

## SELF-ACTUALIZATION APPLICATION IN HELPING HUMAN CHARACTER DEVELOPMENT BASED ON FLORENCE LITTAUER PERSONALITY TEST BASED ON ANDROID

Tangguh Destio Pramono<sup>1</sup>, Guntur Eka Saputra<sup>2\*</sup>, Josephine Haneta Excelentia Savitri Dinarbrata<sup>3</sup>,  
Haikal Ardikatama<sup>4</sup>, Sinatrio Bimo Wahyudi<sup>5</sup>, Adam Rozaq Sobari<sup>6</sup>

<sup>1</sup>Faculty of Computer Science and Information Technology, Gunadarma University, Indonesia

<sup>2,4,5,6</sup>Faculty of Industrial Tehnology, Gunadarma Univesity, Indonesia

<sup>3</sup>Faculty of Psychology, Gunadarma Univesity, Indonesia

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### Corresponding author\*:

[guntur@staff.gunadarma.ac.id](mailto:guntur@staff.gunadarma.ac.id)

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**Abstract:** A midlife crisis is a stage when a person feels anxious, worried, and confused about their purpose in life. This condition occurs when a person currently doubts their future and quality of life. The quarter-life crisis phase can be overcome with better self-awareness, better self-awareness and appreciation, and increased user productivity. Therefore, self-realization is the right solution to survive the Quarter Life crisis. Self-actualization (selftuazion) offers several interesting features tailored to the needs of users in self-actualization, such as self-assessment, ToDo application and statistics, interesting articles, self-introduction pages, motivational quotes, and reminder notifications to help in the process of loving yourself. The results of the pilot test on 22 target group respondents showed that the functions contained in Selftuazion had a good effect on respondents in overcoming the problem of Quarter Life Crisis. This application produces 20 pages with features that are in accordance with self-actualization, based on the results of testing with users that the application can be used properly and get a score of 88 in the acceptable category with grade B or Good.

**Keywords:** Self Actualization, Personality, Productivity, Self Love, Quarter Life Crisis.

## INTRODUCTION

A midlife crisis is a period when a person feels anxiety, doubt, worry and confusion about their life goals. This condition occurs when a person feels insecure about their future and current quality of life [1]. Quarter life crisis is common in the 18-22 age group, this age is also included in early adulthood. early adulthood offers great opportunities for self-discovery, but it also faces great challenges [2]. Early adulthood refers to the stage of a person who has passed adolescence and is capable of independent life [3]. According to the results of the study, 170 women and 76 men often experience this crisis. The fourth life crisis greatly affects the lives of millennials, this generation often experiences anxiety, frustration, loneliness and can even experience depression [4].

This stage is a period of transition and people must be well prepared for growth as individuals require both knowledge and skills to prepare for maturity [5]. After college is a confusing time of anxiety, stress, and fear that can lead to self-doubt, helplessness, and panic. Symptoms that appear in people who go through this crisis begin to doubt life, are disappointed because life does not fulfill its goals, lack of motivation to act, tired of the current work, but do not dare to leave. comfort zone, disappointment in achievements, often self-doubt and pressure from the surrounding environment [6]. Ways to overcome a crisis are more realistic thinking, self-improvement, self-centeredness, prioritizing life and finding supportive friends. But this is still not understood by millennials who still tend to compare themselves to others through social media. The process of self-realization must begin with self-love. Self-love is a state in which an individual can accept all his good and bad sides, value himself, support himself, try to do good for himself and try to forgive himself when doing wrong or doing wrong is important. Self-actualization is the tendency to become what they are capable of. Those who reach their full potential achieve self-satisfaction. Self-actualization as a way to empathize with yourself to realize all the potentials and abilities that a person has depending on the range of abilities.

Self-actualization application prototyping can help users start the self-implementation process so that it can solve the quarter's lifetime crisis. This app is made for mobile so that users can use it anywhere and anytime. Based on the described background, the formulation of the problem of how to design an application to increase the self-fulfilling value of the problem of the crisis phase of the millennial life is carried out in this proposal.

The objectives of this research are to find out the potential and weaknesses of the user so that self-development and overcoming weaknesses can be realized. The ability to exchange ideas, tell stories and offer solutions to others so users can help each other solve problems. As a reminder and motivation of the user's big goals, so that users can stay focused on achieving the original planned goals.

