

ABSTRACT

This final project aims to explore self disclosure through mix media painting using the Johari window model as the theoretical framework. The background of this issue focuses on the importance of understanding self identity in a social context, where individuals often need to balance what is known to themselves and what is known to others. Self disclosure becomes a crucial tool in this process, enabling individuals to communicate aspects of the self that are open, hidden, blind, and mysterious. In the context of art, self disclosure can be realized through visual representations that reflect the emotional and psychological state of the artist. The author adopts an artistic approach inspired by artists such as Frida Kahlo, Lauren Tsai, and Katerina Marchenko, whose works are known for their ability to address personal issues and self identity. Through four sub-works, the author represents various aspects of the self, ranging from the open to the mysterious. The first part of the work depicts characteristics of the self that are known to both the individual and others, while the second part focuses on the weaknesses and sadness hidden from others view. The third part explores the blind area of the self that is known to others but not realized by the author, and the fourth part represents the aspect of the self that remains a mystery, even to the author. The conclusion of this final project demonstrates that art can be an effective medium for expressing and understanding self identity, allowing individuals to explore and express the deepest aspects of themselves. The use of the Johari window model in the context of art also provides a useful framework for understanding the dynamics of self disclosure and how it can influence social relationships and personal development. The findings of this study are expected to contribute significantly to the understanding of the role of art in the process of self awareness, as well as the exploration of appropriate mediums in relation to the issues addressed in the artwork.

Keywords: *Self disclosure, Johari window, mix media painting.*