DAFTAR PUSTAKA

[1]   T. P. Beauchaine, "Future Directions in Emotion Dysregulation and Youth Psychopathology," *J. Clin. Child Adolesc. Psychol.*, vol. 44, no. 5, hlm. 875–896, Sep 2015, doi: 10.1080/15374416.2015.1038827.

[2]   G. A. Dingle, D. da C. Neves, S. S. J. Alhadad, dan L. Hides, "Individual and interpersonal emotion regulation among adults with substance use disorders and matched controls," *Br. J. Clin. Psychol.*, vol. 57, no. 2, hlm. 186–202, 2018, doi: 10.1111/bjc.12168.

[3]   G. J. Westerhof dan C. L. M. Keyes, "Mental Illness and Mental Health: The Two Continua Model Across the Lifespan," *J. Adult Dev.*, vol. 17, no. 2, hlm. 110–119, 2010, doi: 10.1007/s10804-009-9082-y.

[4]   P. N. H. and D. S. D. D. Melbourne University of, "Mental Health ≠ Wellbeing," Pursuit. Diakses: 23 Mei 2024. [Daring]. Tersedia pada: https://pursuit.unimelb.edu.au/articles/mental-health-wellbeing

[5]   "Kemenkes Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia." Diakses: 7 Oktober 2024. [Daring]. Tersedia pada: https://kemkes.go.id/id/%20kemenkes-beberkan-masalah-permasalahan-kesehatan-jiwa-di-indonesia

[6]   Badan Penelitian dan Pengembangan Kesehatan, *Laporan Nasional Riskesdas 2018*. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan, 2020. Diakses: 7 Oktober 2024. [Daring]. Tersedia pada: https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/

[7]   M. Millenia, "Direktorat Jenderal Pelayanan Kesehatan." Diakses: 7 Oktober 2024. [Daring]. Tersedia pada: https://yankes.kemkes.go.id/view_artikel/974/minimnya-kesadaran-masyarakat-terhadap-mental-health

[8]   T. Slade, A. Johnston, M. A. Oakley Browne, G. Andrews, dan H. Whiteford, "2007 National Survey of Mental Health and Wellbeing: Methods and Key Findings," *Aust. N. Z. J. Psychiatry*, vol. 43, no. 7, hlm. 594–605, Jul 2009, doi: 10.1080/00048670902970882.

[9]   egsaugm, "Darurat Kesehatan Mental bagi Remaja – Environmental Geography Student Association." Diakses: 19 Maret 2023. [Daring]. Tersedia pada: https://egsa.geo.ugm.ac.id/2020/11/27/darurat-kesehatan-mental-bagi-remaja/

[10] R. C. Kessler, P. Berglund, O. Demler, R. Jin, K. R. Merikangas, dan E. E. Walters, "Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication," *Arch. Gen. Psychiatry*, vol. 62, no. 6, hlm. 593–602, Jun 2005, doi: 10.1001/archpsyc.62.6.593.

[11] "Kolaborasi KemenPPPA dan UNICEF: Sinergikan Dukungan Kesehatan Mental dan Psikososial di Kementerian dan Lembaga." Diakses: 29 November 2024. [Daring]. Tersedia pada: https://www.kemenpppa.go.id/page/view/NTMzOA==

[12] "Manulife Asia Care Survei 2024," Insurance Site. Diakses: 30 November 2024. [Daring]. Tersedia pada: https://www.manulife.co.id/id/manulife-asia-care-survei-2024.html

[13] C. Currie *dkk.*, *Social determinants of health and well-being among young people: Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey*. World Health Organization. Regional Office for Europe, 2012. Diakses: 19 Maret 2023. [Daring]. Tersedia pada: https://apps.who.int/iris/handle/10665/326406

[14] L. Munira, P. Liamputtong, dan P. Viwattanakulvanid, "Barriers and facilitators to access mental health services among people with mental disorders in Indonesia: A qualitative study," *Belitung Nurs. J.*, vol. 9, no. 2, hlm. 110–117, Apr 2023, doi: 10.33546/bnj.2521.

[15] O. Kusuma Sari, N. Ramdhani, dan S. Subandi, "Kesehatan Mental di Era Digital: Peluang Pengembangan Layanan Profesional Psikolog," *Media Penelit. Dan Pengemb. Kesehat.*, vol. 30, Des 2020, doi: 10.22435/mpk.v30i4.3311.

