Being Human

We all use technology too much, so an app was designed for users of 21+ age to help reduce mobile phone dependency through meditation to help users better focus on themselves status and manage their time.

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Bi Wu

Mindpause
Mind: Focus through meditation
Pause: Reduce screen time

Interview

User's environment and time flow

INTERVIEW
In this survey, three age groups were selected.
Questions:
- The flow of time you spend using your phone during the day.
- When you use your mobile phone, do you try to control how long you use it?
- Do you tend to get distracted by apps when you're working or studying?
- Do you know meditation? What are your thoughts on it.

Shuang 31 yo
Daily Hours 8
Contact with clients during the day and often feel that the pace of work is too fast / Want a short mental break at work.

MeiRong 39 yo
Daily Hours 7.5
Would love to try a meditation activity as I often need time alone to think!

Meiqin 30 yo
Daily Hours 9.5
Does meditation take a lot of time? Because my daily life is very busy.

Dong 35 yo
Daily Hours 8.5
I like to be on silent mode when I'm studying because I'm always distracted by messages.

Ying 58 yo
Daily Hours 7
Browsing the news every morning / hoping meditation helps improve sleep quality.

JiaYing 23 yo
Daily Hours 10
Night owl, active on various social media platforms / considered if no special place is required for meditation.

Jin 70 yo
Daily Hours 4
Only use phone occasionally to listen to news and video with my family / Doing similar meditation exercises to get in shape regularly.

Liu 66 yo
Daily Hours 4.5
Listen to the radio once in a while before I go to bed, and I usually go to the park during the day to do exercise.

People

Psychological needs in mobile phone use

85%
Of people admit to interrupting conversation, mealtime, or playtime to check their social media, text message.

73%
Of people feel stressed, anxious, or tired so they use thier phones to relax.

67%
Of people can't ignore their phones. They check them within the hour after getting an email, or alert.

65%
Of people monitor their health and have a need for meditation and are willing to meditate through an app.
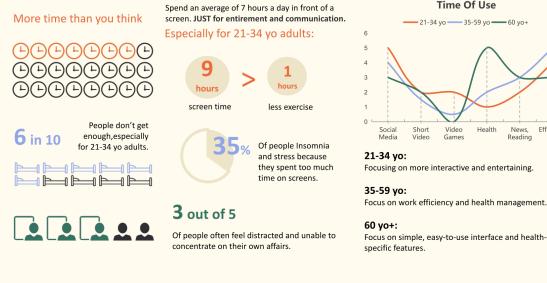
User Group
Adult 21 yo+

Activities

Users' activities and time spent on phones

More time than you think

Spend an average of 7 hours a day in front of a screen. JUST for entirement and communication.

Especially for 21-34 yo adults:

9 hours screen time > **1 hours** less exercise

6 in 10 People don't get enough,especially for 21-34 yo adults.

35% Of people Insomnia and stress because they spent too much time on screens.

3 out of 5 Of people often feel distracted and unable to concentrate on their own affairs.

Time Of Use

21-34 yo   35-59 yo   60 yo+

21-34 yo:
Focusing on more interactive and entertaining.

35-59 yo:
Focus on work efficiency and health management.

60 yo:
Focus on simple, easy-to-use interface and health-specific features.

Context

User's environment and time flow

21 yo   35 yo   60 yo

Purpose of the meditation app:

Morning:
kick-starting a positive day and avoiding premature phone distractions.

Midday:
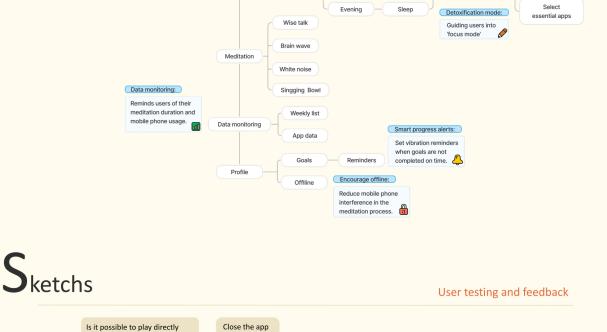Relieve work stress and avoid excessive social interruptions.

Evening:
Help to relax and fall asleep, avoid excessive use of phone in the evening.

Technology

Reducing mobile phone over-reliance

User flow & functions:

Sketchs

User testing and feedback

Is it possible to play directly after selecting the time or apps?

Close the app or set it to do not disturb?

The selection interface needs to be intuitive and easy to understand.

Consider the user's environment.

Allow to download ?

Need to explore analytics visualizations (Infographic, bar or line chart?)

Flow of simulation video   View

Wireframe

Improved app features

Homepage time options:
Three time slots designed for different user needs (e.g., focus mode, sleep, etc.).

Simple and user-friendly:
The design is keep clean and easy to use, especially for older users.

Freedom to choose:
Guide users to select essential and non-essential apps based on different scenarios, and set them to distraction-free mode.

Interactive meditation:
An interactive meditation and data tracking interface for younger users to choose audio and manage time.

Offline download feature:
Support audio downloads, allowing users to meditate offline and better reduce phone distractions.

Thank you