

## SCHIZOAFFECTIVE DISORDER AS AN IDEA FOR ILLUSTRATION

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**Abstract.** Mental health is a crucial aspect that needs to be given equal consideration as physical health. By prioritizing both, one can effectively prevent the onset of diseases that may negatively impact daily activities. However, the prevalence of stigma and lack of understanding regarding mental disorders in society can have detrimental consequences for those affected. As a schizoaffective disorder sufferer, the author aims to convey personal experiences and feelings about the condition through illustrations. The illustrations' titles are derived from the symptoms of schizoaffective disorder personally encountered by the author. The "A Beautiful Mind" zine contains illustrations and a narrative description of schizoaffective disorder, offering insight into the condition from the author's perspective. The audience is expected to gain informative knowledge about mental disorders, particularly schizoaffective disorder through the author's experiences and insights as a sufferer.

**Keywords:** Schizoaffective, Illustration, Zine

## 1. Introduction

Mental health is an essential aspect of human well-being and is crucial to achieving overall health. It should be regarded with the same importance as physical health. Mental health is a fundamental component because it enables individuals to manage themselves, recognize their potential, work productively, and contribute to social life. Therefore, everyone should not underestimate issues related to mental health, especially considering the increasing number of mental health disorder cases around us.

According to the Indonesian Ministry of Health (Depkes RI) in 2000, mental disorders are defined as changes in mental functioning that lead to disturbances in a person's mental state. This causes suffering for the individual and results in difficulties performing social roles. The problems related to mental disorders are complex because sufferers not only face the challenges of their condition but also deal with negative societal stigma regarding their state. In addition, labels and stigma lead sufferers to receive unpleasant treatment from society, and even from their own families. Individuals with mental disorders may face discrimination, isolation, exclusion, or even physical restraint. Such mistreatment and stigma from both the community and family can make sufferers feel unsupported, worsen their condition, and hinder their recovery. However, people with mental disorders have the right to be treated as human beings capable of growth and development, and should not be subjected to degrading treatment.

Due to the prevalence of stigma against people with mental disorders, this study project raises the theme of schizoaffective disorder, based on the author's symptoms and personal experience as a sufferer. Through this work, the author hopes to provide information to the audience to raise awareness about the importance of mental health and the challenges of living

with a mental disorder. It is also intended to help the audience better understand schizoaffective disorder. With this background, the author aims to reduce negative stigma and raise awareness about schizoaffective disorder through illustrative works, presented in the form of a zine.

Schizoaffective disorder is a condition marked by psychotic symptoms (such as hallucinations and delusions), commonly found in schizophrenia, that occur alongside mood disorders (like depression or mania) within the same episode. It is generally classified into two types: depressive and manic. In the manic type, the manic symptoms must be prominent and accompanied by schizophrenic symptoms; likewise, in the depressive type, the depressive symptoms must be dominant alongside the schizophrenic ones. Schizoaffective disorder can affect a person's behavior, thinking, and functioning, with symptoms such as hallucinations, delusions, social withdrawal, cognitive difficulties, and mood issues. Unlike substance-induced psychotic disorders, schizoaffective disorder is a type of psychosis that typically includes auditory hallucinations.

There are many definitions of illustration, but the term originates from the Latin word *illustrare*, meaning "to explain" or "to enlighten." Illustration can be defined to clarify or make something understandable through examples, analogies, comparisons, or decoration. Over time, illustration has developed into a form of visual storytelling or enhancement. It always relates to conveying written ideas visually, turning them into images, even beyond its decorative purpose. According to Indira Maharsi, illustration also plays an active role in global communication and contributes to building awareness in an educational manner.

As illustrations become increasingly easy to find everywhere, they are likely to influence the art world and ever-evolving communication technologies. Today, illustrations are no longer confined to images accompanying texts; they can also exist without any text at all. Illustrations come in various forms, from conventional print to digital (electronic) media. Digital illustration is considered practical because the final result of the work is easily accessible to anyone and is not limited by time or location (Murtafi, 2024). In conclusion, illustration is a visual medium intended to explain, narrate, or communicate an event or text artistically, so that its message can be effectively conveyed to the audience.

Alternative media refers to non-commercial, ad-free media created by individuals or groups. One such alternative media is the zine. According to Atton, zine (short for fanzine or an alternative form of magazine) is considered an underground non-professional media. Stephen Duncombe describes it as an alternative medium distributed outside the mainstream. According to Julia in Prickman's 2008 article, the current concept of zines originates from 1930s fanzines, which were self-published and primarily written and read by science fiction fans. In the 1970s, punk groups used the fanzine concept to share information about their music, aligning it with the Do It Yourself (DIY) ethos. Later, in the 1980s and 1990s, self-publishing flourished with the availability of cheap photocopying machines to print zines. The content of zines expanded, influenced by a 2004 article by Tkach and Hank, who defined zines as publications with various forms and physical qualities, usually consisting of several photocopied pages. In the 2000s, zines addressing issues such as disability and mental health emerged examples include "Sick: A Compilation Zine on Physical Illness" by Ben Holtzman and others.

