

## ABSTRACT

*Survival is a science that studies how to survive in certain situations, Survival is used in connection with emergencies that occur due to the isolation of a person or group of people, and in these circumstances there are a big impulse that the individual will feel a panic attack when faced with such situations, especially when it has never been experienced before. Panic attacks are usually characterized by symptoms such as palpitations, dizziness, tremors, chest pain, shortness of breath, blurred vision, and feeling hot or cold. Panic attacks will occur for 5-10 minutes, Panic Disorders can occur at any time of life, characterized by feelings of sudden and continuous anxiety attacks, shortness of breath accompanied by feelings of impending danger, and fear of losing control or going crazy. the writer here wants to show the condition of excessive panic pressure when humans are in a position to survive, especially in the forest with photo as a medium in this work of art.*

**Keyword :** *Panic Attack, Panic Disorder, psychology, survival.*