

## BAB V

### CONCLUSION

#### 5.1. Conclusion

The creation of the illustrated book “Kamu Gapapa? : Memahami Dirimu yang Ingin Menyerah” [Are You Okay? : Understanding the Part of You That Wants to Give Up] stems from the alarming phenomenon of high rates of suicidal thoughts among Generation Z and the low number of cases properly addressed by psychologists or psychiatrists. Ignoring the emergence of suicidal thoughts in individuals is a serious threat that cannot be taken lightly. Without proper intervention, these thoughts risk escalating into more extreme and fatal actions, potentially leading individuals into a crisis or even a suicide attempt. Through a visual approach, this project serves as an early intervention effort to mitigate the risk of more severe psychological consequences by providing a supportive and easily understandable medium.

The design process involved collecting primary data from experts and survivors, as well as conducting in-depth literature reviews to ensure the accuracy of the messages conveyed. The final result is an illustrated book titled “Are You Okay? : Understanding the Part of You That Wants to Give Up.” The book consists of five chapters that seamlessly blend fictional narratives with non-fiction educational content. Each chapter begins with a fictional narrative about the emotional journey of the characters Isam and Imara as they navigate family dynamics up to a crisis point, serving to build empathy and emotional connection with the reader. Each fictional segment is followed by an educational nonfiction narrative that presents factual information and practical solutions to validate feelings while providing accurate theoretical understanding of suicidal thoughts. The use of engaging illustrations and simple yet profound narratives effectively lowers the audience’s barriers to consuming mental health information. This strategy allows readers from Generation Z to understand the book’s content more comfortably without feeling intimidated by heavy, didactic language.

Through the main book and various supporting media, this design is expected to spark self-awareness in the audience regarding their own emotional states. The final outcome of this design serves as a communication bridge that encourages the audience to understand their condition and cope with confusion when such suicidal thoughts arise. Additionally, this medium acts as a catalyst for the audience to take concrete steps in seeking professional help (from a psychologist or psychiatrist) when signs of deteriorating mental health begin to emerge.

## **5.2. Suggestions**

The visual and verbal approaches implemented in this project hold great potential for adaptation to other mental health issues, such as anxiety disorders, burnout, or social anxiety disorder. Using similar methods, future designs could delve deeper into specific contexts to address a broader spectrum of emotional issues. To expand the reach and accessibility of the message, this design has great potential to be developed into other media formats. Adapting it into interactive webcomics, short animated content, or digital applications could be an effective way to keep pace with Generation Z's highly dynamic media consumption trends.