Conference Paper

Ace Diary: An Online Counseling App With Monitoring of Self-Development Tasks

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Abstract

There has been a recent rise in online counseling applications in response to the increased need for counseling during this pandemic. Unfortunately, the concept of online counseling apps in Indonesia is still premature because the apps just connect counselee and counselor via chat or call. These apps cannot monitor the self-development tasks that the counselors gives to the counselee, even though this is a requirement of the counseling process. The researchers in this study used M. Asimov's model to design a new mobile app. The features to monitor self-development tasks divide into yearly, monthly and weekly planning. The information system categorizes into time and fourth quadrants of time. It is hoped that the counselee can use this to manage their activities based on the importance level to help achieve their goals.

Keywords: Mobile apps, online counseling, self-development tasks monitoring, four quadrants of time

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1. Introduction

The number of depressed individuals in the Covid 19 pandemic is rising than ever before. [1]. Indonesian research indicates that many staff [2] and students cannot perform their duties during this pandemic [3]. This disorder impaired the efficiency of work [4] and academic achievement [5].

Riliv, Wysa, BetterHelp, Talkspace, and Kalm offer online counseling applications to solve the problem. Unfortunately, any of them only provide talking features. There are no features that can monitor or track counselor assignments and integrate them with the counselee's scheduling system. Whereas in the consulting process, the duty usually offers because it will promote the counselee's problem-solving abilities.

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Answering those requirements, Ace Diary provides feature journaling where the counselee can input the tasks he wants himself or the counselor to give. The task inputted by the counselee in scheduling features can be monitored directly by the counselor if the counselee wants to show it. The counselor will know if there was a problem in counselee duties and encourage the counselee to complete the planned task.

Furthermore, the quadrant-time is a fourth-generation time management theory [6], encourages the counselee to coordinate their actions at their degree of importance. The feature WIG of McChesney [7] and the four quadrants of Covey [6] train the counselee to make more critical decisions every day to achieving targets.

2. Method

As for the design process, Asimov's model use in the How Do You Build a book, introduced by Duberly. Asimov's model comprises the feasibility study, preliminary design, detailed design, planning for production, planning for distribution, planning for consumption, and planning for retirement [8]. The step details in Figure 1 below.

The early user of this app is students of Universitas Negeri Malang for freemium edition. Their analysis stage results show the need for encouragement and facilities to develop the students' ability to manage the time and emotions in this social distancing situation. Moreover, the economic analysis stage results show that since they use the freemium edition when attending college, they have bounded it even though they need access to the premium edition after graduated. The user market segment will be a potential strategy because it has four thousand new students each year [9].

3. Concept and Visual Design

The planning page is colored in the green background-different color background from the others for the recognition scheme. It will the user has direction in planning pages and knows the way to the other pages. It is important to do this to make it easy for the user to discover ways to access other pages [10].

3.1. Yearly Planning

Yearly Planning Page has a Goallist feature that serves to set goals—the goal list divided into Goaling and Whirlwind. Goaling's goal is more important and has a long-term

Figure 1: Asimov's Design Model

impact than Whirlwind's goal. Goaling's goal can include self-constructive things but is often forgettable because they are preoccupied with Whirlwind activities. An example is further school preparation. Before the goal sett, it brainstormed things goals that want to achieve as something important. Furthermore, indications that did have not set visualize with buttons that have not yet colored-see 2.

Whirlwind's goal is everything that must be worked but does not give progress in Goaling's goal. Usually, the nature of Whirlwind's goals is urgent but does not have a significant long-term effect on Goaling's goal. Usually, it sett as an event deadline. Both of these goals can be added unlimited via the plus button below. Each box can scroll down too.

