

DAFTAR PUSTAKA

- [1] S. Suhandiah, A. Ayuningtyas, and P. Sudarmaningtyas, "Tugas Akhir dan Faktor Stres Mahasiswa," *JAS-PT (Jurnal Anal. Sist. Pendidik. Tinggi Indones.*, vol. 5, no. 1, p. 81, 2021, doi: 10.36339/jaspt.v5i1.424.
- [2] R. A. Listiyandini, "Peranan Optimisme terhadap Resiliensi pada Mahasiswa Tingkat Akhir yang Mengerjakan Skripsi," *Pros. Konf. Nas.penulisMuda Psikol. Indones. 2016*, no. April 2016, pp. 29–37, 2016.
- [3] J. Kajian Konseling dan Pendidikan, D. Darma Sagita, and W. Rhamadona, "Perbedaan Stres Akademik Antara Mahasiswa Tahun Awal dan Mahasiswa Tahun Akhir," *Biblio Couns J. Kaji. Konseling dan Pendidik.*, vol. 4, no. 1, pp. 47–54, 2021.
- [4] A. Qolbiyah, D. Apsari, and T. Wahab, "Perancangan Media Informasi Metode Self-care Sebagai Upaya Membantu Menjaga Kesehatan Fisik Dan Mental Mahasiswa Di Bandung," *e-Proceeding Art Des.*, vol. 7, no. 2, pp. 2072–2081, 2020.
- [5] S. A. Pranajaya, "KONSEP SELF-CARE BAGI KONSELOR DI MASA PANDEMI Nina, Syatria Adymas Pranajaya," *Taujihat J. Bimbing. Konseling Islam*, vol. 1, no. January, pp. 33–45, 2020.
- [6] I. G. A. Wulandari and N. W. Putu, "Self-care mahasiswa sarjana psikologi dengan ketertarikan psikologi klinis (self-care among undergraduate psychology students who were interested in clinical psychology)," *Psycho Idea*, vol. 19, pp. 137–150, 2021.
- [7] N. A. X. H. Putri, E. Chusniyatuzzamrodah, M. Fauzan Prawira Arya, and H. Indrijati, "SEJATI: Aplikasi Self-care berbasis Kecerdasan Buatan sebagai Upaya Menurunkan Risiko Depresi bagi Remaja," *Bul. Ris. Psikol. dan Kesehat. Ment.*, vol. 2, no. 1, pp. 607–614, 2022, doi: 10.20473/brpkm.v2i1.35892.
- [8] D. Lanter and R. Essinger, "User-centered design," 2017, doi:

10.1002/9781118786352.wbieg0432.

- [9] adminlp2m, “MENGENAL SINGLE EASE QUESTION (SEQ) – DEFINISI DAN KEGUNAANNYA,” *lp2m.uma.ac.id*, 2022. [Online]. Available: [https://lp2m.uma.ac.id/2022/08/18/mengenal-single-ease-question-seq-definisi-dan-kegunaannya/#:~:text=Apa itu Single Ease Question \(SEQ\)%3F&text=Ini memungkinkan Anda mendapatkan lebih,pengguna untuk melakukan tugas tertentu](https://lp2m.uma.ac.id/2022/08/18/mengenal-single-ease-question-seq-definisi-dan-kegunaannya/#:~:text=Apa%20itu%20Single%20Ease%20Question%20(SEQ)%3F&text=Ini%20memungkinkan%20Anda%20mendapatkan%20lebih%20pengguna%20untuk%20melakukan%20tugas%20tertentu.). [Accessed: 22-Oct-2022].
- [10] P. D. Ambarwati, S. S. Pinilih, and R. T. Astuti, “Gambaran Tingkat Stres Mahasiswa,” *J. Keperawatan Jiwa*, vol. 5, no. 1, p. 40, 2019, doi: 10.26714/jkj.5.1.2017.40-47.
- [11] R. T. Maulana, “Perancangan User Interface User Experience Dengan Metode User Centered Design Pada Aplikasi Mobile Auctentik,” *Informatics Eng.*, pp. 22–75, 2020.
- [12] I. Rochmawati, “Analisis User InteRochmawati, I. (2019). Analisis User Interface Situs Web iwearup.com. *Visualita*, 7(2), 14. <https://ojs.unikom.ac.id/index.php/visualita/article/download/1459/1006rface> Situs Web iwearup.com,” *Visualita*, vol. 7, no. 2, p. 14, 2019.
- [13] Interaction Design Foundation, “User Experience (UX) Design,” *interaction-design.org*. [Online]. Available: <https://www.interaction-design.org/literature/topics/ux-design>. [Accessed: 18-Nov-2022].
- [14] Interaction Design Foundation, “User Centered Design,” *interaction-design.org*. [Online]. Available: <https://www.interaction-design.org/literature/topics/user-centered-design>. [Accessed: 08-Nov-2022].
- [15] S. Ernawati and A. D. Indriyanti, “Perancangan User Interface dan User Experience Aplikasi Medical Tourism Indonesia Berbasis Mobile Menggunakan Metode User Centered Design (UCD)(Studi ...,” *J. Emerg. Inf. ...*, vol. 03, no. 04, pp. 90–102, 2022.
- [16] Rianthi Sianturi, “User-Centered Design,” *riyanthisianturi.com*. [Online]. Available: <https://riyanthisianturi.com/user-centered-design/>. [Accessed: 08-Nov-2022].

