

ABSTRACT

Control over the environment and a sense of well-being are things that often describe one's mental health. This triggered the author to make it part of the idea in creating a final work entitled "Visualization of an Experimental Film Entitled Between Me and Thesis." - twists and turns of final year students in the process of writing a thesis. The writer takes this theme because the writer feels connected with the situation. The videography technique that will be shown in the work is an experimental film technique with several color plays, smoke, cinematography, and expressions that produce a video that has its own meaning.

Keywords: *Mental Health, Experimental Film, Pressure.*