



ANXIETY DISORDERS AS A SOURCE OF INSPIRATION OF IDEAS IN THE CREATION OF PAINTING WORKS

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ABSTRACT

This final report of this independent study/project raises the theme of anxiety disorders as a source of inspiration for the idea of creating a work of art. Anxiety disorders are a category of psychological disorders associated with feelings of anxiety and fear that occur excessively. Fear usually arises because of emotional or psychological feelings. Fear can also arise because of threats both physically and non-physically. The factors that underlie anxiety disorders are trauma, environment, and genetic factors. The problem faced is how to apply the concept, how to visualize the meaning contained in the work of art, what materials and media will be used in creating the work. The goal to be achieved in creating this work is to find out how anxiety disorders through creativity and imagination into the form of a work of art by combining certain techniques, styles, colors, and references to achieve the desired goal. From the theme above, there are 5 (five) works that can be realized with the titles: Claustrophobic, I Got PTSD, I Got GAD, Keep It Clean, and I Feel To. It can be concluded that anxiety disorders inspire the author in creating works of art and developing imaginative ideas and concepts, which will become valuable and meaningful works. With the creation of this work, it is hoped that it will be able to convey a moral message, as well as being an educational medium about anxiety disorders.

1. INTRODUCTION

Psychological disorders have become a hot topic of discussion today. Things that cause someone to experience psychological disorders can come from the social environment, family, social media, or themselves. According to Our World in Data, the number of men suffering from psychological disorders is twice as small as women [1]. This number is still not recorded very clearly because many people still underestimate psychological disorders and are reluctant to ask for help from psychologists or psychiatrists. One of the factors that causes someone to experience psychological disorders is past trauma. Everyone has a different past. Some can make peace with the past, but some are still lost in the past.



The past can cause trauma to individuals. In general, someone who has not yet come to terms with the past is susceptible to psychological disorders. The vulnerable period for experiencing psychological disorders is adolescence. According to The Conversation (2021), the transition from adolescence to adulthood is a time when a person faces many new challenges and experiences. Adolescents in Indonesia in this transition period experience challenges adapting to their lives that are starting to change, from difficulty managing time, difficulty managing personal finances, and experiencing increased anxiety about the future that will occur [2].

Anxiety disorders are a category of psychological disorders associated with excessive anxiety and fear accompanied by behavioral disorders. Fear usually arises because of a threat that is dangerous, whether physical, emotional, or psychological. Meanwhile, anxiety can arise from thinking about something that will happen. According to Airindya Bella (2023), anxiety disorders are feelings of nervousness or restlessness. Usually people will experience anxiety when faced with certain situations. Anxiety is the body's natural reaction to stress, which is actually useful for making us more careful and alert [3]. However, anxiety can be unhealthy if it appears excessively. This condition is called an anxiety disorder. Anxiety disorders are one of the serious mental disorders. This condition can be caused by problems with brain function that regulates fear and emotions. Anxiety disorders can be divided into 6 (six) types, namely generalized anxiety disorder (GAD), phobias, social anxiety disorder, post traumatic stress disorder (PTSD), panic disorder, and obsessive compulsive disorder (OCD). In severe cases, anxiety disorders can cause sufferers to experience depression. [4]

Anxiety disorders are interesting to study further not only to understand the origin of the cause of the anxiety disorder but it is necessary to realize that it is also very important to understand the various types of anxiety disorders. Based on this, the author also shares his feelings through the creation of paintings so that someone who has a similar disorder can become calmer and more positive, and the community understands more about the importance of psychological health.

2. METHODS

The method of creation is a way to realize artwork systematically. The stages of artwork creation that outline the design of the artwork creation process according to the stages of artwork creation.

Independent studies/projects carried out at the IAU Art Studio, the creation method directed by Mr. I Nyoman Diwarupa and the results of the author's observations, the method begins with the exploration, improvisation/experimentation, and formation stages.

