Ganesha

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Abstract

The following paper presents the process developed throughout the semester, to reach the final product, "Ganesha". Application that seeks to help people lead a healthier life through meditation and put introspection into practice. This with the tools that are provided within the app, in which we can find sections such as: Balance, Learning, Activities to be carried out, etc.

An investigation was carried out on the topics of "Excess stimuli" and the "Slow Living" lifestyle in various sources of information such as books, documentaries, web pages and approaches with experts to understand more deeply about these topics.

To delve deeper into the subject and understand how both lifestyles are lived, approaches were made with users who were familiar with these lifestyles. Methodologies such as interviews, empathy maps and Lover-letter / Break up letter were used.

After the approaches, an analysis of the information collected was made to begin the ideation and design process. It began by categorizing the information from both experts and users. What led us to obtain discoveries that would help us understand the situations that users experience and thus be able to find a solution to these problems. Based on these discoveries / insights, it was possible to start the process of proposals and design principles, which would be the bases for the development and design of the application.

It was decided to develop an application as a proposal for the final product. During the development of said app, tests and approaches were carried out with users to verify and test the operation of the app. These tests helped the continuous evolution of the application until reaching its final prototype.

Keywords

Stimuli, Introspection, Tranquility, Self-control, Self-awareness, Emotional tranquility.

1. Introduction

Lately more and more people have realized the accelerated pace with which we are managing and leading our lives. It is increasingly alarming and this poses a risk to our physical and mental health.

This is why practices such as Slow Life and Slow Ceremony have become increasingly popular, something that is important since we must curb these excesses of stimuli and pay attention to ourselves and prioritize our mental health.

It is important that people understand that taking care of oneself is something that we should start prioritizing before anything else. A crucial point that is addressed in this paper is how we should begin to change the ideas that have been instilled in us since childhood in terms of prioritizing activities such as work, school, or having to be doing any task at all times to be productive. and not "waste time". We must connect with ourselves again and start doing activities and things that make us feel at peace and give us a sense of fulfillment.

When developing this project, a solution is sought to the problem that addresses the reduction of stimuli to which we are constantly exposed in our day to day, as well as providing users with a tool in which they can rely to get to know themselves, connect with activities that they like and that they can learn more about the practices related to meditation and the Slow Life lifestyle.

Users: Young people/Adults from 18 to 30 years old, students, who seek to change their lifestyle for one that provides them with dignified emotional stability and allows them to develop adequately in their environment.

2. Statement of the problem

2 themes were initially chosen, the first of them focusing mainly on the practices and lifestyle that is Slow Living. And the second topic addressing the problem of "The excess of stimuli today."

3. Theoretical Framework

For both topics, secondary research was conducted in various sources.

The information gathered from these first approaches and investigations was as follows:

- Accelerated thinking syndrome

At present, many people lead a fast pace of life and with an alarming excess of stimuli. This causes people to experience something called racing thought syndrome.

This syndrome is a type of anxiety whose main characteristic is that the excess of information, activity, worries and social pressures can accelerate the mind with an intensity never seen before.

This is the cause of the excess of information to which we are continuously exposed in our day to

day. It leads us to a digital intoxication which inhibits us from being able to anchor ourselves to a specific activity or thought; so we lose focus and concentration.

The bases of this syndrome are:

● Excess stimuli.

● Excess of visual and auditory stimuli.

● Excess of information of all kinds.

● Paranoia of consumerism and aesthetics.

The result is a terrifying and sterile speed of thought. Lots of useless thoughts. (One of the consequences of this is that) For example, a reader reads a page of a book or newspaper and does not remember anything.

But SPA anxiety comes from a stressful and hectic lifestyle, and in many cases there are no historical causes.

- SPA symptoms

Lack of sleep, difficulty falling asleep, waking up tired, lumps in the throat, intestinal disorders, and sometimes even increased blood pressure.

If there are headaches and muscle aches, they are an alarm that the brain is exhausted by excessive thoughts and worries.

Between 70% and 80% of human beings, including children, have a manifestation of this syndrome. It is, without a doubt, the evil of the century, more than depression.