[16] Y. Ki, A. A. McAleavey, T. A. Moger, dan C. Moltu, "Cost structure in specialist mental healthcare: what are the main drivers of the most expensive episodes?," *Int. J. Ment. Health Syst.*, vol. 17, no. 1, hlm. 37, Nov 2023, doi: 10.1186/s13033-023-00606-6.

[17] "Global strategy on digital health 2020-2025." Diakses: 23 September 2024. [Daring]. Tersedia pada: https://www.who.int/publications/i/item/9789240020924

[18] A. Feroz, F. Abrejo, S. A. Ali, R. Nuruddin, dan S. Saleem, "Using mobile phones to improve young people's sexual and reproductive health in low- and middle-income countries: a systematic review protocol to identify barriers, facilitators and reported interventions," *Syst. Rev.*, vol. 8, no. 1, hlm. 117, Mei 2019, doi: 10.1186/s13643-019-1033-5.

[19] K. M. Mitchell, B. E. Holtz, dan A. McCarroll, "Patient-Centered Methods for Designing and Developing Health Information Communication Technologies: A Systematic Review," *Telemed. E-Health*, vol. 25, no. 11, hlm. 1012–1021, Nov 2019, doi: 10.1089/tmj.2018.0236.

[20] H. Carter, R. Araya, K. Anjur, D. Deng, dan J. A. Naslund, "The emergence of digital mental health in low-income and middle-income countries: A review of recent advances and implications for the treatment and prevention of mental disorders," *J. Psychiatr. Res.*, vol. 133, hlm. 223–246, Jan 2021, doi: 10.1016/j.jpsychires.2020.12.016.

[21] M. Harrer *dkk.*, "Internet interventions for mental health in university students: A systematic review and meta-analysis," *Int. J. Methods Psychiatr. Res.*, vol. 28, no. 2, hlm. e1759, Des 2018, doi: 10.1002/mpr.1759.

[22] P. Voorheis, "Integrating Behavioral Science and Design Thinking to Develop Mobile Health Interventions: Systematic Scoping Review," *JMIR MHealth UHealth*, vol. 10, no. 3, 2022, doi: 10.2196/35799.

[23] C. S. Conley, J. A. Durlak, J. B. Shapiro, A. C. Kirsch, dan E. Zahniser, "A Meta-Analysis of the Impact of Universal and Indicated Preventive Technology-Delivered Interventions for Higher Education Students," *Prev. Sci.*, vol. 17, no. 6, hlm. 659–678, Agu 2016, doi: 10.1007/s11121-016-0662-3.

[24] T. D. Becker dan J. B. Torous, "Recent Developments in Digital Mental Health Interventions for College and University Students," *Curr. Treat. Options Psychiatry*, vol. 6, no. 3, hlm. 210–220, Sep 2019, doi: 10.1007/s40501-019-00178-8.

[25] E. D. Boudreaux, M. E. Waring, R. B. Hayes, R. S. Sadasivam, S. Mullen, dan S. Pagoto, "Evaluating and selecting mobile health apps: strategies for healthcare providers and healthcare organizations," *Transl. Behav. Med.*, vol. 4, no. 4, hlm. 363–371, Des 2014, doi: 10.1007/s13142-014-0293-9.

[26] F. Alqahtani dan R. Orji, "Insights from user reviews to improve mental health apps," *Health Informatics J.*, vol. 26, no. 3, hlm. 2042–2066, Sep 2020, doi: 10.1177/1460458219896492.

[27] M. Vereschagin *dkk.*, "Co-developing tools to support student mental health and substance use: Minder app development from conceptualization to realization," *J. Behav. Cogn. Ther.*, vol. 33, no. 1, hlm. 35–49, Mar 2023, doi: 10.1016/j.jbct.2023.02.002.

[28] L. Ospina-Pinillos *dkk.*, "Involving End Users in Adapting a Spanish Version of a Web-Based Mental Health Clinic for Young People in Colombia: Exploratory Study Using Participatory Design Methodologies," *JMIR Ment. Health*, vol. 7, no. 2, hlm. e15914, Feb 2020, doi: 10.2196/15914.