Despite their diversity, the main characteristic of a zine, according to Tkach and Hank as cited by Julia Holubec, lies in its content and message, not in commercial intent. Therefore,

zines serve as a medium for personal expression or as a platform for messages typically not covered by mainstream media. With the rapid development of information and technology, zines have evolved in form and type. Nowadays, zines are often created in .pdf format and distributed for free to facilitate publishing and dissemination. This digital approach is also referred to as ezine (electronic zine), used due to its affordability and accessibility for non-commercial publishing.

Zines or fanzines now include many forms, one of which is the art zine. Like other zines, art zines reflect personal expression, creativity, emotions, or experiences of the creator (often called the zinester). Art zines typically contain visual elements such as photographs, drawings, designs, and more. What sets art zines apart is often the background of the creators, who may be art students, artists, designers, architects, etc. Recently, illustrators have also started producing zines with small publishers, using rich visual content and benefiting from easy access to image-making tools and processes. This has become a new illustration practice where the illustrator takes on the role of editor and writer (according to Cariolle).

The study conducted by Wandira et al. (2023) focuses on nursing interventions for schizophrenia patients with low self-esteem through creative drawing therapy as a therapeutic method within a psychiatric hospital setting. This research takes an applied clinical approach, aiming to directly improve the psychological aspects of patients through therapeutic engagement. In contrast, Safitri (2024) explores the recovery process of individuals with schizophrenia from multiple dimensions clinical, psychological, socio-cultural, and spiritual using a theoretical and conceptual framework. Her work provides a comprehensive understanding of the recovery journey within the Indonesian cultural context. However, both studies have limitations in examining the use of mental disorders, specifically schizoaffective disorder, as a source of inspiration or concept in the creation of visual artwork. They do not explore how visual media, particularly zines, can serve as educational and expressive platforms for individuals who have experienced mental illness. Furthermore, schizoaffective disorder as a distinct mental health condition has received little attention in the context of visual arts or psychosocial research grounded in creative expression.

The study titled "Schizoaffective Disorder as an Artistic Illustration Concept" visualizes personal experiences of living with schizoaffective disorder through illustration as a form of self-expression. The illustrations aim to encourage greater public awareness of mental health issues, discourage dismissive attitudes and foster social sensitivity toward others. This goal is to support the healing process of those affected without judgment or stigma.

In creating illustration-based works, the process involves several essential components, including materials, tools, and techniques that support the overall production. The materials used include Potentate A4 watercolor paper, fancy paper, ivory paper, and watercolor paints from Sakura Koi and Pentel. The tools consist of a Faber Castell 2B pencil, Winsor & Newton Cotman watercolor brushes, a palette, a scanner, an HP 245 G7 Notebook PC laptop, and Adobe Photoshop 2021. The technique applied in this study project is the aquarel or traditional watercolor method on watercolor paper, while the zine format utilizes scanned versions of the finished illustrations. The creation process is divided into three main stages: pre-production, production, and post-production. In the pre-production phase, several steps are carried out, starting with the conceptual stage, where ideas are generated based on the author's personal experiences with schizoaffective disorder and observations of society's lack of awareness and stigma surrounding mental health. This is followed by data collection from visual and textual

references, and idea development, where the gathered material helps form visual concepts explored through the aquarelle technique. The production phase involves creating cartoon-style illustrations, beginning with manual sketching on watercolor paper, followed by coloring using brushes and watercolor paint. Once completed, the artworks undergo final touches in Adobe Photoshop after being scanned to enhance color and detail. The illustrations are then laid out with text to form a zine in PDF format and printed using fancy and ivory paper. In the post-production stage, the artworks are framed and compiled into a catalog and zine, culminating in an exhibition held from June 26–28, 2023, at the B9 Gallery, Faculty of Languages and Arts, Universitas Negeri Semarang. The final pieces were displayed with supporting elements to reinforce the conceptual theme of the exhibition.

## 2. Results and Discussion

The exhibition of this study project features an illustration work presented in the form of a zine titled "A Beautiful Mind." The zine explores schizoaffective disorder, including its background, definition, symptoms (represented through 12 artworks), causes, diagnosis, and treatment. This chapter provides an explanation of each page in the zine, covering the work's specifications, descriptions, formal analysis, interpretations, and an overall assessment at the end.

### 2.1 Front Cover Page



Figure 1. Front cover

Source: Personal Documentation 2024

#### 2.1.1 Description

The page is the front cover of a zine featuring an illustration and text. In addition to the illustration, the cover also includes text with a font that was custom-made by the author.

