

**MOBILE WEBSITE DESIGN ABOUT POLYCYSTIC OVARY
SYNDROME FOR YOUNG ADULT WOMEN**



FINAL PROJECT REPORT

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VISUAL COMMUNICATION DESIGN STUDY PROGRAM
THE FACULTY OF ART AND DESIGN
UNIVERSITAS MULTIMEDIA NUSANTARA
TANGERANG
2025

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FINAL PROJECT REPORT

Submitted as One of the Conditions to Obtain

Bachelor of Visual Communication Design

Tesalonika Rosmery Cantika Nainggolan

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**VISUAL COMMUNICATION DESIGN STUDY PROGRAM
THE FACULTY OF ART AND DESIGN
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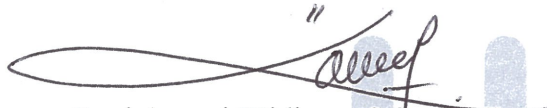
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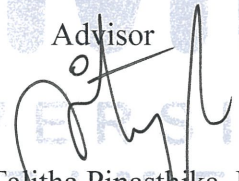
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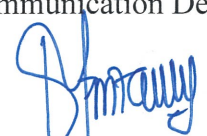
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(Tesalonika Rosmery Cantika Nainggolan)

PREFACE

The author would like to express her gratitude to the presence of Almighty God for His love and grace in being able to complete this Final Project titled “MOBILE WEBSITE DESIGN ABOUT POLYCYSTIC OVARY SYNDROME FOR YOUNG ADULT WOMEN”. The main goal of this project is to help raise awareness amongst young adult women regarding a condition that could have unknowingly affected them since puberty. This journey has not only increased the author’s insight about the topic but also honed her skills in user interface design principles. With this, the author hopes that information about hormonal conditions similar to PCOS can also be spread wide. As such, I would like to express my gratitude to:

1. Dr. Andrey Andoko, as the Rector of Universitas Multimedia Nusantara.
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9. PCOS Fighter Indonesia as a community for aiding in the researcher's data collection process, which helped in the completion of this final project.

With this final project, the author hopes that the finished work can become a useful and informative interactive media regarding PCOS as a condition. Furthermore, the author strongly hopes that this media will increase awareness, as well as encourage more women to take proactive steps in managing their hormonal health.

Tangerang, 16th June 2025



(Tesalonika Rosmery Cantika Nainggolan)



MOBILE WEBSITE DESIGN ABOUT POLYCYSTIC OVARY SYNDROME FOR YOUNG ADULT WOMEN

(Tesalonika Rosmery Cantika Nainggolan)

ABSTRACT

Polycystic Ovary Syndrome is a hormonal condition that affects many women during their childbearing age. Symptoms such as irregular periods, anovulation, obesity, and hirsutism are some of the signs that many women with PCOS have. However, most do not recognize the early signs as it is often mistaken with other symptoms that align with puberty changes. This project aims to make information about PCOS more widespread as to raise awareness not just to every young adult woman, but women of all ages. As such, the author has designed a solution to aid in spreading information. Using qualitative methods such as questionnaire, in-depth interviews, and secondary research, the author is able to identify what aspects of PCOS is still not commonly known, along with factors that cause the lack of information. This project utilizes a Human-centered design process, as the main focus of the project is to cater towards young adult women who seek to discover information about PCOS in one place. According to the OB-GYN doctor and fertility dietician, PCOS awareness and knowledge is low due to the lack of educational and accessible media. This is supported by the majority of focus group discussion participants expressing the same sentiment, in which most PCOS content encountered on social media originate from foreign countries. Alpha and beta tests results show that the website has successfully served its purpose, as it increased the knowledge and awareness of the targeted audience.

