

# the UX Journey

The process to optimize your resource for the quality User Requirement





The process to optimize your resource for the quality User Requirement

**Second Versions**

**Written by HCI Group**

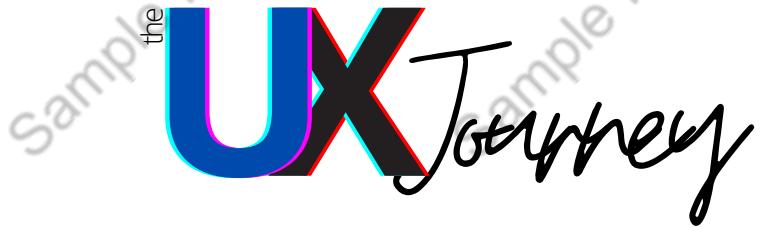
**Universitas Muhammadiyah Malang and Universiti putra malaysia**

Wahyu Andhyka Kusuma

Azrul Hazri bin Jantan

Novia Admodisastro

Noris Mohd Norowi



The process to optimize your resource for the quality User Requirement

The UX journey is a process that helps optimize resources for quality user requirements while improving self-efficacy. The process involves a series of steps that begin with understanding the user's needs and expectations. This includes conducting research to gain insights into the user's goals, motivations, and pain points. Once the user's needs have been identified, the next step is to develop a user persona, which is a detailed description of the user's characteristics, preferences, and behaviors. This persona serves as a reference point throughout the UX design process.

The next step in the UX journey is to define the user journey, which is the path that the user takes to achieve their goals. This includes mapping out the steps involved in the user's interactions with the product or service and identifying potential pain points or areas for improvement.

Once the user journey has been defined, the UX designer can begin to prototype and test different solutions. This involves creating wireframes, mockups, and prototypes of the product or service, and testing these designs with users to gather feedback and identify areas for improvement.

Throughout the UX journey, it is important to maintain a focus on the user's needs and expectations and to continuously iterate and improve the design based on feedback and testing. By following this process, designers can optimize their resources to deliver quality user requirements, while also building their self-efficacy and confidence in their design decisions.



# Hello

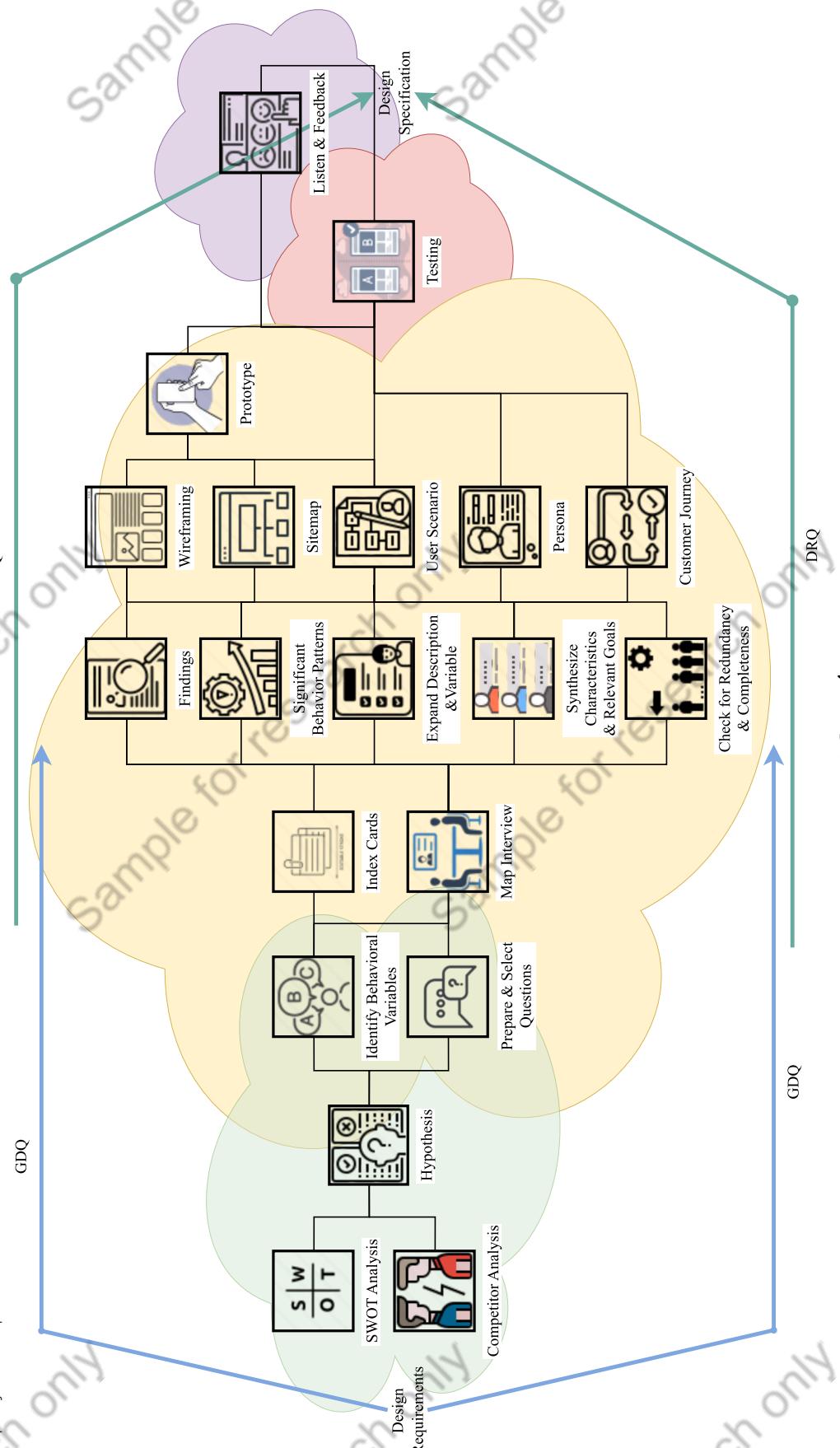
## This is my UX Diary

Tell me about your personality and ability

Hello guys!! Allow me to introduce myself, my name is Ismail Wahyu Fadilah or usually called meFadillah. My Student Identification Number is 202010370311339 I am continuing my Bachelor of Science 1 education on the campus of the University of Muhammadiyah Malang

