

Integrating Project Assignment 1818917

by Lloyd Case

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Introduction

In this report the overall problem that I will be solving is people's health and well-being. The reason for this is because during the last couple of years, people's health and well-being has been a concern with people working from home and being stuck inside due to Covid-19. A prototype system will be developed, which will include all the subjects that we researched as a group. We have named the website "Swansea Student Health & Wellbeing", with the slogan "Improving and maintaining the Physical, Mental and Social Health and Wellness of Swansea Students". These subjects are: Mental health, well-being, healthy lifestyle and feeling bored. I was given the role of feeling bored.

Feeling Bored

This section of the report will be about the tools and techniques that were used to solve the challenges of the problem. In this section I will be writing about feeling bored. Through my research I have learned that feeling bored isn't necessarily a bad thing but being active and doing something you like/enjoy will help with your boredom. You must be active to stop feeling bored, in the moments where you feel bored you must find a way to use that opportunity to be productive, see if there is anything you can do to better prepare for the future to avoid feeling bored and instead being more productive. However, feeling bored can also lead to a lot of negative stuff such as a lack of motivation. Even if this is the case it is best to start slow and slowly gain back your motivation.

In this article by "lifehack", it states that boredom is subjective [1], while this is true as what you find boring others may find fun and enjoyable, as long as it is boring to someone then that person must find a way to make it fun or find something else that is fun to them. High quality activities [1] are what keep us engaged in the activities we do therefore if you find something boring you will tend to avoid/dislike doing that activity. Ways to improve/ help with making boring activities more enjoyable and not boring is to make them a way to experience growth and help with learning something for another activity [1]. Priority is another way to make sure you never get bored, let's say that your work is boring then if you do all of the boring work first and not last then the other pieces of work will become more enjoyable [1] as you have already done the worst of it and then the other tasks will seem more fun and less boring. Another way is to have a schedule and make sure you give yourself a break when needed [1] and to not do all of the work in one sitting as that is likely to make you more bored than if you did take breaks, giving yourself something to look forward to is another way to make tasks more enjoyable as you will have a reward at the end of all of your troubling work [1].

This article by the BBC titled "*Feeling bored, flat and unmotivated? Here are some things that can help*" is another great article about feeling bored [2]. They state that because of the pandemic, many young people have faced challenges because they were bored [2]. "The way you feel is valid" [2] this quotation struck me as something everyone should do, when feeling bored it is important to know that you can become un-bored and enjoy what you think is currently boring. They also say that you should just continue to do activities anyway even if you feel bored [2], this means that even if you don't want to do anything right now it's best to still do something as maybe you will enjoy it and then you won't be bored. When you tell others about your plans it can help as a way to show that you are committed to doing this [2], this can help show that you will commit to what you have said and if it involves other people then it could be a great way to do something that everyone finds fun like playing a game and then everyone will be enjoying and no one will be bored.

WebMD lists boredom as: an emotion that signals your brain that what you are doing isn't satisfying [3]. When you are bored it could mean that you are not fully engaged in what you are doing [3], this

is obvious as when you do something you don't want to do then you will resent and dislike doing it. Staying motivated is part of being bored as if you are bored then you are not motivated to continue to do your task as you won't want to do them. You may rely on others to do your tasks for you [3] which isn't good as you want to be able to do them yourself and feel motivated doing them.

Wellbeing

This section will be about wellbeing, Barry did wellbeing, they have stated that helping your wellbeing can be done by, reducing stress, being with people, getting enough sleep [4]. These are all very important and will not only help improve your wellbeing but also improve every aspect of your life such as feeling bored, mental health, healthy lifestyle as well as your wellbeing. The NHS suggests that to improve your mental wellbeing you must connect with people [5], this can be done by having a day out with friends, or using apps like facetime to see peoples faces while talking [5], however do not solely rely on technology as your only means for communication/keeping relationships.

As for physical wellbeing one of the best ways is to go outside and connect with nature [6], as stated by health and wellbeing reconnecting with nature will help your vitamin D and give you some nice fresh air [6]. Doing this activity with friends as stated earlier can help improve your mental wellbeing. Meditation is another great way to help your physical and mental wellbeing, it will help you focus and calm you down, and a great way to reset your mind and body by taking deep breaths and thinking about all the positive you are happy you have [6].

Healthy Lifestyle

This section will be about a healthy lifestyle, Aliu did healthy lifestyle. Having good health does not only mean that you are well it means that you are in a good state of physical health and mental health [7] and socially have friends and family and that you are not alone. All of this means that you are eating healthy, getting good exercise, sleeping well, and avoiding drugs that can harm you [7], this means that you must eat as much calories as you burn off in one day in order to stay fit as all of that fat you haven't burned off will be stored. Sleeping well is another thing that people seem to overlook but can have big health issues if you don't get enough sleep. It is recommended for adults to get around 7-8 hours of sleep every night and if you are failing to do so then you should help yourself by scheduling when you should go to sleep this way you can always be ready in the morning when you wake up as you would have had enough hours of sleep. Deciding on when to go to sleep is important as if you must wake up at 9am you should look to get 7-8 hours of sleep meaning you should be sleeping by 12am. Having a routine [8] is how you solve this problem, meaning you will always get the right amount of sleep before you wake up.

