ABSTRACT

Mental health problems among pupils and students are increasing due to academic pressure and social demands. Many individuals are unaware of or ignore the signs of mental health problems, often hindered by stigma or shame. Treatment requires a holistic approach involving public education, self-awareness, and easy access to mental health services. In this context, an Android application called Curhat was developed to help users monitor and manage their mental health. This application uses the Kotlin programming language and the Jetpack Compose framework and is powered by OpenAI GPT-4o through a NodeJS server with Express.

Curhat utilizes OpenAI GPT for early detection of mental health problems and a chatbot as a complement that provides additional information and emotional support. The tool integrates emotional intelligence in chatbots to improve interactions with users, although implementing empathetic methods remains a challenge. An innovative approach using sentiment analysis is proposed to monitor user mood. This sentiment analysis algorithm will recognize and respond to changes in user emotions in conversations with the chatbot, producing point values that are used to determine the user's mood category. Mood tracking results are displayed as a visual graph per day and users can see trends in their mood. Curhat application will make a significant contribution to improving mental health with more responsive and empathetic support.

Keywords: *mood, chatbot, tracking, sentiment*