

ABSTRACT

Maladaptive daydreaming is a psychological condition in which individuals are immersed in intense and repetitive daydreams as a form of escape from reality. This condition can provide peace, but also risks disrupting the function of daily life. This study aims to visualize the experience of maladaptive daydreaming in the form of an interactive installation work that illustrates the thin line between reality and the world of imagination. The method used in the process of creating the work is the practice-creation method, with an exploratory approach to visual media, sound, light, and interactivity. The work is designed in the form of an installation space that combines dacron as a visual element of clouds, LED lighting to create a dreamy atmosphere, and calm kalimba audio as an accompaniment to the atmosphere. The results of this work are expected to provide an immersive experience for the audience, inviting them to feel how the world of daydreaming can be a calming and trapping escape space. Through this work, the author seeks mto open a discussion space regarding the relationship between imagination, escape, and mental health.

Keywords: Maladaptive daydreaming, interactive installation, visualization, escapism