The SPA in the digital age has already caused an intense disorder and deficiency in the socio-emotional quality of life in all modern peoples and cultures.

The consequences of racing thinking syndrome can be severe for people as it results in anxiety, a low or lower threshold for frustration, intolerance of setbacks, and irritability.

It has been noticed that due to this problem, students do not develop deep and schematic reasoning. They are much more reactive, they act according to the stimulus-response, action-reaction phenomenon, and they cannot internalize, work their conflicts in a more intelligent way.

-Slow living

After the pandemic, a movement called Slow Life has become popular and gained strength.

The slow life is a cultural movement that constitutes the defense of a new, calmer and more relaxed lifestyle in the face of the accelerated and stressful rhythms to which we are subjected. Being a good alternative as a solution to the problems that are experienced today in terms of overload and excess stimuli.

Philosophical practices related to Soul-Centered / Slow Ceremony:

-Slow Living

"Show living is a slow alternative to the culture of the urgent and the instantaneous. The slow movement

advocates recovering the natural rhythm of things".

It consists of a philosophy of life based on the way of living paying full attention to the present moment, focusing the senses on what is being done or contemplating at that precise moment, thus trying to enjoy each moment and dedicate to each task the time that necessary to do it well.

- Ichi-go Ichi-e

The meaning of ichi-go ichi-e leads us to reflect on the value that we must make of each moment and treat it as a beautiful treasure.

It is about paying attention instead of jumping from one idea to another. This concept seeks to take advantage of the Zen teachings on attention to achieve harmony.

- Meditation

The purpose of meditation is to reduce stress levels and work on people's emotions. When you meditate, you are usually sitting quietly with your eyes closed. Sometimes you can repeat a sound or phrase (known as a mantra) to help you focus. This discipline can be done anywhere and anytime you want.

- Zen

The purpose of Zen meditation is to simplify, it is to live in the present paying attention to each moment as something absolute and transcendent.

4. Methods of approach

These approaches were carried out together with experts, psychologists, therapists and users who were related to the slow living theme and lifestyle.

The purpose of these first approaches is to know and understand why users have chosen to adopt the lifestyle that is the slow living method.

Los métodos a aplicar en estos acercamiento son los de

- Love letter - break up letter.
- Empathy map
- Entrevista

- Interviews

Interviews were conducted with 4 experts; 3 of them psychologists and 1 psychotherapist.

The first expert to be interviewed was the psychologist Jorge Enrique Torrealba Hernández. The second expert was the psychologist Paola García Teruel. The third expert was the psychotherapist Susana García Cruz. The fourth expert was the psychologist Erika Vásquez.

- Love letter / Break up letter

This approach allows users to express their feelings, thoughts and/or emotions towards a specific problem in a more direct way in a more personal format such as a written love/separation letter.

- Empathy Map

The empathy map is a method that allows us to understand users in terms of a specific situation. This method gives users the opportunity to express such situations from their own points of view.

4.1 Process of approach methods

- Interviews

From the interviews carried out, it was possible to rescue that continuing to lead this type of fast-paced lifestyle and with an excess of stimuli can bring us serious long-term consequences. Another point that emerged is that these new lifestyles, such as Slow living, can be misunderstood and/or misinterpreted by outsiders, since they can be associated with lazy practices or attitudes. It was concluded that adopting these more "quiet" practices and lifestyles is a necessity in order to allow ourselves to get to know each other again and give ourselves the time to do the things we enjoy.

