

ABSTRAK

Gangguan tidur merupakan masalah kesehatan yang dapat memengaruhi kondisi fisik dan psikologis seseorang. Kurangnya kesadaran terhadap gejala gangguan tidur menyebabkan sebagian individu terlambat mendapatkan penanganan. Platform Tanya Psikologi belum memiliki sistem otomatis yang dapat memberikan gambaran awal mengenai gangguan tidur yang dialami pengguna.

Penelitian ini bertujuan merancang dan membangun sistem pakar gangguan tidur berbasis *rule-based* menggunakan metode inferensi *forward chaining* yang diintegrasikan pada platform Tanya Psikologi. Sistem dibangun menggunakan metode *Agile*, bahasa pemrograman PHP dengan framework Laravel, dan basis data MySQL. Basis pengetahuan diperoleh dari pakar psikologi dan mencakup empat jenis gangguan tidur, yaitu Insomnia, Hipersomnia, Parasomnia, dan *Restless Legs Syndrome*. Sistem menghasilkan *screening* awal berupa identifikasi gangguan tidur, rekomendasi edukatif nonfarmakologis, dan arahan tindak lanjut. Sistem ini bersifat sebagai alat bantu dan tidak menggantikan diagnosis maupun konsultasi dengan psikolog profesional.

Kata Kunci: *sistem pakar, rule-based, forward chaining, gangguan tidur, Tanya Psikologi*

ABSTRACT

Sleep disorders are health issues that can affect an individual's physical and psychological well-being. A lack of awareness regarding sleep disorder symptoms often results in delayed treatment for some individuals. The "Tanya Psikologi" platform currently lacks an automated system capable of providing an initial assessment of the sleep disorders experienced by users.

This research aims to design and develop a rule-based expert system for sleep disorders—utilizing the forward chaining inference method—and integrate it into the Tanya Psikologi platform. The system was developed using the Agile methodology, the PHP programming language with the Laravel framework, and a MySQL database. The knowledge base was derived from psychology experts and covers four types of sleep disorders: Insomnia, Hypersomnia, Parasomnia, and Restless Legs Syndrome. The system provides an initial screening that includes identifying the sleep disorder, offering non-pharmacological educational recommendations, and suggesting follow-up actions. This system serves as a supporting tool and is not a substitute for a formal diagnosis or consultation with a professional psychologist.

****Keywords:**** **expert system, rule-based, forward chaining, sleep disorders, Tanya Psikologi**