

ABSTRACT

Stress is a feeling that arises when we are under pressure that we are not accustomed to or cannot deal with on our own. Without being able to manage stress properly, it will lead to depression and even suicide. To avoid stress, it is necessary to know the causes, effects and symptoms of stress. This study aims to create an Android-based mobile application to help users recognize stress and its prevention tips. And can help users determine their stress level with the *Depression Anxiety Stress Scale (DASS-21)* method. And can help users get in touch with professional psychologists for further stress management. The settlement method used is needs analysis, literature study, application design, application creation, application testing.

Based on the applications that have been built and the tests that have been carried out, the Calmify application is a good stress prevention and education medium and can help users identify stress and its prevention tips, it can also help users find out the level of stress they experience with the *Depression Anxiety and Stress Scale (DASS- 21)*. This application can also help users get in touch with professional psychologists for further stress management. The results of this study found that 96.7% of users strongly agree that the Calmify application is very effective as a stress prevention and education medium.

Keywords: DASS-21, stress, stress level, preventio