- Love letter / Break up letter

Users were asked to write 2 letters each; one of them focused on how both their work/personal life and their health have changed after adopting certain slow life practices and modifying their lifestyle towards one that gives them more peace of mind. The objective was to know the different perceptions of users based on the environment that surrounds them before and after adopting this new lifestyle.
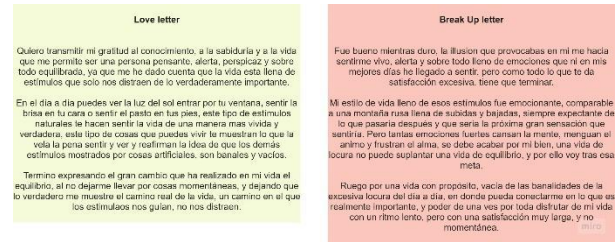

Figura 2. Cartas escritas por usuario 3

- Empathy Map

For this approach, an empathy map was provided to each user, in which they were asked the questions of what they feel, see, do and hear in their day to day since they began to adopt this slow life style. . The objective was to know the different perceptions of the user in his environment and the people around him. Your actions and thoughts regarding this movement/practice and the negative points you have experienced throughout this process.
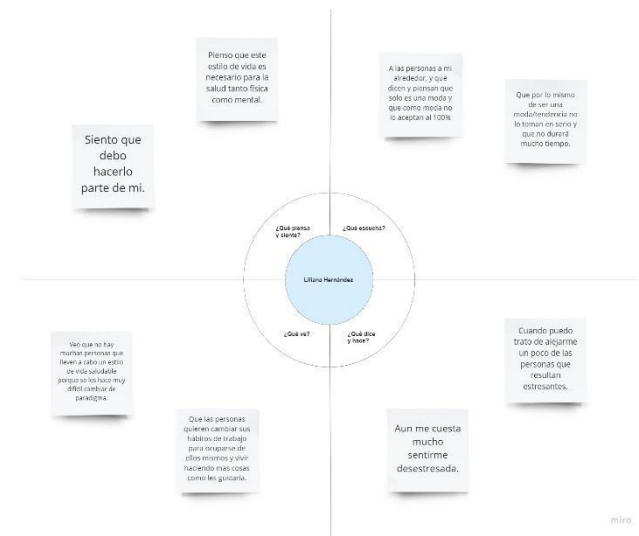

Figura 3. Mapa realizado por usuario 1

5. Categories

Prior to creating the categories, the units of analysis must be identified. These can be considered units of meaning and have to be considered based on spatial, thematic, temporal, grammatical and social criteria.

This section seeks to categorize the information obtained from the interviews with experts and the approaches to users.

Analyze and separate the information that is related by groups in order to identify possible areas of opportunity in which to work.

The categories that were identified and that stood out the most were:

● **Mental health**

● **Personal growth / Re-introspection**

● **Self love**

● **Physical problems**

● **Practices carried out**

● **Technological poisoning**

● **Thoughts inculcated**

● **Instantaneousness of things**

- Mental health

"I think this lifestyle is necessary for both physical and mental health."

"I see that there are not many people who carry out a healthy lifestyle"

"When I can, I try to get away from people who are stressful."

"The feeling that I should be doing something causes me a lot of anxiety"

"Dedicate time to myself and emotional tranquility"

"Know more about myself and live with more peace of mind"

"I have been kinder to myself too, I have learned to listen to my body, mind, emotions and soul."

"I think that from now on physical and emotional health is being affected from the systemic approach, since it is relational, I believe that it is also at the level of relationships"

"If something is not done about it, individuals will continue in automatic mode, becoming mentally lazy, health problems such as addictions, hearing and visual damage, damage to the fingers due to repetitive movements will increase"

"If something is not done about it, individuals will continue in automatic mode, becoming mentally lazy, health problems such as addictions, hearing and visual damage, damage to the fingers due to repetitive movements will increase"

"I believe that greater dissemination should be given in schools and companies, health institutions and in

the same media about this syndrome and its consequences"

"I'm not going to deny that some things helped me, but, just as it helped me, it also destroyed me and ended most of my peace of mind"

"But so many strong emotions tire the mind, weaken the spirit and frustrate the soul"

"It will be difficult for people to create awareness that mental disorders are created by digital media.

- Personal growth / Re-introspection

"Thoughts are what create feelings. It has been very important for me to evolve and change my life."

"Since you came into my life I have been able to enjoy more the little things that happen to me."

"I don't spend my mind elsewhere and I'm here, present."

"Since I stopped obsessing over work and grades I have learned to really enjoy studying, homework."

