

Enhancing Well-being and User Experience: Electric Sticky Notes, UI Design Colors, Login Preferences, and Clear Webpages

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Abstract. This paper examines various essential elements of digital design that have a significant impact on user experience and well-being. The present study explores the efficacy of electric sticky notes in reducing anxiety. It clarifies the potential of writing notes as a self-treatment approach that can decrease anxious thoughts and enhance mental wellness. Also, this paper discusses the role of color in user interface (UI) design and its profound psychological effects on users. It emphasizes how color choices can influence emotions, perceptions, and behavior in user interface/user experience (UI/UX) design, emphasizing the importance of strategic color selection to enhance user engagement. The paper also discusses the significance of website login preferences, explaining how personalized settings and optimized login processes contribute to a smoother user experience and heightened security. Lastly, it underscores the importance of a clear and organized webpage layout, demonstrating how a clean and simple design promotes improved user comprehension, satisfaction, and overall browsing experience. By examining these aspects of digital design, this paper provides valuable insights into enhancing both user experience and psychological well-being in the age of technology.

Keywords: User Interface (UI), User Experience (UX), Electric Notes, Color's psychological effects.

1. Introduction

The rapid growth and continuous development of network technology in modern society has resulted in the widespread integration of network communication into the daily lives of individuals. The utilization of traditional communication media, such as letters and newspapers, has experienced an ongoing decline in modern society. Even essential notetaking has become popular with electronic notebooks and online recordings. Some notable instances involve applications such as OneNote from Microsoft that can easily be found in App Store and Notes of Apple that is automatic download on iPhones. Within the electronic notebook platforms, no one notebook has thus far developed as a competitor to traditional paper notebooks, particularly those designed only for storing and expressing moods and emotions. For instance, in Evernote, the panels and main page are too complicated, making it difficult to discern where should write the notes, and its use of myriad pop-up windows is too distracting. Notebook platforms like Evernote currently make it difficult to take notes because individuals frequently have wandering thoughts, lingering traces of their previous night's dream, concerns over a scenario that cannot be openly spoken, and excessive enthusiasm in preparing for an approaching concert, among other examples.

Further, many notetaking application tools are plagued by advertising pop-ups and irrelevant surveys that make it difficult to capture essential thoughts promptly. MoodNote effectively accomplishes the objective of documenting moods, providing a user-friendly writing experience, and presenting information in an organized way.

2. Method

2.1. Advantages of Sticky Notes

MoodNote has effectively incorporated user-friendly features and simplistic layouts, like choices for sticky notes, cozy and light color schemes, and a function to organize notes by dates. In today's

world, individuals commonly use sticky notes as a practical item for organization due to their customizable nature and convenient attributes [1, 2]. In particular, sticky notes provide a straightforward and efficient method for recording brief reminders, activities, or significant information in an organized way [3]. Sticky notes are a useful tool for enhancing the organizing of thoughts and ideas in the context of brainstorming or creative endeavors. The utilization of these tools enables individuals to record ideas, manipulate them quickly, and categorize connected notions, hence creating a more organized and visually comprehensible strategy for problem-solving and planning [4].

2.2. Advantages of Note Taking

As a note-taking platform being designed, the process of composing notes perceived as a concrete therapy for reducing symptoms of anxiety. The presence of anxiety can exert a significant influence on the whole state of a human's well-being, including their emotional, mental, and physical dimensions. Anxiety is a common psychological disorder characterized by excessive concern with worry, anxiety, and dread [5]. A variety of negative consequences may arise from this phenomenon, encompassing elevated levels of stress, diminished ability to focus, disruptions in sleep cycles, as well as bodily symptoms such as muscular tension and headaches [5, 6]. The extended duration or lack of treatment for anxiety can have a substantial impact on an individual's quality of life and overall functioning.

One efficacious self-treatment method for reducing anxiety involves engaging in the practice of writing notes or engaging in journaling. According to [7], the process of recording one's thoughts and emotions on paper can facilitate the acquisition of a deeper understanding of an individual's anxiety triggers and mental processes. The previously mentioned method has the potential to help the release of emotional tension and promote reflection, thus enabling individuals to gain a deeper comprehension of their anxiety and enhance their ability to cope with it [8]. In addition, the process of taking notes can function as a coping mechanism by expressing concerns, and thereby rendering them easier to handle [9].

