

ABSTRACT

The background of making this final project is related to the problem of the level of psychological problems that began during the COVID-19 pandemic in 2020 which made all people required to carry out 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 tell experiences or share their stories with digital avatars that have been integrated with chatGPT so that they can feel the experience of interacting like humans in the real world accompanied by the use of augmented reality so that the interaction experience is more pronounced. Then testing of the application is carried out using the usability testing method to 25 respondents by conducting a pre-test first whose purpose is to find out a person's stress level before using the application, then testing related to features and general matters related to the application, and post test after using the application. 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