it shows that while Instagram is a popular platform used by secondary school students, there are still a handful of secondary school students who do not use it. In order to better cater to this group of people, we could adopt the usage of WhatsApp and Gmail to broadcast the posters that we have posted in Instagram. Users who do not have Instagram may contact us through our project work Gmail at hwachongdontstresswithstress@gmail.com so that we can add them into our WhatsApp chat group / HCI Gmail Newsletter list and keep them informed about the posters that we have shared through Instagram. This would ensure that more of our target audience would be able to access our resource package and hopefully benefit from it.

5   CONCLUSION

Don't Stress With Stress had been a massive undertaking as it required many hours to create the website, make the games, find the music and compile the information. Although it might seem tiring, we have learnt valuable skill sets which will definitely be helpful in our future. Research and problem solving skills were important throughout the execution of the project. Teamwork was of high importance as we needed to work together to create our resource package and to present the resource package to the best of our abilities. Patience and perseverance were necessary for this project. Many a time, we felt like giving up. However, we knew we had to press on and work together as a team. One thing that kept us going was the belief that our project would benefit many people.

6   REFERENCES

(We did not refer to any websites in the writing of this written report)