

## ABSTRAK

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**PERANCANGAN VISUALISASI BUKU NON FIKSI “*INTO THE MAGIC SHOP: A NEUROSURGEON'S QUEST TO DISCOVER THE MYSTERIES OF THE BRAIN AND THE SECRETS OF THE HEART*” OLEH JAMES R. DOTY**

(liii+ 65 halaman: 20 gambar; 1 tabel; 1 lampiran)

Isu *mental health* selama terjadinya pandemi covid-19, ternyata tidaklah membaik. Semakin hari, tingkat gejala depresi dan kecemasan yang berada di sekitar kehidupan masyarakat menjadi semakin pelik. Para remaja di Indonesia juga tidak luput dari gejala ini. Pada umur rentang itu pun sangat sulit rasanya untuk mencari bantuan profesional mengingat keterbatasan finansial yang dihadapi. Media sosial memang memiliki banyak informasi yang dapat digali, namun justru saking mudahnya, informasi yang diterima tidak lagi relevan dan terlalu banyak, hingga justru kewalahan sebelum memulai menerapkan dalam kehidupan sendiri.

Buku non fiksi memang menjadi sebuah *genre* yang tidaklah asing. Namun berkaitan dengan isu literasi masyarakat Indonesia yang rendah, menjadikan buku sebagai sumber informasi bukanlah hal yang terpikirkan oleh masyarakat. Padahal dengan membaca buku, informasi yang didapat mengenai sesuatu akan menjadi lebih berarti dan mendasar.

Buku *Into The Magic Shop: A Neurosurgeon's Quest To Discover The Mysteries of The Brain and The Secrets of The Heart* karya dari James R.Doty dinilai menjadi sebuah alternatif buku yang dinilai cocok. Bercerita mengenai bagaimana dirinya bangkit dari kesulitan dan bayang-bayang masa kecilnya hingga akhirnya ia berhasil membangun hidupnya sesuai dengan apa yang diimpikannya. Percaya bahwa kebahagiaan bukanlah sesuatu yang dicari di luar diri sendiri, tetapi justru di dalam diri kita sendiri, hanya saja perlu mengetahui caranya.

Referensi: 17 (1994-2022)

Kata kunci: *mental health*, ilustrasi

## ABSTRACT

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### **DESIGN OF VISUALIZATION OF NON FICTION BOOKS “INTO THE MAGIC SHOP: A NEUROSURGEON'S QUEST TO DISCOVER THE MYSTERIES OF THE BRAIN AND THE SECRETS OF THE HEART” BY JAMES R. DOTY**

(liii+ 65 pages: 20 figures; 1 table; 1 appendices)

Mental health issues during the COVID-19 pandemic have not improved. Day by day, the level of symptoms of depression and anxiety around people's lives is becoming more and more complicated. Teenagers in Indonesia are also not spared from this symptom. Even at that age, it is very difficult to seek professional help, given the financial limitations they face. Social media does have a lot of information that can be extracted, but it is so easy, the information received is no longer relevant and too much, so they are overwhelmed before starting to apply in their own lives.

Non-fiction books have become a familiar genre. However, related to the issue of low literacy of the Indonesian people, making books as a source of information is not something that people think of. In fact, by reading a book, the information obtained about something will become more meaningful and basic.

The book *Into The Magic Shop: A Neurosurgeon's Quest To Discover The Mysteries of The Brain and The Secrets of The Heart* by James R. Doty is considered to be an alternative book that is considered suitable. Tells about how he rose from adversity and the shadows of his childhood until he finally managed to build his life according to what he dreamed of. Believing that happiness is not something that is sought outside of ourselves, but rather within ourselves, it is just that we need to know how.

References: 17 (1994-2022)

Keywords: *mental health, illustration*