[29] A. Hentati, E. Forsell, B. Ljótsson, V. Kaldo, N. Lindefors, dan M. Kraepelien, "The effect of user interface on treatment engagement in a self-guided digital problem-solving intervention: A randomized controlled trial," *Internet Interv.*, vol. 26, hlm. 100448, Des 2021, doi: 10.1016/j.invent.2021.100448.

[30] L. Ospina-Pinillos, T. A. Davenport, C. S. Ricci, A. C. Milton, E. M. Scott, dan I. B. Hickie, "Developing a Mental Health eClinic to Improve Access to and Quality of Mental Health Care for Young People: Using Participatory Design as Research Methodologies," *J. Med. Internet Res.*, vol. 20, no. 5, hlm. e188, Mei 2018, doi: 10.2196/jmir.9716.

[31] R. Ribanszki *dkk.*, "Preferences for Digital Smartphone Mental Health Apps Among Adolescents: Qualitative Interview Study," *JMIR Form. Res.*, vol. 5, no. 8, hlm. e14004, Agu 2021, doi: 10.2196/14004.

[32] S. Vial, S. Boudhraâ, M. Dumont, M. Tremblay, dan S. Riendeau, "Developing A Mobile App With a Human-Centered Design Lens to Improve Access to Mental Health Care (Mentallys Project): Protocol for an Initial Co-Design Process," *JMIR Res. Protoc.*, vol. 12, no. 1, hlm. e47220, Agu 2023, doi: 10.2196/47220.

[33] B. Patrickson, M. Musker, D. Thorpe, Y. van Kasteren, N. Bidargaddi, dan The Consumer and Carer Advisory Group (CCAG), "In-Depth Co-Design of Mental Health Monitoring Technologies by People with Lived Experience," *Future Internet*, vol. 15, no. 6, Art. no. 6, Jun 2023, doi: 10.3390/fi15060191.

[34] L. Ospina-Pinillos, T. Davenport, A. M. Diaz, A. Navarro-Mancilla, E. M. Scott, dan I. B. Hickie, "Using Participatory Design Methodologies to Co-Design and Culturally Adapt the Spanish Version of the Mental Health eClinic: Qualitative Study," *J. Med. Internet Res.*, vol. 21, no. 8, hlm. e14127, Agu 2019, doi: 10.2196/14127.

[35] L. Ospina-Pinillos, T. A. Davenport, C. S. Ricci, A. C. Milton, E. M. Scott, dan I. B. Hickie, "Developing a Mental Health eClinic to Improve Access to and Quality of Mental Health Care for Young People: Using Participatory Design as Research Methodologies," *J. Med. Internet Res.*, vol. 20, no. 5, hlm. e188, Mei 2018, doi: 10.2196/jmir.9716.

[36] I. B. Hickie *dkk.*, "Project Synergy: co-designing technology-enabled solutions for Australian mental health services reform," *Med. J. Aust.*, vol. 211, no. S7, hlm. S3–S39, 2019, doi: 10.5694/mja2.50349.

[37] M. Bird *dkk.*, "A generative co-design framework for healthcare innovation: development and application of an end-user engagement framework," *Res. Involv. Engagem.*, vol. 7, no. 1, hlm. 12, Mar 2021, doi: 10.1186/s40900-021-00252-7.

[38] E. Hodson, N. Dadashi, R. Delgado, C. Chisholm, R. Sgrignoli, dan R. Swaine, "Co-design in mental health; Mellow: a self-help holistic crisis planning mobile application by youth, for youth," *Des. J.*, vol. 22, no. sup1, hlm. 1529–1542, Apr 2019, doi: 10.1080/14606925.2019.1594975.

[39] B. Patrickson, M. Musker, D. Thorpe, Y. van Kasteren, N. Bidargaddi, dan The Consumer and Carer Advisory Group (CCAG), "In-Depth Co-Design of Mental Health Monitoring Technologies by People with Lived Experience," *Future Internet*, vol. 15, no. 6, Art. no. 6, Jun 2023, doi: 10.3390/fi15060191.

[40] S. Vial, S. Boudhraâ, M. Dumont, M. Tremblay, dan S. Riendeau, "Developing A Mobile App With a Human-Centered Design Lens to Improve Access to Mental Health Care (Mentallys Project): Protocol for an Initial Co-Design Process," *JMIR Res. Protoc.*, vol. 12, hlm. e47220, Agu 2023, doi: 10.2196/47220.

