

ABSTRACT

“Final Project: Visual Art Program, Faculty of Creative Industries, Telkom University”

Human personality is the result of a complex interaction between internal and external factors. One particularly intriguing personality type is the *Highly Sensitive Person* (HSP), individuals who exhibit heightened sensitivity to sensory, emotional, and social stimuli. Often misunderstood as a weakness, this trait actually holds significant potential in areas such as empathy, creativity, and deep comprehension of the surrounding environment. This study presents the author's personal experience as an HSP striving to understand and manage sensitivity through psychological strategies, Stoic philosophy, and spiritual values. To translate this experience into an artistic form, the author utilizes experimental photography compiled into an *art book*. Experimental photography was chosen for its capacity to freely convey emotions and perceptions, while the *art book* format allows for a non-linear and interpretative narrative. This work aims to serve as a medium for expression, reflection, and deeper understanding of the inner world of an HSP, as well as an emotional bridge for readers with similar sensitivities.

Kata Kunci: Highly Sensitive Person, Personality, Experimental Photography, Art Book