

**Solusi Desain Aplikasi Manajemen Stres Untuk Mahasiswa  
Menggunakan Metode UX Journey**

**Tugas Akhir**

Sebagai Persyaratan Guna Meraih Gelar Strata 1

Di Program Studi Informatika Universitas Muhammadiyah Malang



**PROGRAM STUDI INFORMATIKA  
FAKULTAS TEKNIK  
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# LEMBAR PERSETUJUAN

## Solusi Desain Aplikasi Manajemen Stres Untuk Mahasiswa Menggunakan Metode UX Journey

### TUGAS AKHIR

Sebagai Persyaratan Guna Meraih Gelar Sarjana Strata 1

Informatika Universitas Muhammadiyah Malang



Menyetujui,

Malang, 8 Juli 2025

Dosen Pembimbing 1

Dosen Pembimbing 2



**Ir. Wahyu Andhyka Kusuma S.Kom,**  
**M.Kom.**

**NIP. 10814100543PNS.**

**Evi Dwi Wahyuni S.Kom., M.Kom.**  
**NIP. 10817030595PNS.**

## LEMBAR PENGESAHAN

### Solusi Desain Aplikasi Manajemen Stres Untuk Mahasiswa Menggunakan Metode UX Journey

### TUGAS AKHIR

Sebagai Persyaratan Guna Meraih Gelar Sarjana Strata 1  
Informatika Universitas Muhammadiyah Malang

Disusun Oleh :

**Nabiel Maulidina Prihastity**

**202110370311358**

Tugas Akhir ini telah diuji dan dinyatakan lulus melalui sidang majelis penguji  
pada tanggal 8 Juli 2025

Menyetujui,

Dosen Penguji 1



Briansyah Setio Wivono S.Kom.,

M.Kom

NIP. 190913071987PNS.

Dosen Penguji 2



Ir. Ilyas Nurvasin S.Kom., M.Kom.,

NIP. 10814100561PNS.

Mengetahui,

Ketua Jurusan Informatika



Ir. Galih Wasis Wicaksono S.kom. M.Cs.

NIP. 10814100541PNS.

## LEMBAR PERNYATAAN

Yang bertanda tangan dibawah ini :

**NAMA** : Nabiel Maulidina Prihastity

**NIM** : 202110370311358

**FAK/JUR.** : Informatika

Dengan ini saya menyatakan bahwa Tugas Akhir dengan judul “Solusi Desain Aplikasi Manajemen Stres Untuk Mahasiswa Menggunakan Metode UX Journey” beserta seluruh isinya adalah karya saya sendiri dan bukan merupakan karya tulis orang lain, baik sebagian maupun seluruhnya, kecuali dalam bentuk kutipan yang telah disebutkan sumbernya.

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Mengetahui,  
Dosen Pembimbing



Ir. Wahyu Andhyka Kusuma S.Kom,  
M.Kom.

Malang, 8 Juli 2025  
Yang Membuat Pernyataan



Nabiel Maulidina Prihastity

## FORM CEK PLAGIARISME LAPORAN TUGAS AKHIR

Nama Mahasiswa : Nabel Maulidina Prihastity  
NIM : 202110370311358  
Judul TA : Solusi Desain Aplikasi Manajemen Stres Untuk  
Mahasiswa Menggunakan Metode UX Journey

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## ABSTRAK

**Masalah :** Penelitian ini bertujuan untuk mengatasi masalah stres yang dihadapi oleh mahasiswa yang mengalami tekanan akademik dan memiliki manajemen waktu yang buruk. Penelitian ini mencoba memberikan solusi melalui penerapan teknik relaksasi dan peningkatan keterampilan manajemen waktu mereka melalui sebuah aplikasi yang dirancang khusus. **Metode :** Penelitian ini menerapkan metode berdasarkan konsep UX Journey. UX journey adalah sebuah pendekatan metodologi yang mengintegrasikan pengalaman dan kebutuhan pengguna untuk menyelidiki kebutuhan serta solusi yang dibutuhkan oleh pengguna. Metode ini melibatkan langkah-langkah yang meliputi berbagai aktivitas UX, dengan tujuan mengidentifikasi masalah yang dihadapi oleh pengguna dan mencari solusi yang tepat. **Hasil :** Hasil penelitian ini berupa desain aplikasi manajemen stres untuk mahasiswa dengan rancangan fitur sesuai kebutuhan pengguna. **Kesimpulan dan Saran :** Penelitian ini menghasilkan solusi desain aplikasi bernama HealStress yang sesuai dengan kebutuhan mahasiswa. Aplikasi ini mencakup fitur-fitur seperti relaksasi, tanda stres, dan tes tingkat stres. Penelitian melibatkan validasi dan verifikasi menggunakan Acceptance Criteria dan Requirement Metric untuk memastikan bahwa aplikasi memenuhi standar kualitas dan kebutuhan pengguna. Dengan demikian, metode UX Journey membantu dalam memenuhi harapan dan kebutuhan pengguna.

**Kata Kunci:** Aplikasi Manajemen Stres, UX Journey, Solusi Desain, Relaksasi, Manajemen Waktu.

## KATA PENGANTAR

Puji syukur penulis panjatkan ke hadirat Allah SWT karena berkat rahmat, taufik, dan hidayah-Nya penulis dapat menyelesaikan Tugas Akhir dengan judul “Solusi Desain Aplikasi Manajemen Stres untuk Mahasiswa Menggunakan Metode UX Journey” tepat pada waktunya.

Tugas Akhir ini disusun sebagai salah satu syarat untuk meraih gelar Sarjana pada Program Studi Informatika, Fakultas Teknik, Universitas Muhammadiyah Malang. Penelitian ini diharapkan dapat memberikan kontribusi dalam pengembangan solusi teknologi, khususnya aplikasi manajemen stres yang relevan dengan kebutuhan mahasiswa. Dalam penyusunan laporan ini, penulis menyadari banyak kesulitan yang tidak mungkin dapat teratasi tanpa bantuan, bimbingan, dan dukungan dari berbagai pihak. Oleh karena itu, penulis dengan tulus menyampaikan terima kasih kepada:

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