ABSTRACT

Mental health is a state in which a person is able to meet his own abilities to deal with the normal pressures of life, work productively and influence his environment. Meanwhile, mental health problems are defined as a person's inability to adapt to environmental demands and conditions that result in certain disabilities. Problems that arise in the high level of mental health problems among students cause a reduction in academic roles.

This application is called How's Life, which is an Android application which is an Indonesian language rule-based chatbot application that will be used to help maintain and improve students' mental health. This application was made with the aim of being able to assist students in maintaining and improving their mental health. In the How's Life application there are several features that are different from existing applications, but the main one is the chatbot feature which can communicate with students based on certain predetermined rules. With the How's Life application, it is hoped that it can help solve the problems faced, or at least reduce the negative impact that occurs on students who experience mental health disorders.

Keywords: chatbot, Indonesian, mental health, students