# UX Journey

The process to optimize your resource for the quality User Requirement



# UX Journey Activities Checklist

## (D) Discover

Time to work

<input type="checkbox"/> Field studies	16
<input checked="" type="checkbox"/> SWOT Analysis	16
<input checked="" type="checkbox"/> Competitor Analysis	6
<input checked="" type="checkbox"/> State Hypotheses	14
<input checked="" type="checkbox"/> Identify Behavioral Variables	2

## (E) Explore

<input type="checkbox"/> Prepare Questions	8
<input checked="" type="checkbox"/> Meet Stakeholder	8
<input checked="" type="checkbox"/> Index Card	16
<input checked="" type="checkbox"/> Map Interview Subjects to Behavioral Variables	16
<input checked="" type="checkbox"/> Identify Significant Behaviour Patterns	4
<input checked="" type="checkbox"/> Synthesize Characteristics and Relevant Goals	8
<input checked="" type="checkbox"/> Check for Redundancy and Completeness	8
<input checked="" type="checkbox"/> Expand the Description of Attributes and Behaviour	4
<input checked="" type="checkbox"/> Persona	16
<input type="checkbox"/> Journey Mapping	50
<input checked="" type="checkbox"/> User Scenario and Stories	13
<input type="checkbox"/> Sitemap	2
<input checked="" type="checkbox"/> Wireframing	16

# UX Activities Checklist

## (T) Test

	Time to work
<input checked="" type="checkbox"/> Quantitative & Qualitative Usability Testing	12
<input checked="" type="checkbox"/> A/B Testing	30
<input checked="" type="checkbox"/> Objective Verification	4
<input checked="" type="checkbox"/> Variable Verification	4
<input checked="" type="checkbox"/> Acceptance Criteria	45
<input checked="" type="checkbox"/> (L) Listen	
<input checked="" type="checkbox"/> Follow up	10

# My Goals



10 Menit

Kickstart Project	day 1 Compile Work program	day 2 Distribution Work program	day 3 Interview stakeholders
Time allocation			
day 4 Interview stakeholders	day 5 Making application	day 6 Making application	day 7 Making application
day 8 Making application	day 9 Test app to stakeholders	day 10 Test app to stakeholders	day 11 App revision
day 12 App revision	day 13 Application ready launched	day 14 Promosi	<b>Deliver Project</b>



*Discover*



16 Menit

# Field studies...

DATE 10 JUNI 2023

It's very important to talk about electronic intelligence because we are in an era

Current technology is developing rapidly. In today's technological era, whatever we need

available. This applies to everything. Many adults in Indonesia experience health problems.

mental and need apps like those that teach fitness and mental health

a simple one, doing breathing exercises and meditation at home, and setting a schedule

Regular meals can eventually be used as long as you still use your cell phone and

enough internet connectivity, so from the problem above, I tried to see a few people

who are having difficulty with this disease.

I chose this topic because there are lots of people out there who have experienced those who haven't

have friends or friends usually face difficulties with this disease. to talk that often

affected by this mental health disorder, lack of sports and low education

mental health, late meals, and lack of meditation on oneself can also be culprits

Many adults now have this disease.



16 Menit

# SWOT analysis

## Strength

Advantages? This application is designed to look as comfortable and attractive as possible  
has been adapted to the application



Uniqueness? This application has sound health features that help spiritual and physical health



Selling Points? There is a health education menu

Skills? Can use the fitness feature to train the sports body easily

Other factors? Useful features, fast installation and light file size

## Weaknesses

Limitations? Limited exercise options

Lack of effort? Lack of mental health test options on the menu

Problems? In the Meditation menu, you must first download the sound.

Poor strategy? Too much attention on less good features

Other factors?

## Opportunities

Improvements? Later, the type of exercise movement in the fitness menu will be expanded.

performance? The application is considered light and has a display that matches its function.

Opportunities? Improved the mental health check feature

Consumer behaviour? Over time, application services will be improved.

Other factors?

## Threats

External trouble? Maybe in the mid-long term there are potential competitors from this apk

obstacles? There is a shortage of design and execution teams for future projects

Trends? If you don't follow developments, be aware that the application can be displaced by another apk

Other factors?

# Competitor



6 Menit

## DIRECT COMPETITION

Direct competitor of the wanted system

I made the SAM application

---

---

---

## INDIRECT COMPETITION

Indirect competitor of the system I want

for that is a spiritual and physical meditation

application

---

---

---

## USER REVIEWS

Pandangan dari direct dan indirect yaitu pada aplikasi MIMBAR ini masih terdapat kekurangan yang masih belum mendukung adanya fitur doa sholat yang sangat diperlukan juga. Sehingga dengan adanya kekurangan ini orang yang menggunakan aplikasi ini diharapkan juga membawa buku doa dari rumah agar dapat memaksimalkan dalam melakukan aktivitas beribadah.