2.1. Exploration

In general, exploration is an exploration that aims to find something [5]. The exploration in question is the initial step in creating a work of art. This stage includes thinking, imagining, feeling, and responding to objects that are used as sources of creation. Exploration is also a series of artistic activities, this is based on achieving one's inner satisfaction in the process of exploring objects or the peak of thought that climaxes in pouring out ideas in the form of works of art.

In the process of exploring ideas, the author sees and observes indirectly through social media. These observations are made in order to understand more deeply about visual objects and achieve personal satisfaction in the process of visual exploration in order to support passion in the process of creating paintings.

2.2. Experiment

This stage aims to provide greater opportunities for ability, talent, and imagination to conduct various experimental experiments. This stage can also be called a stage where the emphasis is more on experimentation of mediums such as materials, techniques, and tools to be used, visual exploration in the form of sketches, and organizing visual elements that form the aesthetic value of the work. Experiments with various material selections are carried out in order to produce discoveries of artistic forms that sometimes emerge from the subconscious because in the experimental stage there is great freedom.

The experiment itself is a trial stage in an effort to pour out the results of exploration that has been carried out by the previous author and the experiments that the author did were in the form of searching for and finding techniques. Various techniques are carried out such as spray techniques, wet techniques, and dry techniques. Experiments are carried out without thinking about the required shape and color, this is intended to get high courage and freedom to experiment.

2.3. Formation

This stage is the unification or combination of various elements or elements that form a work, namely lines, colors, shapes, compositions, spaces, and textures. The formation stage in this creation is carried out by responding to the effects that appear during the experimentation stage, sometimes there is also a change in thinking about the previous sketch design because in the creative process it will definitely involve intuition to create something new to various aspects with the artistic experience that exists in the author.

3. RESULTS AND DISCUSSION

3.1. RESULT

3.1.1. Claustrophobic



Figure 1. Claustrophobic
[Source: I Gede Bayu Arisuta, 2024]

Media: Mix media on canvas

Size : 90 x 70 cm

Year : 2024

Description of Work:

Claustrophobia is a condition where a person will feel anxious and scared when in a closed and narrow room. Even without any threat, people with Claustrophobia will feel scared of being in a closed and narrow room.

3.1.2. I Got PTSD



Figure 2. I Got PTSD
[Source: I Gede Bayu Arisuta, 2024]

Media: Mix media on canvas

Size : 100 x 100 cm

Year : 2024

Description of Work:

This work depicts someone who is experiencing Post Traumatic Stress Disorder (PTSD) due to the recent war. PTSD is an anxiety disorder caused by prolonged traumatic experiences. This never-ending war provides a traumatic experience for someone who experiences it. The trauma that is left in their psyche certainly will not disappear immediately.

3.1.3. I Got GAD



Figure 3. I Got GAD
[Source: I Gede Bayu Arisuta, 2024]

Media: Mix media on canvas

Size : 100 x 100 cm

Year : 2024

Description of Work:

Generalized Anxiety Disorder (GAD) is a mental condition characterized by anxiety that is difficult to control. A person with GAD often feels anxious and stressed about various things in everyday life even without any clear reason.

3.1.3. Keep It Clean



Figure 4. Keep It Clean
[Source: I Gede Bayu Arisuta, 2024]

Media: Mix media on canvas
Size : 100 x 100 cm
Year : 2024

Description of Work:

This work describes the nature of someone who suffers from Obsessive Compulsive Disorder (OCD). People with OCD can feel anxious when seeing something dirty and have an excessive fear of germs. People with OCD usually wash their hands repeatedly to make sure there are no germs or dirt sticking to them.

3.2. DISCUSSION

3.2.1. Concept

Humans certainly have a need to express the contents of their thoughts and feelings. It is the same as an artist who chooses things that are close to him through the process of thinking to be used as subjects and objects to convey expressions, and experiences are then processed into a concept related to an idea in creating a work of art.

