

Solace: A Web-Based Event Oriented Platform for Social Inclusion of Introverted Individuals

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Abstract—Left out or quiet people often struggle when groups get noisy, chaotic, or demand constant attention. Though online spaces exist everywhere now, they rarely soothe the inner tension someone feels when crowds unsettle them sometimes making loneliness worse. Behind screens, stress can build up instead of being released. A different kind of tool might help: one that's not for endless scrolling but for calm meetings in real rooms, setting pauses, and taking small steps. Structure can open up new possibilities where freedom sometimes leads to more problems. Thoughtful pacing replaces forced spontaneity. Real conversations without trying too hard to perform. Moments are guided gently, not left to chance. Such an app wouldn't push too hard. It would wait. Listen. Then help move forward not toward stress, but toward a sense of connection that feels natural, like breathing. A new beginning starts when someone signs up to host or look for a gathering nearby, like book clubs, backyard games, craft nights, or any casual event. Invitations aren't just random they are carefully matched based on shared interests, the right group size, and whether people want to keep things private. Safety is a priority from the start, and it affects who can see what, how names are shown, and what people agree to before joining. Some people use their full names, while others choose to go with initials. Comfort isn't assumed it's built into every part of the setup. This work starts with ideas, not data, and looks at how systems are created, what they do, their features, and how people navigate through them when using the interface. The results show that people feel less lonely, more ready to join group activities, and have a better mood in their daily lives. What stands out is its role in helping quiet or shy people connect by shaping tech that responds with care, guiding events in a clear way so virtual chats lead to actual meetups.

Index Terms—anxiety reduction, community engagement, event matching, introvert-friendly social networking, loneliness support, privacy and safety, real-world meetups, structured social interaction.

I. INTRODUCTION

Out in the open online world, quiet people sometimes vanish behind screens. Still, even with endless friend requests and chat options, real talk feels rare for some. Not everyone thrives under bright digital spotlights where likes and comments shout louder than substance. Hidden parts of connection are just as important places where listening matters more than sharing. When platforms focus on getting attention, softer voices get overlooked and often go unheard. People on the edges of society often want to feel included, but it can be hard to find spaces where they can be themselves without fear. Big events or busy public places can be overwhelming for those who like quiet, pushing them deeper into loneliness. More than ever, we need online spaces that do more than just let people share updates spaces that quietly help people connect in person, at their own pace, with care. A new way of thinking starts here creating an online space for those who feel left out or shy. Instead of large groups, imagine cozy, small gatherings where quiet people feel comfortable. Picture small meetups: game nights, craft talks, walks, book swaps not loud stages, but gentle invitations. One moment you're just looking around, and the next, you're part of a group that feels like home. Host it at home or a park bench downtown, your call. Matching happens through shared vibes, not just hobbies comfort zones matter too. Anxiety dips when expectations stay soft and real talk grows slow. The whole idea? Let bonds form without force. Security matters most here. Getting matched by shared interests helps people click naturally. Anonymity stays a choice, never forced. Small groups keep things manageable. Knowing what to expect lowers stress. Moving slowly from messages to meetings makes space for real talk. Comfort online does not always

mean comfort in person this tries to close that distance. How we connect shapes how we belong.

Technology might help quiet people feel more at ease, opening paths to real connections instead of replacing them. Some online spaces, built with clear rules and purpose, seem to lessen loneliness while lifting mood over time. One app idea shows promise if designed with care, it could support people who feel lonely or excluded socially. True connection begins when tools are made with people in mind, not just to speed up tasks. This project fits into bigger tech movements that emphasize empathy, understanding, and making sure everyone feels included.

II. RELATED WORK LITERATURE REVIEW

What happens when people feel left out? Scientists have studied how being cut off from others impacts mental health. Loneliness grows, confidence decreases, worry rises, and a person feels more disconnected. Quiet people aren't naturally against crowds. However, loud gatherings make them uncomfortable. That discomfort makes some avoid joining in. Earlier studies show one clear thing: missing meaningful conversations hurts more than just having fewer chats. Feeling safe while connecting is really important.

Most traditional social networks tried to fix connection issues by adding more ways to chat but research shows this might actually increase stress. Being seen by many, compared to others, and dealing with large group settings can push quiet people away. These platforms often focus on the amount of interaction rather than how meaningful it is. As a result, those already feeling left out often get even less support.