---

---

---

---

---

---

---

H. West Jersey

10 Menit

HYPOTHESES	PERSONAS
H1	Meylinda
H2	Danis
H3	Fadil
H4	Abi
H5	Xing



6 Menit

# Hypotheses Explanation..

DATE 23 JUNI 2023

For an explanation of the hypothesis resulting from my observations of several personas and aids

information from Google Bing which focuses on the e-pray application system, many personas

requires a prayer schedule feature to check prayer times every day, requires a feature

Qibla direction to find out the accurate direction of the Qibla from our position, at least the

Koran is located

around us there is a lack of reading the Koran, as well as a lack of knowledge of its application

can serve as a reminder to worship. Therefore, every personas really needs one

applications that can overcome these problems that have occurred.

# Identify Behavioral Variables

## OBSERVED BEHAVIORAL VARIABLE

Convenience for adults to learn health mentally	Often <-----> Never
Ease for adults wearing elements	Often <-----> Never
body fitness	Often <-----> Never
Ease of obtaining adults knowledge of breathing	Often <-----> Never
Ease for adults to use function sound meditation	Often <-----> Never
light and easy to use in application	Sering <-----> Tidak Pernah



6 Menit

# Variable Explanation..

DATE 23 JUNI 2023

1. Find out how often people know about mental health.

2. Determine how often the individual needs treatment for the disease

by using meditation techniques with sound.

3. Determine how often the individual needs treatment for the disease

breathing exercise method.

4. To find out how often individuals need treatment for their disease

using body fitness techniques



*Explore*

# 15 minute prepare questions



8 Menit

2min

## Welcome remarks

Introducing me Fadilah, is a developer who is making an application.

2min

## Collect demographics

Age, gender, city and place of residence, have used a meditation app on a cell phone, have internet access

2min

## Tell a story

Apps that can address mental health issues, such as learning, meditation, and physical exercise, are needed because people often don't know how to deal with mental health issues.

2min

## Problem ranking

Stiky Notes

3min

## Explore customer's word view

How was your experience after using this app for a long time and not knowing how handle

mental health issues, as well as any feedback expected from the app.

2min

## Wrapping up

Thank you for being a respondent to my observation.

2min

## Document results

Dokumen hasil wawancara ini digunakan bahan pertimbangan sebelum membuat aplikasi.

# Prepared questions



8 Menit

1. What do you hope to help this system grow
2. Is your knowledge of mental health education sufficient?
3. Did you know that sound meditation can help prevent mental illness?
4. Did you know that sound meditation can help prevent mental illness?
5. Do you realize that meditation with sound can help prevent mental health ailments?
6. How effective is this SAM application when used?

7.

8.

9.

10.

11.

12.

13.

14.

15.

“

Creativity is  
intelligence  
having fun

Albert Einstein

# Meet stakeholder



8 Menit

## OBJECTIVE AND EXPECTED RESULTS

Understand all the problems experienced by stakeholders and provide solutions to be able to solving every problem experienced by stakeholders through a software that I will for.

## 5 MINUTES QUESTIONS

1. What do you hope will help the system to grow
2. Is your knowledge about mental health education sufficient?
3. Did you know that sound meditation can help prevent mental illness?
4. Did you know that sound meditation can help prevent mental illness?
5. Do you realize that meditation with sound can help prevent mental health diseases?
6. How effective is the SAM application when used?

# Findings



8 Menit

## MENTION YOUR FINDINGS

---

Many people still don't know about mental health education, which can stop or reduce these mental problems

---

---

## MENTION YOUR FINDINGS

---

Many people are still not aware of the benefits of meditation for sufferers of mental health. especially by using sound to calm the mind during meditation

---

---

## MENTION YOUR FINDINGS

---

To prevent, sufferers rarely exercise. easy mental illness

---

---

## MENTION YOUR FINDINGS

---

Usually just reading using a book or writing in a notebook makes it happen less effective if we are out of the house

---

---



16 Mennit

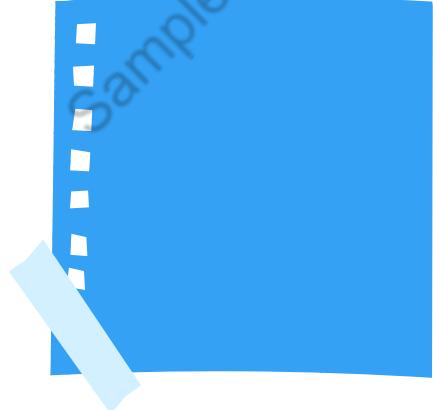
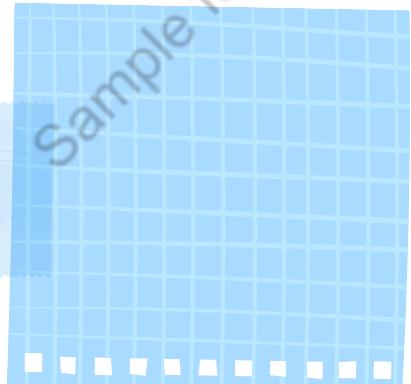
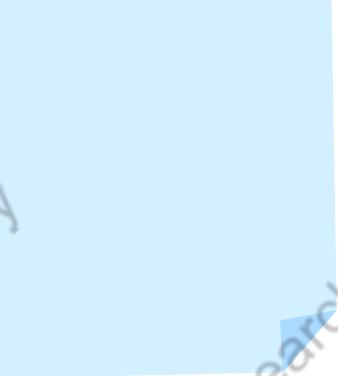
Share your idea, write in this notes

Persona wants  
an application system  
the menu is simple

Persona wants  
an application system  
which is easy to use

Persona wants  
an application system  
the menu is simple

Persona wants  
an application system  
that can display  
health education  
mentally





