

Soul Map Atlas: A Design-Science Framework Integrating Bazi, Numerology, Human Design, and Javanese Primbon with AI-Supported Self-Reflection in the Age of Digital Confession

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Abstract

Individuals are increasingly disclosing emotional struggles to AI chatbots, yet current systems remain largely reactive and lack the narrative structure needed to support long-term identity clarity, particularly amid growing identity fragmentation in hyperconnected digital environments. In response to this gap, the present study aims to design and evaluate an AI-augmented, birth-based identity framework called Soul Map Atlas, which integrates BaZi, Numerology, Human Design, and Javanese Primbon with adaptive AI reflection to transform unstructured emotional disclosure into coherent, lifelong self-reflection. Following a Design Science Research approach, the study derives its design principles from a synthesis of identity theory, AI-mediated disclosure literature, and symbolic-system scholarship, articulates a Context–Agency–Mechanism–Outcome (CAMO) framework, and designs a three-module artefact consisting of Birth Essence, Symbolic Integration Engine, and AI Reflection Module. The prototype is evaluated qualitatively through a two- to three-week interaction phase followed by 30-minute interviews, with the resulting data analysed using thematic, cross-case, and convergence analysis. The findings show that participants experienced combining stable, culturally grounded symbolic anchors with psychologically safe, non-deterministic AI dialogue as supportive of interpretive resonance, emotional safety, and a stronger sense of narrative continuity, although birth-time uncertainty and the absence of expert review remain limitations of the study. Overall, Soul Map Atlas offers a new category of AI–symbolic reflective artefact with implications for life coaching, digital wellbeing tools, and culturally inclusive identity support, and it warrants further longitudinal and expert-reviewed evaluation.

INTRODUCTION

Artificial intelligence (AI) has increasingly become a space where individuals express emotional struggles, uncertainties, and deeply personal concerns. Large-scale analyses of chatbot interactions indicate that individuals frequently disclose fears and vulnerabilities to AI systems more openly than to human confidants (Zhou et al., 2023; Haque et al., 2023). Users often perceive AI systems as non-judgmental, continuously available, and emotionally neutral, creating a form of digital intimacy that encourages sensitive self-disclosure.

At the same time, social media and algorithm-driven environments contribute to increasing identity fragmentation. Continuous comparison, curated online personas, and multiple digital identities can weaken self-concept clarity, particularly among younger populations immersed in hyperconnected digital ecosystems (Chan, 2022; Twenge, 2019). Identity theorists argue that such environments reduce opportunities for stable meaning-making and disrupt narrative coherence, contributing to psychological strain and uncertainty regarding personal identity (Erikson, 1968; Giddens, 1991).

Although users engage deeply with AI systems, current chatbots primarily provide reactive, moment-to-moment responses. While these interactions may provide temporary emotional relief, they often lack the narrative structure, cultural grounding, and developmental continuity required to support long-term identity clarity. Research in digital mental health emphasizes the importance of psychological safety, user autonomy, and structured meaning-making processes, which are not typically integrated into generic conversational AI systems (Cross et al., 2024; Ni et al., 2025).

Culturally rooted, birth-based symbolic systems, including BaZi, Numerology, Human Design, and Javanese Primbon, have historically been used to interpret personal tendencies, strengths, and recurring life patterns. These systems function as metaphorical and non-deterministic frameworks that support reflective identity exploration across the lifespan (Martin, 2022; Suganda, 2018). Their stable, birth-derived structures correspond with narrative and developmental identity theories emphasizing the importance of consistent anchors in reducing identity diffusion and supporting self-continuity (Erikson, 1968; Giddens, 1991; McAdams, 2001; Campbell et al., 1996).

This study introduces Soul Map Atlas, an AI-augmented reflective system that integrates symbolic identity frameworks with adaptive and psychologically informed AI dialogue. By combining cultural symbolism with personalized reflection, Soul Map Atlas aims to transform unstructured emotional disclosures into coherent, grounded, and developmentally appropriate lifelong identity reflection. Previous research on AI-assisted journaling and reflective technologies suggests that structured and personalized prompts can support emotional processing, autonomy, and user engagement when implemented with appropriate safeguards (Spytska et al., 2025; Nepal et al., 2024; Cross et al., 2024; Matthews, 2024; Hutmacher & Appel, 2022; Ni et al., 2025; Olawade et al., 2024; Torous & Roberts, 2025). The system is positioned as an early-stage design artifact within the Design Science Research paradigm, addressing the emerging need for AI-mediated identity clarification and psychologically safe self-reflection.

