

## **ABSTRACT**

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*Title : The Effect Of Glass Reflection Media And Short Film Helping Individuals Overcome Low Self-Esteem*

*Thesis : Visual Arts School of Creative Industry Telkom University*

*The final project entitled " The Effect Of Glass Reflection Media And Short Film Helping Individuals Overcome Low Self-Esteem " aims to increase individual confidence in dealing with uncomfortable situations. The concept tells of a man who feels inferior about his appearance, then he is placed in an environment with a mirror that reflects an encouraging and motivating female figure. The main message is the importance of positive thinking so that confidence grows from within.*

*In making this work, the medium used is a short film with a focus on the use of mirrors as the main element. The story describes the human interaction with the mirror which displays the figure of an encouraging woman. The use of self-introspection illustrates the importance of understanding self-view and the impact of physical appearance on self-perception.*

*Keywords: Confidence, self-intropection*