Numerous studies have provided evidence supporting the psychological benefits of engaging in expressive writing as a means of lowering anxiety and enhancing mental health outcomes [10]. According to [11], individuals who engage in consistent expressive writing about their fears and feelings may observe a decrease in symptoms of anxiety, an improvement in mood, and an overall enhancement in their well-being. The utilization of this self-treatment methodology enables individuals to actively participate in the management of their anxiety, therefore serving as a valuable element within a more comprehensive mental health care strategy.

2.3. Importance of Color in User Interface/User Experience (UI/UX) Design

The utilization of color in user interface and user experience design within the field of user interface and user experience (UI/UX) design holds considerable significance, since it exerts an important effect on the emotional and mental states of users. The selection of colors within a user interface has the potential to cause distinct psychological and sensory responses [12], consequently influencing the mental and behavioral habits of users [13]. The psychological phenomenon of color holds significant importance in the field of UI/UX design, requiring rigorous consideration throughout the development of digital interfaces.

Various colors or combinations of colors serve numerous purposes in User Interface/User Experience (UI/UX) design. One approach to establishing a visual structure and attracting users' attention is through the utilization of contrasting colors, as shown by [14]. The utilization of warm colors such as red or orange has the potential to evoke feelings of excitement or urgency, while cool colors like blue or green have the capacity to create a sense of calmness or trustworthiness [15]. The colors shown in Figure 1 below, which are colors applied in MoodNote application, can effectively and efficiently relax and reduce the mental stresses users experience, while increasing user productivity and trust levels towards the platform as they record notes. These results demonstrate that

color has the ability to provoke emotional responses and influence the decision-making process of users.



Figure 1. Color Code used in Webpage (Picture credit: Original)

A comprehensive comprehension of the psychological effects of color is necessary for designers in order to develop interfaces that are in harmony with the intended user experience. Developers have the ability to customize color selections for the intended audience and interface objectives by considering into account social and contextual elements that impact color perception [16]. In the Mood Notes application, an intentional choice was made to adjust the color palette by lightening all colors (see Figure 2). This modification was implemented with the intention of reducing the potential sources of tension and anxiety experienced by the user. Extensive study has been conducted on the psychological impacts of light color, indicating that the color temperature and intensity of light have the potential to elicit diverse emotional and cognitive reactions [17]. Colors with lower color temperatures, including warm light colors like soft yellows and warm whites, are frequently linked to emotions of comfort, relaxation, and coziness. On the other hand, it has been observed that cool light hues characterized by higher color temperatures, such as cool blues and light whites, have a potential to enhance alertness, focus, and productivity [18]. The use of light color has the potential to impact perceptions of spaciousness, since lighter colors have been found to contribute to a perception of increased openness and airiness [8].

