

## **ABSTRACT**

**"Final Project:** Visual Art Program, Faculty of Creative Industries, Telkom University"

Procrastination, or the act of delaying tasks, is a common phenomenon experienced by university students and is often rooted in poor self-regulation as well as neuropsychological conditions such as Attention Deficit Hyperactivity Disorder (ADHD). In this final project, the artist presents a personal experience of procrastination through a series of expressionist paintings, using the concept of anthropomorphism as the main visual approach. Anthropomorphism, the tendency to assign human traits to non-human beings or objects, is employed as a symbolic tool to convey inner conflict, a sense of entrapment, and the hope for transformation. The use of anthropomorphism not only enriches the visual language, but also opens up broader and more reflective spaces for interpretation. This work serves as a form of emotional expression, self-reflection, and an effort to understand the underlying causes of procrastination that often hinder the creative process.

**Key words:** procrastination, anthropomorphism, painting arts, expressionism