Lately, tools for digital mental wellness have started to change. Some websites now mix personal writing with step-by-step prompts users talk through feelings in quiet corners of the internet. Quiet folks tend to thrive here, where walls aren't physical but built into how things work: safe, slow, thoughtful. Talking happens on their terms. Stillness isn't a flaw it's part of the design. Yet nearly all these spots stop short of pushing doors open beyond screens. They comfort, yes but staying inside is often the only option offered. Stepping out into shared spaces? Rarely part of the plan. Real meetings between people slip through the cracks. Comfort stays digital by default.

Spaces on the internet built around groups have drawn attention as calm places for people uneasy in social settings. When folks connect through common interests, especially in smaller clusters, tension eases because there is already something linking them. Talking feels lighter when everyone shares a starting point. Being unseen or using a made-up name helps too judgment slips away. Yet even with those advantages, most of these setups stay online. Moving from screen chats to real-world meetups rarely happens on its own. Some apps now help people find get-togethers based on specific happenings. Yet quite a few focus only on outgoing personalities and big parties. Personal touches often go missing there. Feelings of unease tend to be overlooked too. Small groups where quiet folks feel secure aren't usually part of the plan. That leaves room for better tools built around calm, thoughtful face time.

A fresh take on connection begins here mixing ideas from online wellness tools, how people engage with tech, and shared digital spaces. Instead of just linking users at random, it uses common interests to spark meetings, while limiting group size for comfort. Privacy shapes every part of the setup, putting control in users' hands. Moving slowly from screen chats to real-world meetups becomes possible without pressure. Technology shift's role: less like a phone call, more like a quiet helper guiding lonely or shy people into belonging.

III. PROBLEM STATEMENT

Even with how fast online social tools have grown, people who feel left out or keep to themselves still struggle to build real connections. Most apps for meeting others focus on big, sudden, public moments this unsettles those uneasy in crowds or unfamiliar chats. Comfort fades when there are no gentle steps forward, no mood-aware features, no tailoring to someone's ease level. Slow, quiet entry points? Rarely found.

Quiet people usually like gatherings that feel familiar, calm, and tied to their passions yet finding these spaces out there is tough. Real-life meetups tend to be chaotic, full of pressure, or hard to navigate, so lots just skip them. Over time, those left on the edges wind up more alone, less sure of themselves, and stuck without chances to connect or grow.

Even when apps offer ways to reflect or write about feelings online, moving from screen to face-to-face talk stays out of reach. Services that depend on events often overlook key things like personal space, fear of crowds, the needs of smaller groups, and how someone feels emotionally. The difference between liking something online and truly connecting shows where most support ends and real connection begin. This study is about making online spaces that are especially for quiet people or those who feel left out in social situations. These are places where entering face-to-face moments feels less stressful.

The design includes thoughtful choices, matching people based on shared interests, carefully run group meetings, and strong personal boundaries. All of these are meant to help people connect more easily without feeling forced. A new way to think about connection starts here not through endless feeds, but through quiet, meaningful moments that happen when they're needed most. This tool creates space for those who prefer listening rather than shouting into empty spaces. Instead of pushing for constant interaction, it gives people the chance to meet when they're ready. Moments happen based on what they enjoy and how they're feeling that day. Comfort guides every step forward. There are fewer crowds and fewer expectations just invitations that respect personal pace. It supports those who are often left out without making them feel different. Confidence grows slowly and quietly within safe digital spaces. The goal isn't more talking just better, more meaningful meetings.

IV. PROPOSED SYSTEM

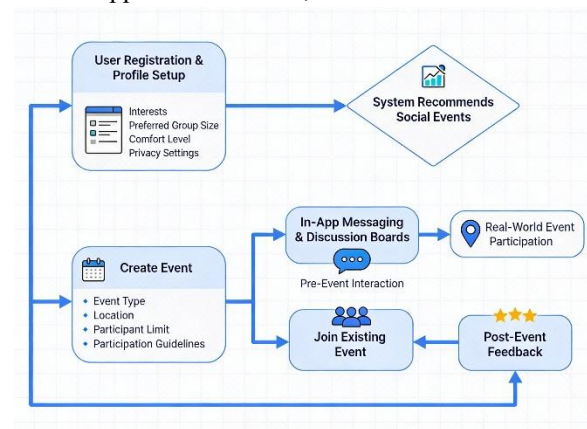
A new kind of online space is starting to appear calm and not too hectic. It's made for people who feel ignored or unsure about sharing their thoughts, allowing them to connect gently through shared interests. Instead of endless scrolling and public posts, it provides quiet spaces with a clear purpose. People come together based on specific hobbies, and everyone can decide how much they want to get involved. Comfort matters more than attention here. Privacy isn't an afterthought it shapes every step. People decide when to join, how much to share, and who they meet. Interaction grows slowly, shaped by rhythm rather than rush.

