ABSTRACT

Mental health is a good emotional and psychological state, where a person has cognitive and emotional abilities that function well in daily life. To achieve a healthy mentality is not easy, we ourselves often release excessive emotions in an event. A person who cannot control his emotions is often haunted by bad thoughts that can damage his mentality, such as thoughts that are not happy to see other people happy, always have bad thoughts about themselves and others, and often thoughts of ending life quickly occur. In an era that requires the use of technology as it is today, the longer it can make users become addicted to gadgets. Because of that, most people's minds become restless and unfocused, before something unwanted happens, someone tends to look for the easiest solution to find, one of which is to meet someone who can help our problems, either close friends or people who are already professionals in their fields such as counselor.

From the above problems, it is necessary to take precautions before someone is declared to have an unhealthy mentality. Given today's increasingly sophisticated technology and everyone can not be separated from the internet, the author created a solution related to mental health, namely a website that can prevent stress and provide useful features for mental health assisted by counselors. This mental health website is called Pahamee. The author designed several client user modules such as user data management, online counseling, and discussion forums. To perfect the creation of this website the author used the Extreme programming method with the stages, namely planning, design, coding and testing. The next stage of testing the website carried out by the author was using blackbox testing to five people and usability testing to twenty respondents. The results obtained from testing using the blackbox method are the system can 100% run according to the expected function (success), while testing using usability gets an SUS value of 75 which means the system acceptable and suitable for use.

Keywords: *Mental health, Extreme Programming, Prevention, Website, Blackbox testing, usability testing.*