

Abstract

Anxiety Disorder is one of the most common emotional disorder, marked by symptoms such as panic, fear, nightmares, difficulty to sleep, and negative thoughts. Anxiety Disorder ranks among the three psychiatric disorders. Anxiety Disorder is also able to reduce the quality of life up can not lead a normal life.

Take advantage the development of technology is increasingly widespread and become the current trend, the application is built using the device's mobile operating system Android. Applications "Skylearn" that will be used as a useful forum to provide guidance to people with social anxiety disorder.

Skylearn is a application for helping to treat people with social anxiety disorder. Using the method of question and answer and facilitates user to know the different kinds of anxiety. With the passage of Skylearn on mobile devices , enables the user to use the application and the expert user is able to observe another user on this application

Keywords : Anxiety Disorder, therapy, user expert, mobile.