ABSTRACT

The background of making this final project is due to the problem of the level of psychological problems that began during the COVID-19 pandemic which made all aspects require social restrictions or social distancing. So with that, many people have psychological pressure and one of the factors is stress. The purpose of this application is to make it easier for someone who has a stress problem to be able to share their problems with a digital avatar that can interact using AI (artificial intelligence) with augmented reality features so that users can get an interaction experience like in the real world. Testing of the application was carried out using the usability testing method by trying the application and then filling out a questionnaire form via google form. The results of the average calculation for each statement are getting results above 80%, as evidenced by the statement in the general section related to the application getting an average result of 88.3% and for application features getting an average value of 86.3%. It can be concluded that this application gets a very good response from respondents so that this application can be useful for reducing stress problems.

Keywords: Augmented Reality, Digital Avatar, Interaction, Stress