

## ABSTRACT

### **Safira Fadhilah Kusnadi, 1604180054, 2022, DEPICTION OF MEDITATION INTO PAINTING AS A MEDIUM OF SELF-HEALING**

**“Final Project:** Creative Arts Study Program, Faculty of Creative Industries, Telkom University”

Anxiety disorder is a psychological disorder that causes excessive anxiety. There are several types of anxiety disorder, one of which is generalized anxiety disorder. Generalized anxiety disorder (GAD) is uncontrollable excessive anxiety that can interfere with daily activities. GAD causes feelings of excessive worry, irritability, and even makes the sufferer think something excessive about a plan that has not even been implemented. One way to suppress GAD is by meditating. The work created by the author aims to be a means of self-healing by depicting the author during meditation by focusing on what the author imagines and what the author feels when meditating to suppress GAD. This work focuses on changing the color of the author's background.

**Keywords:** generalized anxiety disorder; meditation; painting; self-healing.