

ABSTRACT

Not only the COVID-19 pandemic influenced many aspect in people's life, it also influenced people's state of mental health. Uncertainty from prolonged isolation to the feeling of fear against virus were only several factors that can cause anxiety in this trying time. Basically, anxiety has a strong relation to mental health for it can affect how someone goes through their day by day activities. Moreover for the working age who have responsibility to work in order to support their family. The limitation in every condition met in the pandemic may cause them to be more vulnerable to psychological disorder, such as anxiety. How we are able to understand and overcome the symptoms of anxiety are now translated into an informative media of digital comic, designed using qualitative research method also with SWOT and AISAS analysis method. The writer will be using interviews, questionnaire as well literature study to gather the necessary data. Visual Communication Design theory, anxiety disorder theory, working age theory, comic theory as well informative media theory will be used as basics in the designing process. The result of this design research hopefully will be able to help fix our public opinion regarding anxiety which affected the daily lives of Indonesian young adults, as well inspiring people to be more aware of the importance of mental health, especially during the COVID-19 pandemic.

Keyword: Comic, Anxiety, Working Age, COVID-19