Designing a Visual Novel Game as an Educational Medium to Maintain Teenagers Mental Stability

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ECHOES WITHIN

Press to Start

Chapter 1
...ngan dalam Bayang

"...siapa?"

???

"Bisa kau jelaskan omong kosongmu barusan?"

"..."

BACKGROUND

Teenage years are filled with rapid emotional, biological, and social changes. This makes teens more prone to stress, anxiety, and mental health issues—1 in 3 Indonesian adolescents is affected.

While 52.9% play games for emotional relief, few games offer meaningful reflection. Visual novels stand out—by blending storytelling and choice, they invite teens to explore emotions, connect with relatable struggles, and better understand their mental state.

GOALS OF THE RESEARCH

This project aims to design a visual novel game as an educational medium for teenagers aged 15-17, focusing on strategies to deal with common personal challenges in adolescence as an effort to support emotional stability and mental well-being.

DESIGN METHODS (USING DESIGN THINKING)

EMPATHIZE
Exploring mental health issues among teenagers and collecting data to understand their perspectives.

DEFINE
Analyzing data and defining target audience, positioning, and core problems.

IDEATE
Developing game concepts, storylines, and gameplay structures.

PROTOTYPE
Creating visual assets, building the game structure, and testing it internally.

TEST
Conducting playtests with teenagers and gathering feedback for refinement.

FINDINGS

This visual novel game has been tested by five high school students and received positive feedback, including praise for its stunning visuals and a relatable storyline. However, they also noted some bugs, animation lags, and mixed opinions regarding the story length. Additional suggestions included improving in-game animations, adding more sound effects, and adjusting the background music.