

ABSTRACT

Students in their activities will surely experience stress at a point in their lectures. Personal stressors are the highest causes of stress experienced by students when they take their classes. Personal stressors have a lot to do with other aspects experienced by students while undergoing the world of lectures, such as those related to social, academic, communication, health, demands, environment, behavior, and goals or goals that they want to achieve. The impact of stress caused by personal stressors can be started from the reluctance to socialize until the most severe is the student will choose to quit college. The purpose of this design is to make modern communication media, as an innovation of existing forms of counseling guidance, and to make the media as a bridge that can facilitate students in conducting guidance and counseling. This design uses qualitative methods as a way to conduct research, SWOT analysis, Design Thinking, and AISAS Model as a way to analyze data. media design in the form of UI / UX mobile applications with the target audience of students aged 18-30 years. It is hoped that by designing the UI/UX mobile application, students can eradicate their personal stress problems easily, from those who find it difficult to manage time to be flexible and who do not dare to be confident to take the first steps in conducting guidance and counseling.

Keywords: Mobile Application, Counseling, To Make Easier, Innovation, Interactive