16 Menit

Persona wants  
application features  
sound meditation

Persona wants  
an application system  
which is easy to use

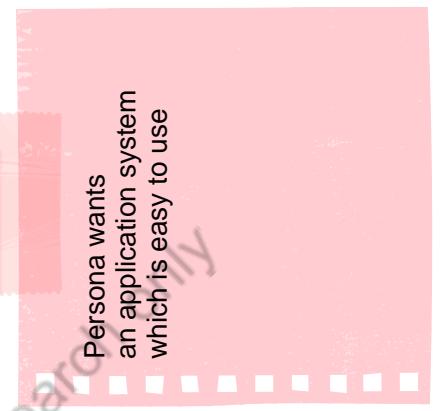
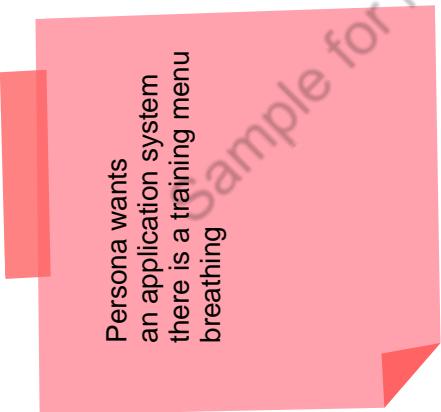
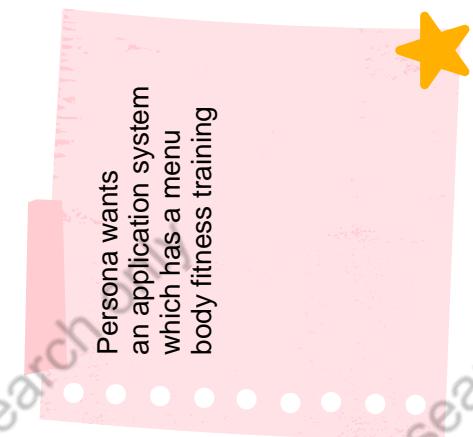
Persona wants  
an application system  
there are exercises  
body fitness

Persona wants  
an application system  
the menu is simple





16 Menit





16 Menit

Persona wants  
an application system  
which looks simple

Persona wants  
an application system  
which is easy to use

Persona wants  
an application system  
who can help  
breathing exercises

Persona wants  
an application system  
which features meditation  
voice

Persona wants  
an application system  
with training features  
breathing

Persona wants  
there is an application  
system which features  
meditation

Persona menginginkan  
adanya sistem aplikasi  
yang ada fitur latihan  
kebugaran tubuh

“

If a User is  
having a  
problem, it's  
our problem.

Steve Jobs

# MAP INTERVIEW

## USER FEELING

Persona:



16 menit

Scale 1:	Scale 2:	Scale 3:	Scale 4:	Scale 5:

**Variable ..1:** what is felt when there is a Mental Health consultation feature



Scale 1:	Scale 2:	Scale 3:	Scale 4:	Scale 5:

**Variable ... :** which is felt when there is a sound health feature



Scale 1:	Scale 2:	Scale 3:	Scale 4:	Scale 5:

**Variable 3.** which is felt when there are spiritual and physical health features



# MAP INTERVIEW

## USER FEELING

Persona:



16 menit

Scale 1:	Scale 2:	Scale 3:	Scale 4:	Scale 5:

**Variable 4.** which is felt when there is a breathing control feature



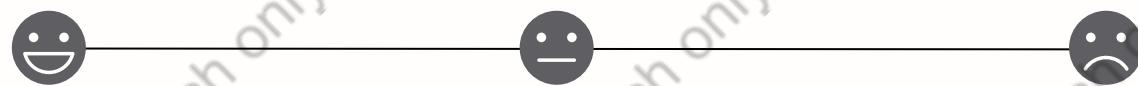
Scale 1:	Scale 2:	Scale 3:	Scale 4:	Scale 5:

**Variable 5 :** Kemudahan setelah memakai aplikasi yang digunakan dan ringan



Scale 1:	Scale 2:	Scale 3:	Scale 4:	Scale 5:

**Variable ... :**



# Significant Behaviour Patterns

2 menit

# Pattern Explanation..



6 Menit

DATE 23 JUNI 2023

Menjelaskan hasil prosentase dari hasil wawancara kepada personas :

1. Variabel kedua : 20% menjawab Senang, 40% menjawab Netral, 40% menjawab Tidak

Senang.

2. Variabel pertama : 40% menjawab Senang, 40% menjawab Netral, 20% menjawab Tidak

Senang.

3. Variabel ketiga : 20% menjawab Senang, 80% menjawab Netral, 0% menjawab Tidak

Senang

4. Variabel kelima : 20% menjawab Senang, 80% menjawab Netral, 0% menjawab Tidak

Senang.

