Abstract

At this time, the competition between individuals is very strict. so people always try better and always force themselves. Pressure and coercion on themselves both from within and from outside the self, stress that is not resolved properly will be bad for yourself or the people around. With the ever-evolving information technology in the field of smartphones and android became one of the new breakthrough in overcoming the problem. In this study, researchers built an application that can be useful to cope with stress by pressure, coercion, or just for entertainment to cope with saturation. This Android-based app with Augmented Reality (AR) technology created using Blender, Unity3D, and java programming language. This application is a virtual gardening simulation, so users can garden anywhere using a smartphone device with android operating system.

Keywords: stress, smartphone, application, android, augmented reality, unity,

java programming language