

ABSTRACT

Anxiety is one of the things that humans are plagued with. One of the anxieties that humans are plagued with is Anticipatory Anxiety. Anticipatory Anxiety can occur due to social, environmental or family factors. This anxiety occurs when thinking excessively about things that have happened or will happen. One of the causes of this anxiety is thinking about job interviews, thinking about the future with friends or family factors that do not support our desires. The consequences of this anticipatory anxiety are very significant and tend to have negative results, such as excessive feelings of fear and anxiety, being too careful and anticipating bad things, being too wary of everything as if it were a sign of danger, difficulty concentrating or difficulty in managing emotions and moods that damage emotions in oneself. To overcome this problem, the author created this work with the aim of providing information to readers that the impact of this anticipatory anxiety is dangerous, especially for oneself. the author created this final assignment through the medium of experimental film

Keywords: Anticipatory Anxiety, Emotion, Experimental Film