

ABSTRACT

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OVERTHINKING VISUALIZATION IN UNREAL EXPERIMENTAL FILM

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This research explores experimental films that raise the issue of overthinking. Overthinking is a condition where someone thinks excessively about a topic or situation, making it difficult to focus on other things and often triggers anxiety and mental health disorders. Lack of certainty or validation of thoughts is the root of overthinking, which has the potential to disrupt personal balance and daily performance. Studies show that the majority of individuals who experience overthinking feel their lives are significantly affected, with excessive anxiety being the main cause. Overthinking can also trigger physical symptoms such as irregular sleep patterns, high blood pressure, and other emotional problems. To illustrate the bad effects of overthinking, the author plans to make an experimental film entitled "Unreal". This film will tell the story of an individual who experiences overthinking, highlighting how this condition can be contrary to reality and providing an in-depth picture of the serious impacts of excessive overthinking. This film aims to increase public awareness of this issue and encourage a better understanding of the negative impact of overthinking on mental and physical health.

Keywords: Experimental Film, Overthinking, Visual Treatment