The guiding research question of this study is:

RQ: How can an AI-augmented, birth-based identity framework be designed to transform unstructured emotional disclosures to chatbots into coherent, lifelong self-reflection that supports identity clarity and personal development?

This paper first reviews the theoretical foundations informing the design of Soul Map Atlas, followed by a description of the design science research methodology used to identify the problem, derive design principles, and develop the CAMO framework. It then presents the resulting artifact design and discusses evaluation findings before concluding with the study's contributions, limitations, and directions for future research.

Theoretical Foundations

This section synthesizes the key conceptual streams that inform the design of Soul Map Atlas. Rather than repeating the general background discussed previously, it focuses on the theoretical insights that directly shape the artifact's functional and reflective components.

AI-Mediated Emotional Disclosure. Research on human–AI interaction indicates that users frequently perceive AI systems as emotionally neutral and non-judgmental interlocutors, enabling more intimate forms of self-expression (Zhou et al., 2023; Haque et al., 2023). Studies

on AI-assisted journaling further demonstrate that structured reflective prompts can enhance emotional clarity and assist users in articulating internal experiences that may be difficult to communicate through interpersonal interactions (Nepal et al., 2024). These findings provide the foundation for incorporating an adaptive reflection module within Soul Map Atlas.

Identity Formation and Fragmentation in Digital Environments. Identity development literature emphasizes the importance of stable anchors and coherent internal narratives in maintaining self-concept clarity (Erikson, 1968; Giddens, 1991). In contrast, contemporary digital environments characterized by continuous comparison, algorithmic influence, and fluid online personas may weaken narrative coherence and intensify identity uncertainty (Chan, 2022; Twenge, 2019). These perspectives support the system's emphasis on grounding users in stable, birth-based symbolic frameworks that facilitate long-term meaning-making rather than temporary emotional expression.

Symbolic Birth-Based Systems as Reflective Anchors. Symbolic identity systems such as BaZi, Numerology, Human Design, astrology, and Javanese Primbon function as culturally embedded interpretive frameworks that assist individuals in contextualizing personal tendencies, dispositions, and life themes (Martin, 2022; Suganda, 2018). Contemporary research suggests that users often engage with these systems primarily as tools for reflection and narrative construction rather than as deterministic prediction mechanisms. Their stability from birth provides potential lifelong reference points for identity reflection, aligning with developmental theories emphasizing continuity in personal meaning-making.

Adaptive AI Personalization in Reflective Practice. Recent research in digital mental health highlights the potential of personalized AI interventions to enhance autonomy, reflective depth, and emotional processing when implemented with appropriate safeguards (Cross et al., 2024; Ni et al., 2025; Olawade et al., 2024). Personalized reflective prompts can improve engagement, while emotionally responsive language can support psychological safety. These principles inform the design of the narrative and reflection modules within Soul Map Atlas, which integrate symbolic system outputs with adaptive AI guidance to facilitate structured and meaningful self-reflection.

Together, these theoretical perspectives provide the foundation for integrating stable symbolic identity systems with personalized AI reflection. They support the design objectives and development principles presented in the following section.

METHOD

This study employed a Design Science Research (DSR) approach (Peppers et al., 2007), consisting of problem identification, the development of design principles, the formulation of a theoretical design framework, artifact development, and qualitative evaluation. This section describes the problem identification and motivation, the synthesis of the knowledge base and derived design principles, the CAMO framework underlying the artifact design logic, and the evaluation approach used to assess the artifact.

Problem Identification and Motivation

The problem addressed by Soul Map Atlas emerges at the intersection of social behaviour and technological capability.

Growing Emotional Disclosure to AI Without Reflective Structure. Individuals increasingly confide intimate emotional experiences to chatbots, but current systems provide short-term relief rather than structured pathways toward identity development (Zhou et al., 2023; Haque et al., 2023).

Rising Identity Confusion in Digital Societies. Hyperconnected environments contribute to identity instability and psychological strain, particularly among younger populations (Chan, 2022; Twenge, 2019).

Lack of Culturally Grounded, Lifelong Identity Anchors. Birth-based symbolic systems offer stable structures for lifelong meaning-making but have not been integrated into AI-mediated reflective support.