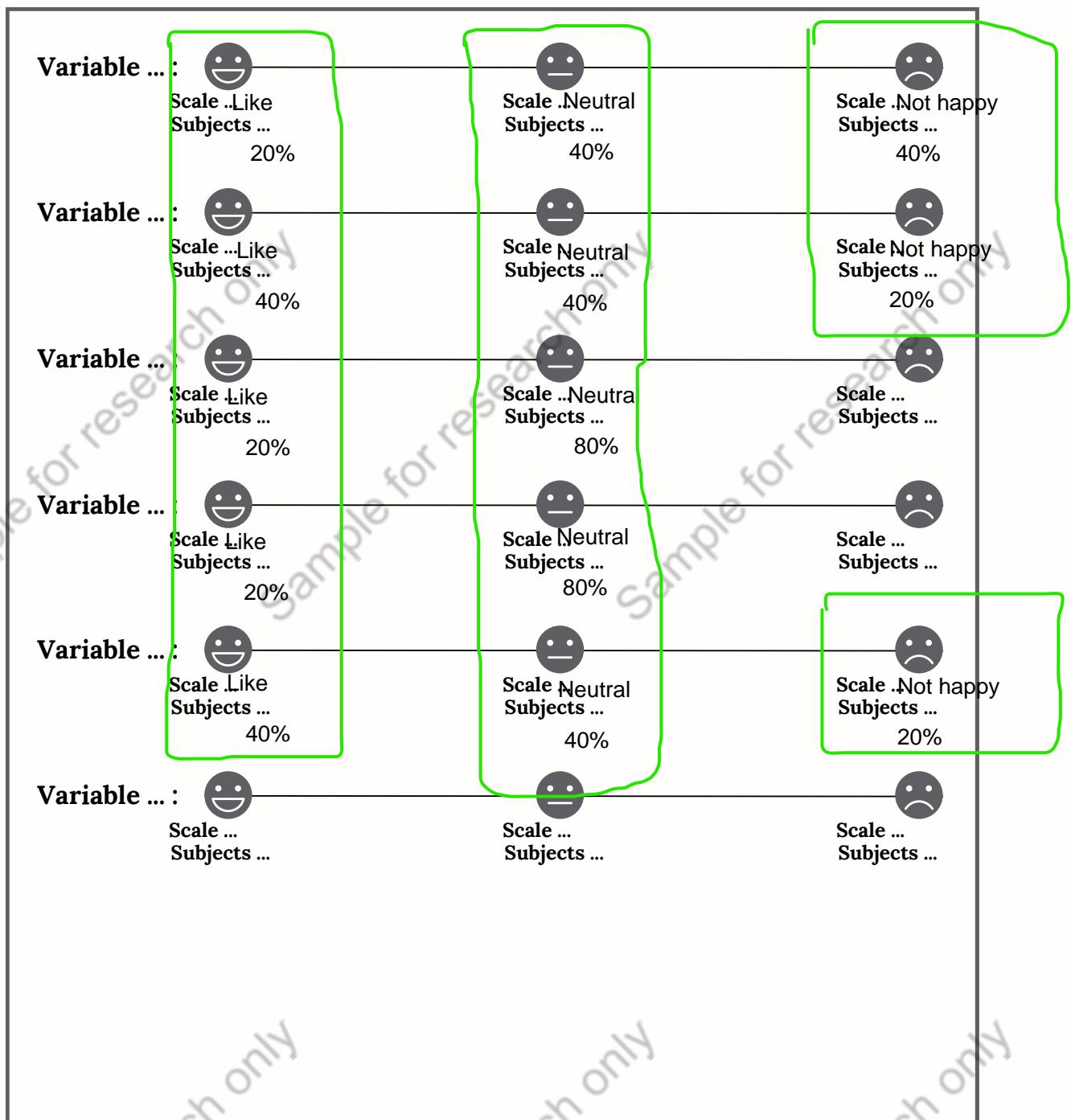
5. Variabel keempat : 40% menjawab Senang, 40% menjawab Netral, 20% menjawab

Tidak Senang.

# SYNTHESIZE CHARACTERISTICS AND RELEVANT GOALS

## PATTERN

Persona:



# Synthesize Explanation..



14 menit

DATE 23 MEI 2023

Based on the SYNTHESIS CHARACTERISTIC AND RELEVANT GOAL data, the pattern is obtained  
the explanation is as follows:

variable 1, There are 20% of stakeholders who are knowledgeable about health education

mentally enough. 40% of personas feel neutral on this issue. And 40% persona is not pleased at  
this problem.

Variable 2, There are 40% of the stakeholders who are happy that sound meditation can help

mental illness. 40% feel neutral on this issue. And 20% personas  
feel bad about this problem.

Variable 3, There are 20% of stakeholders that sound meditation can help prevent disease

menta. And 80% of personas feel neutral on this matter.

Variable 4, 20% of stakeholders are aware that meditation with sound can help

preventing mental health disease 80% persona feel neutral on this issue.

Variabel 5, Pada stakeholder terdapat 40% persona yang merasakan keefektifan aplikasi SAM ini saat  
digunakan. Dan 40% persona merasakan netral pada masalah ini.

Dan 20% persona merasakan tidak senang pada masalah ini.

“

Want your  
users to fall in  
love with your  
designs? Fall in  
love with your  
users.

Dana Chisnell

# Check for Redundancy and Completeness



6 menit

## To do this validation

a number of questions have to be answered, such as are all the created personas significantly different

Do all the created personas represent the diversity of real-world behaviors and needs that the system will address

If two personas appear to differ only as to sociodemographic data

Either one of the redundant personas can be eliminated or the characteristics of personas should be further specified to show up the distinctions

At least one significant behavior should distinguish one persona from any other

## Verification with other user

Validation was carried out using 5 fabric respondents for each persona. Thus, the results are obtained are:

Variabel 1 : 20%	40%	40%
------------------	-----	-----

Variabel 2 : 40%	40%	20%
------------------	-----	-----

Variabel 3 : 20%	80%	0%
------------------	-----	----

Variabel 4 : 20%	80%	0%
------------------	-----	----

Variabel 5 : 40%	40%	20%
------------------	-----	-----

It can be concluded that the results of the verification of the respondents are the same as the respondents so that the hypothesis

no additional respondents are needed.



