ADOLESCENT MENTAL HEALTH CONSULTATION USING ANDROID-BASED APPLICATION MEDIA

(Case Study of Universitas Teknologi Yogyakarta)

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ABSTRACT

Students are susceptible to experiencing psychological issues; however, a significant number remain hesitant to seek consultation regarding their mental health. The considerable distance between campus buildings 2 and 3 at Yogyakarta University of Technology (UTY) and the main campus, which houses the consultation room, further discourages students from pursuing these services. To facilitate access to psychological support, the implementation of an online consultation application is proposed. This application will utilize a series of binary (yes/no) questions to assess students' stress levels. The questions will be derived from the WHO SRQ-20, which serves as a validated reference for evaluating the assessment results. The scores obtained from these tests will be analyzed, and if they exceed a predetermined threshold, the student will be referred to a psychologist for an online consultation. Consequently, all UTY students will have the opportunity to benefit from the counseling services offered by the university. The primary objective of this study is to enhance student awareness of mental health issues and to mitigate the stigma associated with seeking psychological consultation. Additionally, this research aims to expand the availability of counseling services at Universitas Teknologi Yogyakarta.

Keywords*: Application, Consultation, Health, Mental, Android.*