



A Web Application to Boost Productivity

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ABSTRACT

This Web app consists of a timer and a list of tasks that provide how many sessions will be required and how many of those sessions have been done by the user. The timer and its break time have been set according to the Pomodoro method which is considered ideal because following the approach gives users enough time to get significant amounts of work done at the same time they are not extremely long so the user doesn't lose motivation in getting their tasks done. As everyone has their own time requirement for doing their tasks our web app also has the option of customizable focus and break time option.

In the Pomodoro method the focus time is 25-minutes and the break time is 5-minutes.

Keywords : Pomodoro, productivity, time management, task management, reliable

I. INTRODUCTION

Procrastination can be a nasty demon to overcome. It's a constant threat and is capable of destroying our productivity.

This is especially the case in the era of computers and phones. We're always faced with millions of potential distractions. We lose count of the number of times we've been writing or researching an article only to give in to the temptation and click on a YouTube video. It might only be 10-15 minutes long, but a few of those and a terribly unproductive hour has passed.

It may not appear to be an enormous deal, but if you lose an hour every day, it quickly stacks up into an enormous pile of wasted time. And that's time that would be used for something more productive. It also happens to be a compounding problem, each time you concede to temptation, you're reinforcing it. Procrastinating is becoming a habit. And that results in even longer being wasted.

We can't afford that. Luckily, there's an excellent solution — the Pomodoro Technique.

There are many tricks for study success, but when assignments are piling up and exams are looming, maintaining momentum is vital.

If you're starved for time, the Pomodoro Technique can assist you to digest your to-do list.

And so, the tactic was born — Pomodoro being an Italian term for tomato.

People altogether have made use of this easy but effective technique that will benefit anyone with the task at hand and a desire to beat procrastination.

The idea is to specialize in one task, uninterrupted, for brief sprints.

The Pomodoro Method

The Pomodoro Technique may be a time management strategy invented by Francesco Cirillo. Cirillo named it the Pomodoro Technique after a tomato-shaped timer he utilized in college to stay himself on target as he studied. The idea is to increase productivity by dividing your workday into highly focused chunks separated by short breaks. Here is how it works:

What makes Pomodoro so effective?

The arbitrary silliness of using tomato as a stand-in for units of time belies the Pomodoro Technique's serious effectiveness when it comes to helping people get things done. Here's what makes the method uniquely suited to boosting productivity:

Making it easy to just get started

Research has shown procrastination has little to do with laziness or lack of self-control. Rather, we put things off to avoid negative feelings, it's uncomfortable to stare down at a big task or project one you may not be sure how to even do or one that involves a lot of uncertainty. So we address Twitter or Netflix instead to spice up our mood, if only temporarily.

Luckily, studies have also shown an efficient way to escape from the avoidance cycle: shrink whatever it's you're adjourning right down to a small and benignant initiative. For example, instead of sitting down to write a novel, sit down to write for 5 minutes. Still, too hard? Try just sitting right down to edit a paragraph. Doing something small for a short period of time is a whole lot easier than trying to take on a big project all at once.

That procrastination-busting strategy is exactly what the Pomodoro technique asks you to do: break down your big tasks, projects, or goals into something you only have to do for the next 25 minutes. It keeps you hyper-focused on the one next thing you would like to try to do instead of getting overwhelmed by the enormity of what you are taking on. Don't worry about the outcome — just take it one Pomodoro at a time.

Combating distractions

If you've ever been interrupted once you were during a flow state, you recognize how difficult regaining focus is often, yet the constant stream of data pouring in via emails, team chats, and social media notifications demands more and more of our attention.

While it might be nice responsible technology for everything, recent studies suggest over half all workday distractions are self-inflicted — meaning we pull ourselves out of focus. At the moment, it is often easy to justify these internal pulls — “This email is just too important to attend to” or “It took but a moment to see my Twitter; it isn't a real distraction.”

But those small interruptions just add up! It isn't just the time you lose because you get distracted, it also takes time and energy to refocus your attention. After switching gears, our minds can dwell on the previous task for upwards of 20 minutes until regaining full concentration. Indulging the impulse to see Facebook “just for a minute” can become 20 minutes of trying to urge back on task.

The Pomodoro Technique helps you resist all of these self-interruptions and retrain your brains to focus. Each Pomodoro is dedicated to a minimum of one task and each break could also be an opportunity to reset and convey your attention back to what you need to be performing and plan for further tasks.

Becoming more conscious of where some time goes

When planning out our future projects, most folks fall victim to the design fallacy — our tendency to vastly underestimate the time needed to finish future tasks, even when we know similar tasks have taken longer within the past "Your present-self imagines your future-self operating under entirely different circumstances and time restraints".

The Pomodoro Technique is often a valuable weapon against the design fallacy. When you start working briefly, timed sessions, time is not any longer an abstract concept but a concrete event. It becomes a Pomodoro — a unit of both time and energy. Distinct from the thought of 25 minutes of general "work," the Pomodoro is an occasion that specializes in one task (or several simple tasks).