2 menit

# Verification

DATE 23 JUNI 2023

With this we verify here using the 5 user personas method

where we can validate all needs that have been concluded to be measurable

according to their needs.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Check for Redundancy and Completeness



2 menit

DATE 23 JUNI 2023

**Is there anything missing from the personas mappings, characteristics and objectives that needs to be added?**

If so, please specify: No

---

---

---

**To satisfy stakeholder assumptions or requests, does any other persona need to be added?**

If so, please specify which persona should be added:

---

---

**Are they any two personas that differ only as to socio-demographic variables?**

If so, please specify what decision is to be taken:

---

a. Remove one of the personas. If so, specify which one:

---

b. Examine characteristics more thoroughly and differentiate personas:

---

**Are all created personas significantly different?**

If so, please state, which personas are alike:

---

**As a whole are the created personas representative enough of the diversity of real-world behaviour and needs?**

Yes, because the persona used is sufficient to explore the responses

---

---

# Conclusion



2 Menit

DATE 23 JUNI 2023

After getting 5 different respondents plus several respondents who had the same answer

The same. The personas chosen are appropriate and have enough differences to suit your needs each persona and characteristics of some subjects. Thus, research is carried out as well in line with the problems that exist in the persona.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Expand Description and Variable



4 Menit

TODAY I AM FEELING...

Better

---

---

---

TODAY I AM GOTING TO...

carry out worship

---

---

---

TODAY I AM LOOKING FORWARD TO...

Today i will be read Alquran

---

---

---

MY AFFIRMATION TODAY

Pursue the future as if you still have 1000 years to live and worship as if you have only 1 day left to live

---

---



16 Menit

DATE 23 JUNI 2023

**Persona name:** Meylinda

**Age:** 22

**User quote:**

Keep straight street

**Lifestyle:**

---

---

---

**Skill & Knowledge:**

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Internet | <input checked="" type="checkbox"/> Smartphones  |
| <input checked="" type="checkbox"/> Website  | <input checked="" type="checkbox"/> Social media |

Others:

**Roles & tasks:** User

**Profession:** Worker

**Personality traits/ behaviour:**

People who need educational features about mental health

**Motivation:**

keep going ahead

**Segment:**

Want an application that displays about  
mental health

**Sketch persona:**



“

To create a  
memorable design,  
you need to start  
with a thought  
that's worth  
remembering.

Thomas Manss

# Customer Journey Mapping



50 Minit

- Decide on a target customer persona and the scope of the journey to be explored today. Give them a visual representation, name and description.

1



Persona 1  
[Insert persona's name here]

Key Attribute

Meylinda

Add your thought here

Short Description

Adults who like to use cell phones and have problems with mental health

Add your thought here

- Use sticky notes to build a back story, including the customer's reasons for taking this particular journey.

2

Needs

Requires an application in which there is education about mental health

Add your thought here

Challenges

Looking for applications that can cure against diseases suffered by the existence of meditation using sound

Add your thought here

Opportunities

We can plan to build applications that can display mental health education. In the application is made as simple as possible so that make it easier for users to use this application. This application will also have several exercises such as training breathing and training body fitness.

Add your thought here



## Persona 1

Describe the persona's journey in the first 3 rows, using one sticky note per action. "User actions" pertain to activities; "touchpoints" are interaction points like a website or email, and "pain points" refer to frustrations, errors and bottlenecks.

5

In the "emotions" row, move the dots up or down the colored spectrum to visually show how the persons emotional experience rises and falls throughout the journey. Positive peaks = delight, while sudden drops = frustration.

6

In the final row, brainstorm possible solutions or areas of opportunity to improve the persona's experience.

Possible Solutions	Emotions	Pain Points	Touchpoints	User Actions	Consideration	Purchase	Onboarding	Advocacy
				Main course thought here	Mental Health Education thought here	Choose a Meditation Sound here	Choose Breathing Exercises thought here	Mamilih Latihan Kebugaran
					Click on the EDUCATION section main menu	Click in the MEDITATION section main menu	Click on the BREATHING section main menu	Klik dibagian KEBUGARAN dimenu utama
					There are several options selected menu on the page main	Explanation given just an introduction about mental health		
								Frustrated
								Delighted

“

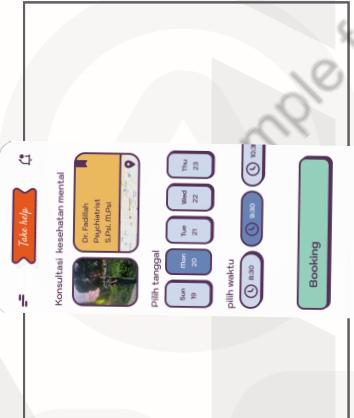
Usability rules the Web. Simply stated, if the customer can't find a product, then he or she will not buy it.

Jakob Nielsen

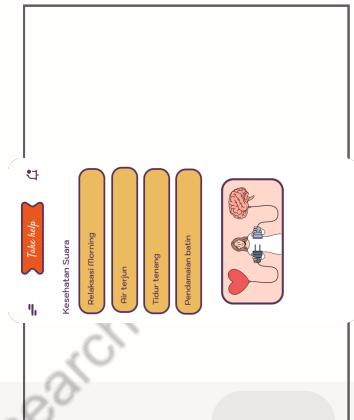
# User Scenarios and Stories



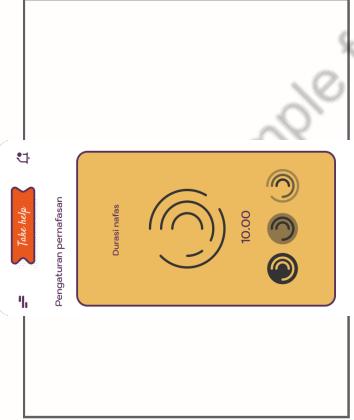
User can choose which menu  
will be used



