

ABSTRACT

Adolescence is a period of transition or transition before adulthood. Adult status but no longer child status. The problem in adolescents is that the pattern of changing dramatically in sleep patterns, including reducing sleep time and delaying bedtime, affects the quality of sleep time in adolescents. This will occur during puberty several changes, often reducing sleep time, such as internet access, busy class schedules. excessive activities at night and the stress they face Anxiety is a mental health problem, which is still common among college students. anxiety is a normal natural reaction that can occur in everyone at any stage of Life as a response to a Warning. Someone with insomnia will experience a decrease in body weight and sleep quality. Insomnia symptoms are caused by emotional disturbances, stress or physical disturbances. Insomnia can be caused by many factors such as disease, environment, fatigue, stress. Insomnia that occurs for a long time can affect physical health and cause pale faces and pale eyes, and weaken the body's immune system, making it easy to get sick. Guided visualization is a relaxation or meditation technique that requires you to focus on a specific object, sound, or experience to calm your mind. Through this technique, you will be encouraged to relieve symptoms of stress and anxiety by thinking or imagining a peaceful place or situation. When you think about a stressful situation, your body and mind tense up. You may also feel your heart beating faster, feel restless, and have difficulty concentrating. Conversely, if you focus your mind on a pleasant place or situation, your body and mind will become calmer. When your body and mind are calm, it's easier to deal with physical, mental, and emotional stress. There before the author made a work entitled Visualization of Guided Imagery on insomnia in a photographic work. This photographic work uses glow in the dark paint and ultra violet light as a symbol of therapy for insomnia. The author creates this work into an interactive work so that there is interaction between the audience and the work. The purpose of making this work is to visualize by expressing what the author feels through the medium of photography.

Keywords: *guided imagery, insomnia, fotography, glow in the dark, ultraviolet light*