"That it is easier to make that change than it seems"

"Working a lot on oneself, knowing who we are and what I want to become. Worrying first and foremost about the things that complete us and make us feel fulfilled."

"There are very basic things and the first thing I think would be an introspection to take the time to really

say how I am, how I feel with my life at the moment"

"Invite human beings to become aware of the damage they do to themselves by not having an adequate use of technologies"

"I do consider that one of the most effective techniques is to attend therapy to treat anxiety and even depression"

"Dedicate time to exercise, walk or do some sport, have contact with nature and look contemplatively at the sky, the trees, the flowers, the animals"

"Who lives beyond their reality, can have multiple personalities that won't let them be what they want to be."

"Being in contact with our breathing and with our inner being is very beneficial for the human being to live in person"

"In day to day you can see the sunlight coming through your window, feel the breeze on your face or feel the grass on your feet, this type of natural stimuli make you feel life in a more vivid way"

"I pray for a life with purpose, empty of the banalities of the excessive madness of everyday life, where I can connect with what is really important, and be able once and for all to enjoy my life at a slow pace, but with a very long satisfaction, and not momentary."

- Self-love

"Learning to properly manage emotions anxiety sadness anger emotional pain"

"Walking on grass or sand helps a lot"

"Living in person and harmoniously with friends and family to cultivate inner peace, harmony and love"

"It is very important that you focus on quality moments with the people who are important"

"To be able to really rethink what the priorities are and from there I think it is possible to have small habits"

"This type of things that you can experience show you what is worth feeling and seeing and reaffirm the idea that the other stimuli shown by artificial things are banal and empty"

- Practices carried out

"I thank the people who have taught me to meditate and calm my mind"

"I can feel without fear or guilt, I find creativity in my life again"

"Since you came into my life I have been able to enjoy more the little things that happen to me, seeing the rain fall, the taste of my food, seeing the plants or the sky, petting my dog, gossiping with my friends."

"Start with small things, give ourselves at least 10 minutes between activities to do something that clears us up."

"There are too many activities that we can apply, be it meditation, yoga or different types of therapy. It is just a matter of trying which one suits our needs until we find the one that best suits them."

"Focus attention on a single subject, collecting only the information that is needed so that it does not become saturated with activities"

"Meditating is now very fashionable because of the multiple benefits it gives to health"

"It is very important that you focus on quality moments with the people who are important"

"Within our week we have to have a section that generates knowledge, reading, attending school, taking courses, etc."

"There are processes, for example, meditation and this detoxification is said about these media or multimedia"

"To be able once and for all to enjoy my life with a slow rhythm, but with a very long satisfaction, and not momentary."

"The great change that balance has made in my life, by not letting myself be carried away by momentary things, and letting what is true show me the real path of life, a path in which stimuli guide us, do not distract us."

"I try not to pay attention to it and focus on what is most important"

"I try to take time for myself and at the same time I help my friends to take time for themselves."

- Physical problems

"Being able to do the things I wasn't allowed to do before has been so calming, it's even taken away my headaches."

"This I know has led me to feel stressed and dissatisfied to the point of becoming physically and mentally ill"

"Having to be working or doing something at all times is reflected in the future in both physical and mental discomfort"

"Our body can also reflect it as somatizations that lead to stress and anxiety."

- Technological poisoning

"That could be leaving my cell phone because I'm with you, even if it's not all the time in the world"

"There is so much excess of information and for the same reason that everything is getting faster and there is less time. I also think that less tolerance for frustration is generated"

"The digital mask that we all put on when we are next to a cell phone, a computer or something like that forces us to show all the good things all the time"

"Finding how we can do those things without using so much digital media"

"The technology industry will not allow people's health to question its viability."

"People are not ready for the lifestyle they intend to lead, our brain is not a machine."

- Instantaneousness of things

"People are now more desperate and this leads, for example, to people getting upset and having outbursts of anger"

"We are used to the fact that everything has to be fast and instantly everything has to be generated from one moment to the next and we are no longer used to waiting"

"Because people are already very used to the fact that the only solution we have is the one that an electronic device gives us what we can see instantly"

"People are having anxiety above all, I think it is something that I don't know, I had never seen so much anxiety until now"

"Such a fast-paced lifestyle creates early fatigue in people, which can make them less aware of their surroundings."

