

## **ABSTRACT**

*The spectacle is one of the subcultures of art that differ from other fine works of art, such as paintings, sculptures, and installations. Making the body the main medium. And art spectacle artists use their bodies as a universal tool to measure the limits of body performance, risk and pain. In a recent project titled "self-depression on performance art" with the work title "pressure" intended to explore the expression and as a reflection of the writer's advocacy surrounding pressure exerted within the medium spectacle in video. Where a video has become a media expression in the creative process of the artist, it can be a documentary of the event or event itself. Depression is one of the more common psychologists, marked by sadness and loss of interest in popular activities, and a decrease in ability to perform daily activities. This work is blurred by the nearest problem even to the writer himself, making depression into environmental pressure the writer's early idea. And translated as a form of actualization of pressure into the spectacle of art in the media video.*

*Keyword: Video, Pressure, Depression, Performance Art.*