Happiness Tracker

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Abstract — **Happiness Tracker is a mobile application that allows you to track and increase your daily happiness. The application is totally based on the emerging science of positive psychology. Therefore the application will always communicate in a positive way directly and indirectly both via words or visually (e.g. "I will never attend an anti-war rally; if you have a peace rally, invite me" Mother Teresa). More precisely the application bases its functionalities on the theory of labeling and gratitude. Practically speaking the application asks you a fixed number of times during the day: "How do you feel?", once a day it asks you to write something you are grateful for and finally randomly during the day it shows you some motivational and labeling phrases via notifications.**

Keywords — positive psychology, mobile, gratitude, labeling theory, happiness, mood

* within the paper, with the assertion: *(To be proved)* is meant that the phrase written right before the assertion is not been yet scientifically proved or is simply meant that it is a temporary not validated solution.

1. Introduction

1.1. Goals and the science behind

Happiness Tracker is a mobile application that allows you to track and try to increase your daily happiness. The application is totally based on the emerging science of positive psychology [1, 2]. Therefore the application will always communicate in a positive way directly and indirectly both via words or visually (e.g. "I will never attend an anti-war rally; if you have a peace rally, invite me" Mother Teresa). More specifically if at average the mood of an user is "Sad", they will continue to see warm colors, happy smiles and positive words.

To keep track of your overall daily happiness the application asks you daily a fixed number of times via notifications: "How do you feel?" (the question phrase needs *To be proved*). To express the actual happiness the user is able to choose between 3 different states: "Sad", "Normal" or "Happy" (see Fig.3). The reason of only 3 different states if simply for it's simplicity, the user can express sadness, a neutral state and finally a happy state (the number of the states needs *To be proved*). The end user is also able to add an entry via the main page of the application (see Fig.1). The application can show your average happiness for the last month, week and of the current day (within the paper this feature is called and referenced as the **Mood tracker Feature**).

Furthermore, in order to increase your average happiness

the application bases its functionalities on two psychological theories such as the labeling theory [3, 4, 5] and gratitude [6, 7, 11].
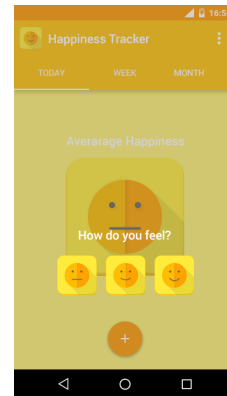

Fig. 1. Insertion of a new mood sample via the main page of the application

The labeling theory is how the self-identity and behavior of individuals may be determined or influenced by the terms used to describe or classify them. Practically the application implement the above theory by showing via notifications some positive and labeling phrases chosen randomly during the day (all the phrases needs *To be proved*, within the paper this feature is called and referenced as the **Labeling Feature**).

Lastly the experience of gratitude, which is a feeling or attitude in acknowledgment of a benefit that one has received or will receive. Practically the application implement the above theory by daily asking once the end user to write one thing for which he is grateful or was grateful during the day (within the paper this feature is called and referenced as the **Gratitude Feature**).

1.2. Design

Colors and design is a very important aspect of the application, since it can affect the mood of the end user and also the overall usage. To express happiness warm colors are prefered and used, based on numerous researches the Yellow color seems to be the color of happiness across the major cultures [9] and in some researches was classified by happy people as the color of happiness [8]. In order to communicate visually with the color of happiness, only monochromatic shades of yellow are used (see the color palette in Fig. 2). Since the first implementation of the application is on the Android platform the color palette follows the Material Design [10] color guidelines.
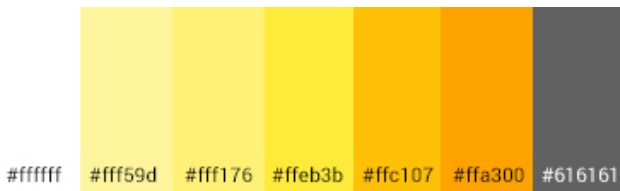
Fig. 2. Color Palette

To maintain the consistency of the application the same color palette is used for the state icons (see Fig. 3).

Fig. 3. Mood states, smile icons

To express the 3 states of happiness the application uses different saturated shades of yellow, respectively for the "Sad" state a less saturated yellow and for the "Happy" state a more saturated yellow (see Fig. 4).
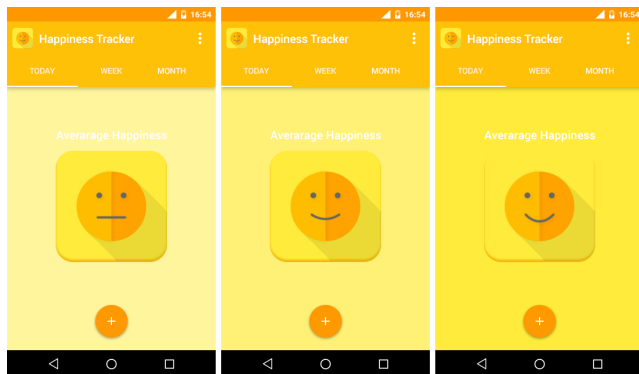

Fig. 4. Application design for the 3 different states of happiness

Conclusion

The current MVP (Minimum Viable Product) implements only the Mood Tracker feature and the basic design. Further work needs to be done in order to implement the Labeling Feature and the Gratitude Feature. Besides all the *To be proved* assertions needs to be validate and proved scientifically. So far a scientific method and measure was not adopted in order to validate the overall happiness of the end user in order to validate the utility and the efficacy of the application. Even if not proved yet the expecting result is that with the use of the application the average happiness of the end user increase indirectly.

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