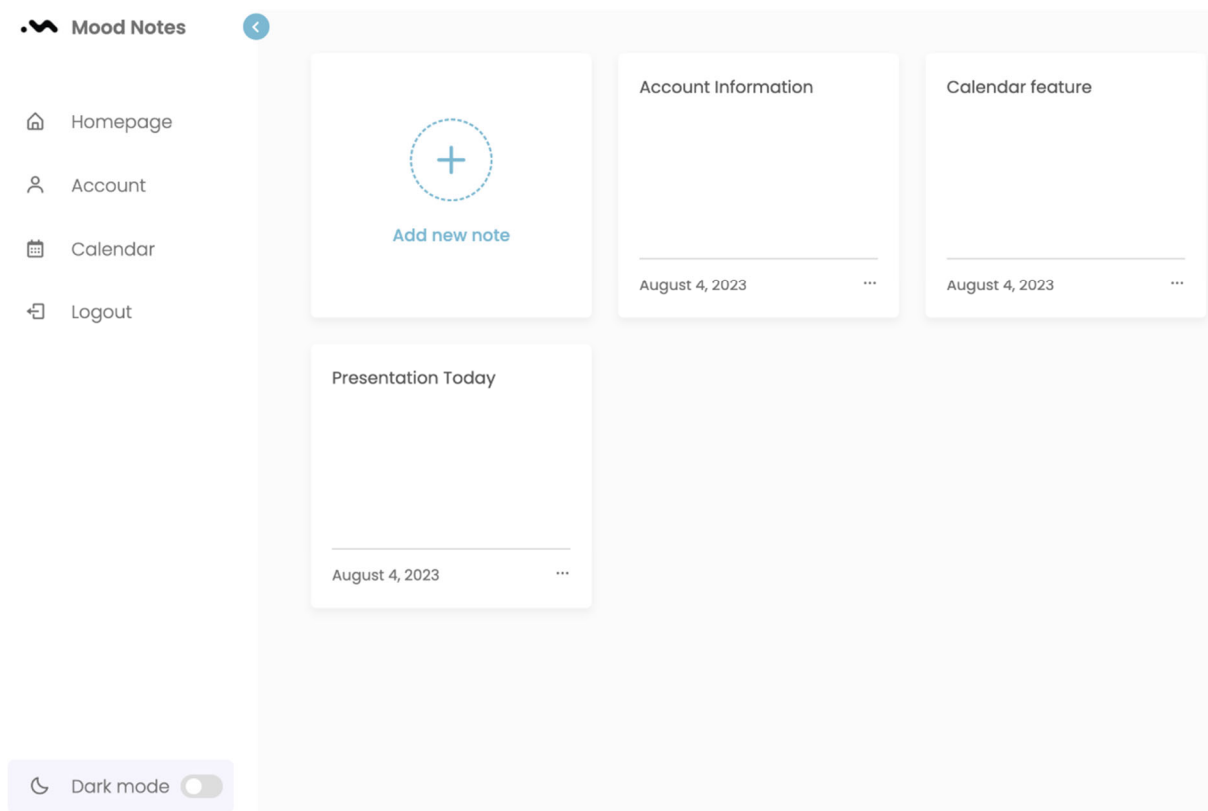


Figure 2. MoodNote Homepage (Picture credit: Original)

2.4. Benefits of Log-in System

The capability of a website or application to store user information and offer a login preference is crucial for enhancing user experience and security while streamlining the user interaction process. The user-friendly effectiveness of MoodNote is further enhanced by its log-in method, which places

emphasis on the effectiveness of only requesting required information during the creation of login preferences.

The method of retaining user information on a website or application fulfills various vital roles. From the start, the establishment of this system simplifies the user's experience by removing the necessity of frequently inputting personal information, such as usernames or email addresses, during every interaction [19]. The incorporation of this convenience feature has the potential to greatly enhance the overall user experience, resulting in a platform that is more user-friendly and efficient. Furthermore, personalization and customization play a crucial role by enabling the system to maintain user preferences and adapt content or services accordingly, thereby enhancing user engagement [16].

In addition to the storage of user information, it is considered efficacious to simply demand essential data during the process of configuring login preferences. Numerous people commonly express feelings of annoyance and dissatisfaction when confronted with lengthy and complex forms throughout the process of signing up or registering on websites and applications. According to [5], research suggests that the utilization of such form structures can result in a considerable rate of user abandonment, wherein potential customers suddenly exit the website or application without finalizing the registration procedure. By simplifying the data gathering procedure to include only essential information, such as a username or email address and a secure password, platforms can effectively decrease obstacles encountered during user registration or login and demonstrate consideration for user privacy apprehensions. Upon viewing Figure 3. The signup form of MoodNote primarily requires essential details, including the individual's name, email address, chosen username, and password. This approach is in conformity with data protection standards and promotes user trust by showcasing a dedication to protecting their personal data.

