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# **A System to Support Motivation When User Post a Wish to SNS**

## **Considering The Psychological Pressure**

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In our daily lives, we often say our wish, however we seldom put them into action. But sometimes when we look back on such wish,we may have such a feeling:I should have done it at that time. Such behavior is defined as procrastination.

Procrastination is associated with a wide variety of negative health,well being,productivity and performance.In order to prevent procrastination,the importance of how to increase our motivation have been pointed out.

It is necessary to improve our motivation to fulfill our goals. Recent researches have only focused on the action stage in order to maintain the motivation. Nevertheless, few researches have aimed to put the motivation before action.

In recent years,due to the popularity of SNS for sharing memory and thought in daily life,there are billions of people using SNS such as Facebook and Twitter.

Therefore, in this research, we propose a system which sends related pictures and phrases from search engines such as Google to the posters or their's friends whenever they post a wish to SNS.

In chapter 2,I overview several related works.Chapter 3 describes the system.Chapter 4 describes user studies and the results,and the usefulness of this system is illustrated.Chapter 6 concludes this thesis.

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