ABSTRACT

Anxiety is one of the most common psychological issues experienced by adolescents, particularly during periods of transition and academic pressure. Unfortunately, access to professional psychological support is not always readily available, highlighting the need for alternative self-help solutions through technology. This study aims to design and develop a Self-Help Therapy application to assist adolescents in identifying and managing anxiety independently. The application was developed using the Extreme Programming (XP) methodology, consisting of three main iterations based on feedback from a psychological expert. The core features of the application include the GAD-7 anxiety assessment questionnaire, daily mood tracking, breathing exercises, cognitive restructuring tools, and access to educational articles. The development process involved designing user stories, release plans, UML diagrams (use case, activity, and robustness), database structures, and mobile-first interface mockups. The system was tested through Black Box Testing for each feature and User Acceptance Testing (UAT) involving 13 respondents. The UAT results indicated that the application was rated as "Very Good" in functionality, performance, and interface, and "Good" in terms of security and efficiency. These findings suggest that the application is a feasible and user-friendly tool to provide adolescents with independent support in managing anxiety.

Keywords: Self-Help, Anxiety, Extreme Programming, Flutter, UAT.