



COLLEGE OF COMMUNICATION AND INFORMATION TECHNOLOGY

INTERACTIVE MINDFULNESS MOBILE APPLICATION

A Thesis
Presented to the Faculty of the
College of Communication and Information Technology
President Ramon Magsaysay State University
Iba, Zambales

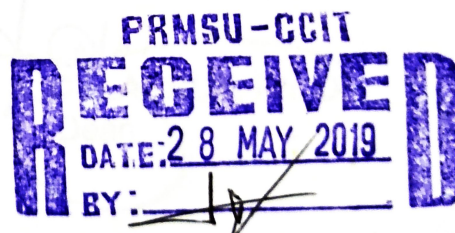
In Partial Fulfillment of the Requirements for the Degree
Bachelor of Science in Information Technology

by:

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CCIT

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Certification

This Thesis entitle "Interactive Mindfulness Mobile Application" prepared and submitted by **Elaissa A. Cabal, Mea M. Amuyot and Xena Marie G. Lara** in partial fulfillment of the requirements for the degree of **Bachelor of Science in Information Technology**, has been examined and recommended of Oral Examination.


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Abstract

The aim of the study Interactive Mindfulness Mobile Application using android platform is to be able to help the user to cope up with everyday stress and mind exhaustion due to overthinking of the past and future events. This study will serves as your guide towards being mindful. Exercising mindfulness daily is proven effective to lower your stress. Being mindful means being able to focus on every detail of present events. Maintaining focus is essential when exercising mindfulness.

Specifically, this study attempted to answer the following questions: What is the user's evaluation of the Interactive Mindfulness Mobile Application based on the software quality evaluation standards such as Functional Suitability, performance efficiency, compatibility, usability, reliability, security, maintainability and portability? And what is the evaluation on the level of acceptability of the users in terms of functionality and performance?

Students and Peer Facilitators evaluation on the software quality of Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of: The students and peer facilitator evaluated the functional suitability as Excellent, Performance Efficiency as Excellent, Compatibility as Fair, Usability as Excellent, Reliability as Excellent, Security as Fair, Maintainability as Very Good and Portability as Excellent.

Students' evaluation on the Level of Acceptability of the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of: Functionality.



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The students evaluated the Functionality as Excellent. Performance. The students evaluated the Performance as Excellent.

Peer facilitators' evaluation on the Level of Acceptability of the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of: The peer facilitators evaluated the Functionality as Highly Acceptable. The peer facilitators evaluated the Performance as Highly Acceptable.

There was a significant difference on the software quality evaluation of the peer facilitators and students of the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of usability. There was a significant difference on the level of acceptability assessment of the peer facilitators and students on the Interactive Mindfulness Mobile Application in PRMSU Iba, Zambales in terms of functionality and performance.

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