

ABSTRACT

Anger as a common emotion is a double-edged knife where we, humans, are the wielder. Without proper understanding and the right way to manage it, anger could harm us and others around us. Cases of murder and suicide with this emotion as its motive are the most severe examples. Late adolescents who are still faced with uncontrollable and unpredictable emotions in their adolescence phase are vulnerable to their anger, especially those who are introverted as they felt emotions more intensely, and live in urban areas where human mobility and the pressure of community demands are high. Books about anger are published everywhere to help them understand their anger and how to manage it. But this learning media proved ineffective by how late adolescents deem them as heavy unrelatable reads that will bore them. In this research, both qualitative and quantitative methods will be used to gather its data through interviews, observations, literature reviews, and a questionnaire. Data that has been gathered will be analyzed with narrative inquiry, matrix, and descriptive analysis methods. Through this research, the writer aims to design an alternative media to books in the form of a visual novel that will help introverted late adolescents in Indonesia better understand their anger and how to manage it.

Keywords: anger management, late adolescents, visual novel