#### 2.1.2 Form Analysis

The illustration was taken from one of the author's previous works, but it was edited beforehand to appear more varied (changing its appearance) so it could be distinguished from the original piece. The text includes: "Schizoaffective – Zine," which refers to the topic discussed in the zine; "Taffana Megatirta," which is the name of the zine's creator, the author; "ketuk\_," the author's Instagram handle; and "A Beautiful Mind," which is the title of the zine. The use of blue in the illustration and pink in the title is based on the author's personal color preferences.

#### 2.1.3 Interpretation

The use of "A Beautiful Mind" as the title of the zine was inspired by the 2001 film A Beautiful Mind, which tells the story of a person experiencing bipolar disorder. Through this title, the author feels

that the effort to accept the schizoaffective disorder they are experiencing can be easily expressed or represented.

## 2.2 Pages 1 and 2

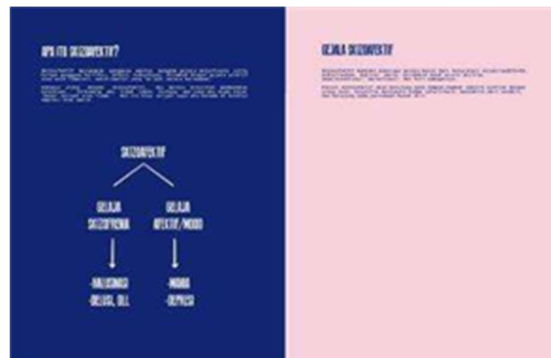


**Figure 2.** Pages 1 and 2

**Source:**Personal Documentation 2024

On pages 1 and 2, there is an image as well as text, like the front cover. The text presents the "Background" and contains an explanation of that background. The illustration on these pages was also edited to maintain a portion of the original work while giving it a more varied appearance. Since these pages emphasize the text, the colors were adjusted to match the background for easier readability. On the left page (page 1), the text appears in white against a dark blue background. In contrast, on the right page (page 2), the text is in dark blue against a pink background. The text was divided across two pages to make it easier for the reader to follow. These two pages explain the background of the author's experience with schizoaffective disorder, the author's hopes in creating the zine, and the mental health history prior to receiving the schizoaffective diagnosis.

## 2.3 Pages 3 and 4



**Figure 3.** Pages 3 and 4

**Source:**Personal Documentation 2024

On page 3, there is an explanation of the definition of schizoaffective disorder and the author's personal feelings, while page 4 provides an overview of the symptoms of schizoaffective disorder and its effects. The text colors are adjusted to match the background for better readability. On the left page (page 3), the text is in bright white against a dark blue background, and on page 4, the text is in dark blue against a pink background. These two pages aim to explain the definition and symptoms of schizoaffective disorder as experienced by the author, allowing readers to gain a more detailed understanding of the condition.

## 2.4 Pages 5



**Figure 4.** Pages 5

**Source:** *Personal Documentation 2024*

On the left page (page 5), there is an explanation of the manic symptoms of schizoaffective disorder, with the text in white against a dark blue background. The following is an explanation of the illustration featured on that page:



**Figure 5.** Pages 5 details

**Source:** *Personal Documentation 2024*

### Work Specifications

Title: Mania/Manic 1

Medium: Watercolor on Paper, Scanned Document

#### 2.4.1 Description

In this artwork, there are two female figures positioned above and below. Both figures are depicted similarly in terms of hair color, style, and body proportions. The differences between them lie in their poses and the colors assigned to each figure. The first woman is colored in a reddish-purple hue and is posed as if floating or positioned above, while the second woman is colored in blue and is depicted as falling, positioned below. Additionally, on both the left and right sides of the figures, there are shapes resembling leaves, and the background features bushes accompanied by oval shapes at the top. These elements serve as complementary additions to the two female figures and as filler.

#### 2.4.2 Form Analysis

The content of this form analysis includes the visual elements and principles present in the artwork. In this piece, a dominant element is the curved line, which creates a dynamic impression. The dynamic feel and unique symbolism are found in the shapes of the two bodies, which represent a woman positioned in the center, floating and about to fall. The dominant use of a reddish-purple color on the edges and one of the bodies draws attention in the artwork. Additionally, there are supplementary objects in the background and on the sides, which serve as fillers in the piece. The objects on the right

and left sides are curved, resembling flames, and indicate a rhythmic repetition in the artwork. The use of brown and yellow in the background creates contrast and helps distinguish it from the objects in the foreground. Overall, the artwork was created with consideration of visual elements and principles to display aesthetic values.