- Thoughts instilled

"The lifestyle that we inherited has invalidated our emotional tranquility."

"It's sick to think and need to do something to feel like you're not wasting your time"

"It was never enough, neither I nor the work I did. And if we did it I felt bad and I didn't enjoy it."

"I worked so hard begging to earn the right to rest, to have fun, to relax and I never did."

"It is socially frowned upon to be able to take time to enjoy, relax and take care of yourself."

"We have been taught that we have to be working all the time."

"That the culture in which we live forces you to be productive 24/7"

Thanks to the categorization based on interviews with experts and approaches to users, we were able to find what would be pain points that are shared or are present in users.

These pain points can be understood as the problems or actions that are annoying for users within a specific situation.

The pain points that were identified were the following:

● "We couldn't enjoy the break, but we just longed for it."

● "When you were here everything was more tired, uglier, grayer. The problems were too great and the joys were very few."

● "Could cause it to be associated with lazy attitudes."

● "It bothers me that other people consider spending time for myself and emotional peace of mind lazy."

● "Living restless and with the feeling that I should be doing something causes me a lot of anxiety and makes it difficult to start the day."

6. Insights

After the categorization, a series of insights were carried out that allowed us to better understand the reasons for the behavior of users in order to find a solution to the present problem.

Insights	Área de oportunidad
It is a bit difficult to adapt to this lifestyle nowadays due to the need to work	Activities that do not take a lot of time and are easy to do.
Most people have the feeling/need to constantly be doing something.	Therapies, accompaniments to reduce that feeling of constant movement. Provide a space in which people feel

	comfortable and calm.
The habits and thoughts that have taught us the most since we were little are mainly those of having to work and/or do something productive all the time.	Dar la oportunidad de encontrar sus gustos nuevamente.
Give the opportunity to find your tastes again. Introspection is key to personal development but the majority of the population is not aware of its benefits.	Have a guide to accompany you in the process. Have a group of people who have the same problem and support each other. Find an expert who can guide/accompany correctly.
The majority of the population does not practice introspection or any method of self-control due to the null information that there is about the methods to carry it out.	Find support in meditation and knowing yourself. Find activities that keep you physically and mentally active. Treat these behaviors with a specialist. Disconnect for a while from digital media.

Identifying hobbies is essential for mental health since thanks to them you can stay focused on yourself and have personal growth.	Have a clear agenda of your times and be well organized. Doing new things that keep the excitement of doing something new. Practice these hobbies without making them routine or as something forced.

7. Principles of Design

- Readability

It has to be legible so that all users can adequately understand the contents that are presented.

Give the user a safe space where they feel comfortable to experience new things

- Usability

The usability of the application has to be simple so that the application can reach more people and be accessible to any user.

- Anticipation

Anticipation will be used by providing/recommending activities to the user so that they do not fall into a routine that can become boring or monotonous.
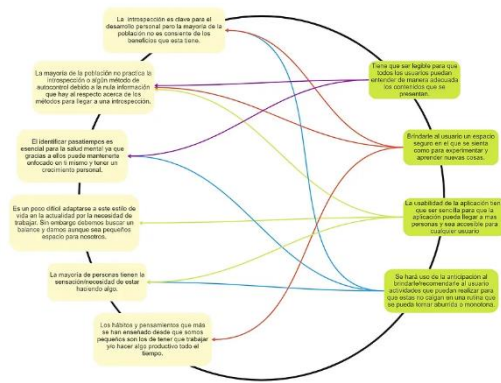
Figura 4, Mapa de relación entre insights y principios de diseño

8. Prototype

- Low fidelity prototype

A low-fidelity prototype was made to start the ideation process, design the application and decide how the topics and sections that would be displayed would be addressed.

The initial sketches of the screens were created and the name of the application was defined as "Ganesha".

