

ABSTRACT

Name : Bagus Nur Rochman
NIM : 1604204076
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Title Project : “VISUALIZING THE FEARS OF QUARTER LIFE CRISIS
THROUGH MIXED MEDIA ANIMATION”

This Final Project Report contains various concerns regarding the Quarter Life Crisis. These include feelings of inadequacy to meet expectations, failure, loss of identity, and uncertainty about the future. The author utilizes Mixed Media Animation techniques to summarize and symbolize these anxieties through symbolic and abstract images, resulting in a visually compelling and thought-provoking narrative. The author aims to provide support and hope to those experiencing these difficulties while also encouraging the audience to consider and understand their own experiences during the quarter life crisis. Additionally, the author hopes that this work will break the taboo of discussing mental health and life crises to promote healing, progress, and a better understanding of oneself.

Keywords: Quarter Life Crisis, Fears, Mixed Media Animation, Psychology.