[41] B. Albert dan T. Tullis, *Measuring the User Experience: Collecting, Analyzing, and Presenting Usability Metrics*. Newnes, 2013.

[42] M. Jiang, D. Sun, Q. Li, dan D. Wang, "The usability of ventilator maintenance user interface: A comparative evaluation of user task performance, workload, and user experience," *Sci. Prog.*, vol. 103, no. 4, Des 2020, doi: 10.1177/0036850420962885.

[43] N. A. N. Ahmad, N. I. M. Hamid, dan A. M. Lokman, "Performing Usability Evaluation on Multi-Platform Based Application for Efficiency, Effectiveness, and Satisfaction Enhancement," *Int. J. Interact. Mob. Technol. IJIM*, vol. 15, no. 10, Art. no. 10, Mei 2021, doi: 10.3991/ijim.v15i10.20429.

[44] R. M. Ramdhan dan D. Hamdani, "DESIGNING A MOBILE APPLICATION TO MANAGE AND REDUCE COMMON MENTAL HEALTH PROBLEMS DURING THE COVID-19 PANDEMIC," *IJISCS Int. J. Inf. Syst. Comput. Sci.*, vol. 5, no. 1, Art. no. 1, Apr 2021, doi: 10.56327/ijiscs.v5i1.991.

[45] M. Defriani, L. N. Islami, dan T. I. Hermanto, "UI/UX Design of Ineffable Psychological Counseling Mobile Application Using Design Thinking Method," *Sink. J. Dan Penelit. Tek. Inform.*, vol. 6, no. 3, Art. no. 3, Jul 2022, doi: 10.33395/sinkron.v7i3.11582.

[46] R. Pranata, A. Herdiani, dan A. Hadikusuma, "Implementation of User Centered Design on Interface Design for Mental Health Selfcare Services," *J. MEDIA Inform. BUDIDARMA*, vol. 6, hlm. 1891, Okt 2022, doi: 10.30865/mib.v6i4.4540.

[47] F. A. Muhammad, A. P. Kharisma, dan R. S. Sianturi, "Perancangan User Experience Aplikasi Konsultasi Kesehatan Mental Online di Masa Pandemi berbasis Mobile menggunakan Metode Design Thinking," *J. Pengemb. Teknol. Inf. Dan Ilmu Komput.*, vol. 6, no. 7, Art. no. 7, Agu 2022.

[48] M. Dederichs, F. J. Nitsch, dan J. Apolinário-Hagen, "Piloting an Innovative Concept of e–Mental Health and mHealth Workshops With Medical Students Using a Participatory Co-design Approach and App Prototyping: Case Study," *JMIR Med. Educ.*, vol. 8, no. 1, hlm. e32017, Jan 2022, doi: 10.2196/32017.

[49] M. Vereschagin *dkk.*, "Co-developing tools to support student mental health and substance use: Minder app development from conceptualization to realization," *J. Behav. Cogn. Ther.*, vol. 33, no. 1, hlm. 35–49, Mar 2023, doi: 10.1016/j.jbct.2023.02.002.

[50] V. Fietta *dkk.*, "A Chatbot-Based Version of the World Health Organization–Validated Self-Help Plus Intervention for Stress Management: Co-Design and Usability Testing," *JMIR Hum. Factors*, vol. 11, no. 1, hlm. e64614, Okt 2024, doi: 10.2196/64614.

[51] R. Indriyani *dkk.*, "Aplikasi Damai : Desain Persuasif Aplikasi Konsultasi Kesehatan Mental Berbasis Mobile Menggunakan User Centered Design," *Infotekmesin*, vol. 15, no. 2, hlm. 370–377, Agu 2024, doi: 10.35970/infotekmesin.v15i2.2204.

[52] J. Solis-Galvan, S. Vazquez-Reyes, M. L. Martinez-Fierro, P. Velasco-Elizondo, I. Garza-Veloz, dan C. Caldera-Villalobos, "Towards Development of a Mobile Application to Evaluate Mental Health: Systematic Literature Review," 2021, hlm. 232–257. doi: 10.1007/978-3-030-63329-5_16.