- [17] L. Banda, “Penerapan metode goal-directed design untuk evaluasi dan perbaikan user interface dalam meningkatkan user experience pada aplikasi hestibell,” *γ787*, vol. 11, no. 8.5.2017, pp. 2003–2005, 2022.
- [18] V. P. Satryo, M. S. Kania, and D. D. J. S., “Rekomendasi User Interface Menggunakan Metode Goal Directed Design pada Website PPDU Telkom University,” *e-Proceeding Eng.*
- [19] Interaction Design Foundation, “Design Thinking,” *interaction-design.org*. [Online]. Available: <https://www.interaction-design.org/literature/topics/design-thinking>. [Accessed: 08-Nov-2022].
- [20] catalyst Indonesia, “Design Thinking,” *catalystindonesia.id*. [Online]. Available: <https://www.catalystindonesia.id/info/design-thinking>. [Accessed: 09-Nov-2022].
- [21] F. Lucas, “Prototyping dalam Design Thinking: Cepat Gagal, Sering Gagal,” *webdesign.tutsplus.com*, 2018. [Online]. Available: <https://webdesign.tutsplus.com/id/articles/prototype-stage-4-in-design-thinking--cms-31569>. [Accessed: 10-Nov-2022].
- [22] R. Setiawan, “Apa Itu Prototype? Kenapa Itu Penting?,” *dicoding.com*, 2021. [Online]. Available: <https://www.dicoding.com/blog/apa-itu-prototype-kenapa-itu-penting/>. [Accessed: 18-Nov-2022].
- [23] Interaction Design Foundation, “Usability Testing,” *interaction-design.org*. [Online]. Available: <https://www.interaction-design.org/literature/topics/usability-testing>. [Accessed: 10-Nov-2022].
- [24] J. Nielsen, “Why You Only Need to Test with 5 Users,” *nngroup.com*, 2000. [Online]. Available: <https://www.nngroup.com/articles/why-you-only-need-to-test-with-5-users/>. [Accessed: 20-Nov-2022].
- [25] A. Valdespino, “Single Ease Question (SEQ),” *help.qualaroo.com*, 2019. [Online]. Available: <https://help.qualaroo.com/hc/en-us/articles/360039069992-Single-Ease-Question-SEQ->. [Accessed: 18-Nov-2022].
- [26] T. Øvad, “Post-task questions and the Single Ease Question (SEQ),”

preely.com, 2021. [Online]. Available: <https://preely.com/post-task-questions-and-the-single-ease-question-seq/>. [Accessed: 17-Nov-2022].

- [27] B. Priowibowo, V. Effendy, and D. Junaedi, “Implementasi User Centered Design pada Perancangan Antar Muka dengan Menerapkan Multi Modal pada Media Pembelajaran Kesehatan Reproduksi yang Ramah Bagi Remaja Penyandang Tunanetra (Studi Kasus MCR Bandung).”