

MOBILE APPLICATION AS A MENTAL HEALTH SUPPORT TOOL WITH RULE-BASED SYSTEM-BASED SELF-HEALING RECOMMENDATIONS AND SELF-REFLECTION FEATURES

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ABSTRACT

Mental health often receives little attention due to its intangible nature; however, it is a critical aspect that demands serious consideration. The high prevalence of mental disorders such as depression, anxiety, and stress in Indonesia underscores the need for easily accessible early detection tools. This research aims to develop a mental health mobile application that integrates the Perceived Stress Scale (PSS-10) and the Depression, Anxiety, and Stress Scale (DASS-21) to provide a comprehensive assessment of users' psychological states. The application's recommendation system employs a rule-based approach to translate screening scores into personalized self-help suggestions. Additionally, the application features self-reflection tools, such as journaling and a diary, to help users manage their emotions independently. Testing with dummy data demonstrates that the application can accurately classify users' psychological states and deliver appropriate recommendations. All key features of the mobile application and the web-based administration system have been validated through black-box testing and function as intended.

Keywords: Mental Health, PSS-10, DASS-21, Mobile Application, Rule-Based System.