[53] S. Agarwal *dkk.*, *Evaluation of Mental Health Mobile Applications*. dalam AHRQ Comparative Effectiveness Technical Briefs. Rockville (MD): Agency for Healthcare Research and Quality (US), 2022. Diakses: 23 Mei 2024. [Daring]. Tersedia pada: http://www.ncbi.nlm.nih.gov/books/NBK580948/

[54] C. Oliveira, A. Pereira, P. Vagos, C. Nóbrega, J. Gonçalves, dan B. Afonso, "Effectiveness of Mobile App-Based Psychological Interventions for College Students: A Systematic Review of the Literature," *Front. Psychol.*, vol. 12, Mei 2021, doi: 10.3389/fpsyg.2021.647606.

[55] A. Wu, M. A. Scult, E. D. Barnes, J. A. Betancourt, A. Falk, dan F. M. Gunning, "Smartphone apps for depression and anxiety: a systematic review and meta-analysis of techniques to increase engagement," *Npj Digit. Med.*, vol. 4, no. 1, hlm. 1–9, Feb 2021, doi: 10.1038/s41746-021-00386-8.

[56] W. J. Hwang, J. S. Ha, dan M. J. Kim, "Research Trends on Mobile Mental Health Application for General Population: A Scoping Review," *Int. J. Environ. Res. Public. Health*, vol. 18, no. 5, hlm. 2459, Mar 2021, doi: 10.3390/ijerph18052459.

[57] T. Donker, K. Petrie, J. Proudfoot, J. Clarke, M.-R. Birch, dan H. Christensen, "Smartphones for Smarter Delivery of Mental Health Programs: A Systematic Review," *J. Med. Internet Res.*, vol. 15, no. 11, hlm. e247, Nov 2013, doi: 10.2196/jmir.2791.

[58] T. Eyasu, K. Leung, dan G. Strudwick, "Guiding Improvements in User Experience: Results of a Mental Health Patient Portal User Interface Assessment," dalam *Improving Usability, Safety and Patient Outcomes with Health Information Technology*, IOS Press, 2019, hlm. 110–114. doi: 10.3233/978-1-61499-951-5-110.

[59] C. R. Bowie, M. Milanovic, T. Tran, dan S. Cassidy, "Disengagement from tasks as a function of cognitive load and depressive symptom severity," *Cognit. Neuropsychiatry*, vol. 22, no. 1, hlm. 83–94, Jan 2017, doi: 10.1080/13546805.2016.1267617.

[60] P. Gauselmann, Y. Runge, C. Jilek, C. Frings, H. Maus, dan T. Tempel, "A Relief from Mental Overload in a Digitalized World: How Context-Sensitive User Interfaces Can Enhance Cognitive Performance," *Int. J. Human–Computer Interact.*, vol. 39, no. 1, hlm. 140–150, Jan 2023, doi: 10.1080/10447318.2022.2041882.

[61] R. George Saadé dan C. Alexandre Otrakji, "First impressions last a lifetime: effect of interface type on disorientation and cognitive load," *Comput. Hum. Behav.*, vol. 23, no. 1, hlm. 525–535, Jan 2007, doi: 10.1016/j.chb.2004.10.035.

[62] G. Mulvale, S. Moll, A. Miatello, L. Murray-Leung, K. Rogerson, dan R. B. Sassi, "Co-designing Services for Youth With Mental Health Issues: Novel Elicitation Approaches," *Int. J. Qual. Methods*, vol. 18, hlm. 1609406918816244, Jan 2019, doi: 10.1177/1609406918816244.

[63] H. Thabrew, T. Fleming, S. Hetrick, dan S. Merry, "Co-design of eHealth Interventions With Children and Young People," *Front. Psychiatry*, vol. 9, Okt 2018, doi: 10.3389/fpsyt.2018.00481.

[64] E. Hodson, N. Dadashi, R. Delgado, C. Chisholm, R. Sgrignoli, dan R. Swaine, "Co-design in mental health; Mellow: a self-help holistic crisis planning mobile application by youth, for youth," *Des. J.*, vol. 22, no. sup1, hlm. 1529–1542, Apr 2019, doi: 10.1080/14606925.2019.1594975.

[65] M. Jenkins *dkk.*, "Developing a System of Health Support for Young People Experiencing First-Episode Psychosis: Protocol for a Co-design Process," *JMIR Res. Protoc.*, vol. 12, no. 1, hlm. e44980, Mei 2023, doi: 10.2196/44980.

[66] M. M. Kessler *dkk.*, "User Experience in Health & Medicine: Building Methods for Patient Experience Design in Multidisciplinary Collaborations," *J. Tech. Writ. Commun.*, vol. 51, no. 4, hlm. 380–406, Okt 2021, doi: 10.1177/00472816211044498.

