

ABSTRACT

Anxiety is a common occurrence in humans and can be experienced by anyone regardless of age and gender. Anxiety is an emotional reaction to critical or dangerous situations. However, if anxiety persists continuously, it can disrupt daily life and develop into *Generalized Anxiety Disorder (GAD)*. Unfortunately, the negative stigma towards mental disorders is still strong, leading to many people not receiving proper treatment. GAD is characterized by excessive worry about various things and can interfere with social interactions and daily activities. One of the main causes of anxiety is poor time management, which makes individuals feel left behind in various aspects of life.

Based on this background, the author is interested in making an experimental film depicting the issue of excessive anxiety. Experimental films are chosen because they allow deep personal expression and unique subjective perspectives, thereby conveying the urgency of this mental health issue more effectively.

Keywords: *Generalized Anxiety Disorder*, Anxiety, Experimental Film