

ABSTRACT

Dafa'tsabitul Azmi, 1604213049, 2025, Visualization of Procrastination Due to Perfectionism through Conceptual Photography.

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Procrastination behavior often occurs as a response to psychological pressure, one of which is due to the urge of perfectionism. Individuals who have perfectionist traits tend to set very high standards and have a fear of failure, making it easy to get caught in a cycle of procrastination. This study attempts to present the phenomenon of procrastination due to perfectionism through conceptual photography. The process of creating the work involves exploring symbols, arranging compositions, applying photography techniques, and visual manipulation to reflect the inner conflict, anxiety, and emotional stress experienced by perfectionist individuals. It is hoped that the resulting photographic work can be a means of reflection and education, so that the audience understands that procrastination is not just a matter of time management, but is closely related to deep psychological aspects. Through an artistic and interpretive visual approach, this work also aims to raise awareness of the importance of managing perfectionist traits so as not to hinder productivity or mental health.

Keywords: Procrastination, Perfectionism, Conceptual Photography, Mental Health, Psychological Distress.