[67] K. Chowdhary *dkk.*, "User-Centered Design to Enhance mHealth Systems for Individuals With Dexterity Impairments: Accessibility and Usability Study," *JMIR Hum. Factors*, vol. 9, no. 1, hlm. e23794, Feb 2022, doi: 10.2196/23794.

[68] D. Zhu, D. Wang, R. Huang, Y. Jing, L. Qiao, dan W. Liu, "User Interface (UI) Design and User Experience Questionnaire (UEQ) Evaluation of a To-Do List Mobile Application to Support Day-To-Day Life of Older Adults," *Healthcare*, vol. 10, no. 10, hlm. 2068, Okt 2022, doi: 10.3390/healthcare10102068.

[69] R. Young, K. Sage, D. Broom, A. Hext, N. Snowdon, dan C. Smith, "Evaluating the usability of a co-designed power assisted exercise graphical user interface for people with stroke," *J. NeuroEngineering Rehabil.*, vol. 20, no. 1, hlm. 95, Jul 2023, doi: 10.1186/s12984-023-01207-7.

[70] J. Rochat, F. Ehrler, J. N. Siebert, A. Ricci, V. Garretas Ruiz, dan C. Lovis, "Usability Testing of a Patient-Centered Mobile Health App for Supporting and Guiding the Pediatric Emergency Department Patient Journey: Mixed Methods Study," *JMIR Pediatr. Parent.*, vol. 5, no. 1, hlm. e25540, Mar 2022, doi: 10.2196/25540.

[71] H. Herrman, S. Saxena, R. Moodie, World Health Organization, Victorian Health Promotion Foundation, dan University of Melbourne, Ed., *Promoting mental health: concepts, emerging evidence, practice*. Geneva: World Health Organization, 2005.

[72] "Mental health." Diakses: 13 Mei 2024. [Daring]. Tersedia pada: https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response

[73] "UU No. 18 Tahun 2014," Database Peraturan | JDIH BPK. Diakses: 2 Oktober 2024. [Daring]. Tersedia pada: http://peraturan.bpk.go.id/Details/38646/uu-no-18-tahun-2014

[74] Y. Semiun, *Kesehatan mental 1 ; pendangan umum mengenai penyesuaian diri dan kesehatan mental seta teori-teori yang terkait*. PENERBIT KANISIUS (Anggota IKAPI).

[75] C. L. M. Keyes, "Mental Health in Adolescence: Is America's Youth Flourishing?," *Am. J. Orthopsychiatry*, vol. 76, no. 3, hlm. 395–402, 2006, doi: 10.1037/0002-9432.76.3.395.

[76] S. Galderisi, A. Heinz, M. Kastrup, J. Beezhold, dan N. Sartorius, "Toward a new definition of mental health," *World Psychiatry*, vol. 14, no. 2, hlm. 231–233, 2015, doi: 10.1002/wps.20231.

[77] N. C. C. for M. Health (UK), "COMMON MENTAL HEALTH DISORDERS," dalam *Common Mental Health Disorders: Identification and Pathways to Care*, British Psychological Society (UK), 2011. Diakses: 30 November 2024. [Daring]. Tersedia pada: https://www.ncbi.nlm.nih.gov/books/NBK92254/

[78] "Major Depression - National Institute of Mental Health (NIMH)." Diakses: 30 November 2024. [Daring]. Tersedia pada: https://www.nimh.nih.gov/health/statistics/major-depression

[79] E. Bjarnason, F. Lang, dan A. Mjöberg, "An empirically based model of software prototyping: a mapping study and a multi-case study," *Empir. Softw. Eng.*, vol. 28, no. 5, hlm. 115, Agu 2023, doi: 10.1007/s10664-023-10331-w.

[80] R. Hartson dan P. Pyla, *The UX Book: Process and Guidelines for Ensuring a Quality User Experience*, 1st ed. San Francisco, CA, USA: Morgan Kaufmann Publishers Inc., 2012.

[81] C. Donati dan M. Vignoli, "How tangible is your prototype? Designing the user and expert interaction," *Int. J. Interact. Des. Manuf. IJIDeM*, vol. 9, no. 2, hlm. 107–114, Mei 2015, doi: 10.1007/s12008-014-0232-5.

