

## ***ABSTRACT***

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### VISUALIZING THE ISSUE OF PARANOIA THROUGH ABSTRACT VIDEO ART

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This work is a visual exploration of the psychological issue of paranoia, which has been gaining increased attention in the global discourse on mental health. Through the approach of abstract video art, the artist attempts to represent the complexity of paranoid psychological experiences—experiences that are often difficult to convey through conventional media and verbal language. By combining non-representational visual elements such as time manipulation, geometric forms, and audiovisual dissonance, this work seeks to create an atmosphere that reflects a chaotic, anxious, and isolated mental state. Rooted in personal experience, this work serves not only as a medium of expression but also as a space for reflection, projection, and self-understanding. Referring to contemporary visual art approaches, this piece positions art as an emotional communication tool capable of accessing inner dimensions that cannot be articulated verbally. Thus, this work is not intended to explain paranoia medically, but rather to evoke empathy and open a deeply imaginative experiential space for its viewers.

**Keywords:** *Self Expressions, Paranoia, Visual Exploration, Psychological Disorder, Contemporary Art*