Figure 3. MoodNote Sign-up Page (Picture credit: Original)

3. Results

3.1. Feature 1: Clean Layouts

The implementation of a clean and simplistic website layout yields several advantages for users. This design optimizes the user experience by effectively decreasing visual complexity and minimizing the mental demands placed on users [20]. The process of taking notes or engaging in journaling has been found to be an efficacious technique of self-treatment, as it enables individuals

to alleviate anxiety through the offering of a means for self-expression, gaining insight, and experiencing emotional release. In numerous personal and professional situations, electric sticky notes have emerged as a valuable tool for persons seeking effective and sustainable methods to manage informational tasks. Moreover, an in-depth analysis of color selections in UI/UX design pertains to its capacity to impact user emotions, perceptions, and actions. The influence of light hue on emotions is a significant factor in shaping mental states and creating surroundings that support well-being and cater to the unique requirements of individuals. Furthermore, the incorporation of user data storage and the availability of a login preference are crucial elements for increasing user satisfaction, reinforcing security measures, and addressing user privacy apprehensions.

Additionally, a reduction of advertisements and intrusive pop-up windows within an application contributes to a clean layouts page, smooth and uninterrupted user experience According to [21], research investigations have demonstrated that disruptive advertisements and pop-up windows can cause disruption and annoyance among users, leading to a decline in user happiness and engagement. The absence of advertisements in a given environment not only contributes to the overall user experience by promoting comfort, but also helps prevent any security threats that may arise from the presence of harmful advertisements [17]. Users are able to concentrate on the primary features of the application without any interruptions, resulting in enhanced user commitment and extended utilization.

3.2. Feature 2: Calendar

The presence of calendar function within MoodNote provides users with the advantage of enhancing their time management and organizational skills. Individuals have the ability to personalize their calendars in order to keep them with their own schedules and priorities [22]. The inclusion of personalization choices provides users with the ability to establish reminders, arrange activities, and monitor significant dates [23]. This functionality leads to enhanced productivity and minimizes the likelihood of overlooking appointments or deadlines. The ability for users to customize calendar preferences empowers them to personalize the application according to their individual requirements, hence enhancing their overall user experience and productivity. The calendar feature in MoodNote offers users the flexibility to navigate to either future or previous notes. Additionally, users may conveniently access a specific note by just inputting the desired date, which will result in the corresponding note being displayed (see Figure 4).