Mental Health

This section will be about a mental health, Jamie did mental health. Mental health is very important to everyone as it can affect anyone at any time and is very important to know when your mental health is declining so you can stop it before its too late. Depression is a well-known mental health issue; depression is when you feel down for a long period of time and is on going for weeks and months [9]. There are some physical symptoms for depression such as feeling tired, having various pains, sleeping badly, and having no appetite or too much of an appetite [9], having these symptoms does not mean that you necessarily have depression. There are different ways in which you can get depression, these could be a life changing situation, losing a loved one, anything negative happening in your life or even if your family have a history of depression then you can be more likely [9].

How to solve the problem

The way that us as the group have decided to solve this problem is by making the website with all the information on it. It is to be noted that Barry created the website all by himself. Our plan is to use the website to link to other websites which can help with the issues that we brought up: feeling bored, wellbeing, mental health, and healthy lifestyle. Our time was allocated well for everyone, with Barry being the leader he decided to do the website as well as research for wellbeing, and Aliu did healthy lifestyle, Jamie did mental health, and I did feeling bored. The section I led was the research on feeling bored, I did research for about 2 hours looking for different websites with different information on them to learn as much as I possibly could. The way to solve the problem is by implementing what we discussed into action. This means the social clubs we have on our website, all the different articles you can read about. This is how we intend to solve this problem.

While researching about feeling bored I didn't want to just take the first websites I found without giving a good read through and call it a day, I wanted to find articles that gave good solutions to feeling bored, ones that I would consider using myself. This led to the research being a long time and looking for the right and credible articles were very difficult as sometimes it was difficult to verify the websites meaning I couldn't know if what they were saying was accurate or not. To help with this I did research on the authors of the article when possible and did research on the websites they came from to see if there was any information that would help me see if they were credible or not. It was also difficult to find websites about feeling bored in the first place without checking for credible websites.

As for the other members of the groups research I don't know how long it took them or how long they spent on their research, however reading through the articles they posted and how credible they are it is safe to assume that they were also careful with how they did their research and didn't just pick the first websites they saw and use them.

Design of the solution

As for the design of the solution, Barry was the one who created the website and therefore came up with the website design by himself. The website works on both desktop and mobile and the functionality works well on both. We all decided that a website was the best solution for us as we were able to conduct our own research and then put it all together on the website using all the links we had found through our research. We used Wix to create the website as it is an easy-to-use website maker and can be used for free. Included on the website is user interactions which show if there are any events in the area and have links that instantly direct you to their websites. We also have links to external resources which help with the varied issues we have on our website which can help. There is the phone number to the student union on the website too. You can also sign up to our newsletter to get weekly updates about health. As for hardware the website will be able to run on any computer or smartphone device even ones that are very old as it does not take much power to run this website, if your device can open websites then this solution will work. Building the website was a team effort because of all the research that we all did to help fill the website with all our help to solve this problem.

Success of each stage of the problem/What could have been done differently

The result of our solution is that we did build an affective solution to this problem and gave lots of different resources to our visitors that should help them with their problems of feeling bored, mental health, healthy lifestyle, and wellbeing, if these were what they wanted to try and find help for. The final overall outcome of this is that we were successful as a group in building our solution to solve

this problem. We gave a lot of different resources to help Barry build the website with the rest of the groups research on the other topics that we needed. There are a few things that could have been done differently to what we ended up with. The communication of our team was not that great, and we ended doing mostly everything independently instead of working together and making sure we build the best solution we can. Having Barry create the website on his own, was another mistake by our group as we couldn't give any feedback on the website or give our ideas on helping build the website and adding stuff that we believe could have been better for us. We could have suggested the implementation of things such as random daily hints for people who sign up to our newsletter or ways to make an account and be able to track how much calories you have eaten or how much sleep you had etc. However, in the end we needed to be more of a team, and I think next time, that is the biggest thing I would change.

This is a link to the website:

<https://1909431.wixsite.com/my-site>

References

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GRADEMARK REPORT

FINAL GRADE

60/100

GENERAL COMMENTS

Instructor

lloyd case		
1 engagement with literature		
comment		available
9 references all websites- working forwards use a range of source types	15	
2 Knowledge and Understanding		
comment		available
report indicates sound knowledge throughout but seems a little lacking in tying the subject matter back to the scenario and how to utilise it	40	
3. Cognitive and Intellectual skills		
comment		available
usage discussed but little evidence provided as to how this was employed the discussion gives credit to other team members	30	
4. Practical Application Skills		
comment		available
		0
5. Transferable Skills for life and Professional pract		
comment		available

no clear intro or conclusion	15
no cover page or table of contents	
report structure needs work in future submissions	
avoid first\second person narrative	
Total:	44

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