

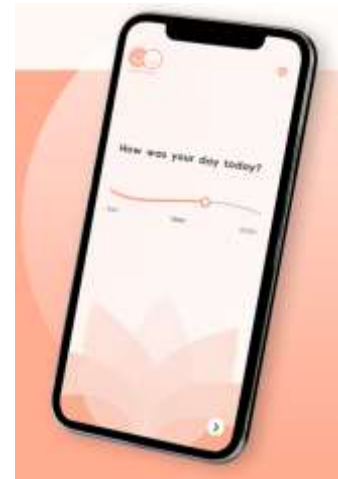
A mobile app proposal: The smart friend supporting well-being in every student's pocket

Jana Kočí, Igor Červený

Is it possible for students and pupils to learn while having fun? Is the mental discomfort of students and pupils preventable and is their well-being buildable? And is it even possible to educate generations Z and Alfa without on-line education in the new era of learning?

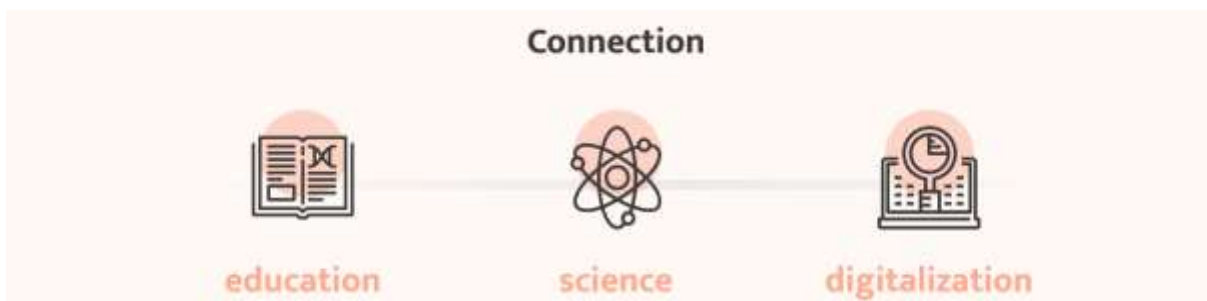
Let's dive a little bit deeper in these questions with us and let us provide you with information about the possible key puzzle boosting solution to the pupils and students' mental health crisis: **the well-friend**. This mobile app not only has a potential to help students to build their well-being effectively but it also to provide students with a modern innovative education that can serve as a very effective addition to the critically valuable, but not as flexible traditional schooling.

Imagine this: A new and in many ways unique and innovative app is to be available for download to the mobile phone of all Czech primary and secondary school students. This application offers the students a simple but very effective solution in building and strengthening their well-being by generating an individualized content consisted of scientifically proven activities. All throughout an cognitively attractive and entertaining content.



Picture 01 – Design App Well-Friend

Our main goal is to bridge education with science and digitalization based on the international cooperation.



Picture 02 – Design of connection

Team members



PhDr. Jana Kočí, Ph.D.



Stewart I. Donaldson, Ph.D.



Bc. Igor Červený

Picture 03 – Photos of team members

PhDr. Jana Kočí, Ph.D.

Asistant Professor of Health and Well-being Education, Charles University, Faculty of Education
Jana is leading well-being researcher in her country and well-being promoter among secondary and tertiary students (in the Czech Republic, EU and USA).

Stewart I. Donaldson, Ph.D.

Professor at Claremont Graduate University
Stewart is a world specialist in research on well-being evaluation.

Bc. Igor Červený

Head of the Distance Learning Department of Charles University, Faculty of Education
Igor deals with the development of digital literacy and the processes of information processing and dissemination.

Linking science, education, and digitalization

We live in a time when research and science provide us with clear, evidence-based data on what activities are effective in building well-being and which habits of our children and adolescents are essential for them. Pupils, students, and teachers don't just want to survive, they want to thrive and maximize their overall health potential. Long-term studies show that systematically promoting well-being predicts higher student quality of life, satisfaction, school success and better physical health. This means lower treatment costs and a better prognosis when they do become ill.