Kata kunci: PCOS, Hormonal Condition, Young Adult Women, Website

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**PERANCANGAN MOBILE WEBSITE MENGENAI
POLYCYSTIC OVARY SYNDROME UNTUK WANITA
DEWASA MUDA**

(Tesalonika Rosmery Cantika Nainggolan)

ABSTRAK (Bahasa Indonesia)

Sindrom Ovarium Polikistik adalah kondisi hormonal yang memengaruhi banyak wanita selama usia subur. Gejala seperti menstruasi tidak teratur, anovulasi, obesitas, dan hirsutisme adalah beberapa tanda yang dialami banyak wanita dengan PCOS. Namun, sebagian besar tidak mengenali tanda-tanda awal karena sering kali disalahartikan dengan gejala lain yang berkaitan dengan perubahan pubertas. Proyek ini bertujuan untuk menyebarkan informasi tentang PCOS agar tidak hanya diketahui oleh setiap wanita dewasa muda, tetapi juga wanita dari segala usia. Oleh karena itu, penulis telah merancang solusi untuk membantu menyebarkan informasi. Dengan menggunakan metode kualitatif seperti kuesioner, wawancara mendalam, dan penelitian sekunder, penulis dapat mengidentifikasi aspek-aspek PCOS apa yang masih belum diketahui secara umum, beserta faktor-faktor yang menyebabkan kurangnya informasi. Proyek ini menggunakan proses Human-centered design, karena fokus utama proyek ini adalah untuk wanita dewasa muda yang ingin menemukan informasi tentang PCOS di satu tempat. Menurut dokter spesialis kandungan dan ginekologi sekaligus ahli gizi fertilitas, kesadaran dan pengetahuan tentang PCOS masih rendah karena minimnya media edukasi dan aksesibilitas. Hal ini didukung oleh mayoritas peserta diskusi kelompok terarah yang menyatakan hal serupa, yaitu sebagian besar konten PCOS yang ditemui di media sosial berasal dari luar negeri. Oleh karena itu, penulis membuat situs web seluler untuk menyediakan informasi PCOS lokal yang dapat diakses. Hasil pengujian alpha dan beta memperlihatkan bahwa situs web tersebut telah berhasil memenuhi tujuannya, karena meningkatkan pengetahuan dan kesadaran audiens sasaran.

Keywords: PCOS, Kondisi hormon, Wanita dewasa muda, Website

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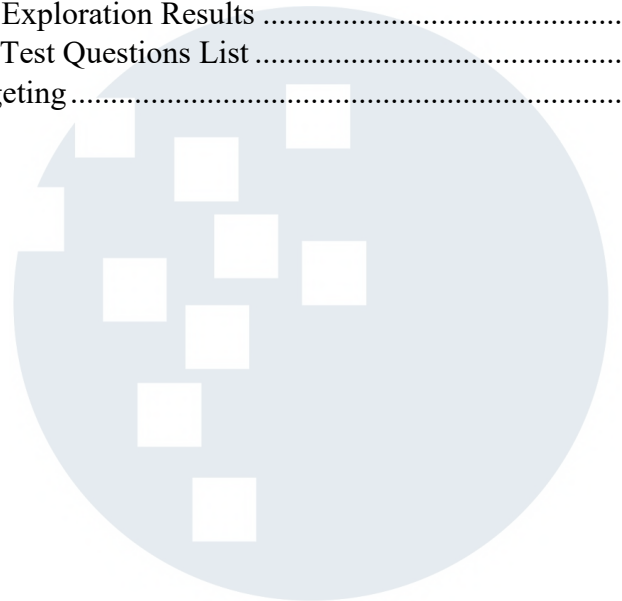
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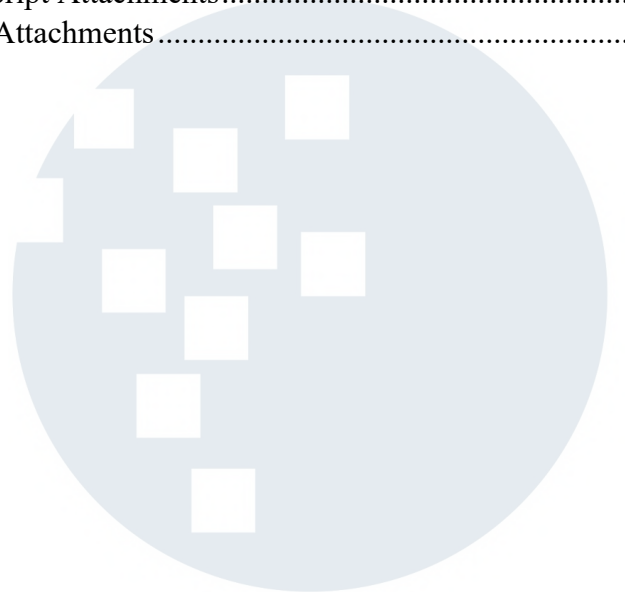
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