ABSTRACT

Many people do not understand the importance of mental health, particularly among teenagers. The result from I-NAMHS (Indonesia National Adolescent Mental Health Survey) in 2022, which is the first national mental health survey measuring the prevalence of mental disorders in Indonesia ranging from age 10 - 17, shows us that within the past 12 years, one in three teenagers in Indonesia has suffered from a mental health problem, and one in twenty has a mental health disorder. These figures correspond to 15.5 million and 2.45 million teenagers, respectively. Many may choose to suppress all of their emotions out of fear of seeking assistance and counseling due to the stigmatization and the widespread negative notions around it. Furthermore, Indonesian culture prioritizes physical health above mental health, to the extent that easily treatable symptoms get overlooked and disregarded. The purpose of this project is to develop an application that serves as an informational tool for the teenagers in Yogyakarta City regarding mental health awareness. The data used for this study were gathered using the following methods: observation, interviews, literature reviews, questionnaires, descriptive analysis, and matrix analysis. Based on this research, the medium that will be developed is an informational tool in the form of a mobile application named Katarsis. This mobile application is designed to be an effective teaching tool for teenagers, emphasizing the importance of mental health and emotional regulation.

Keywords: mental health, user interface design, ui/ux design