[82] J. Nielsen, *Usability Engineering*. San Francisco, CA, USA: Morgan Kaufmann Publishers Inc., 1994.

[83] T. S. Tullis, "High-fidelity prototyping throughout the design process," dalam *Proceedings of the Human Factors Society 34th Annual Meeting*, Human Factors Society Santa Monica, CA, 1990, hlm. 266.

[84] J. Rudd, K. Stern, dan S. Isensee, "Low vs. high-fidelity prototyping debate," *Interactions*, vol. 3, no. 1, hlm. 76–85, Jan 1996, doi: 10.1145/223500.223514.

[85] T. J. Noorbergen, M. T. P. Adam, T. Teubner, dan C. E. Collins, "Using Co-design in Mobile Health System Development: A Qualitative Study With Experts in Co-design and Mobile Health System Development," *JMIR MHealth UHealth*, vol. 9, no. 11, hlm. e27896, Nov 2021, doi: 10.2196/27896.

[86] L. D. Hawke, N. Y. Sheikhan, H. Bastidas-Bilbao, dan T. Rodak, "Experience-based co-design of mental health services and interventions: A scoping review," *SSM - Ment. Health*, vol. 5, hlm. 100309, Jun 2024, doi: 10.1016/j.ssmmh.2024.100309.

[87] E. B.-N. Sanders dan P. J. Stappers, "Probes, toolkits and prototypes: three approaches to making in codesigning," *CoDesign*, vol. 10, no. 1, hlm. 5–14, Jan 2014, doi: 10.1080/15710882.2014.888183.

[88] F. S. Visser, P. J. Stappers, R. van der Lugt, dan E. B.-N. Sanders, "Contextmapping: experiences from practice," *CoDesign*, Apr 2005, doi: 10.1080/15710880500135987.

[89] S. S. Chivukula dan C. M. Gray, "What Do I Need to Design for Co-Design? Supporting Co-design as a Designerly Practice," 6 Oktober 2022, *arXiv*: arXiv:2210.02986. Diakses: 2 Mei 2024. [Daring]. Tersedia pada: http://arxiv.org/abs/2210.02986

[90] J. Austin, J. V. Dijk, dan C. Drossaert, "When theory meets users in co-design: four strategies towards synergy between bottom-up and top-down input," *DRS Bienn. Conf. Ser.*, Agu 2020, [Daring]. Tersedia pada: https://dl.designresearchsociety.org/drs-conference-papers/drs2020/researchpapers/22

[91] M. Woodward *dkk.*, "How to co-design a prototype of a clinical practice tool: a framework with practical guidance and a case study," *BMJ Qual. Saf.*, vol. 33, no. 4, hlm. 258–270, Apr 2024, doi: 10.1136/bmjqs-2023-016196.

[92] E. B.-N. Sanders dan P. J. Stappers, "Co-creation and the new landscapes of design," *CoDesign*, vol. 4, no. 1, hlm. 5–18, Mar 2008, doi: 10.1080/15710880701875068.

[93] T. Lowdermilk, *User-Centered Design: A Developer's Guide to Building User-Friendly Applications*. O'Reilly Media, Inc., 2013.

[94] W. Brenner dan F. Uebernickel, Ed., *Design Thinking for Innovation*. Cham: Springer International Publishing, 2016. doi: 10.1007/978-3-319-26100-3.

[95] 14:00-17:00, "ISO/IEC 25062:2006," ISO. Diakses: 2 April 2024. [Daring]. Tersedia pada: https://www.iso.org/standard/43046.html

[96] L. Zhou, J. Bao, I. M. A. Setiawan, A. Saptono, dan B. Parmanto, "The mHealth App Usability Questionnaire (MAUQ): Development and Validation Study," *JMIR MHealth UHealth*, vol. 7, no. 4, hlm. e11500, Apr 2019, doi: 10.2196/11500.

[97] A. Lund, "Measuring Usability with the USE Questionnaire," *Usability User Exp. Newsl. STC Usability SIG*, vol. 8, Jan 2001.

[98] F. D. Davis dan V. Venkatesh, "Toward preprototype user acceptance testing of new information systems: implications for software project management," *IEEE Trans. Eng. Manag.*, vol. 51, no. 1, hlm. 31–46, Feb 2004, doi: 10.1109/TEM.2003.822468.