A space opens up where people shape get-togethers cozy homes, shared hobbies, coffee corners, casual

hangouts. Hosts pick key details: what kind of gathering, where it lands, how many show up, common interests, ground rules too. Clear setup means attendees see the outline ahead. Fewer unknowns. Less pressure building before stepping in. What stands out about this system? It matches people by shared interests plus how socially at ease they feel. During sign-up, individuals list what excites them, ideal group numbers, along with how they like to engage. Matching happens behind the scenes using those details. Events get suggested that fit who you are fewer chance encounters, more real connection. Sometimes people want space to speak freely. That is why joining can happen without revealing identity.

A name on screen might not be real. What matters most shows up only when someone chooses to share it. Protection happens through locked storage and careful logins. Settings let each person decide what stays hidden. Rules exist because kindness needs support. Others watch carefully so conversations stay fair. Being heard should never mean being exposed. Getting started happens on the app, where messages and chat boards help people get used to each other. From there, conversations can move into real-life meetups without rushing.

Talking first online gives space to feel more at ease later in person. Stepping slowly into meetings makes showing up less overwhelming. Starting with care in design, clear ways to run events, then adding strong privacy tools the whole thing builds a path from online ease to actual human contact. For quieter people, it opens doors they might otherwise avoid, helping them connect without pressure. Real bonds form here, slowly, because safety comes first. Belonging grows where support feels natural, not forced.



V. SYSTEM DESIGN AND COMPONENTS

A fresh start shapes how the web tool works split into parts that grow as needed. Built on client-server ideas, it runs smoothly while staying safe and user-friendly. The design includes three main sections: one for how it looks, one for managing how it works, and one for keeping data safe. Each section operates independently, but they link up when necessary. Keeping them separate makes it simpler to make changes and spot problems. This structure also allows for future changes without needing extra work.

5.1 System Architecture

A. Presentation Layer (Frontend):

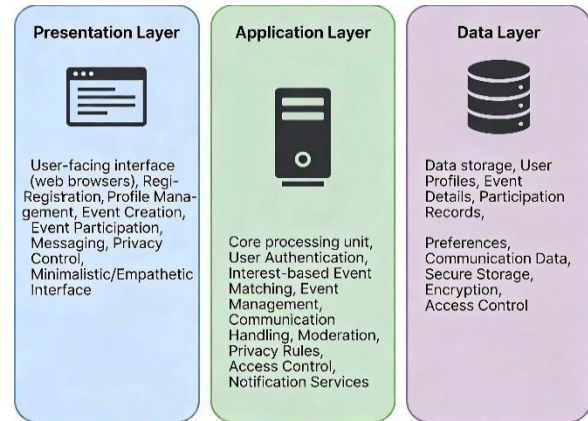
What you notice first this part of the system is about how people use it. It's made in a simple and thoughtful way, so your focus stays strong and the experience feels more like how things should be. Signing up happens here, along with editing your details, looking at events or making new ones. Talking to others joins in naturally, plus adjusting who sees what about you. Screens shift smoothly whether used on a laptop, tablet, or phone.

B. Application Layer (Backend):

Handling user sign-ins, sorting matches by interests, managing messages, overseeing events, and applying safety checks happens here. From start to finish, this part runs what users actually do. Rules around joining activities get checked right away during interactions. Communication stays protected across different pieces of the system. Privacy settings are adjusted per person. Events need confirmation before going live. Alerts go out when updates occur.

C. Data Layer (Database):

Storing personal info, event logs, sign-in history, choices, and messages happens safely inside the data layer. Protection kicks in through coded storage and tight permission rules for who sees what. Built to grow smoothly, the system keeps accuracy intact without breaking privacy standards.



5.2 Key System Features

A. User Registration and Profile Management

A single profile begins with what matters most to one person interests, event preferences, how big a gathering can be before it feels too crowded, and who gets to see what. Choosing to stay unnamed or hidden behind a made-up name means showing up is possible without handing over real details.

B. Creating Events and Joining Them

Starting things off with a plan, people set up gatherings using details like where it happens, when, how many attend, along with rules for joining. These meetups bring people together who are looking for similar things, so it feels easy to connect with others.

C. Interest-Based Matching:

When your interests align with someone else's, the system might suggest you meet. It also considers how comfortable both of you feel, so the conversation doesn't feel too forced. When everything matches up, meeting up feels more natural. This helps avoid awkward situations.

D. Tools for communication and interaction

Messages within the app, along with areas to discuss events, help people connect before an event. This helps reduce anxiety and makes the actual gathering feel more comfortable later.

