HEALTHY EATING HABITS REMINDER MOBILE APPLICATION

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Abstract

Poor eating becomes health issue when students are having transition in their university life, where they are exposed to stress and not enough time to live their student lives. Poor eating habits comprise of skipping breakfast, food binging and many more. A questionnaire has been distributed to know their eating habits pattern. From the analysis, shows that students faced the poor eating habits. Therefore, a mobile application which is known as Eating Reminder (EaR) is developed by applying persuasive technology tool strategies to motivate the behavior or attitude changes of users to encourage and remind them to take meals at proper time. Students evaluated the usage of the application on several aspects such as compatibility, content, navigation, interface design using heuristic evaluation of persuasive health technologies method. The result from the testing phase identified that EaR succeeds in reminding the users to take the food after the notification pop out and most of the users are influenced to take meals on time. As a conclusion, most of the respondents agreed that EaR able to remind them to eat on time but others just ignores it due to lack of motivation to change and time to take their meals. On top of that, EaR is a usable application which can motivate and educate students to eat on time and lead to healthy lifestyle. Further works, EaR will add some functions such as time customization, add more varieties meals suggested and display more instruction to help users.

Keywords: eating habits, persuasive technology, reminder system, mobile application