Persona can consult mentally



In the voice mediation section,  
you can choose ringtone  
according to taste



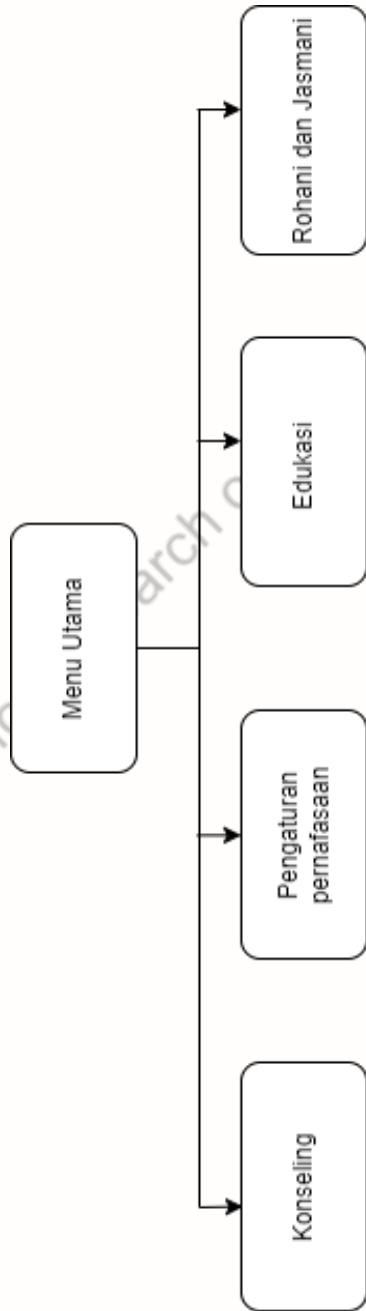
Breathing exercises show only  
exercise duration and steps  
which will be practiced



# Gitarwaf

1

2 Menit



# Wireframing



16 Menit



Screen name:

MENTAL HEALTH COUNSELING

Component:

Button

Waktu

Icon

Picts

Location

Booking

Heuristic violated:

Display prayer time schedule before

user selects menu,

Al-Quran, Qibla

# Wireframing



16 Menit



Screen name:

SOUND HEALTH

Component:

Picture

Shape Button

Videos

Letter Writing

Heuristic violated:

Based on several user stories

who want a menu

Al-Qur'an

# Wireframing



16 Menit



Screen name:

Main course

Component:

Typografi

Button Menu

picture

Shape

Heuristic violated:

The initial appearance of the application before

the user selects the MENTAL  
CONSULTATION menu,

BREATHING REGULATION, EDUCATION

MENTAL, FITNESS EXERCISE

BODY

# Wireframing



16 Menit



Screen name:

BREATHING TRAINING

Component:

shapes

timer

Letter Writing

Heuristic violated:

Based on the desired user story

There is a breathing exercise menu

easy to practice



# Qual & Quant



12 Menit

## QUALITATIVE RESEARCH

- Focus on "why"
- inform design decisions
- identify usability issues and find solutions
- Findings based on the researcher's impressions, interpretations, and prior knowledge

## QUANTITATIVE RESEARCH

- focus on "how many" & "how much"
- evaluate the usability of an existing site
- track usability over time
- compare site with competitors

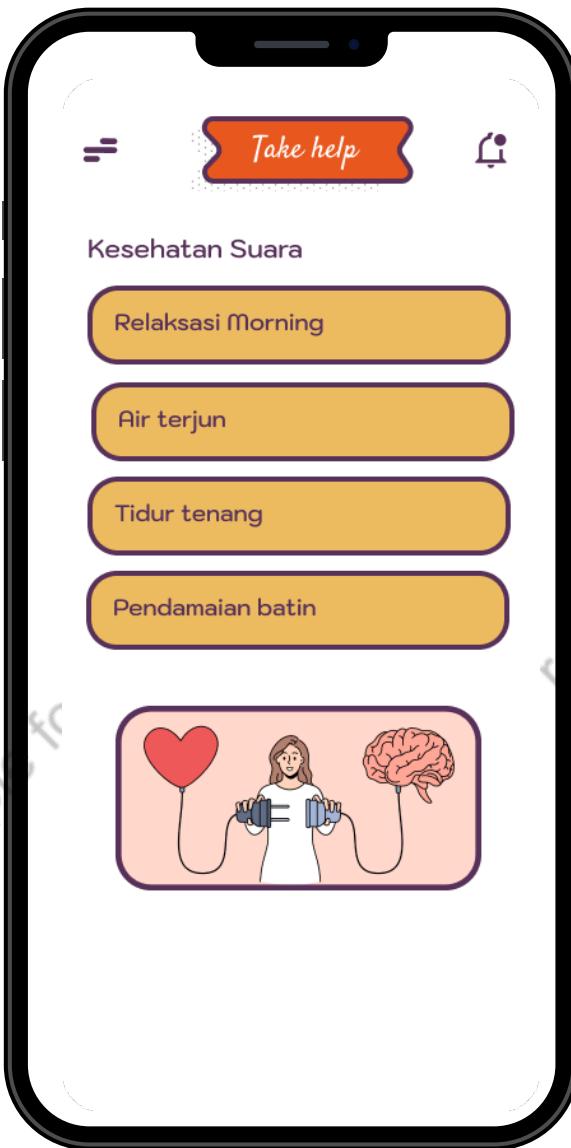
## USER REVIEWS

The reason I use quantitative research is because using this method can focus more deeply on the user experience and features. One of them using AB Testing, which is a suitable method for checking SAM application systems whose function is to understand experience, identify needs, and as a comparison tool against similar systems with the latest application systems based on what is needed by user. The steps are to create a user story that fits what is needed users with examples can display explanations about mental health education, health voice, breathing exercises, and body fitness exercises. After the user story is collected, the next will be conducted an interview with the persona about what needs are needed and continued with a comparison of persona features and needs.

