

ABSTRACT

The mismatch between parents' expectations and children's desires in determining the direction of life often becomes an obstacle in the process of forming self-identity. Many individuals are unable to express their potential, especially when they do not get full support from their immediate environment, especially their family. Through the approach of Erik Erikson's theory of identity, this work departs from personal experience as well as collective reflection on internal conflicts that arise due to social pressure on life choices. This final project uses an abstract painting approach as a medium of expression of role inhibition, which is a form of inhibition of self-expression caused by fear of rejection or not meeting expectations. This medium was chosen because of its flexibility in conveying psychological and emotional narratives in a dense and intuitive manner with art therapy methods. This work aims to be a representation of an identity crisis and the struggle to escape the shackles of repression towards the freedom of self-actualization. Thus, art is not only a medium of expression, but also an art therapy and healing for hidden identity conflicts.

Keywords: Self Identity, Self Actualization, Abstract Painting, Role Inhibition