

ABSTRACT

In general, adolescents in Banyumas have a high prevalence of depression and mental emotional disorders. However, understanding of mental health in Indonesia is generally lacking, so that individuals are reluctant to express their emotions. This problem is important because teenagers with depression and other psychological disorders need emotional outlet media. Visual journaling is one of the alternative media in art therapy which has a crucial function which is considered effective for emotional release media. Apart from that, visual journaling is also an efficient and economical medium to use in art therapy. Therefore, the design of visual journaling as an emotional release media for adolescent mental health in Banyumas is very much needed and in his research he will collaborate with the Banyumas Regional General Hospital. The research method used is descriptive qualitative by conducting interviews, observation and documentation. While the analytical method used uses SWOT analysis to determine the advantages and disadvantages of visual journaling. The results of this study produced the main media in the form of visual journaling and supporting media in the form of banners, posters, totebags, drink holders, bookmarks, sticker packs, keychains and Instagram. Based on the results of research that has been done, visual journaling is stated to be effective as a medium for emotional release for adolescent mental health in Banyumas.

Keywords: Visual journaling, art therapy, therapy media, emotional release, catharsis