

ABSTRACT

There are various factors that can make a person experience anxiety disorders and mood disorders, namely internal factors and external factors. Internal factors are factors that arise from within a person, namely physiological and psychological. Meanwhile, external factors are factors that originate outside a person, such as the environment, society, and an event. The urgency that the author takes here is the Covid-19 pandemic event which is an external factor and affects a person's psychology. The research method or research approach that will be used is descriptive research with a qualitative approach, namely an approach that is not fixed with numbers but focuses on observations that understand a condition with the results of descriptive analysis. Anxiety and mood disorders can be experienced by anyone regardless of age, but when examined more closely, people with Anxiety and Mood Disorder, which increased sharply during the Covid-19 Pandemic, were dominated by teenagers to early adulthood. Lack of understanding related to anxiety disorders and mood disorders causes mental disorders to be considered trivial by some people, even some people who are 'already' aware they have mental disorders are still hesitant and afraid to ask for help from professionals, because of the high costs that must be incurred. Media applications that provide counseling features for free and have features that can be accessed by everyone will help the problems experienced by sufferers and people who care about their mental health.

Keywords: Anxiety, Mood, Application, Mental Health