The concept of your time changes from a negative — something that has been lost — to a positive representation of events accomplished. Cirillo calls this "inverting time" because it changes the perception of your time passing from an abstract source of hysteria to a particular measure of productivity, this leads to much more realistic time estimates.

Writer Ben Dolnick describes how his perception of your time changed while using the method:

"Five minutes on the web, as measured by my timer, would pass in what appeared to be about 45 seconds. A timed hour of research would appear to require between three and 4 hours. My timer was a crisp metal yardstick laid down within the fog of my temporal intuitions."

When you use the Pomodoro Technique, you've got a transparent measurement of your finite time and your efforts, allowing you to reflect and plan your days more accurately and efficiently. With practice, you will be ready to accurately assess what percentage Pomodoro a task will take and build more consistent work habits.

Gamifying your productivity

Every Pomodoro provides a chance to enhance upon the last.

The Pomodoro technique is approachable because it's more about consistency than perfection. Each session may be a clean slate to reevaluate your goals, challenge yourself to focus, and limit distractions, you can make the system work for you.

Motivate yourself to create your success by setting a goal to feature an additional Pomodoro every day. Challenge yourself to end an enormous task during a set number of Pomodoro. Try setting a goal number of Pomodoro for every day without breaking the chain. Thinking in tomatoes instead of hours is simply more fun.

Quick tips for Pomodoro-ing

While the 25/5 minute work/break intervals are the guts of the Pomodoro Technique, there are a couple of belongings you can do to form your Pomodoro more effective:

Plan out your Pomodoro in advance

Take a quarter-hour at the start of your workday (or at the top if you're planning for a subsequent day), to plan out your Pomodoro. Take your to-do list for the day and note what percentage Pomodoro each task will take. (Remember, tasks that will take quite 5 Pomodoro should be weakened into smaller, more manageable tasks. Smaller tasks, like responding to emails, are often batched together during a single Pomodoro.

If you're employed for an 8-hour workday, confirm your Pomodoro for the day, don't re-evaluate sixteen. If they do, postpone the smallest amount of urgent/ the least important tasks for later within the week.

Build overflow Pomodoro into your day

While an 8-hour workday technically leaves room for sixteen Pomodoro, it is best to create during a buffer of 2-4 "overflow" Pomodoro, in case. Use your overflow Pomodoro for the tasks that take longer than you planned or for the unexpected tasks that come up during the day.

If you do not find yourself needing them, use the additional Pomodoro for learning or lower priority tasks that always get pushed to the top of your to-do list. It's much less stressful to finish the day with Pomodoro to spare than to over-schedule yourself and get behind.

How many Pomodoro are in a day?

Over time, you will get a far better sense of what percentage of high-quality Pomodoro you're actually capable of completing during a day. It's OK if it isn't a full sixteen. The overwhelming majority of individuals aren't actually produced for the complete 8 hours of a workday, and people who think they're probably haven't been paying close enough attention. When it involves Pomodoro, challenge yourself, but keep the main target on quality over quantity.

Experiment with the length of your Pomodoro

For some sorts of work that need extended periods during a creative "flow" state — thinking to code, writing, composing, etc. — 25 minutes could also be too short. Try extended work sessions with longer breaks. A Desk Time study found that a 50-minute focus and 15-minute break is a perfect balance. Others prefer 90 full minutes with a 20-30-minute break, supported by an ultradian rhythm.

For tasks that you've been adjourning for one reason or another, 25 minutes could be too long. If you are feeling tons of mental resistance, otherwise you just can't get yourself to remain focused for 25 minutes, try a 15-, 10-, or maybe 5-minute Pomodoro.

For most people, most of the time, the sweet spot will be in the 20-45 minute range to reach the peak concentration with a 5-15 minute break. Try mixing your intervals supporting your available energy, the sort of labor, and the way much a task causes you to want to bury your head in cute puppy videos on YouTube instead.

Get away from screens during breaks

Not all breaks are created equal. If your Pomodoro work sessions happen on your computer, don't just switch to Twitter or Instagram when the timer pops. Give your eyes and brain an opportunity from screens — meaning your phone too! Stand up, stretch, go outside, do a mini-meditation, grab a snack. If you're employed from home, fold some clothes or clear away the table.

Whatever you are doing, your break is going to be far more mentally refreshing if you escape from the glowing hypnosis of your computer or phone.

II. METHODOLOGY of THE PROPOSED RESEARCH

Objective 1 (Module-1)

This web app works by following the concept of the Pomodoro method and it will provide three buttons, i.e. Focus Pause/Resume and reset on the screen. (We have designed our UI by using HTML, CSS, JavaScript, and their libraries according to requirement).

As the user clicks on the Focus button, the timer will start accordingly.

Objective 2 (Module-2)

There will be a feature of creating a list of tasks. The elements in the list will be a checkbox and data like the name of the task and the estimated number of Pomodoro required for completing that specific task.

The list rendering will be done dynamically by using AJAX in JavaScript.

After each Pomodoro session ends, the number of sessions required will be reduced.

