

## ABSTRACT

*In early adulthood, around the age of 20, individuals will experience significant emotional changes. These changes can result in various phenomena such as anxiety, fear, and sadness, which can potentially lead to isolation and alienation. This phenomenon can also be a serious psychological factor as it can lead to suicide if not handled properly. The purpose of this work is to serve as an educational and empathic tool in raising awareness and understanding of the emotion of loneliness among these early adults, so as to help them in balancing mental and psychological health. Through photographic portraiture and conceptual methods, this work also seeks to convey the concept of the emotion of loneliness to the audience through strong visualization, expressiveness and symbolism. The outcome of the final work is to open up discussion and reflection on the experience of loneliness and help individuals recognize and deal with their emotions, so that they have new hope, confidence and assertiveness in balancing themselves.*

**Keywords:** *Psychology, Psychoanalysis, Loneliness, Emotion, Photography.*