Opportunity for a Transformative Hybrid Artifact. AI personalisation research indicates that adaptive reflective tools can enhance identity clarity and emotional processing (Spytska et al., 2025; Nepal et al., 2024; Cross et al., 2024; Matthews, 2024; Hutmacher & Appel, 2022; Ni et al., 2025; Olawade et al., 2024), while symbolic systems offer depth, narrative richness, and cultural inclusiveness (Martin, 2022; Suganda, 2018). Soul Map Atlas unites these streams to create a new category of reflective artifact grounded in design-science principles.

Design Problem Statement. Despite increasing emotional engagement with AI, existing systems lack the narrative depth, cultural grounding, and developmental continuity required to support coherent identity formation. Users are left with momentary relief rather than long-term clarity. The core design problem is therefore: how can an AI-augmented reflective system transform unstructured emotional disclosure into coherent, culturally rooted, and developmentally supportive lifelong identity reflection? Addressing this problem is essential because it meets a growing societal need for psychologically safe, meaningful, and culturally inclusive AI-mediated self-understanding.

Synthesis of Knowledge Base and Derivation of Design Principles

Design-Relevant Knowledge. Identity Basis: Identity development benefits from stable anchors, narrative coherence, and structured reflective practices that support self-concept clarity across the lifespan (Erikson, 1968; Giddens, 1991; McAdams, 2001; Campbell et al., 1996). **AI Reflection:** Effective reflective AI must prioritise psychological safety, user autonomy, non-judgmental tone, and contextual sensitivity to avoid deterministic or overly directive responses (Cross et al., 2024; Ni et al., 2025). **Symbolism:** Symbolic systems must be presented metaphorically and transparently, serving as interpretive tools rather than predictive or deterministic frameworks (Martin, 2022; Suganda, 2018). **Birth-Time Considerations:** BaZi and Human Design require birth time, whereas Numerology and Primbon do not. Approximate time ranges allow safe, partial, and ethically appropriate interpretation, preventing overprecision.

Design Principles. DP1 – Reflective Grounding: Use stable, birth-based symbolic systems as identity anchors to support lifelong meaning-making. **DP2 – Cross-System Symbolic Integration:** Integrate insights from four symbolic systems into a convergent interpretive map that emphasises consistent, non-contradictory themes. **DP3 – Adaptive AI Co-Reflection:** Use adaptive AI to facilitate safe, personalised, non-deterministic reflective dialogue that deepens self-awareness and supports autonomy.

Rationale for Selecting BaZi, Numerology, Human Design, and Javanese Primbon. The rationale for the four selected systems rests on four considerations.

Lifelong Stability: each selected system derives identity attributes from birth data that remain constant across life:

- BaZi: Four Pillars (Year, Month, Day, Hour)
- Numerology: Life Path, Expression, and Soul Urge numbers
- Human Design: Type, Strategy, Authority, Profile
- Primbon: Weton and Neptu combinations

This structural stability aligns with identity theory, which emphasises the importance of consistent scaffolds in personal development (Erikson, 1968; Giddens, 1991).

Cultural Inclusiveness: the four systems collectively span Chinese, Western esoteric, modern syncretic, and Indonesian indigenous traditions. Their integration supports cross-cultural accessibility and reduces ethnocentric bias, aligning with inclusive design principles.

Complementary Interpretive Strengths: together, these systems provide elemental, motivational, energetic, and cultural interpretive layers, forming a multi-dimensional reflective scaffold that supports deeper identity exploration.

Why Astrology Was Excluded: Western astrology was excluded because:

1. It lacks a unified framework (e.g., tropical vs. sidereal).
2. It depends on dynamic transits, violating the requirement for birth-based stability.
3. Its forecasting orientation conflicts with the artefact's reflective purpose.
4. It introduces cognitive and computational complexity unsuitable for this design-science project.

These factors justify the selection of four coherent, stable systems most aligned with the reflective aims of Soul Map Atlas.

Linking Design Principles to Evaluation. DESRIST requires that design principles be instantiated in the artefact and examined through evaluation. In Soul Map Atlas, each design principle guides specific system features: DP1 informs the computation of lifelong identity anchors; DP2 shapes the integration engine used to extract cross-system themes; and DP3 underlies the adaptive AI reflection module. The qualitative evaluation, conducted through user interaction followed by 30-minute interviews, assesses how these instantiated principles manifest in practice. Evidence of psychological safety, interpretive resonance, thematic coherence, and reflective depth will validate, refine, or extend the proposed design principles. This linkage ensures that the principles are not merely theoretical but empirically grounded.