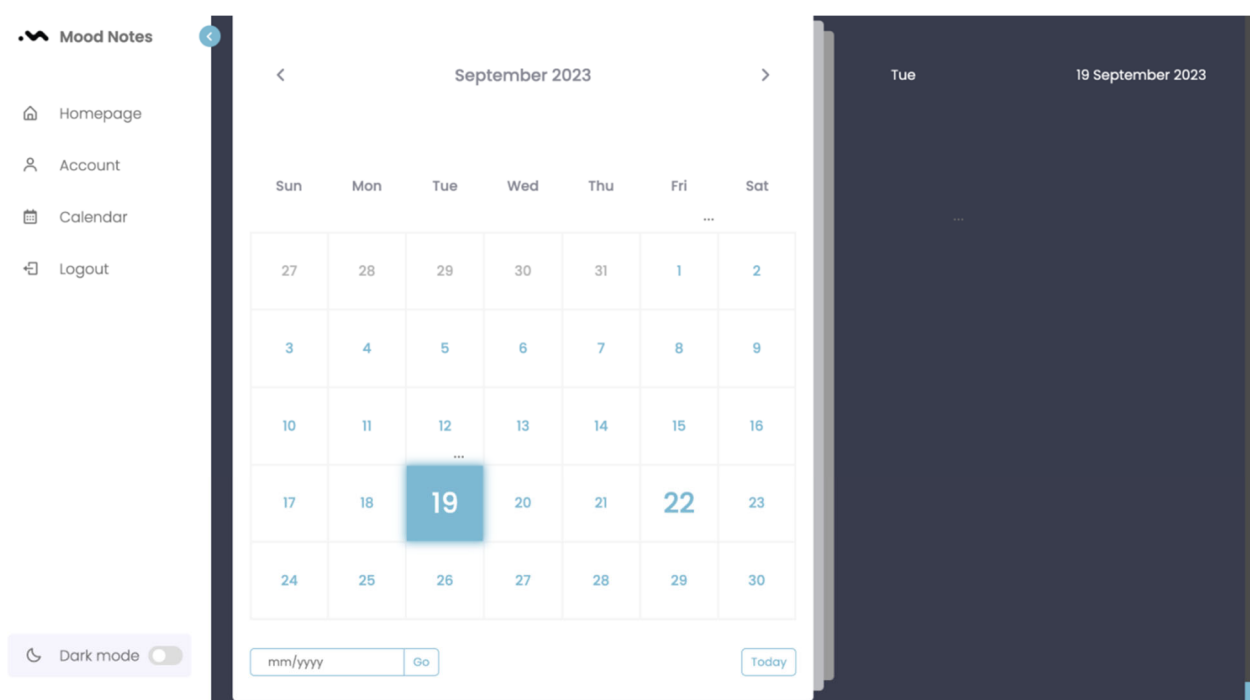


Figure 4. MoodNote Calendar Preference (Picture credit: Original)

The incorporation of multiple user-friendly elements enables visitors to conveniently browse the website, efficiently access necessary information, and actively engage with content, free from any potential distractions. Furthermore, it has been suggested that a well-organized design might enhance loading speed, hence improving the overall efficiency of the website [24]. Consequently, this phenomenon results in heightened user contentment and a diminished probability of user abandonment.

4. Discussion

4.1. Advantages and Disadvantages of Electric Notes

Electronic notes have been highlighted for their contribution to a more environmentally friendly approach by decreasing paper waste [25]. However, it is important to acknowledge a potential negative associated with the use of electronic notes, namely being susceptible to digital distractions and information overload [4]. Individuals may experience a sense of being overwhelmed by the enormous quantity of digital notes, notifications, and pop-ups, which can have a negative effect on their ability to effectively manage tasks and maintain concentration [1]. Furthermore, those with little technological proficiency may experience a period of adjustment when utilizing electronic systems. Additionally, relying on such systems could result in the potential liability of information being lost in the event of technical breakdowns or hacking attempts. In order to enhance the utility of electronic sticky notes, it is advisable for users to exercise conscientiousness in maintaining organization and minimizing confusion through frequent reviews and discarding unnecessary notes [1]. In order to limit the potential consequences of over dependence on electronic systems, it is crucial to maintain an equitable balance between digital and physical styles of note-taking [13]. In addition, the utilization of programs or software that possess clear user interfaces and powerful organizational capabilities can effectively optimize the utilization of electronic sticky notes and improve the overall user experience [14].

Nevertheless, there are also notable advantages to electronic notes. Among them is their high level of customizability, which enables users to employ color-coding, timers, and categorization features to improve note organization [5]. In addition, the digital characteristics of electronic sticky notes provide coordination across many devices, so guaranteeing the accessibility and continuous progress of tasks [26].

4.2. Alternative Design of MoodNotes

There are still numerous alternate designs and preferences that need further development and improvement in MoodNote. A search engine that facilitates finding of relevant notes containing a particular term, enabling convenient access to the desired information, is worthy of consideration. The effect of keyword-based search engines on user experience and the accessibility of information is significant. It enables users to efficiently access information, resulting in time and energy savings. Efficiently locating keywords in digital materials promotes greater usage, as noted by [27].

5. Conclusion

In summary, regardless sticky notes' physical or digital appearance, present an abundance of benefits in increasing productivity, organization, and creativity. Digital sticky notes offer the advantage of being portable and accessible across many platforms, so they avoid the loss of ideas and tasks. The significance of color in User Interface/User Experience (UI/UX) design is of the greatest significance and should not be ignored. The selection of strategic colors has the potential to impact user emotions and behaviors, resulting in the establishing visually engaging and user-friendly environment. A well-built login system not only guarantees security but also improves user engagement and loyalty by providing customized interactions. The utilization of clean layouts and

customization of calendar preferences has been shown to enhance user engagement, resulting in decreased mental stress and improved efficiency.

Despite the adaptability that electric notes provide, they are not without disadvantages. These disadvantages include the feature of distracting pop-ups, both of which have the potential to negatively impact user focus and readability. Achieving a harmonious harmony between these aspects is crucial in order to provide a smooth and consistent user experience. Through careful arrangement of these components, digital platforms have the ability to effectively utilize the advantages offered by sticky notes, simple design, secure log-in systems, and customizable interfaces, hence facilitating an optimized and pleasurable user experience.

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