

## LIST OF FIGURES

Figure 1.1 Design Framework .....	6
Figure 2.1 Points .....	8
Figure 2.2 Types of Lines .....	8
Figure 2.3 Types of Fields .....	9
Figure 2.4 Applications of Space .....	9
Figure 2.5 Complementary Color .....	10
Figure 2.6 Analogous Color .....	10
Figure 2.7 Triadic Color .....	10
Figure 2.8 Split-Complementary .....	11
Figure 2.9 Tetradic Color .....	11
Figure 2.10 Square Color .....	11
Figure 2.11 Example of Good UI Layout Design .....	13
Figure 2.12 Serif Font .....	13
Figure 2.13 Sans Serif Font .....	14
Figure 2.14 Illustration of Two Rabbits .....	14
Figure 2.15 Prop and Character Design of Bluey .....	14
Figure 2.16 Stages of the Design Thinking Process .....	15
Figure 2.17 UI Design .....	19
Figure 2.18 UX Design .....	21
Figure 3.1 Alpas.id Logo .....	25
Figure 3.2 Alpas.id Instagram and Website .....	26
Figure 3.3 Screen Time Logo .....	28
Figure 3.4 Digital Wellbeing Logo .....	29
Figure 3.5 Forest Logo .....	29
Figure 3.6 Interview Documentation with a Clinical Psychologist .....	30
Figure 3.7 Interview Documentation with a UX Designer .....	31
Figure 3.8 Interview Documentation with a target audience .....	33
Figure 3.9 Respondent Age .....	34
Figure 3.10 Respondent Gender .....	35
Figure 3.11 BSMAS Data .....	36
Figure 3.12 BSMAS Generalization Data .....	37
Figure 3.13 Average Time Spent on Social Media per Day .....	37
Figure 3.14 The Desire to Reduce and Control Social Media Usage .....	38
Figure 3.15 Usage of Productivity Applications .....	38
Figure 3.16 Effectivity of Productivity Applications .....	39
Figure 3.17 Strengths and Weaknesses of Productivity Applications .....	40
Figure 3.18 Interest in Using Application to Limit and Control Social Media Usage .....	41
Figure 3.19 Interest in Using Application With Interactive and Visually Appealing Elements .....	41
Figure 4.1 Moodboard .....	49

Figure 4.2 Typeface .....	50
Figure 4.3 UI/UX References .....	50
Figure 4.4 Character Design References.....	51
Figure 4.5 General Info Sketch .....	55
Figure 4.6 Block Screen Concept Sketch.....	55
Figure 4.7 App Flow Concept Sketch.....	56
Figure 4.8 Character Concept Sketch.....	56
Figure 4.9 Wireflow Sketch .....	57
Figure 4.10 Character Design Sketches .....	58
Figure 4.11 Logo Sketch .....	58
Figure 4.12 Screen Time Police Logo Design .....	59
Figure 4.13 Screen Time Police Sitemap .....	60
Figure 4.14 Screen Time Police Userflow .....	61
Figure 4.15 Screen Time Police Wireframe.....	61
Figure 4.16 Screen Time Police Onboarding .....	62
Figure 4.17 Screen Time Police Homepage.....	63
Figure 4.18 Screen Time Police Screen Time Data .....	64
Figure 4.19 Screen Time Police App Limit and Session Page .....	64
Figure 4.20 Screen Time Police Squad List.....	65
Figure 4.21 Screen Time Police Squad Page .....	65
Figure 4.22 Screen Time Police Officer Page.....	66
Figure 4.23 Screen Time Police Block Screen Preview .....	66
Figure 4. 24 Screen Time Police Active Block Screen.....	67
Figure 4.25 Screen Time Police Focus Mode .....	68
Figure 4.26 Screen Time Police Timeline.....	68
Figure 4.27 Screen Time Police Miscellaneous Menu.....	69
Figure 4.28 Screen Time Police Store Page.....	69
Figure 4.29 Screen Time Police Prototype Preview .....	70
Figure 4.30 Screen Time Police Poster Mockup.....	71
Figure 4.31 Screen Time Police Flyer .....	72
Figure 4.32 Screen Time Police Instagram Page .....	72
Figure 4.33 Screen Time Police Phone Accessories .....	73
Figure 4.34 Screen Time Police Keychain.....	73
Figure 4.35 Screen Time Police Phone Holder .....	74
Figure 4.36 Screen Time Police Lanyard.....	74