### 2.4.3 Interpretation

The title "Mania/Manic" for this illustration is based on the conditions or symptoms of schizoaffective disorder experienced by the author. During a manic phase, the author experiences extreme mood swings. These mood shifts are represented by the depiction of two women, one floating above and the other about to fall below. The blue color on one of the women symbolizes depression, while the other woman, in reddish-purple, represents the manic phase.

## 2.5 Pages 6



Figure 6. Pages 6

Source: *Personal Documentation 2024*

On the right page (page 6), there is an explanation of the author's feelings during the manic phase of schizoaffective disorder. This page displays text in dark blue against a pink background. The following is an explanation of the illustration featured on that page:

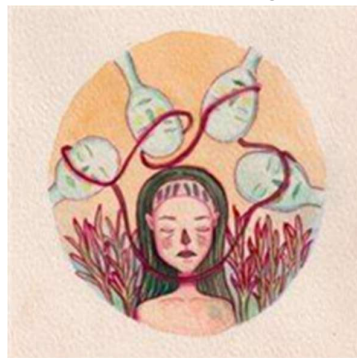


Figure 7. Pages 6 detail

Source: *Personal Documentation 2024*

### Work Specifications

Title: "Mania/Manic"

Medium: Watercolor on Paper, Scanned Document

### 2.5.1 Description

In this artwork, a woman with long green hair is depicted, her head split open with several holes in it. The woman has a flat expression with her eyes closed. Surrounding her are floating red ropes and several blue heads with flat expressions. Additionally, plants on the right and left sides of the woman serve as complementary elements, and the use of a single color, orange, aims to give a simple and



unexaggerated impression to the piece. The artwork also features a repetitive rhythm, which can be seen in the arrangement of the floating blue heads.

### 2.5.2 Form Analysis

The content of this form analysis includes the visual elements and principles present in the artwork. In this piece, a dominant element is the use of curved lines to create a dynamic impression, which is displayed in the formation of each shape in the artwork. The use of a reddish-purple color on the edges and the rope shape draws attention to the objects surrounding it, especially the figure of a woman with half of her body depicted, and her contrasting green hair. This makes the floating heads and red rope symbols unique. Additionally, the presence of a head at the top shows a repetitive rhythm in the artwork. The blue color in the repetitive heads creates a balancing effect against the warm colors, such as red and yellow, found in other objects. On the right and left sides of the woman, there are supporting objects in the form of plants, which serve as complementary elements in the piece. Overall, the artwork was created with consideration of visual elements and principles, resulting in the display of aesthetic values.

### 2.5.3 Interpretation

The title "Mania/Manic" for this illustration is based on the conditions or symptoms of schizoaffective disorder experienced by the author. During the manic phase, the author experiences what is known as racing thoughts rapidly, shifting thoughts that are difficult to control. This occurs when someone is in the manic phase, as their energy, strength, or mood becomes excessive. In this illustration, a woman is depicted facing forward with a flat expression, her eyes closed, and the top of her head split open. Above her, there is a floating head with a red rope circling it, representing the author's experience of racing thoughts during the manic phase. Plants are shown on the right and left sides of the woman, symbolizing growth, much like the author's ongoing personal growth and resilience in living with the condition she experiences.

## 2.6 Pages 7



**Figure 8.** Pages 7

**Source:** *Personal Documentation 2024*

On the left page (page 7), there is an explanation of the depressive symptoms of schizoaffective disorder, with the text in white against a dark blue background. The following is an explanation of the illustration featured on that page:





**Figure 9.** Pages 7 details

**Source:** *Personal Documentation 2024*

### **Work Specifications**

Title: Depression

Medium: Watercolor on Paper, Scanned Document

#### **2.6.1 Description**

In this artwork, a woman with green hair is depicted sinking, with her head resting on a pink pillow. Two hands belonging to the woman are shown, and the addition of water effects indicates that she is sinking. Furthermore, the inclusion of the pillow helps to explain that the woman is sinking on a bed. On the other side, there are two reddish-brown wrists positioned on the left and right sides, as well as behind the pillow. Additionally, two hands and six eyes appear above the surface of the water.

#### **2.6.2 Form Analysis**

The content of this form analysis includes the visual elements and principles present in the artwork. In this piece, curved lines are used to create a dynamic impression, which is displayed in the formation of each shape in the work. The dominant element in the artwork can be seen in the shape, size, and placement of the head with green hair, which, due to its contrasting color, draws the viewer's attention. Additionally, there is a repetition of the eye shapes, indicating a repetitive rhythm in the piece. The background intentionally lacks color and only features water effects, aiming to make the work appear simpler. Overall, the artwork was created with consideration of visual elements and principles, resulting in the display of aesthetic values.