E. Privacy and safety mechanisms

What keeps feelings safe on the platform is all about who sees what. When you log in, you control each step yourself. Information stays locked at every stage. The rules about how people behave are clear and always followed without any exceptions. Trust grows when users feel in control of their own experience.

What makes this platform special is how clear design meets real emotional awareness. A calm strength comes through when thoughtful details help those who feel left out. It's built with care and works gently for people who like to stay in the background. It's not loud, but it's effective this space works for anyone who feels shy or alone. The structure guides without forcing, and care is always there.

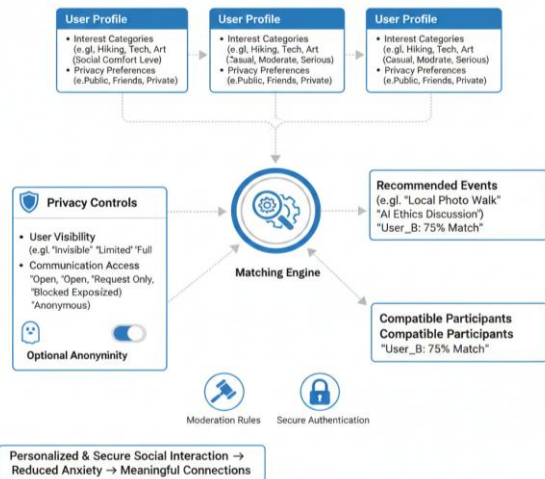


Figure 3: Interest-Based Matching & Privacy Control

VI. METHODOLOGY

This study looks at ideas and the choices made in design, shifting focus from general testing to creating solutions for social exclusion through technology. It builds on earlier research and fundamental HCI principles, and it develops system structures and outlines features while taking into account the real-world effects on users. Rather than depending mainly on trials, it creates frameworks that tackle the shortcomings in how people interact.

6.1 Requirement Analysis

Right away, earlier studies in social psychology showed the difficulties shy or lonely people often experience. These studies highlighted clear needs, like having safe environments where emotions feel protected. Privacy was a big part of that. One important lesson was that connecting people through shared interests made it easier to build relationships. Big, crowded groups were too much, so smaller, more personal chats worked better. Past work on digital well-being suggested moving at a comfortable pace and helping people through the process step by step. Online events showed that letting people control their

own interactions could reduce stress. The main focus wasn't about fixing problems, but about offering calm, supportive guidance.

6.2 System Design Approach

A fresh start came when we started focusing on what people needed. Working in small groups makes the process feel more manageable and gives clear direction on what to do next. Quiet visuals help ease tension, giving space through clean layouts that do not overwhelm. Anonymity shows up as a choice, letting users decide how much they share. Steps unfold slowly, allowing comfort to build naturally without rush.

6.3 Feature Modeling

Starting out, setting up events shaped how people joined in. Moving through, picking activities tied to personal interests guided next steps. Alongside that, messaging systems kept talks flowing without hassle. Throughout it, staying safe remained built into choices made. Ending here, shifting from screen time to real meetups felt natural yet fully managed.

6.4 Evaluation Strategy

Because of limited time and range, there was no structured testing with users or number-based analysis. The way it worked got looked at through ideas, linking how it was built to the social issues found. What might happen came from what earlier studies on online mental health tools and shared tech projects have shown. Ideas shaped the view instead of hard data. Fresh ideas grow fast here, shaped by clear rules that include everyone's voice without losing scientific care or the study's true goal.



Figure 4: Gradual Transition Model

VII. EXPECTED RESULTS AND DISCUSSION

A fresh kind of online space could help quieter people feel more included. Instead of loud, crowded feeds, it builds calm corners for real connection. Most sites push constant posting and wide audiences. Here, smaller talks take centre stage. Comfort guides how each person engages. Pressure fades when size shrinks. Those who step back from typical networks might lean in here. Quiet does not mean disengaged just different. Space matters as much as speech. Feeling safe helps voices rise. Not every chat needs an audience. Fewer lonely moments might come from how this setup works. Because people meet others with matching tastes, ease around strangers grows. Shared likes guide what gatherings show up, making talks flow easier than before. Comfort builds when chats start without pressure.

Expectations around events could ease social tension. Knowing how many people, where it happens, why it exists, along with what's allowed gives clarity before showing up. That kind of order strips away guesswork, something quiet minds usually struggle with. When the unknown shrinks, moving from screen chats to face-to-face meetings feels less jarring. Comfort grows when surprises fade.