## RESEARCH METHOD

Agile methodology is used in this study because it is able to adapt to changes. The main idea behind Agile Methodology is that the team can respond more effectively to changes if they occur in the middle of development. The applied steps are divided into problem identification, user surveys, approach studies, solution creation, planning and prototyping [12]. All these steps were carried out by changing methods, products and tools adapted to modern conditions.

1. Problem identification, this is the phase developed to get a big picture of the Quarter Life Crisis (QLC) problems that occur in society. Based on many literature studies conducted such as books, journals and articles on the internet, there are keywords that come out as solutions that can be developed, namely self-actualization.
2. In taking the user survey conducted using Google Form with the criteria of the targeted subjects are age, gender, gadgets used, social media, awareness of QLC problems, the influence of QLC on life, and how familiar the subject is with himself. From the survey, 165 respondents with the age range of 18-22 were collected from the Google Form, consisting of 67.3% women and 32.7% men who answered the question of "Does Quarter Life Crisis exist?". Gadgets that are often used by subjects are mostly smartphones with social media applications that are often used are Instagram. This gives a statement that Instagram can be a medium seen by many subjects who experience QLC. An article from Teen Vogue entitled "Therapy Influencers" Are Using Instagram to Spread Mental Health Awareness [13], suggests that therapy influencers-those who have a professional license in the field of mental health, also use Instagram as a medium to increase public awareness of mental health. They create informative content to help their followers easily access information about mental health, therapy, and counseling. Many subjects are also aware of their QLC issues and many are struggling to self-actualize.
3. Research approach, at this stage we conducted interviews with expert sources in the field of psychology, namely Dr. Nurul Qomariyah, M.Psi, who is the administrator of the Psychology Service Center (PLP) Gunadarma University. The result of the interview is that self-actualization is an effective way to survive when facing a Quarter Life Crisis. In addition, there are notes to increase focus on how to recognize yourself. Based on the results of the study, the higher the self-efficacy, the lower the stress and vice versa if the lower the self-efficacy, the higher the stress in students who are in the Quarter Life Crisis phase [14].
4. The solution concept used is to build an application where there are several features that can help the process of self-actualization during the Quarter Life Crisis, namely: 1. Automatic assessment of personality; 2. Recognition of self-potential; 3. Supporting productivity; 4. Providing motivation, reminders and interesting things for users.
5. Making application design is done using Figma and there are 2 design adjustments, this is necessary to get the best results for users. The appearance of the application design was formed directly at the High-Fidelity stage. High-Fidelity was chosen directly because it is considered faster, can immediately create a prototype and in accordance with the capabilities of the designer. According to Kara Pernice that UX Prototypes: Low Fidelity vs. High Fidelity, High-fidelity interactivity frees the designer to focus on observing the test instead of thinking about what to do next. There is nothing to worry about during testing about making the prototype work [15].
6. Prototyping uses static data from the solution provided and features developed into an android-based application using Flutter. The prototype is developed so as to produce the final result in the form of a Minimum Viable Product, a product that can showcase the main features statically and follow the flow of the display. According to D. R. Moogk that all visionaries who want to succeed need to ensure that scarce resources not only last longer but also demonstrate market viability as early as possible [16].

**RESULT AND DISCUSSION**

The following are the results and discussions carried out in this study.

**Program Flowchart**

Before implementing into an android application using flutter with the Visual Studio Code text editor, developers apply the concept of components or widgets that are used to simplify the appearance created. Each page consists of various components that have been previously created and adjusted to the behavior and needs of the page according to Figure 1.

