

ABSTRACT

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Ambivalence is understood as a psychological condition in which a person feels two conflicting emotions or values simultaneously. This condition often triggers inner conflict, confusion, and causes inconsistency in decision making, especially when personal values conflict with expectations. Through a contemporary art approach, the author creates a work of painting that can visualize the tension between the cognitive and emotional aspects in humans. This visualization is realized by using visual symbols such as the brain, heart, books, flowers, water, candles, with a circular canvas shape as the canvas medium, a metaphor for the inner dynamics that are continuous and will continue to change. The colors red and blue are used as markers of the emotional and cognitive sides. This work aims to be a reflective and communicative medium in understanding the nature of ambivalence as part of the process of thinking and growing. By using acrylic paint techniques on canvas with a metaphorical and symbolic visual approach. It is hoped that this work can open up a new space for meaning towards emotions and logic in humans.

Keywords: Ambivalence, Cognitive, Emotional, symbols, self-development