

ABSTRACT

Self-confidence is an important aspect of individual development, especially for adolescents who often face social pressure and competition. Being insecure can limit one's development in various aspects of life, such as education, career and social relationships. Factors that influence low self-confidence include personal experience, parenting, social environment, and having negative thinking habits. One of the efforts to increase self-confidence is education through a medium, the author chose zine media to educate teenagers. This research aims to design a zine as an educational media with information and reflections that discuss self-confidence through layout techniques, illustrations, and psychological theories. The research method applied in this final project is data collection with interviews, questionnaires, and literature studies using descriptive analysis and matrix analysis to analyze the data that has been collected. It is hoped that this zine design can be a solution in increasing individual confidence and changing mindsets to be more positive.

Keywords: Design, Zine, Educational Media, Self-Confidence