

ABSTRACT

Emotion regulation is important to do because it can increase emotional intelligence in individuals. emotion regulation with proper will help to fix the problem, but if not, it can hurt yourself. Self-harm is a failure of expression because of the inability to control and express emotions well. Self-harm behavior can be prevented and reduced by art therapy methods. research of art therapy with face-to-face is considered quite effective in reducing self-harm behavior, but it can delay the expression of the emotion immediately. It needed interactive media because flexible and can be used directly to express emotions in a positive form. This design uses literature studies, interviews, and SWOT analysis then processed into data. Based on the background and the results of the data, an interactive book design will be carried out using art therapy methods to help prevent and reduce self-harm behavior so that it can express the negative emotions in a positive way.

Keywords: self-harm, regulation emotion, negative emotion, art therapy.