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**Using Gamification to Manage Stress among College Students during
the COVID - 19 Pandemic**

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Abstract

The COVID -19 pandemic has become a concern in practically every country, affecting a variety of industries. The education sector is one of the areas where the COVID-19 has had an impact. Due to the epidemic, higher education has been shifted to online learning, and college students are experiencing a variety of challenges, including stress and despair, as well as a lack of desire and participation in their lives. According to the results of the survey, more than 30% of people are unwilling to see a psychiatrist or psychologist about their stress. As a result, establishing a mental health service application will give everyone who needs it access. The goal of this project is to apply gamification aspects to help college students control and minimize stress in online learning. Gamification can be used to create a fun complete experience when using the program, and it can be utilized in a variety of ways, such as motivating users, increasing user engagement, encouraging users to adopt new healthy habits, and so on. As a result, incorporating gamification aspects into a mental health software will increase the likelihood of achieving the app's core goal.

Keywords – COVID-19, gamification, mental health, online learning, user engagement