Derived Design Requirements. Translating design principles into actionable requirements yields the following design specifications for the artefact:

DR1 – Lifelong Identity Anchor Computation. The system must compute stable, birth-based identity structures that do not change across the lifespan.

DR2 – Cross-System Theme Extraction. The system must synthesise insights from BaZi, Numerology, Human Design, and Primbon into coherent, recurring themes.

DR3 – Non-Deterministic Metaphorical Explanations. Interpretations must remain metaphorical, reflective, and non-predictive to avoid determinism.

DR4 – Adaptive Reflective Dialogue. The AI chat module must deliver personalised, contextually sensitive reflective prompts that promote autonomy and emotional safety.

DR5 – Birth-Time Approximation Handling. The system must safely manage approximate birth times by adjusting the interpretive confidence and clearly communicating uncertainty.

DR6 – Emotional Safety Controls. Language generation must avoid prescriptive or absolute statements, ensuring psychological safety during sensitive self-reflection.

DR7 – Cultural Inclusiveness. The system must integrate symbolic systems in a way that is culturally respectful, non-hierarchical, and accessible to users with diverse backgrounds.

CAMO Framework and Design Foundations

To translate the synthesised knowledge base into a theoretically grounded design logic, the Soul Map Atlas framework is articulated using a Context–Agency–Mechanism–Outcome (CAMO) structure. CAMO is increasingly used in design science research as a way to explain how an artifact produces desired effects while accounting for contextual and behavioural dynamics (Gregor & Hevner, 2013).

CAMO Proposition. Drawing on identity theory, reflective practice literature, and empirical findings on emotional disclosure to AI, the guiding CAMO proposition for Soul Map Atlas is as follows.

Context (C). Individuals increasingly use chatbots as safe spaces for emotional disclosure, identity questions, and existential concerns. However, these interactions are fragmented, reactive, and rarely support long-term meaning-making.

Agency (A). Users actively engage with the system to interpret symbolic insights, explore personal experiences, and co-construct narratives about themselves.

Mechanism (M). By combining stable birth-based symbolic systems with adaptive AI reflection, Soul Map Atlas provides:

- Lifelong identity anchors
- Narrative synthesis across multiple symbolic traditions
- Reflective scaffolding through adaptive AI dialogue
- Psychologically safe, autonomy-supportive meaning-making

Outcome (O). Users experience increased identity clarity, emotional insight, and continuity in self-understanding, addressing the fragmentation and confusion associated with contemporary digital identity environments.

This CAMO structure guides the design of the Soul Map Atlas artifact and informs its evaluation, presented in the remainder of this section and in the following sections.

Evaluation Approach

Given the exploratory nature of the artefact, a qualitative evaluation was conducted to capture rich, experiential insights into how participants engaged with Soul Map Atlas. This approach aligns with design-science methodology, which emphasises interpretive depth and user-centred understanding during early-stage artifact development.

Data Collection. Data collection proceeded in three parts.

Interaction Phase (2–3 weeks). Participants first interacted independently with the Soul Map Atlas prototype over a two- to three-week period. During this phase, they generated their integrated birth-based identity profile and engaged with the AI reflection module to experience its personalised dialogue features. This sustained interaction period ensured that participants developed sufficient familiarity with the system to provide meaningful and reflective feedback during the subsequent interview stage.

Qualitative Interviews. After completing the interaction phase, each participant took part in a 30-minute qualitative interview. These interviews explored several core dimensions of user experience, including emotional resonance, clarity and interpretability of outputs, depth of reflection, sense of psychological safety, cultural appropriateness of the symbolic frameworks, understanding of stable versus conditional elements, and the perceived narrative continuity between system-generated insights and AI-mediated dialogue. The interview protocol is provided in Appendix A. This qualitative approach is consistent with design-science evaluation practices that prioritise experiential insight, subjective meaning-making, and reflective depth over quantitative measurement.

Interaction Context Notes. Light contextual information—such as approximate interaction duration or spontaneous comments made during system use—was noted when available. These contextual observations were used only to support interpretation of the qualitative themes and were not treated as quantitative data or behavioural metrics. Due to limited access to cultural and psychological domain experts, formal expert review was not feasible at this stage. In line with early-stage DSR practice, the evaluation therefore centres on user narratives, interpretive experiences, and perceived value rather than expert judgement.