Interventions through apps are currently unrivalled. They are time flexible and are many times more effective in reaching and facilitating help and training in building one's own mental well-being. The app will mediate contacts to the emergency line, county psychologists and will also offer advice on how to deal with problematic situations at school and in the family.

The primary and active focus of emerging interventions with aspects of well-being and positive psychology should be on positive mental health development and building pupils' psychological capital, not just mental illness. Ultimately, actively building pupils' well-being not only saves costs but also saves lives.

The app as a student's friend and well-being facilitator

The mobile phone application will bring benefits to both, to the operator (Charles University, Ministry of Education, etc.) and to the user (pupil, student, teacher). The application will collect anonymized aggregated data for the operator, which will allow to monitor the long-term trend of the mental health of students in Czech schools, to assess the consequences of changes in behavior and to evaluate and compare the level of mental well-being of students in individual schools and regions in real time. This data will be used for continuous long-term analyses of the mental health of Czech students and will allow the application to respond flexibly to the current needs of students. To support the health of users, the app aims to be constant contact with students through friendly communication, offering incentives for building well-being in both, in children and young adolescents. All this will take place through friendly advices and encouragements in the form of carefully selected activating and play activities selected specifically for the individual student. The ongoing analysis of their profile will be generating the best possible way to interact with the student and pupil. The teacher, school psychologist and school management will have the opportunity, as well as the app operator, to monitor developing trends in the building of well-being of the selected age group across the Czech Republic.



Picture 04 – Design App Well-Friend

All the authoritative participants can reflect the data in their teaching and in the everyday life of the school. For example, by selecting thematic talks, excursions or the inclusion of thematic cross-cutting topics.

Why are we doing this?

- Almost every fifth child suffers from a certain type and level of mental illness.
- As a result of the COVID-19 pandemic and the war situation, the prevalence of depression has increased 3 times and anxiety 2 times in the population.
- On average, 35 young people die by suicide in the Czech Republic each year.
- According to the PISA survey, the Czech Republic is among the 5 countries in the OECD with the lowest proportion of students who perceive a clear sense of purpose in their lives!

Promoting well-being of students and pupils through the app

A new and in many ways unique and innovative app will be available for download to the mobile phones of all Czech primary and secondary school students. With attractive content and fun, it will offer them a simple but very effective solution in building and strengthening their well-being through the individualized generation of evidence-based real-world activities supporting students in building their positive emotions, higher engagement, high quality relationships, meaning in everyday life, academic and beyond school achievement, good physical health, positive mindset, healthy environment, economic security, and their full authenticity.

In addition, the app will offer students and pupils other benefits including increasing school achievement, fulfilling personal and health potential and socialization. Having the app downloaded in their phones, students will gain constant access to a first aid tool for immediate support in times of need and in situations where they are embarrassed to confide their problems to anyone.

After a successful launch in the Czech market, the app has a great potential to spread among Europe, and perhaps even wider, as the whole world is struggling with the growing mental health problems of children and young people following the COVID-19 pandemic.



Picture 05 – Design of Well-Being in Application



Picture 06 – Logo of App Well-Friend

You can learn more at <https://wellfriend.eu/>

If you have any questions, please feel free to contact us at: jana.koci@pedf.cuni.cz and igor.cervený@pedf.cuni.cz

All pictures are from:

Well-Friend: A smart friend to support well-being in every student's pocket. In: *Well-Friend: A smart friend to support well-being in every student's pocket* [online]. Praha: Univerzita Karlova, Pedagogická fakulta, 2023, 2023 [cit. 2023-04-19]. web: <https://wellfriend.eu/>

Kočí, J., & Červený, I. (2023). A mobile app proposal: the smart friend supporting well-being in every student's pocket. *E-psychologie*, 17(2), 84-87. <https://doi.org/10.29364/epsy.471>