

## **ABSTRACT**

*The self is defined as the organized, consistent set of perceptions and beliefs about oneself. The self is influenced by the experiences a person has in their lives, and out interpretations of those experiences. Two primary sources that influence our self- concept are childhood experiences and evaluation by others. Therefore self-concepts that are formed due to past experiences and interactions with others will develop along as the age increases. Because a lot of fears grew strong in the past, the writer became someone who is not the writer expect to be, these judgments also make things inside the writer's self feel worse than what really is, these factors and also other unexplained factors makes the writer doesn't understand about the writer's self, the writer doesn't know anything about herself, and even the writer can't fully accept the writer's physical and mental. So as high sense of inferiority and fear of judgment of the writer's self from others that emerge, the writer here wants to make this artwork represent a psychological condition and as a method for proceeding to improve oneself, and for the main purpose for cathartic release and also offer experiences about self- concept.*

**Keywords** : *the self, self-concept, catharsis, experience*