

ABSTRAK

Name : Kharisma Petra Tua Sibuea
NIM : 41519010081
Study Program : Teknik Informatika
Title of Thesis Report : System ChatBot In Assisting Healthy Lifestyle Of The Community Using ChatGPT
Supervisor : Yaya Sudarya Triana, M. Kom., Ph.D.

In early 2020, Indonesia was shaken by the widespread outbreak of the Covid-19 virus. As of May 26, 2023, Covid-19 has infected approximately 6,805,503 individuals. This has led to an increase in the penetration of technology in Indonesia, driven by the use of online systems. The total increase in technology penetration from 2020 to 2023 reached 18,912,086 (4.49%) million people. With limited activities being carried out, the public has begun to increase their awareness of healthy lifestyles. With this topic in mind, the researcher has developed a ChatBot system utilizing ChatGPT to facilitate the public in obtaining information related to the number of calories in a menu, identifying allergies to certain food ingredients, and efficiently obtaining interactive diet menu recommendations through the Telegram application platform.

Keywords : Healthy Life, ChatGPT, ChatBot



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