

The Application of Design Thinking in Mobile Applications for Mental Health Improvement

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ABSTRACT

This study applies design thinking in developing a mental health application featuring daily questionnaires, a mood calendar, mood reports, motivational quotes, and chat-based consultations. Evaluation results indicate that the application aligns with positive psychology principles and has high usability, with an average score of 5 on a 1-5 scale for navigation ease, icon clarity, feature accessibility, and user comfort. The system usability scale test resulted in a score of 81.2, classified as excellent. The paired sample t-test showed a p-value of less than 0.05 for depression (1.9971E-06), anxiety (9.49802E-09), and stress (6.37567E-07), with t-values exceeding the t-table value (2.037), proving the application's effectiveness in reducing these variables. Overall, the application meets the expected usability, effectiveness, and security standards and has been proven to enhance users' mental health.

Keywords: *Design Thinking, Mental Health, Usability, Mobile Application, Effectiveness, Paired Sample t-Test, System Usability Scale.*