ABSTRACT

Self care is a form of method that can be applied to reduce stress levels. In an era of increasingly developing technology, the combination of mobile devices and self care is very appropriate. Some self care applications still have drawbacks, namely from the aspect of ease of use, users still have difficulty understanding the interface so that it affects the ease of doing the tasks given. In addition, the contents of the activities have not been conveyed properly to users, because the contents of the explanation of the contents of the self care activities are still not structured and incomplete. Based on these problems, it is necessary to improve the prototype application, which is built using the User Centered Design method. Using the User Centered Design method, the prototype application meets the needs because the prototype application is designed by taking into account user needs, both in terms of user interface appearance, content, and self-care activities. Then to test the level of usability tested using the SEQ (Single Ease Question) method to measure how difficult the task is done by the user. And based on the test results using SEQ, it was found that the prototype got a testing proportion of 58% on a scale of 6 and an average scale of 6.2 which indicates an easy level of convenience. The scale succeeded in exceeding the predetermined scale, namely the usefulness of reaching 5.6 or greater than 5.6.

Keywords: *User Centered Design, self care,,* SEQ (*Single Ease Question), usability, mobile*