[99] A. Blair-Early dan M. Zender, "User Interface Design Principles for Interaction Design," *Des. Issues*, vol. 24, no. 3, hlm. 85–107, 2008.

[100] F. D. Davis, "Perceived Usefulness, Perceived Ease of Use, and User Acceptance of Information Technology," *MIS Q.*, vol. 13, no. 3, hlm. 319–340, 1989, doi: 10.2307/249008.

[101] M. M. Kessler *dkk.*, "User Experience in Health & Medicine: Building Methods for Patient Experience Design in Multidisciplinary Collaborations," *J. Tech. Writ. Commun.*, vol. 51, no. 4, hlm. 380–406, Okt 2021, doi: 10.1177/00472816211044498.

[102] S. Garcia dan M. Andujar, "Capturing Quantitative Data from UI Prototypes for AR and VR Using Online Remote User Testing," dalam *2023 IEEE International Conference on Systems, Man, and Cybernetics (SMC)*, Okt 2023, hlm. 1543–1548. doi: 10.1109/SMC53992.2023.10394035.

[103] J. C. Gardey, J. Grigera, A. Rodríguez, G. Rossi, dan A. Garrido, "Predicting interaction effort in web interface widgets," *Int. J. Hum.-Comput. Stud.*, vol. 168, hlm. 102919, Des 2022, doi: 10.1016/j.ijhcs.2022.102919.

[104] R. Rezaee, M. Ghaffari, R. Rabiei, A. Kavousi, dan S. Rakhshanderou, "Design and usability evaluation of a mobile application for self-care among Iranian adolescents," *BMC Public Health*, vol. 24, no. 1, hlm. 892, Mar 2024, doi: 10.1186/s12889-024-18341-z.

[105] Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Penerbit Alfabeta, 2016.

[106] L. J. Cronbach, "Coefficient alpha and the internal structure of tests," *Psychometrika*, vol. 16, no. 3, hlm. 297–334, Sep 1951, doi: 10.1007/BF02310555.

[107] D. B. A. Bandur, *Validitas dan Reliabilitas Penelitian Dilengkapi Analisis Dengan NVIVO SPSS dan AMOS*. Mitra Wacana Media, 2019.

[108] J. Osborne, *Best Practices in Exploratory Factor Analysis*. 2014.

[109] B. G. Tabachnick dan L. S. Fidell, *Using Multivariate Statistics*. Allyn and Bacon, 2001.

[110] M. Gao, P. Kortum, dan F. Oswald, "Psychometric Evaluation of the USE (Usefulness, Satisfaction, and Ease of use) Questionnaire for Reliability and Validity," *Proc. Hum. Factors Ergon. Soc. Annu. Meet.*, vol. 62, no. 1, hlm. 1414–1418, Sep 2018, doi: 10.1177/1541931218621322.

[111] A. Mashuri, *BUKU AJAR STATISTIKA NONPARAMETRIK*. 2022.

[112] Conover, *Practical Nonparametric Statistics 3Rd Ed*. Wiley India Pvt. Limited, 2006.

[113] S. SANTOSO, *MENGUASAI STATISTIK DI ERA INFORMASI DENGAN SPSS 14*. ELEX MEDIA KOMPUTINDO, 2006.

[114] Triwijayanti, T. Ardina, dan R. Maghfira, *UJI WILCOXON, DEPENDEN T TES, DAN INDEPENDEN T TES*. doi: 10.13140/RG.2.2.34721.07525.

[115] J. Saldana, *The Coding Manual for Qualitative Researchers*. SAGE, 2015.

[116] V. Braun dan V. Clarke, "Using thematic analysis in psychology," *Qual. Res. Psychol.*, vol. 3, no. 2, hlm. 77–101, Jan 2006, doi: 10.1191/1478088706qp063oa.

[117] H. F. Kaiser, "An index of factorial simplicity," *Psychometrika*, vol. 39, no. 1, hlm. 31–36, Mar 1974, doi: 10.1007/BF02291575.

[118] M. S. Bartlett, "A Note on the Multiplying Factors for Various $\chi 2$ Approximations," *J. R. Stat. Soc. Ser. B Methodol.*, vol. 16, no. 2, hlm. 296–298, 1954.

[119] D. Mardapi, "Teknik penyusunan instrumen tes dan nontes." Yogyakarta: Mitra Cendikia Press, 2008.