Analysis Approach. The qualitative dataset, consisting of interview transcripts and reflective comments from the interaction phase, was analysed using a combination of complementary qualitative methods. Thematic analysis was employed to identify recurring patterns relating to clarity, emotional impact, interpretive resonance, perceived psychological safety, and cultural experience. Cross-case comparison was used to examine consistencies and divergences across participants, enabling deeper insight into how different individuals experienced the system. In addition, convergence analysis was applied to explore how users' interpretations of their identity outputs aligned with their experiences of the AI reflection module.

This multi-method analytical approach aligns with established guidance for early-stage Design Science Research, enabling the evaluation to both validate and refine the design principles underpinning Soul Map Atlas.

RESULT AND DISCUSSION

Artifact Design

The Soul Map Atlas artefact operationalises the design principles derived in the Method section, together with the CAMO proposition presented above. It consists of three integrated modules that together provide birth-based identity mapping and AI-supported reflective engagement. The overall architecture is designed to ensure stability, cultural inclusiveness, interpretive transparency, and psychological safety.

Birth Essence Module. The Birth Essence Module transforms user birth data into four symbolic identity maps that constitute the stable “identity skeleton” of the system. These include:

- BaZi: Four Pillars (Year, Month, Day, Hour)
- Numerology: Life Path, Expression, and Soul Urge numbers
- Human Design: Type, Strategy, Authority, Centers, and Profile
- Primbon Javanese: Weton combinations, compatibility cycles, and Neptu-based character patterns

These systems were selected because their core configurations remain constant across life, providing a stable basis for lifelong reflection.

Time-of-Birth Sensitivity and Mitigation. BaZi and Human Design require precise time-of-birth data. To ensure ethical and accurate interpretation for users who do not know their exact birth time, Soul Map Atlas employs an approximate-time windowing method. The day is divided into five reflective ranges—Morning (05:00–10:59), Midday (11:00–13:59), Afternoon (14:00–17:59), Evening (18:00–21:59), and Night (22:00–04:59). For each window, the system generates all possible BaZi Hour Pillars and Human Design charts, identifies consistent themes across the variations, and presents time-dependent elements as conditional.

This approach preserves interpretive reliability while maintaining transparency, avoiding false precision, and supporting psychological safety.

Symbolic Integration Engine. The Symbolic Integration Engine synthesises the outputs from the four systems into a coherent reflective structure. The integration process unfolds in three stages.

First, the engine identifies cross-system convergence, elevating themes that appear in two or more symbolic systems—such as introspection, emotional sensitivity, or leadership—as core identity patterns.

Second, traits are contextually grouped into functional identity domains, including emotional tendencies, cognitive styles, energetic and behavioural patterns, relational dynamics, and life rhythms. This supports interpretive coherence and narrative flow.

Third, the system applies conditional transparency, annotating time-sensitive traits as stable or conditional depending on whether they remain consistent across all possible birth-time windows. This ensures an ethical, non-deterministic interpretive approach aligned with digital mental health guidelines (Cross et al., 2024; Ni et al., 2025).

Narrative Engine. The Narrative Engine converts symbolic outputs into accessible, strength-based narratives. Rather than providing static or prescriptive personality labels, it generates:

- story-driven identity insights
- reflective themes
- growth opportunities
- life-pattern interpretations

- context-sensitive meaning-making prompts

All narratives intentionally avoid predictive or deterministic framing, consistent with contemporary symbolic system scholarship that emphasises metaphorical and reflective use rather than forecasting (Martin, 2022; Suganda, 2018).

AI Reflection Module. The AI Reflection Module provides the core interactive reflective experience. It draws on natural language generation, context-aware prompt sequencing, and emotionally attuned language to support personalised engagement. Its primary functions include the following.

Guided Interpretation. The AI helps users make sense of their symbolic insights by relating them to lived experiences and personal meaning-making.

Reflective Questioning. Open-ended prompts encourage deeper introspection, supporting the development of a coherent personal narrative.

Emotional Validation. The system mirrors and validates emotions expressed by the user, fostering psychological safety without providing therapeutic claims.

Narrative Continuity. Across repeated interactions, the AI supports the user in forming an ongoing identity story aligned with their symbolic themes.

Safety Boundaries. The module clearly signals non-clinical scope and suggests professional help when users express severe distress, in line with ethical AI design guidelines (Cross et al., 2024; Ni et al., 2025). It does not attempt diagnosis or therapy, remaining strictly focused on reflective companionship.

Discussion

Theoretical Contributions. This research contributes to design science, digital mental health, and identity theory in the following ways.

A New Category of AI-Symbolic Reflective Artifacts. Soul Map Atlas introduces a hybrid model combining lifelong birth-based identity mapping with adaptive AI reflection.

