

ABSTRACT

Mild Depression Overcome Campaign Through Morning Run For Adolescent.

Emotional mental disorder or another word for the term psychological distress (depression), a condition where a person experiences psychological changes, different from severe mental disorder, this emotional mental disorder can be experienced by all people in certain circumstances. A person can be recovered from this condition, but It can be a more serious disorder If they fail to overcome, which would become a severe mental disorder. Some doctors admit that anti-depressant drugs are not always effective and they also cause side effects on consumer. Therefore, another way chosen to be the treatment is by doing several activities in the morning such as regular exercise which can result better mood. In fact, regular exercise has the same effect with anti-depressant drugs to relieve the symptoms of mild depression. By making the design of social campaign on healthy lifestyle with morning exercise method to overcome mild depression supported by mobile app media and also other supporting media which is expected to be able to overcome and prevent the occurrence of mild depression on adolescent continuously, it is expected that public are aware that mild depression can be overcome by morning run.

Keywords: Mild Depression, campaign, morning run, Mobile app