

ABSTRACT

The experimental film *Pressure* is a visual representation of the psychological pressure experienced by children as a result of excessive expectations, demands, and control from their parents. In a culture that upholds conventional standards of success, children are often seen as projections of parental aspirations, without considering their individual capacity or emotional well-being. This can lead to deep emotional distress, hinder their development, and have long-term impacts on their mental health. Through a non-narrative and symbolic approach, *Pressure* explores emotions such as alienation, self-doubt, and internal fear felt by the child. The film utilizes contrasting lighting, dominant dark tones, and unstable camera movements to reflect the emotional instability of the main character. Each scene is carefully constructed to illustrate how external pressures can trigger hidden psychological explosions that are invisible to the naked eye. Audio also plays a vital role in building the film's emotional atmosphere. Tense instrumental music, repetitive anxiety-inducing sounds, and sudden silences are employed to create discomfort and unease. Rather than relying on verbal dialogue, the film communicates its message through visual storytelling and the emotional expressions of the character. *Pressure* does not intend to blame parents, but rather invites the audience to reflect on parenting patterns and the importance of emotional communication within the family. The film opens a space for dialogue about the necessity of empathy, acceptance, and emotional support for children as individuals who have the right to choose their own paths in life. By voicing the often-hidden internal struggles of children, *Pressure* serves as a reflective medium for parents and society to better understand the psychological impact of parental pressure on a child.

Keywords: Psychological pressure, Parent-child relationship, Excessive expectations, Parenting, Visual representation.