#### **2.6.3 Interpretation**

The title "Depression" for this illustration is based on the depressive phase, which is also accompanied by symptoms of hallucinations and delusions. During the depressive phase, the author experiences an extreme drop in mood. In this illustration, the depressive phase is represented by the expression and pose of the woman, who is lying on a pillow, indicating a lack of energy and interest in activities that are usually performed. Additionally, the presence of water in the illustration signifies that part of the woman's body is sinking into the water, symbolizing the depressive phase itself. The addition of floating eyes and hands, which appear above the water's surface, aims to depict the symptoms of hallucinations and delusions during the depressive phase.

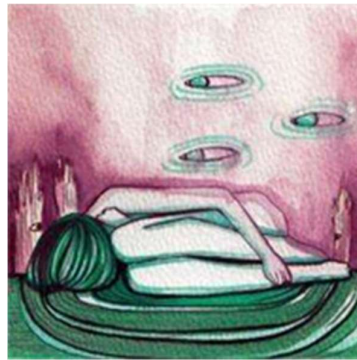
## 2.7 Pages 8



**Figure 10.** Pages 8

**Source:** *Personal Documentation 2024*

On the right page (page 8), there is an explanation of the author's feelings during the depressive phase of schizoaffective disorder. This page features text in dark blue against a pink background. The following is an explanation of the illustration featured on that page



**Figure 11.** Pages 8 details

**Source:** *Personal Documentation 2024*

### **Work Specifications**

**Title:** Depression

**Media:** Watercolor on Paper, Scanned Document

#### **2.7.1 Description**

In this artwork, a woman with green hair is shown lying down with her knees bent and hugging herself. Three wrists are depicted rising behind her from the left, right, and back sides. Additionally, there are three floating eyes gazing at her, positioned around and below the eyes. The background of the illustration uses a dark purple color with several circular green lines.

#### **2.7.2 Form Analysis**

This form analysis includes the visual elements and principles used in the artwork. Curved lines are utilized to give a dynamic impression, visible in the shaping of each form within the piece. In this artwork, the dominant element is the figure of the woman placed centrally, making her the main focal point. Repetition is observed in the floating eyes and hands on the left and right sides, which creates a rhythmic pattern in the composition. At the bottom, supporting objects with repeated curved lines serve as complements. The background was created using the wet-on-wet watercolor technique in a purple hue, evoking a gloomy atmosphere that aligns with the sad impression of the woman. Overall, the artwork was created with careful consideration of visual elements and principles, resulting in an aesthetically valuable piece.

### 2.7.3 Interpretation

The title "Depression" for this illustration is based on the condition or symptoms of schizoaffective disorder experienced by the artist. This phase is often accompanied by hallucinations and delusions. During the depressive state, the artist experiences a significant drop in mood, feelings of sadness, inability to engage in once-enjoyable activities, and difficulty getting out of bed. In this illustration, the depressive phase is depicted through the pose of the woman lying curled to the side, symbolizing the emotional weight of depression. The presence of hands and eyes in the background is meant to represent the hallucinations experienced during this phase.

### 2.8 Pages 9



Figure 12. Pages 9

Source: Personal Documentation 2024

On the left page (page 9), there is an explanation about the hallucination symptoms and the author's feelings while experiencing them. The text on this page is written in white against a dark blue background. Below is an explanation of the illustration featured on this page:

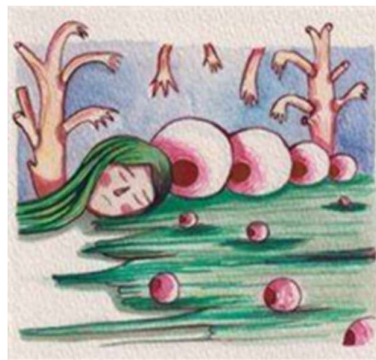


Figure 13. Pages 9 details

Source: Personal Documentation 2024

#### Artwork Specifications

**Title:** Hallucination

**Media:** Watercolor on Paper, Scanned Document

#### 2.8.1 Description

In this artwork, a female head with yellowish-green hair is shown lying down, with an eye located to the right of her head. Several smaller eyes are scattered in front of the head. Below the eyes is a puddle of green water, with a bluish-purple background. Additionally, there are two trees with trunks shaped like brown wrists.

### 2.8.2 Form Analysis

This form analysis covers the visual elements and principles present in the artwork. Curved lines are used to create a dynamic impression, shown in the shaping of each form in the piece. The green-haired female head stands out as the focal point due to its contrasting color. There is repetition in the eye shapes placed above and below, which not only draws focus but also creates a sense of rhythm. At the bottom, there is a bluish-green object representing a puddle of water, and brown-colored tree trunks. The background is colored blue to evoke a sense of sadness. Overall, the piece was created with careful consideration of visual elements and principles, enhancing its aesthetic value.

