

The Effectiveness of AI Chatbot “MoodCurhat” on the Knowledge and Attitudes of Health Department Students in Preventing Depression at Politeknik Negeri Jember

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ABSTRACT

Depression is one of the mental health problems that is commonly experienced by university students and may affect their academic activities, social life, and psychological well-being. Depression prevention education needs to be delivered through media that are easily accessible, interactive, and suitable for student characteristics, one of which is an Artificial Intelligence (AI)-based chatbot. This study aimed to determine the effectiveness of an AI chatbot on the knowledge and attitudes of Health Department students in preventing depression at Politeknik Negeri Jember. This study used a quasi-experimental design with a pre-test and post-test control group design. The research sample consisted of 182 students, divided into 91 respondents in the intervention group and 91 respondents in the control group. Data were collected using knowledge and attitude questionnaires before and after the intervention. The results showed that the mean knowledge score in the intervention group increased from 83.75 to 103.75, while the control group increased from 74.00 to 82.86. In terms of attitude, the mean score in the intervention group increased from 40.03 to 60.93 with a p-value of 0.000, while the control group increased from 32.96 to 41.82 with a p-value of 0.000. The User Acceptance Testing result obtained a percentage of 91.5%, categorized as highly feasible. Therefore, the AI chatbot is effective as an educational medium to improve the knowledge and attitudes of Health Department students toward depression prevention.

Keywords: AI chatbot, knowledge, attitude, students, depression prevention.

