

ABSTRACT

Currently, many people experience stress symptoms due to various reasons. Whether it is due to too heavy a task, a pile of work, a love relationship that is not going well and many more. People who experience these stress symptoms sometimes don't know what their stress symptoms are. They put this aside which can then lead to depression.

To determine the symptoms of stress, a questionnaire or test is needed to determine the level of stress experienced, one of which is by using the Kessler Psychological Distress Scale (K10) questionnaire. K10 is a test to measure the level of stress without identifying the cause. K10 consists of ten questions about psychological distress.

Based on the explanation above, an Android-based application was developed that can help application users to determine the level of stress experienced so that users can find out the symptoms of stress experienced and solutions to deal with these stress symptoms.

Keywords: stress, questionnaire, Kessler Psychological Distress Scale, K10, android.