

FINAL PROJECT
THE DESIGN OF AN ILLUSTRATED BOOK AS AN EFFORT TO
OVERCOME SUICIDAL THOUGHTS AMONG GENERATION Z
AGED 17-21

To Fulfill Partial Requirements for Obtaining A Bachelor's Degree (S-1)



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2025/2026

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I declare that in this scientific document of Final Project/~~Thesis/Dissertation~~* there is no part of another scientific works that have been submitted to obtain an academic degree at a Higher Education institution, and there is also no work or opinion nor that has been written or published by other person/institutions, except those that are writtenly cited in this document and fully listed in the bibliography.

And I declare that this scientific document is free from any elements of plagiarism. If in the future there is indicate of plagiarism in this Final Project/Thesis/Dissertation, I am willing to accept sanctions in accordance with applicable laws and regulations.

Thus, I make this statement letter truthfully without any coercion from anyone, and to be used as it should be.

Surabaya, May 21, 2026

Who Made the Statement



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ABSTRACT

The phenomenon of suicidal thoughts, or the contemplation of ending one's life, has become a serious issue, particularly among Generation Z. This generation faces significant challenges such as emotional, social, and academic pressures, as well as the negative impacts of excessive social media usage. According to data, this age group exhibits the highest prevalence of depression and is prone to experiencing suicidal thoughts. However, only a small portion receives professional treatment due to social stigma and limited access to mental health services. This design aims to present an illustrated book as a medium for education, self-reflection, emotional support, and to encourage the target audience to seek professional help such as psychologists/psychiatrists. The choice of this medium is based on the visual communication characteristics of Generation Z, who tend to prefer light and engaging information. In addition, this book serves as a healthy alternative solution to minimize the negative impact of social media on mental health.

The design method involved collecting primary data through interviews with psychologist, illustrator, and individuals who have experienced suicidal thoughts, as well as distributing a questionnaire to 100 respondents. Additionally, secondary data was obtained through a literature review that included sources from books, journals, and websites. The design process utilized principles of visual communication design, including varied layouts and colors that reflect the readers' journey of recovery.

This project resulted in an illustrated book titled 'Kamu Gapapa?: Memahami Dirimu yang Ingin Menyerah'. The book consists of five chapters that discuss the concept of suicidal thoughts, their causes, coping strategies, and positive messages. The content is presented through empathetic narration and engaging visuals, with fictional stories featuring the two main characters, Isam and Imara, woven into each chapter to deepen the reader's understanding before delving into more educational content. To reinforce the delivery of the message, this design is complemented by various supporting materials such as stickers, bookmark, journal book, mood calendar, keychains, tote bag, and flashcards—all designed to support and assist the target audience in their process of self-understanding as part of their efforts to overcome suicidal thoughts.

Keywords: Mental Health, Psychology, Teen

FOREWORD

This topic initially inspired by the author's personal experience, who also once encountered similar struggles in dealing with suicidal thoughts. The author hopes that this final project design can help Generation Z, especially teenagers out there who are experiencing the same thing. The author would also like to express utmost gratitude to God Almighty for the blessings bestowed, allowing this illustrated book design to be completed successfully. The preparation of this report was made possible with the help of various parties. Therefore, the author would like to extend the deepest gratitude to:

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9. All other sources, such as Ms. Arum, DF, Mr. S, and other sources and participants who contributed to the author's data collection.
10. Fellow students of the Visual Communication Design class of '21 (twenty-one) who provided support to the author.

11. All other parties who have assisted in the design of this illustrated book whom the author cannot mention one by one.

The author is very open to constructive criticism and suggestions for the completeness, perfection, and sustainability of this final project. It is hoped that this design will be beneficial for the author and other parties. Thank you for your attention.

Surabaya, May 10, 2026

Aimmatus Solikhah

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