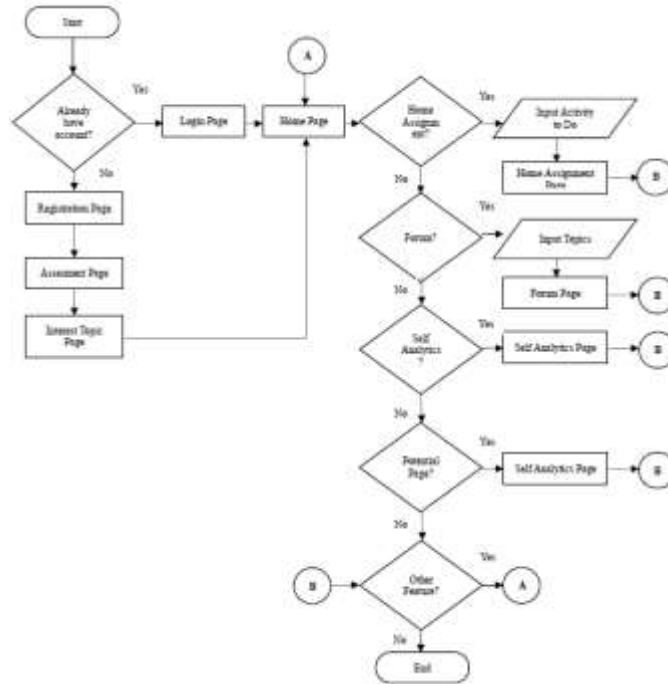


Figure 1. Program Flochart

All programming in the application is formed according to the flow that has been created. This flow forms all the pages that have been designed and created into the application. Where the user already has an account or not. This application is directed that each user must have an account first to be able to monitor how the user's daily situation is. The menu is registration, login, assessment, topic interest, forum, self analytics, potential page, and other features that make it easier for users to find out the results of actualization in themselves.

**System Design**

Here a system design is made as a scheme of the overall workflow. Between the web admin and the self-actualization application are connected by API so that changes made from the application side can have a direct impact on the database via API. After that, the web admin is responsible for supplying data to the application and is responsible for updating notification content and scheduling to firebase. Finally, firebase functions as a google account storage, session and push notification delivery for users who log in through the application. The system design is shown in Figure 2.

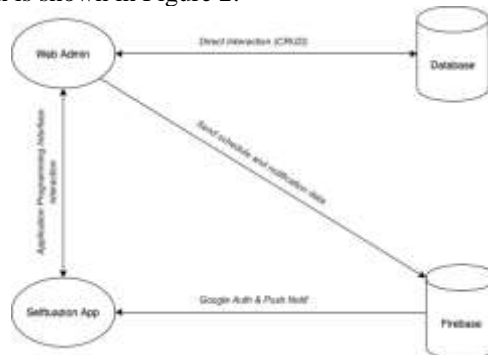


Figure 2. System Design

### Application Design Draft

The application design consists of a total of 20 feature design pages using Figma. This view includes the pages of its feature derivatives which are the advanced flow of each feature. As in Figure 3.



Figure 3. High Fidelity Design

The application design on figma does not only describe the UI of the application. However, this design also includes flowcharts from the Login process until the user edits data related to himself. The first flow that is passed is the login process and filling in the self-assessment. On the self-assessment page, users can assess personality traits and get prediction results from the application.

At the next stage, the user will get a view to the main page where there are 4 main features of the design design, namely Dashboard, Task Assignment, Statistics and Settings. In the Dashboard feature, there are several functions, namely searching for interesting topics, to-do list status, a menu to go to the quotes page, self-potential page, and interesting article page. In the Task Assignment feature there are functions such as creating targets and activities that must be done on that day and seeing targets that have been achieved on the previous date. In the Statistics feature there is a status related to the fulfillment of targets every week in the current month. In the Setting feature, users can set their profile and view their personality status.

### Development App

The application development process is made using Android Studio with the Dart programming language and Firebase Database. To digitize and support self-actualization, the developers came up with a groundbreaking mobile app approach. The app as a whole presents specific features that will help in the self-actualization process such as recognition of potentials based on personality, motivation and reminders to do positive activities and productivity features such as to-do-list. The app can also help a person to accept himself, by recognizing himself. One way to find purpose in life is to know oneself better, i.e. what are one's strengths and what are one's weaknesses. Thus realizing 'who I am' and 'who I want to be', is the basis for dealing with complex problems. Self-knowledge is one way to help individuals gain self-knowledge and self-insight, which is very useful for the process of good self-adjustment and is one of the criteria for mental health. Self-knowledge requires an ability to discover personal potential so that existing weaknesses can be reduced or eliminated. The following is a display of the results of application development along with functions that can be used by users.

The following page in Figure 4 is the main display of the Self actualization apps. On the main page, the application will display content that matches the user's interests. On this page there is also a Mood Tracker feature that serves to monitor the user's mood.



Figure 4. Main Display

In Figure 5 is a display to analyze the personality that is suitable for the user and divide it into four personalities.

