

ABSTRACT

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Catharsis is a term used one of them in the field of psychology. This is an outlet for emotions that, if held back, can turn into emotional outbursts. Catharsis is a constructive emotional outlet. Meanwhile, experimental film is a visual medium that emphasizes the innermost personal expression of the maker. Experimental film works are almost abstract, so experimental films are rarely consumed by the public because they are difficult to understand and tend not to tell stories. This writing is based on theories such as general theory and art theory, which are used to form the basis for creating works later. One of the theories used is the theory of semiotics, which will later become the basis for creating works to visualize the signs in the visuals of this cathartic work.

Keywords : *Catharsis*, Experimental Film, Semiotic