

ABSTRACT

This work is a visual representation of the Post-Adolescent Regret phenomenon, which is the regret experienced by an individual after an individual has passed the teenage phase or has just entered adulthood, the cause of the Post-Adolescent Regret phenomenon is caused by someone experiencing stress due to a quarter-life crisis, which is an identity crisis experienced by individuals in young adulthood caused by social pressure, loss, and unfulfilled hopes. This phenomenon is interpreted through a psychological and philosophical approach, and visualized in the Virtual Reality (VR) medium with a surreal style. The work presents the main figure as a representation of the author's self who is depicted as a statue, hugging a bubble containing a baby that represents a symbol of the past full of warmth and tranquility. Other symbolic elements such as the pale moon, wild forest, and animals such as wolves, turtles, crabs, butterflies, and parrots are placed around the main figure to represent complex emotions such as compulsion, regret, hope, and time traps. This work is not only a space for the author's personal expression, but also offers self-reflection on the identity crisis faced by individuals who have just entered adulthood. The use of VR technology strengthens the immersive impression and allows the audience to experience the artist's psychological landscape directly.

Keywords: Post-Adolescent Regret, Quarter Life Crisis, Virtual Painting, VR, Surrealism.