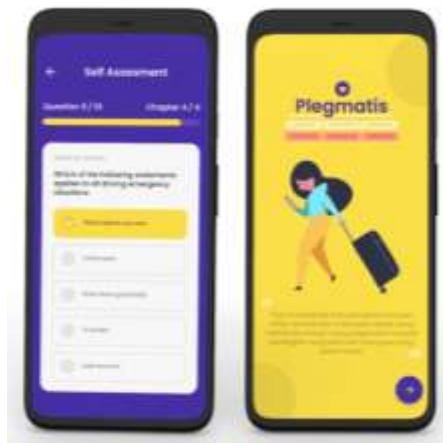


Figure 5. Self Assesment Feature

The To-Do n Stats and Self Analytics pages are useful for increasing productivity and displaying statistics about the targets that have been achieved by users. This is so that users can monitor the progress of working on their targets. As shown in Figure 6.

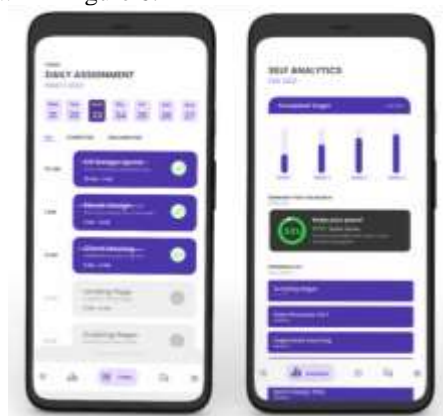


Figure 6. To-Do n Stats

The articles page provides interesting article recommendations for users, while the quotes page can provide motivation for the development of user productivity. This page is shown in Figure 7 (a) and (b).

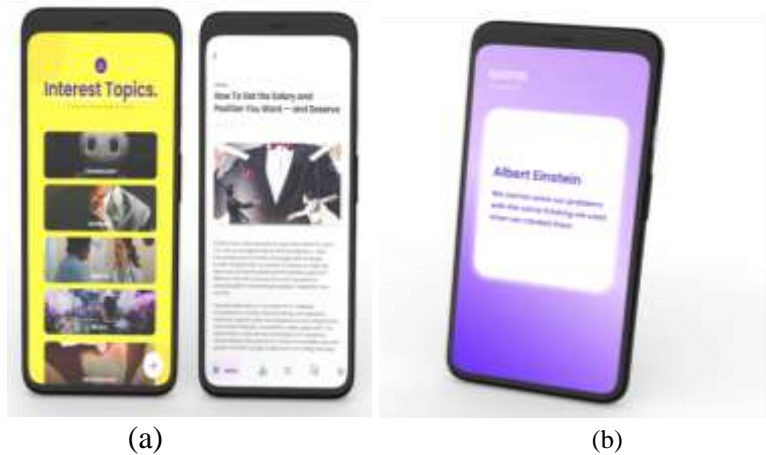


Figure 7. (a) Interest Topics and (b) Quotes Features

The potential page is useful for getting to know more about the personality and explore more, while the reminders page is useful for reminders with a certain schedule to continue to appreciate and be grateful for development. as in Figure 8 (a) and (b).



Figure 8. (a). Potential and (b) Reminders Feature

**User Acceptance Test**

In the testing phase with the user acceptance test, the System Usability Scale (SUS) method is used for measurement tools that can be used to measure the usability level of a system. The question consists of 10 questions with 22 respondents involved from men and women. Based on the results of the calculation with the following formula.

$$\bar{x} = \frac{1835}{22} = 83$$

Based on these results with a value of 83 (eighty three), it is included in the acceptable category in category B, namely Good. This indicates that the application can be well received by users.

**CONCLUSION AND SUGGESTIONS**

**Conclusion**

based on the results of the creation and testing that has been done that this application can be made mobile-based on Android. There are 20 pages that have been successfully created with the main features of Login, Register, Self-Assessment, To-Do n Stats, Articles, Quotes, Potentials, and Reminders. From the test results with the System Usability Scale (SUS) method, the application with a score of 83 is in the acceptable category with Grade B or Good. This indicates that the system can run well and users can use this application without difficulty, and the functional application works well.

### Suggestions

The Selftuazion application can run not only on the Android operating system, but can run on other mobile operating systems, and can be developed further by combining other personality actualization methods for users to find their personality better.

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