### 2.8.3 Interpretation

The title "Hallucination" was chosen based on the hallucination symptoms experienced by the artist, involving difficulty in distinguishing between what is real and what is not. This condition also includes perceptual disturbances, causing the artist to hear, see, smell, and feel things that don't actually exist. In the illustration, the presence of a female head surrounded by multiple eyes and tree trunks shaped like hands represents the artist's experience of feeling watched and surrounded by invisible hands.

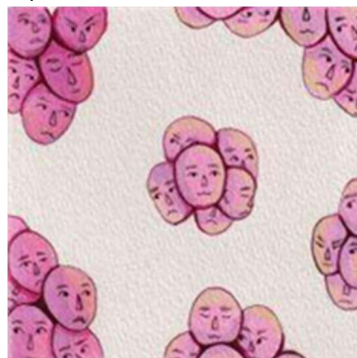
## 2.9 Pages 10



**Figure 14.** Pages 10

**Source:**Personal Documentation 2024

On the right-hand page (page 10), there is an explanation of the author's feelings when experiencing hallucinations as a symptom of schizoaffective disorder. This page features text in dark blue on a pink background. Below is the explanation of the illustration on that page:



**Figure 15.** Pages 10 details

**Source:**Personal Documentation 2024

### Artwork Specifications

**Title:** Hallucination

**Media:** Watercolor on Paper, Scanned Document

### 2.9.1 Description

This artwork depicts a collection of numerous heads, each showing a different facial expression. The heads are colored in a pinkish-purple hue with brown outlining. They are arranged closely together and stacked on top of each other, positioned in the center as well as along the top, bottom, left, and right sides of the piece.

### 2.9.2 Form Analysis

This analysis includes the visual elements and principles present in the artwork. The piece features many head shapes in pinkish-purple tones, each with a distinct expression and arranged in overlapping layers at various corners. The focal point of the piece is the central cluster of stacked heads. The repetition of these head forms indicates a rhythmic pattern throughout the artwork. Overall, the piece was created with careful consideration of visual elements and design principles, resulting in a work with aesthetic value.

### 2.9.3 Interpretation

The title "Hallucination" was chosen based on the hallucinatory experiences the artist faced, particularly the difficulty in distinguishing between what is real and what is not. These perceptual disturbances led the artist to hear, see, smell, and feel things that were not actually there. This illustration, filled with faces showing various expressions—sadness, joy, anxiety, anger, and more—represents those hallucinations. The presence of many different facial expressions aims to depict the hallucinatory episodes experienced by the artist. During these episodes, the artist would often see various faces with differing expressions appearing in different places. The placement of these faces on the paper reflects the locations where the artist perceived them during hallucinations.

## 2.10 Pages 11



Figure 16. Pages 11

Source: Personal Documentation 2024

On the left page (page 11), there is an explanation about the symptoms of self-harm and the author's feelings while engaging in such behavior. The text on this page is written in white on a dark blue background. Below is an explanation of the illustration featured on this page:



**Figure 17.** Pages 11 details**Source:** *Personal Documentation 2024***Artwork Specifications****Title:** Self-Harm**Medium:** Watercolor on Paper, Scanned Document**2.10.1 Description**

This artwork depicts a right hand that is open, and two wrists on the top left that are holding each other. Both hands are pink, with a red rope wrapped around and tying the wrists. There is blood dripping from both wrists. Additionally, plants are included as supplementary objects, positioned near the top left and bottom right (close to each wrist).

**2.10.2 Form Analysis**

This form analysis includes the visual elements and principles present in the artwork. In this work, the hands and wrists that are gripping each other draw attention as the focal point. The intricate design of the wrists, combined with the deep red color contrasting with the pink, creates a striking, attention-grabbing effect. The red blood depicted on the wrists further enhances the focus on this area. Additionally, the placement of the hands using asymmetrical balance contributes to making the artwork more dynamic. The objects near the hands serve as fillers or supporting elements.

**2.10.3 Interpretation**

The title "Self-Harm" for this illustration is based on the symptoms and experiences of the author dealing with a schizoaffective disorder. During this phase, the author engaged in self-harm to release frustration, emotions, or pain by injuring oneself. This self-harm behavior is depicted in the illustration by showing hands covered in blood, and the addition of a hand on the right aims to convey the author's need for help. The red rope is added to represent the connection between the two hands, symbolizing that a person who harms themselves is also, in fact, seeking assistance.

**2.11 Pages 12****Figure 18.** Pages 12**Source:** *Personal Documentation 2024*

On the right page (page 12), there is an explanation about the symptoms of delusion and the author's feelings when experiencing this condition. The page features text in dark blue with a pink background. Here is the explanation regarding the illustration on that page:



**Figure 19.** Pages 12 details

**Source:**Personal Documentation 2024

### 2.11.1 Description

This artwork depicts a right hand that is open, and two wrists on the top left that are holding each other. Both hands are pink, with a red rope wrapped around and tying the wrists. There is blood dripping from both wrists. Additionally, plants are included as supplementary objects, positioned near the top left and bottom right (close to each wrist).

