

ABSTRACT

Emotions form a human state of consciousness that leads to a positive or negative assessment of things that are being or have been done, so that the form of judgment is based on human reason rather than rational action. If negative emotions continue to be suppressed, it will adversely affect physical and mental health. This final project is an experimental film work entitled "Creation of Experimental Film Works Themed on Holding Negative Emotions with the Title Deep End". Experimental films do not have a plot but still have a structure. Therefore, video is the most effective medium in conveying messages to the public. This work is an experimental film that raises the issue of the adverse effects of harboring negative emotions on women. Such as despair and even increasing the feeling of wanting to end their lives because people who experience this tend to think that they have no one so they feel lonely continuously and overthinking so that it will make things worse. Because people who experience this will never show their sadness to others. But people who experience this have a sense of wanting to be cared for by others, even if they only listen to their stories. Therefore, experimental films will be a medium for conveying messages that have meaning with interesting visualization packaging.

Keywords: *Experimental Film, Emotions, Holding Negative Emotions, Adverse Effects, Mental Health*