The work created is in the form of a painting. The idea or concept of creating a work of art began with the author's curiosity and interest in the phenomenon of psychological disorders, especially anxiety disorders. Therefore, the author immediately found out about what anxiety disorders are through the internet and several online podcasts. According to the sources that have been read, anxiety disorders are a category of psychological disorders associated with excessive fear and anxiety and can have a negative impact on people who suffer from them. From the author's observations, anxiety disorders are still often underestimated by society, therefore the author decided to take the theme of "Anxiety Disorders as Ideas in Creating Paintings". On this occasion, the author wants to reveal the phenomenon of anxiety disorders by focusing on the types of anxiety disorders through the mind with techniques to express the problems and phenomena that he wants to convey through the work.

3.2.2. Formation Process

Formation is a process carried out by the manifestation of many experiments into a work of art. At this stage the creation of a work of art displays elements of art such as lines, planes, shapes, colors, space, and textures. The process of manifestation begins with the creation of a canvas that will be used in realizing the work, then continued with making a sketch, then continued with making color blocking looking for dark and light sides with acrylic paint with thin strokes. After the color blocking is dry, continue by responding to the dark and light sides with thick strokes to find detailed visual color effects. After that, continue by making a background using acrylic paint with thick strokes to make it look textured and slightly responded with spray paint. All elements of painting have become a single form in the form of a work that is studied and re-examined regarding color, shape, plane, and so on to find out what needs to be added and what needs to be reduced so that the work created is as desired.

3.2.3. Aesthetics Of Work

Aesthetics are everything that is related to the beauty that exists in a person's vision. So that the object has its own value in the hearts of those who enjoy it [6]. Exploration of techniques and mediums is the

most prominent and inherent in every work of the author related to the values contained in aesthetics, especially in the play of lines, wet techniques, dry techniques, play of colors, and spray techniques. The color elements that begin with blocking use thin strokes of color to have a transparent effect, and thick strokes of color for parts of visual detail. Using colors that are light and heavy and still look harmonious when combined or combined with other elements to create something interesting.

3.2.4. Authenticity of The Work

Authenticity in the work can be seen from the differences in character or characteristics, concepts, to the tools and materials used when making the work. The characteristics that can be seen from the work created by the author are in the selection of media that the author uses, namely mix media on canvas which tends to use a combination of spray paint and acrylic paint as the author's characteristic. The selection of the mix media on canvas technique is to apply the author's freedom in creating work.

This work is a work created with many references, both written and unwritten. I Nyoman Diwarupa, Eser Gundz, and Emilio Villalba are artists whose works inspired the author to create this painting. The author also conducted experiments to get the new impression that was expected later.

4. CONCLUSION

Artworks are created from the process of thinking, processing, and feeling. Ideas in creating a work of art can be obtained from observing and researching things that have been experienced or never experienced directly by the author. The work raised is "Anxiety Disorders as a Source of Inspiration for Ideas in the Creation of Paintings", which began with the author's interest and curiosity in observing and researching the phenomenon of psychological disorders, especially anxiety disorders. The creation of this painting illustrates the types of anxiety disorders which are poured out through 5 (five) works of art on canvas. The creation of a painting from "Anxiety Disorders as a Source of Inspiration for Ideas in the Creation of Paintings" is expected to be able to provide a picture for the public regarding what anxiety disorders are.

In creating visual artwork, the author displays figures or faces that can describe anxiety itself as an inspiration for visualized art. In addition to displaying figures and faces, the author also uses several symbols that can be associated with anxiety itself. The author also uses soft and bright colors combined with spray paint which aims to show the characteristics of the author's work. In this creation process, the author will pour it on canvas media and take technical references from Mr. Nyoman Diwarupa As a source of creation, the materials used in the creation process are acrylic paint, markers, spray paint, on canvas. The author combines the techniques given during field practice. The author uses the plaque technique, watercolor technique, and spray technique. The author also uses paper tape on some parts to make it look neat when coloring.

In this work there is also a moral message and meaning contained in it. Which uses anxiety disorders is quite a big challenge for the author. In the midst of a society that still has minimal awareness of what anxiety disorders are. Through the work that has been created, the author hopes to share awareness that the issue of psychological health disorders, especially anxiety disorders, is something that must be considered.

5. REFERENCES

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