

## ***ABSTRACT***

*Anxiety disorder is excessive and uncontrollable stress or anxiety about various things which is marked by physical symptoms such as palpitation, heavy breathing, or excessive sweating which can also appear in this disease. Anxiety disorder is becoming more common among teenager today as result of mental health problems that are commonly referred to as “mental disorder”. An experimental film work from the final project entitled “Sesak” tells about someone who experiences stress from the problems of his life. In this work we can find out the risks of anxiety disorder for teenagers, this work was created with an experimental film type to give an abstract impression, especially cinematographic elements. The purpose of creating works is to visualize how and what was felt before, when, and what the person affected by anxiety wanted through experimental film media, in which there is how emotions are depicted through the changes that occur around them.*

**Keyword:** *Anxiety Disorder, Experimental Film, Cinematography*