### 2.11.2 Form Analysis

This analysis includes the visual elements and principles found in the artwork. The piece uses curved lines to convey a dynamic feel, as shown in the formation of each shape in the artwork. The dominant element in the work is the head of the woman with green hair, whose contrasting color draws the viewer's attention. There is repetition in the shape of the snake, which contributes to the rhythm of the work. Additionally, the use of asymmetry in placing the head and snake gives the piece a more dynamic, interesting feel. The colors, such as the dark blue background, add to the somber and eerie tone of the piece.

### 2.11.3 Interpretation

The title "Delusion" for this illustration is based on the delusions that the author experienced, in which they believed in things that were not real, also known as a delusional state. The manifestation of the delusion the author experienced is expressed in the form of a woman's head surrounded by snakes. In this case, the author experienced delusions like what is depicted in the artwork, where they felt there were snakes in their mouth and attempted to get rid of them.

## 2.12 Pages 13



**Figure 20.** Pages 13

**Source:**Personal Documentation 2024

On the left page (page 13), there is an explanation about the symptoms of a panic attack



and the author's feelings during that phase. The text on this page uses white font with a dark blue background. Below is the explanation of the illustration featured on this page:



**Figure 21.** Pages 13 details

**Source:** *Personal Documentation 2024*

#### **Artwork Specifications**

**Title:** Panic Attack

**Medium:** Watercolor on Paper, Scanned Document

#### **2.12.1 Description**

This artwork depicts a woman floating with her body wrapped in a red rope from the top down. The woman appears to be choked by a ghostly figure behind her. Additionally, there is another object, an orange-colored plant at the bottom, which serves as an additional element.

#### **2.12.2 Form Analysis**

This form analysis includes the visual elements and principles present in the artwork. In this piece, the woman being choked by the figure behind her becomes the focal point of the artwork. The focus can be seen in the dominant size (scale), the contrasting green color of her hair, and the red rope wrapping around her body. The pale green color of the figure and the uncolored background are meant to provide a simple color selection for the piece. There is also a plant-like object in pinkish-orange hues, resembling a hand, which serves as a supplementary and supporting element.

#### **2.12.3 Interpretation**

The title "Panic Attack" for this illustration is based on the condition the author experiences during these symptoms. In this state, the author experiences a choking sensation, as if unable to breathe. The panic attack is portrayed in the image by depicting a woman whose neck is being choked. This portrayal aims to communicate the sensation the author feels during such an episode.

### **2.13 Pages 14**



**Figure 22.** Pages 14

**Source:** *Personal Documentation 2024*

On the right-hand page (page 14), there is an explanation about the anxiety disorder from schizo affective disorder. The page features text in dark blue with a pink background. Below is the explanation of the illustration on that page:



**Figure 23.** Pages 14 details

**Source:**Personal Documentation 2024

#### **Artwork Specifications**

**Title:** Anxiety Disorder

**Media:** Watercolor on Paper, Scanned Document

##### **2.13.1 Description**

This piece features a woman with green hair. On her chest, there is a hole containing an eye and a palm that appears to be reaching out from within the opening. Additionally, there is a brownish-yellow rope encircling her body. The artwork also includes supplementary elements such as plants on the left and right sides of the woman, along with an eye placed among the floating ropes above her.

##### **2.13.2 Form Analysis**

This analysis covers the visual elements and principles present in the piece. The woman serves as the focal point of the artwork, emphasized by her position and the contrast of her hair color, further enhanced by the hole on her chest. The addition of the eye element serves both as a visual enhancer and to create balance. The brown-colored rope adds a subtle yet noticeable visual element. Plant objects are included to fill space within the composition, with orange-brown tones used to create a sense of fullness and visual activity.

##### **2.13.3 Interpretation**

The title "Anxiety Disorder" reflects the condition of experiencing excessive worry or fear over events that may never occur. The woman in the illustration, with her eyes closed and a hole in her chest containing an eye, symbolizes the artist's experience with anxiety. This visual metaphor conveys the feeling of tightness in the chest and the intrusive thoughts that accompany the condition.

#### **2.14 Pages 15**



**Figure 24.** Pages 15**Source:** *Personal Documentation 2024*

On the left page (page 15), there is an explanation regarding the symptoms of depersonalization/derealization associated with schizoaffective disorder, with the text presented in white against a dark blue background. Below is an explanation of the illustration featured on that page:

**Figure 25.** Pages 15 details**Source:** *Personal Documentation 2024***Artwork Specifications****Title:** Depersonalization**Media:** Watercolor on Paper, Scanned Document**2.14.1 Description**

This piece features three headless bodies floating upwards. Each of the three bodies is blue in color, positioned with bent legs, and stacked on top of one another.

