



SAHARI: An Advanced Microblogging Platform for Emotional Expression, AI-Driven
Insights, and Peer Support

UNDERGRADUATE THESIS
Submitted as one of the requirements to obtain
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ABSTRACT

Mental health remains a significant yet often overlooked issue in Indonesia, surrounded by strong social stigma. The stigma creates a formidable barrier, preventing individuals from seeking professional help for fear of being negatively labeled or ostracized. Consequently, many people lack a safe and confidential space to express their mental and emotional struggles, leading to untreated conditions and diminished well-being. To address this critical gap, a digital platform named SAHARI (Sahabat Harianmu) was developed. This project aims to create an accessible anonymous, and integrated support system for individuals facing mental health challenges.

The development of SAHARI utilized a user-centered design approach to ensure the platform directly meets the needs of its target audience. The platform is engineered with several core features designed to foster a supportive environment. These include an anonymous posting feed where users can share their feelings and experiences without revealing their identity, a community-building function to connect users with peers for mutual support, and a secure teleconsultation service. This paid feature allows users to have confidential online sessions with licensed psychologists, thereby removing the logistical and social barriers associated with visiting a physical clinic.

SAHARI serves as a multifaceted solution that combines peer support with professional intervention. By prioritizing user anonymity and accessibility, the platform has the potential to significantly lower the threshold for seeking mental health assistance in Indonesia. It offers a crucial step for many, empowering them to take control of their mental well-being in a safe, judgment-free environment. This project demonstrates the viability of technology in combating mental health stigma and improving access to psychological care for all.

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