

ABSTRACT

This final project aims to explore and represent the concept of self-diagnosis regarding a fear of crowds through mixed media art. The background of this issue focuses on the author's process of self-discovery and understanding in dealing with a fear of crowds, approached through a deep perspective on the representations developed. In the context of art, the fear of crowds can be expressed through visual representations that reflect the emotional state of what is felt according to the artist's self-diagnosis. The author employs an artistic approach inspired by several artists such as H.R. Giger and Mulyana, whose works address personal issues and align with the author's theme. The author also applies general theories such as self-diagnosis, social phobia, and enochlophobia. Regarding art theory, the work involves contemporary visual art, soft sculpture, mixed media art, and painting. The conclusion of this final project shows that art can serve as a medium for exploring and expressing one's deepest feelings. The outcome of this project is expected to make a significant contribution to the understanding of the role of art in addressing social and personal issues related to self-awareness, as well as the exploration of mediums in line with the issues raised in the work.

Keywords : *Self-diagnosis, Enochlophobia, Mix Media*