**2.14.2 Form Analysis**

This analysis includes the visual elements and principles present in the artwork. In this piece, three blue-colored bodies are placed at the top, leaving space at the bottom. Although they form a single unit, the focal point of the piece lies in the wrists. The placement of the bodies toward the top aims to create variation in the layout of forms. The repetition of these body shapes indicates a rhythmic pattern within the artwork.

**2.14.3 Interpretation**

The title "Depersonalization" is based on the condition and symptoms experienced by the artist. During this phase, the artist felt an out-of-body sensation and a disconnection from their own body, experienced a heavy feeling in the head, confusion, and difficulty thinking clearly. The illustration, featuring three bodies, represents the sensation of leaving the body and observing it from a detached perspective. The headless depiction of the bodies symbolizes the artist's feeling of mental heaviness or confusion when experiencing this phase.

## 2.15 Pages 16



Figure 26. Pages 16

Source: Personal Documentation 2024

On the right-hand page (page 16), there is an explanation about psychosis as a symptom of schizoaffective disorder. The page features text in dark blue against a pink background. Below is the explanation of the illustration presented on that page:



Figure 27. Pages 16 details

Source: Personal Documentation 2024

### Artwork Specifications

**Title:** Psychosis/Psychotic

**Medium:** Watercolor on Paper, Scanned Document

#### 2.15.1 Description

This piece features three distinct expressions shown in individual frames or panels. The first panel, located at the top-left, depicts a frightened expression with red tears streaming from the eyes. The second panel, on the top-right, shows a blank and confused expression. The final panel, the largest and most dominant, portrays a frightening expression with both hands placed on the face. The color palette includes bluish-green for the hair, red for the tears, pink for the skin, and purplish brown for the outlines.

#### 2.15.2 Form Analysis

This analysis covers the visual elements and principles present in the artwork. The piece displays three different expressions in separate panels, with the leftmost and largest panel serving as focal points. These panels draw attention due to the use of striking red and contrasting hair colors. The panel layout separates each expression, adding variety to the composition.

#### 2.15.3 Interpretation

The title "Psychotic" is based on the symptoms and conditions associated with psychosis. During this phase, the artist experienced hysteria, feelings of being watched, anxiety, and irrational fear.

toward unreal things. There was also a loss of self-control, bodily rigidity, and confusion. The use of three frames or panels helps the artist illustrate these conditions by portraying different expressions in each frame.

## 2.16 Pages 17



Figure 28. Pages 17

Source: Personal Documentation 2024

On page 17, there is white text on a dark blue background. The text briefly discusses the causes, diagnosis, and treatment provided to patients with schizoffective disorder.

## 3. Conclusion

The study project contains the author's personal experiences as someone with schizoffective disorder, depicting several schizoffective symptoms through 12 watercolor illustrations, each measuring 32 x 32 cm. Some of the symptoms displayed in the artwork are used as the titles of the study project works, namely "Mania/Manic, Depression, Hallucination, Self-Harm, Delusion, Panic Attack, Anxiety Disorder, Depersonalization, and Psychotic." Some of these artworks share the same title but feature different illustrations. Through these illustrations, the author aims to express their feelings related to the symptoms they experience as someone with schizoffective disorder and convey them to the public through a study project exhibition, hoping to provide some insight into what individuals with schizoffective disorder feel when facing their symptoms and to raise awareness about the importance of paying attention to mental health. Furthermore, the creation of artwork using watercolor techniques, which is then printed into a zine for the study project exhibition, can make it easier for viewers to understand schizoffective disorder. This is because the zine contains a description of schizoffective disorder, starting from the symptoms, causes, the diagnosis given, and the treatment for schizoffective patients. The use of technology in the illustration printing process serves not only as a medium that bridges personal experiences and artistic expression, but also contributes to raising public awareness, fostering social control, and creating economic opportunities for artists as creative practitioners. The printed illustrations or zine demonstrate the utilization of technology in the field of fine arts to make it easier for everyone to appreciate the presented artwork. The uniqueness of the author's work can be seen in the selection of objects, colors, and the processing of forms in each artwork displayed using watercolor techniques. Therefore, this work can be interpreted as something inherent to the author as the creator, depicting schizoffective symptoms through several distinctive characteristics present in the artwork. Through the schizoffective illustration zine, a condition of schizoffective disorder felt by the author is clarified – with the zine serving as a supporting

medium. With this, the artwork and the zine can be interpreted as the author's way of conveying their personal experiences and perspective regarding the schizoaffective disorder they experience. This project aims to foster deeper empathy in society, encouraging people to support individuals with mental health challenges without stigma or negative judgment.

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The authors state that there is no conflict of interest in the publication of this article

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