CAMO-Based Explanation of Identity Stability and Agency. It provides a mechanism-oriented theoretical account of how identity clarity arises from stable anchors combined with reflective scaffolding.

Design Principles for Non-Deterministic Symbolic Interpretation. The study addresses long-standing concerns about fatalistic interpretations of symbolic systems (Martin, 2022; Suganda, 2018).

Integration of Indigenous and Cross-Cultural Meaning Systems. The artefact expands the scope of digital reflection beyond Western paradigms.

Practical Implications. Soul Map Atlas has implications for:

- Life coaching
- Early childhood identity support (with guardians)
- Adolescent reflective development
- Adult narrative self-work
- Digital wellbeing tool design
- Cultural heritage preservation via computational methods

Limitations.

Birth-Time Uncertainty. BaZi and Human Design require precise birth-time data. The approximate time-window method (e.g., morning, afternoon, night) reduces uncertainty but cannot fully replace exact-hour calculations. Time-dependent elements are therefore presented as conditional to maintain transparency and interpretive safety.

Reflective, Not Clinical. Soul Map Atlas is designed as a reflective, narrative system rather than a clinical tool. Its interpretations are not psychological diagnoses and should not substitute for professional mental health care.

Qualitative Evaluation Constraints. The study employs a qualitative evaluation in which participants interact with the system and then complete a 30-minute interview. While appropriate for early-stage Design Science Research, this approach is limited by its small sample, reliance on self-reported experiences, and lack of behavioural measurement. Findings are therefore exploratory rather than generalisable.

Risk of Over-Reliance on AI. Some users may depend on AI for emotional processing or validation. Although the system mitigates this through non-clinical framing and autonomy-supportive prompts, the potential for over-reliance remains a design consideration.

Lack of Expert Review. Expert cultural and psychological review was not feasible. As a result, evaluation is based solely on user interviews and literature-informed assessment. This limits the depth of cultural validation and psychological-safety verification. Future iterations will incorporate expert review to strengthen interpretive robustness.

Future Research. Future work will extend Soul Map Atlas across multiple methodological and design dimensions.

First, longitudinal studies are needed to examine how birth-based reflective frameworks contribute to identity development over time, particularly as users revisit their maps across different life stages. Second, the artifact can be enhanced with automated reflective-narrative tracking, enabling the system to trace how users' self-descriptions, concerns, and emotional patterns evolve across interactions. Third, cross-cultural comparative evaluations would illuminate differences in interpretive resonance and symbolic meaning between users from Chinese, Indonesian, Western, and hybrid cultural backgrounds, advancing understanding of culturally embedded reflective systems.

A key direction for future research involves conducting formal expert reviews with specialists in digital mental health, cultural symbolism, BaZi, Human Design, and Javanese cosmology. Expert involvement will allow deeper assessment of cultural fidelity, interpretive safety, and narrative coherence, addressing current methodological constraints. Additional extensions include group or family identity mapping, which may support relational insight and intergenerational understanding, and the integration of multimodal reflective prompts—such as voice-based reflection, guided journaling, and symbolic visualisation—to broaden accessibility and increase engagement.

Together, these directions outline a multi-cycle design-science program aimed at strengthening theoretical generalisability, cultural robustness, and practical relevance.

CONCLUSION

This study aimed to examine how an AI-augmented, birth-based identity framework could transform unstructured emotional disclosures to chatbots into coherent, lifelong self-reflection. In response to this objective, the study introduced Soul Map Atlas, a design science artifact that integrates four stable, birth-based symbolic systems—BaZi, Numerology, Human Design, and Javanese Primbon—with an adaptive AI reflection module grounded in the CAMO (Context–Agency–Mechanism–Outcome) framework.

The qualitative evaluation of the prototype indicated that combining culturally grounded symbolic anchors with psychologically safe and non-deterministic AI dialogue could support users' identity clarity, emotional insight, and continuity of self-understanding while addressing identity fragmentation associated with contemporary digital environments. These findings supported the design principles and requirements developed in this study and contributed to the emergence of an AI-symbolic reflective artifact category within design science research, digital well-being, and identity studies.

As an early-stage design artifact, Soul Map Atlas remained limited by its qualitative evaluation approach, relatively small sample size, and the absence of formal expert validation. Future research involving longitudinal studies, expert assessment, and cross-cultural evaluation

is required to further validate and refine the proposed design principles before broader implementation in life coaching, educational, and digital well-being contexts.

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