One thing you might notice is how privacy tools shape the way people join in. When profiles stay hidden unless chosen otherwise, comfort tends to grow. A space where messages travel safely often leads to more honest chats. For those brushed aside before, being able to show up quietly matters a lot. Tone stays steady when rules are clear and followed. Trust builds slowly when every voice feels shielded. Long-term presence usually follows when users feel they belong.

Getting to know people online first could ease nerves before meeting up. A step-by-step approach lets conversations happen slowly through messages early on. This way, faces start feeling familiar even before real-life contact begins. Talking a few times online might soften the jolt of showing up at an event. Small digital exchanges build space to practice how to respond without pressure. With enough back-and-forth that goes well, speaking up gets easier over weeks. Confidence tends to grow when awkwardness fades with repetition. Some begin to expect good moments instead of missteps. Showing interest in gatherings stops seeming so heavy after a while.

Familiarity chips away at hesitation like water over stone.

When looking at how things work behind the scenes, breaking components into separate pieces helps keep everything running smoothly over time. One big plus? It makes updates easier down the road without disrupting core functions. Built-in flexibility means changes can be added later without starting over. On the surface, focusing on real people shapes how buttons, menus, and flows behave. This kind of layout pays attention to who uses it how they think, move, feel. Getting these details right makes everyday tasks easier. Comfort matters just as much as how well something works when people use software. Satisfaction happens naturally when tools behave the way people expect and include everyone. People begin to accept them when they see clear value without getting confused.

Even if these ideas seem a bit unclear at first, they are based on real research about how digital tools affect well-being, how people connect through technology, and what happens in online communities. What happens next shows that tools can help bring people together in real life, not just keep them talking behind screens. Looking ahead, keeping an eye on how people use things, hearing what they think, and checking how easy they are to use can help see if these ideas really work.

VIII. EXPECTED RESULTS AND DISCUSSION

Quiet individuals might finally find a better fit in a new kind of online space. This platform isn't all about noise or endless scrolling, but rather about calm areas where people can chat in a more natural way. Unlike most platforms that chase the latest trends or try to grow their follower count, this one stay quieter. Small, meaningful exchanges between people matter more than how far your message reaches. How someone feels during a moment depends a lot on how comfortable they are. When things are simpler, the stress level goes down. People who usually avoid big groups often feel more relaxed here. Silence isn't emptiness it's just another kind of rhythm. What's around you can be just as strong as what you say. When people feel safe, they are more likely to share their thoughts. Some conversations can happen without needing a crowd. Moments that feel lonely might become easier to manage in this setting. When

people connect through shared interests, meeting new people feels less overwhelming. Groups form around common passions, which helps conversations flow more smoothly. Talking feels more natural when there's no pressure to impress.

What happens in these gatherings could make it easier for people to connect. Imagine this: clear information about numbers, locations, reasons, and rules shared ahead of time.

This structure takes away uncertainty where a lot of anxious thoughts come from. Less confusion means moving from online chats to real-life conversations feels different. Fewer surprises help create a sense of comfort. What stands out is how privacy features change the way people act. Hidden profiles by default make people feel safer. With secure messaging, conversations often become more truthful. Quiet entry helps anyone once ignored. Clear rules keep emotions in check. Over time, trust grows where everyone can speak without fear. Staying around tends to happen once people sense they fit in.

Starting with online chats can help calm those shaky feelings ahead of a meetup. Moving bit by bit means words flow easier in texts at the beginning. That rhythm makes someone's face seem less strange later on. After a handful of talks through screens, walking into a room feels less like jumping off a cliff. Quick back-and-forths online give breathing room to figure out what to say no rush. Weeks pass, then speaking up feels less strange. Awkward edges wear down repetition helps confidence rise slowly. Good outcomes start feeling possible, not rare. Gatherings become lighter once they feel known. Hesitation softens, shaped by small returns, again and again.

Things run better when inner parts stay apart. Easier fixes come later because one change does not break another. Adjustments can fit in smoothly, even after a product is already out. Real users shape how they use the interface, making choices and steps feel natural. It's people who lead the way, not the other way around. A seamless experience happens when designs match how people actually use things. When a system feels natural, the effort needed becomes almost unnoticed. Positive experiences happen when actions lead exactly where you expect them to. Inclusion doesn't feel forced it comes from truly listening to people first. The value becomes clear once confusion is gone. All these ideas have one thing in common: they focus on studying how people use screens, how devices affect

human connections, and how people interact in online groups. Tools can do more than just send messages; they can bring people together into shared spaces, away from their screens. Looking ahead, the next steps involve finding patterns in how people behave, gathering personal feedback, and measuring how smooth an experience feels—these efforts add up to real evidence, and maybe even clarity.

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