# AB Testing



30 menit



**Note:** In this prototype the user feels more like because it looks simple and assisted in sound health



**Note:** In this prototype the user feels more like karena tampilan nya memuat pilihan surah yang kurang lengkap

# AB Testing



30 Menit



Note: In this prototype the user feels more like  
because this display is simple and attractive



Note: In this prototype the user feels more like  
as it features a convenient workout timer

# Verification

## PERSONAS

H1;H2;H3;H4;H5  
Orang yang memiliki masalah kesehatan  
mental

## EXPLANATION

From the results of the system above, if a comparative test is carried out with the application similar, the user story is quite satisfied with made an application with mental health education features, sound meditation, breathing exercises, and appropriate body fitness exercises with what the user story expects and can function accordingly with its use

4 Menit



4 Menit

# Objective Explanation..

DATE 28 JUNI 2023

My reason is that the first page is made a simple, concise menu to make it easier for users to use

this application and sometimes there are also users who can't wait to use this application. For pages

secondly, I immediately presented an educational menu about mental health. Enter the third page

~~gets the sound meditation menu equipped with several ringtones that can be selected by the user.~~

The fourth page is here for easy breathing exercises. And the last

it contains fitness training features that can be seen through an application.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Objective Behavioral Variables

## OBSERVED BEHAVIORAL VARIABLE

Ease of adults when getting education

mental health

Convenience for adults when using body fitness features

Convenience for adults when using body fitness features

Adult convenience when using the sound meditation feature

## SCALE

90% have been represented by the user story meyinda

90% have been represented by user story danis

90% have been represented by fadil user stories

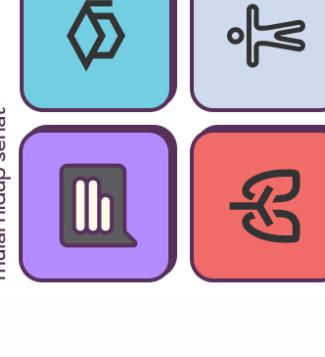
90% has been represented by the abi user story

L 4 Menit

## Acceptance Criteria



45 Menit

Positive Case		User Interface	
Given	When	Then	
User open application	dapat menekan tombol menu KONSULTASI MENTAL, PENGATURAN PERNAPASAN, EDUKASI MENTAL, LATIHAN KEBUGARANTUBUH	<p>The application displays the initial view main menu</p> <p>E-mentality Type: Strings 12 Characters</p> <p>Column 4 Menus Type: Strings 10-30 Characters</p> <p>Saat melakukan klik pada fitur jadwal sholat</p> 	    <p>Perasaanmu sekarang?</p>     <p>Daily Videos</p> 

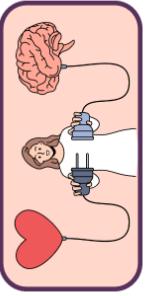
## Acceptance Criteria



45 Menit

Positive Case			
Given	When	Then	User Interface
User open application	Push the button Health consultate menu Mental	Sometimes the system crashes when it starts clicking surahs where the calligraphy does not appear only in parts of the verse	<p>Konsultasi kesehatan mental</p> <p>=  </p> <p> Dr. Fadillah Psychiatrist S.Psi, M.Psi</p> <p></p> <p>Pilih tanggal</p> <p> Sun 19    Mon 20    Tue 21    Wed 22    Thu 23</p> <p>pilih waktu</p> <p> 8:30    9:30    10:30</p> <p></p>

## Acceptance Criteria

Negative Case			
Given	When	Then	User Interface
User open application	The user presses the menu button Sound Health	The application displays a selection of ringtones selectable and audible  SOUND HEALTH Type: Strings 14 Characters  All menus & music player Type: String&Integer 20 Characters	  Kesehatan Suara Relaksasi Morning Air terjun Tidur tenang Pendamaian batin  

L 45 Menit

## Acceptance Criteria

Negative Case			
Given	When	Then	User Interface
User open application	Users can press buttons the TRAINING menu BREATHING	The application displays a display that can used for deep breathing exercises time duration etc  BREATHING TRAINING Type: Strings 20 Characters  All displays on the TRAINING menu Type: Integer&String 14 Characters	 <p>Take help</p> <p>Pengaturan pernafasan</p> <p>Durasi nafas</p>





10 Menit

# Follow up..

DATE 28 JUNI 2023

The application system that we created meets all your needs

There appears to be mental health education, sound meditation, breathing exercises, and other exercises for users.

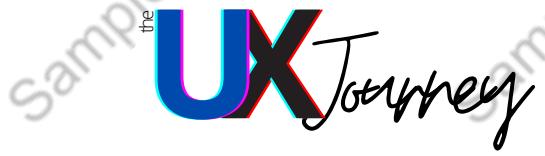
body fitness included in the app. With these features, it is hoped that users will enjoy them

application and can attract new users to use it. After making observations

and further user studies also require features that can evaluate health

mental user. It is hoped that with this mental health check feature, users will be able to find out

diagnosed with a mental health disorder or not.



The process to optimize your resource for the quality User Requirement

FROM DEVELOPER TO  
DEVELOPER

