

ABSTRACT

DESIGN OF ADOLSENT MEDITATION APPLICATION USING USER CENTERED DESIGN METHOD

By

Metha Khafifah Isty Rikhanah

NIM.18104009

During the Covid pandemic, many of us suffer from mental health issues such as excessive stress or anxiety. This could be due to the ongoing virus outbreak or it is widespread and putting teens in trouble because they are at home during the pandemic. In addition to depression, this can lead to more dangerous mental disorders such as insomnia, difficulty concentrating, anxiety, and even depression. One way to deal with mental fatigue, stress and insomnia is coping. Meditation makes the body and mind more refreshed and relaxed. Therefore, the author's goal is to design an application that focuses on UI-UX design. This application aims to help teenagers in managing their minds well so that they are emotionally, physically and mentally healthy. This research method uses the UCD (User Centered Design) method.

Keywords: UI/UX, Meditation, UCD