Objective 3 (Module-3)

We have created a setting option that can be used to customize the focus and break time according to the user's will.

It consists of a basic form that has two input fields to get focus and break time. After providing the time according to the user's need, they have to click on the "submit" button and this will make the changes in the timer.

III. Literature Survey

In the year 2020, Salman Usman, from Lancaster University, approached the idea of using Pomodoro Technique to help undergraduate students better manage technology-based multitasking during independent study featuring a design-based research investigation while facing the challenge; Student multitasking.

In 2018, the authors Robert Browne, Luke Rae side and Geraldine Gray, form European Conference on Games Based Learning; Reading, (Oct 2018), approached the concept of Gamification in education: Productivity and Motivation through gamified time management software, featuring gamification, Pomodoro technique, time management, motivation, education while facing the challenges; Preventing procrastination and gamifying time management.

In the year 2014, Felix Bast from F Bast, Secret of waking-up fresh and having a great day!, Science Reporter, Vol.51, No.9, p.11, 2014 approached the concept of Crux of time management for students featuring some of the most important methods of time management and personal productivity are thoroughly reviewed before concluding with a few pedagogical suggestions while facing the challenge of time management and personal productivity.

IV. OUTCOME

The user will be able to start the focus timer by clicking the focus button.

After clicking on the start button the timer will start and the user has to start working on their task.

After that session is over that same focus button will become a "break" button which will give a break.

There will be a Pause/Resume button that will be able to stop the timer and then start it again from where it was stopped. The app also contains a Reset button that can reset the timer.

This app also contains a setting in a simple form that the user can use to customize their focus and break time according to their preferences and needs. The user has to simply provide the input in the input fields and click on the "submit" button and the changes will be applied to the focus time and break time accordingly.

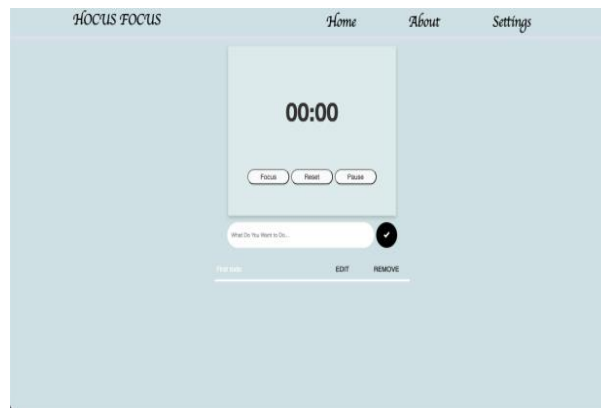


Figure 1 (Basic Layout the user sees after opening the app)

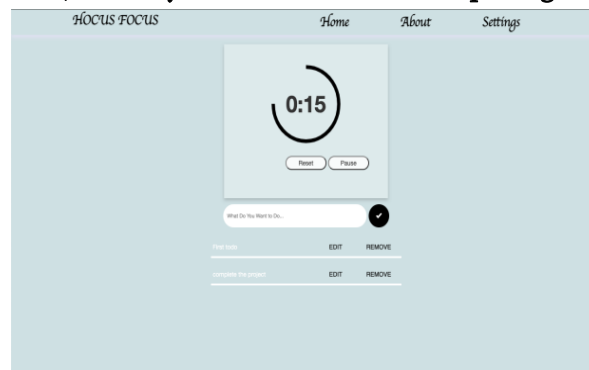


Figure 2 (Seconds left after clicking on the start focus button)

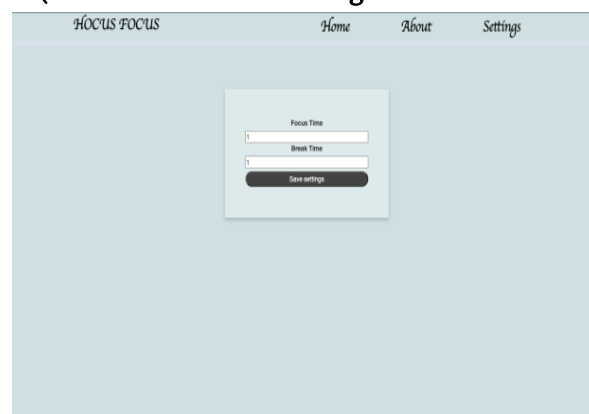


Figure 3 (The Settings page that appears after the user clicks in the settings option)

V. Conclusion

1. This web app provides the functionality to plan and prioritize your daily tasks into a doable list of tasks.
2. We can actually estimate and calculate how much time it will take to complete a task and our long list of tasks as well and see our progress as we complete our Pomodoro.
3. With this web app we can do work more efficiently and it improves productivity. We break our work into Pomodoro.
4. It makes it easier to get started as we have to work for 25 minutes only at a time. And while we are working on one task at a time we don't get distracted by other tasks.

VI. Future work

In the future, we are planning on having a list option that the user will create and it will contain the tasks the user has to do and the number of Pomodoro sessions that will be required to complete it.

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