In this Yearly Planning Page, there is also a Breakdown Goal to Action feature. It brainstormed the goals into small actions that branch out and stretch. Both of the goals can break down in this box. This box can also be shifted left and right. When the time icon click, it will appear time setting in the right box of it. The setting of the time
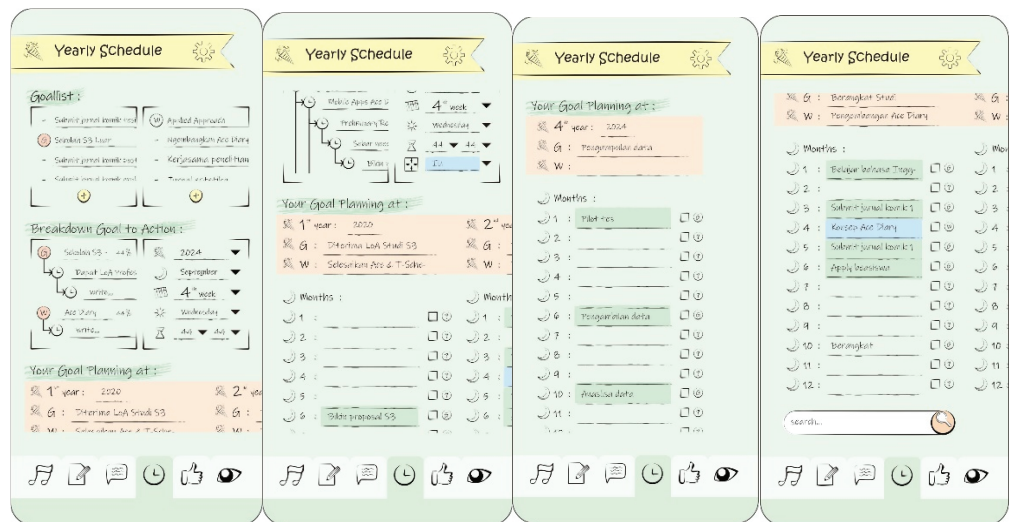
Figure 2: Yearly Planning Page

consists of years, months, weeks, days, and hours. Which if it sett, it will be logging to other planning pages. For example, It set up speaking training activities to breakdown Goaling's goal. It clicks the time icon button; for example, it sett in 2024, September, and week 4, and when it stops here, it does not choose the day setting. It will be logging until Goaling's goal on the Weekly Planning page.

The next feature on the Yearly Planning page is the Monthly goal that can set in each month, from January to December. It can be scrolled up and down and shifting left and right. If it shifts left and right, the information Year's goal will shift too.

To set the Monthly's goal to the Goaling's or Whirlwind's goal, the user can click the question button to set it in Goaling's goal or Whirlwind's goal. Furthermore, if the goal will check, it means the goal reach successfully. Furthermore, it will log in reaching presented in Breakdown Goal to The Action box feature.

If this Yearly Planning scrolled until the end, there is Searching Column that serves to find the action set up on this Yearly Planning page. The visual of the screens will shift to show the results of the searching.

3.2. Monthly Planning

At the top of the Monthly Planning Page, there is a year and month selection button-see Figure 3. Below it, there are Monthly's Goaling and Whirlwind. If the goal is empty and not yet colored, it can click to written and selected one of the quadrants. If the goal has been written but not colored, the time's quadrants have not select.
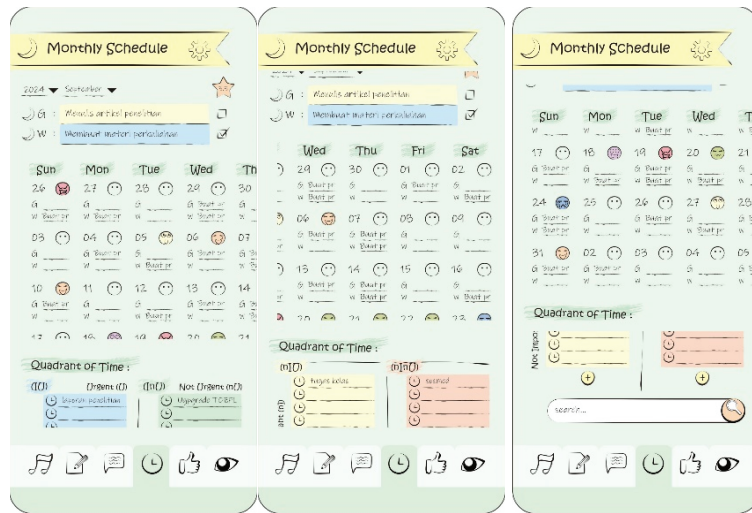
Figure 3: Monthly Planning Page

Goaling's goal must color in blue or green color. The Whirlwind's goal must be yellow or orange because of the Important Scales color in green or blue color, and the Not-Importance Scales colored in yellow or orange. It means the Goaling is Importance activities in scales, and Whirlwind is not an important activity in quadrant scales.

The box achievement will check manually, or automatically-if the activities parents below completed. Those results can add the presentation of both of the goals in the Breakdown Goal to The Action box.

Below it, there is the Monthly Calendar, which is displayed daily from Sunday to Saturday. There is a description of the day's name, the date, the information planning, the color of the quadrants of time selected, and the emotional record in the monthly calendar. It can scroll up and down and shifted right and left. If it shifted left and right, the day's name is information box also automatically shifts too. The goal and emotion of the day can click and add the setting.

