

## **ABSTRACT**

*In this final project, artistic creation was carried out through cutting art photography with the aim of enhancing positive thinking in individuals who experience Body Image Negative and preventing the occurrence of Body Dysmorphic Disorder (BDD). Through two randomly cut photography works using cutting art techniques, the author portrays the unrealistic imagination of negative thoughts towards physical appearance. Each artwork serves as a point of comparison, inviting viewers to question their perceptions of their own facial beauty. The purpose of creating these two artworks is to provide viewers with an opportunity to experience and contemplate their perceptions of physical appearance, with the hope of opening their minds to a more positive self-view. Through these artworks, it is expected that viewers can develop a more positive mindset regarding their physical appearance and reduce the risk of BDD. Positive thinking is crucial in preventing serious consequences that may arise from BDD, such as self-destructive behaviors and social isolation.*

*Keywords: Body Image, Body Dysmorphic Disorder, cutting art, photography*