This first prototype was made in the form of a digital drawing, which once finished began to be developed in the AdobeXD package.
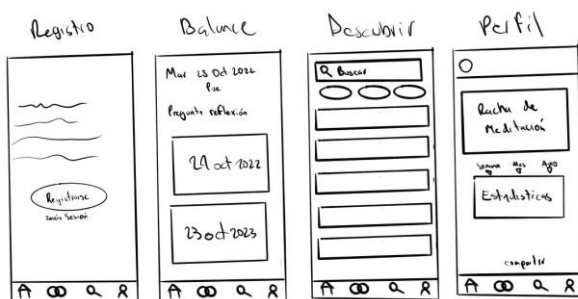

Figura 5, Primer boceto del prototipo

- Half fidelity prototype

To make the prototype of medium fidelity, visual styles, colors and mechanics and design principles were taken into account to make it more attractive and functional for users. In the same way, improvements were made to the prototype based on the comments and suggestions of the users in the first tests that were carried out.

The visual style that was chosen for the app was Flat Design, since it is a user-friendly visual style, in addition to the fact that the theme of the app perfectly accompanies this type of visual style.

We decided to use a pastel color palette, as we believe that pastel colors bring a sense of calm to the application and its interface.

9. Tests

After making the first prototype of the application, approaches were made with users to test that the application

worked correctly and that it transmitted what was initially expected.

The objective of these tests was to discover if the established scenes could fulfill our purpose and to listen to some alternative solutions.

10. Iteration

Actions to be taken to enrich the application were delimited according to the results of the tests and comments made by the users about the application.

The actions to be taken were the following:

● Include a section in which users can upload and save graphic elements so that they can revisit the moments that brighten their days whenever they want.

● Include questions that rotate each day and that give the user the opportunity to experience new things and that encourage them to think about good things that happen to them in their day and/or allow them to have a moment of introspection.

● Include notifications to alert users about the streaks, either in case a new one is opened or if one is going to be lost in progress.

● Remove/reduce the ads about sharing the app with other people because it gets a bit annoying or repetitive.

11. Results

After completing the medium-purpose development and with the adjustments and comments made by the users, user tests were carried out again to verify that the application worked correctly; for these tests the continuation procedure was followed.

- Users were initially asked to navigate the app individually.

- Once the navigation of the application was finished, he was asked a series of questions:

● What do you think of the app?

● How would you classify it in terms of personal use and certain processes?

● What would you like to add? What would you remove or correct from the app?

● In your opinion of the application in general, do you think it would help you to achieve the objective of having introspection and self-knowledge?

The results that these tests gave us is that users would like to add some functions to complement the existing ones. The first user commented that they would like to see notifications and reminders about activities to return to the application implemented

The second user commented that he would like there to be alternatives within the activities in case one of them does not suit his needs and he can choose the option that he likes best.

12. Conclusion

Without a doubt, mental health is a very important issue today, good mental health leads to a positive self-image and, in turn, to satisfying relationships with friends and other people. Having good mental health helps you make good decisions and cope with life's challenges at home, work, or school.

But at present it has been diminished by the excess of stimuli to which we submit daily, stimuli to which our body is not used and can trigger major problems, although technology is a fundamental part of our lives, it has also brought about changes that they are not completely natural for human beings, it would be delusional to think that having so many stimuli thanks to technology is something normal for us as human beings, which is why this work has reflected points of view which we were not capable of before. see, let's consider that the main message of this research is the importance of dedicating time to oneself and building habits focused on taking care of mental health, since many times we ignore things that are not tangible by believing that it is something normal as it is In the case of mental health care, it is important to know the risks of being exposed to so many stimuli and although we know that it is impossible to eradicate them completely because they are part of our day to day we must know how to face this reality in the healthiest way possible, which is why from our position we believe that the solution offered can be a good alternative for people to start generating habits that help to take care of their mental health and feel motivated to discover new ways of doing it.

Although the project has very solid foundations, we believe that there is a wide margin for improvement in which we are willing to face and above all to listen to our users who are ultimately the ones who help us detect areas for improvement within the project.

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