

ABSTRACT

Anxiety is one of the most common mental health disorders experienced by university students, especially during the final stages of their academic journey, such as when completing a thesis. Unfortunately, many university students still struggle to manage anxiety due to stigma, lack of awareness, and limited access to appropriate support media. This design project aims to raise university students awareness of the causes and impacts of anxiety, while also providing accessible and practical self-care tailored to their needs. The methods used include observation, interviews, questionnaires, and literature studies, with a design thinking analysis and comparative matrix analysis of similar works. The main outcome of this project is a self-care mobile application prototype called Kawan Jiwa, equipped with features to support anxiety management. Based on a usability test involving 15 final year students conducted through the Maze platform, the application proved to be easy to use, user-friendly, and aligned with students needs. It's simple user interface and clear user flow further enhance it's potential as an effective self-care medium for students dealing with anxiety. This application is expected to serve as an alternative solution to help students face, reduce, and manage anxiety throughout their academic life.

Keywords: *anxiety, university students, application, self-care.*