If the emotion record is not yet selected, it will take no color and image in freeze emotions. However, if the freeze emotions icon clicks, six emoticons appear: anger, joy, pain, shock, fear, and sadness. That will also link to the information of the diary or drawing page.

The next feature is Time's Quadrants Column. This scale categorizes into Important and Urgent [8] scales. The merger of the two categorize produces four quadrants of time. It consists Important-Urgent (UI) symbolized by blue; Important-not Urgent (UI) symbolized by green; not Important-Urgent (UI) symbolized in orange; not Important-not Urgent (UI) symbolized in yellow.

Users can click the plus button to added the action. Each of the four squares on each quadrant can be disc rolled up and down. Furthermore, if one quadrant scrolled down, the other one does not go down. If the user wants to set the time further can click the time icon.

At the last bottom of the Monthly Planning Page, there is a Search Column that can search for actions written in that Monthly's Planning page although it in the other Yearly's Planning. The results of the searching will show with shifting the page too.

3.3. Weekly Planning

At the top of the Weekly Planning page-see, the Figure 4-is the same as the month page. The difference is a subpage To-Do List and Daily's Planning. The To-Do List subpage helps the user brainstormed the things that they want to do in the week. It is free brainstorming for the user because it has not set in time and quadrants. If the user wants to set furthermore, they can click the time icon. Furthermore, it will log in the time or quadrants of the time that sett. If it has set, it will disappear in the To-Do List subpage.
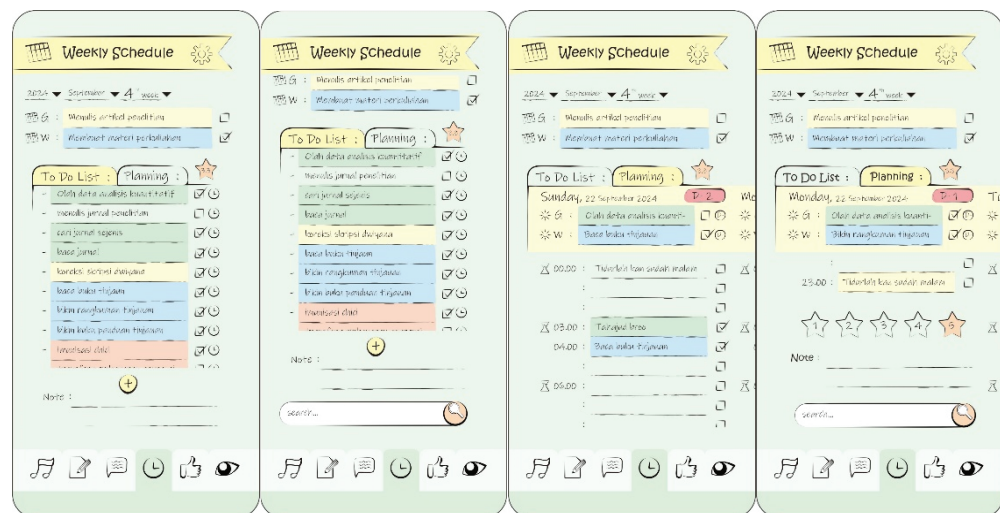

Figure 4: Weekly Planning Page

The To-Do List subpage action can be scrolled up and down and can add in the plus button. If the scroll down the end, the Searching Column serves the Daily's Planning subpage's action in the other Weekly's Planning. The results show as same as do the others.

The second subpage on this Weekly Planning Page is Daily's Planning. The goal setting is the same as the others. The distinguishes the presence of a D- button to set deadlines. It can only be chosen once, for Whirlwind or Goaling. Furthermore, the day

before the set deadline will count. When the deadline is changed, a pop-up notification will appear whether it is sure to change the deadline because other data will be affected.

Below it, there is a box that displays the action hours. The information hours of the actions show in every 3 hours, starting from 01.00 or 24.00. The ways of writing the action are sam to the writing of the goa ones.

At the end of the journaling of the day, there is the Stars Achievement Button. It serves to self-assessment the counselee about the day. The Stars Achievement Button scales from 1 to 5, with five as maximum. The Stars Achievement data will log with Achievement Diagram pages.

At the end of the scrolling of the Dail's Planning subpage, there is the Searching Column. It works the same as the other, but it just served to search action in Daily's Planning subpage although it in the other Weekly's Planning.

4. Conclusions

The missing thing about this design is the interface of the management of time did not test to respondents. It turns out that many of them do not understand how to operate it in page scheduling.

5. Suggestions

For the development of the next application creation, it will be better when tested the complicated interface. Designing based material.io and creating a prototype with Figma before go to the developer will get a better beta version.

Acknowledgement

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