

ABSTRACT

Anxiety is a feeling of restlessness or worry that can appear in everyone. This makes a person feel unenthusiastic in carrying out daily activities, including hobbies one likes. Including several factors, not everyone has a good level of anxiety and mechanisms to manage it. In addition, feelings of anxiety will be intense in the long run. So that it doesn't make you feel relieved and makes someone feel excessively anxious, overthinking or even having a panic attack. But not only that, the symptoms are rarely seen by other people, so the signs go unnoticed. To overcome this, the writer needs to spread awareness of this disease to the general public by collecting data on anxiety using the mixed method data collection method, and using a mixed media platform in the form of Motion Comic, an animation that combines elements of print comics and animation. The author will help the project by creating a background story about anxiety experienced by students when they transition from online to offline lectures. With this comic, we want to help continue to educate people about this convenience and also how to reduce anxiety if you have been online for too long, and start going offline in lectures.

Keyword: Anxiety, Motion Comic, Animation, Background