

Pemodelan User Interface Media Informasi Kesehatan Mental untuk Segmen Usia Remaja (12-25 Tahun) dengan Menggunakan Metode User Centered Design

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Abstract

Understanding of mental health in Indonesia which tends to be low is the result of the lack of information obtained by the public, especially for adolescents aged 12-25 years. Research conducted by a team from the Division of Child and Adolescent Psychiatry, Faculty of Health at the University of Indonesia, stated that 95.4% stated that they had experienced symptoms of anxiety (anxiety), and 88% had experienced symptoms of depression in dealing with problems at this age. The influence of other people's ignorance and the stigma that is formed is one of the problems and reasons for the increase in the number of mental health sufferers every year. For this reason, a solution is made in the form of an information media application model that can provide education related to mental health to the public, especially teenagers by using the User Centered Design method. To determine the usability of the model built, this study conducted an online usability test using the Maze Design tool and the USE Questionnaire with a 5-point Likert scale rating. The interview process was also carried out to better understand the results of the application modeling made. It was found that the results of the usability test managed to get an average usability value of 88.33% which means it is in the good category.

Keywords: mental health, youth, information, user centered design, maze design, USE questionnaire, usability