

ABSTRACT

This final project is entitled “Anxiety and Fear as Inspiration for Charcoal Drawing Artwork”. This final project focuses on the author's anxiety and fear of death followed by sleep problems. This work is two-dimensional and made with pencil and charcoal media. This work takes an event experienced by the author, namely anxiety and fear of death. Feeling anxious is very normal for everyone, but there are some people who experience anxiety disorders followed by excessive feelings of fear that come from various things, one of which is a traumatic event such as the death of a family member. Someone who experiences anxiety and fear disorders is usually followed by symptoms such as muscle tension, stress, fatigue, difficulty concentrating and also sleep disturbances. This sleep disorder is also followed by the appearance of noisy head symptoms due to excessive thinking about the future, traumatic experiences, mental health and social pressure. The creation of this final project aims to find out how objects and ideas derived from anxiety and fear of death and sleep problems are presented in drawing works, as well as to find out what is behind the author in creating this work. The author is also influenced by other artists as references, such as Garis Edelweiss who uses drawing techniques and Edvard Munch who often raises psychological themes such as anxiety. This drawing is also a message and a reminder that anxiety and excessive fear and sleep disorders that most people often feel should not be ignored, it could cause other more serious health problems.

Keywords: Anxiety disorders, fear, death, sleep disorders, drawing