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[Home](#) > [Archives](#) > Vol 8, No 2 (2022)

Vol 8, No 2 (2022)

May 2022

Table of Contents

Articles

Pemanfaatan Limbah Serbuk Kayu Dengan Tema Kearifan Lokal Budaya Betawi di Yayasan Rumah Sinergi Indonesia

10.37905/aksara.8.2.759-768.2022



Abstract views : 99

Ayoeningsih Dyah Woelandhary, Gilang Cempaka, Iyus Wiadi, Ira Samri

PDF
759-768

Pengaruh Psikoedukasi Self Efficacy Terhadap Perencanaan Karir Pada Mahasiswa Di Universitas Negeri Makassar

10.37905/aksara.8.2.769-778.2022



Abstract views : 169

Novita Maulidya Jalal, Muhrajan Piara, Izazi Husna Jufri, Rini Budi Astuti, Rizka Ayu Ananda, Rita Patiung, Silviani Rindi Bunga

PDF
769-778

Pengaruh Kreativitas Guru Terhadap Hasil Belajar Siswa Sekolah Dasar di Kota Gorontalo

10.37905/aksara.8.2.779-784.2022



Abstract views : 150

Haris Mahmud, Isnanto Isnanto, Jumriati Sugeha

PDF
779-784

Menulis Kalimat Sederhana Melalui Impelemntasi Model Snowball Throwing Pada Siswa Kelas II SDN 11 Limboto Barat Kabupaten Gorontalo

10.37905/aksara.8.2.785-794.2022



Abstract views : 124

Evi Hasim, Meylan Saleh

PDF
785-794

Kemampuan Membaca Kalimat Sederhana Dalam Bahasa Daerah Gorontalo Melalui Model Make A Match Pada Siswa Kelas I SDN 3 Kota Barat

10.37905/aksara.8.2.795-802.2022



Abstract views : 82

Dajani Suleman, Ratnarti Pahrun, Nur Afni Adalay

PDF
795-802

Hubungan Antara Kemampuan Awal Matematika Dengan Hasil Belajar Siswa Kelas 5 SDN 08 Paguyaman

10.37905/aksara.8.2.803-808.2022



Abstract views : 97

Ismail Pioke, Samsiar Rivai, Widi Candika Pakaya, Nurliyanti Abdullatif

PDF
803-808

Pengaruh Strategi Ketangguhan Mental Terhadap Motivasi Berprestasi Atlet

10.37905/aksara.8.2.809-814.2022



Abstract views : 141

Novita Maulidya Jalal, Rizqi Amaliah, Rieska Cendra Ayu Wardhani, Rifqah Rifqah, Fadhel Muhammad, Muhammad Fadhil Ajra

PDF
809-814

[AUTHOR GUIDELINES](#)

[FOCUS & SCOPE](#)

[EDITORIAL TEAM](#)

[REVIEWERS](#)

[REVIEW PROCESS](#)

[PUBLICATION ETHICS](#)

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CURRENT ISSUE

ATOM	1.0
RSS	2.0
RSS	1.0

KEYWORDS

Augmented Reality **Hasil Belajar Hasil Belajar Siswa Kompetensi Guru, RPP, Bimbingan Berkelanjutan Kompetensi Pedagogik Lokasi Pemasangan, Flebitis, Pasien, Terpasang infus Mikrobiologi lingkungan Model Pembelajaran Online learning, student personality Pemahaman Belajar, Metode Simulasi Penggunaan, Model, Pembelajaran, Pemahaman Konsep, Belajar Siswa Sistem Pengendalian Internal, Akuntansi Forensik, Fraud, Pencegahan Secara Dini Virtual Reality batik kreatif, teknik transfer warna, ketrampilan membuat, elemen penunjang interior budaya lokal, teks deskripsi, teks eksposisi, teks prosedural, industri kreatif cerpen derivative affixes, morphosyntax, prefixes, confixes, suffixes kemampuan menulis naskah drama microalgae praktikum jarak jauh**

INFORMATION

- » [For Readers](#)
- » [For Authors](#)
- » [For Librarians](#)

FONT SIZE



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[Google Scholar](#)

[Pemanfaatan Limbah Serbuk Kayu Dengan Tema Kearifan Lokal Budaya Betawi di Yayasan Rumah Sinergi Indonesia](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#)
2022 741-750

📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\): January](#)

📅 2022 📄 DOI: [10.37905/aksara.8.1.741-750.2022](#) 🏆 [Accred : Sinta 4](#)

[Wastra Kreatif: Sosialisasi Dan Pelatihan Teknik Cabut Warna](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#)
2022 1011-1022

📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 2 \(2022\): May](#)

📅 2022 📄 DOI: [10.37905/aksara.8.2.1011-1022.2022](#) 🏆 [Accred : Sinta 4](#)

[Pengaruh Supervisi dan Peran Kepala Sekolah Terhadap Kinerja Mengajar Guru SD Negeri di Kecamatan Rumbai Pesisir](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#)
2022 75-86

📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\): January](#)

📅 2022 📄 DOI: [10.37905/aksara.8.1.75-86.2022](#) 🏆 [Accred : Sinta 4](#)

[Penerapan Supervisi Klinis Dalam Upaya Meningkatkan Kemampuan Guru Mengajar Tematik Kurikulum 2013 Di SDN No.65 Kota Timur Tahun Pelajaran 2018/2019](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#)
2022 237-248

📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\): January](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.237-248.2022](https://doi.org/10.37905/aksara.8.1.237-248.2022) 🏆 Accred : Sinta 4

[Upaya Meningkatkan Minat Belajar Ekonomi Menggunakan Media Bahan Ajar Pada Siswa Kelas XI MA Al-Khairaat Buntulia](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#) 📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\); January 2022 389-394](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.389-394.2022](https://doi.org/10.37905/aksara.8.1.389-394.2022) 🏆 Accred : Sinta 4

[Praktik Pelatihan Foto Produk Untuk Kinerja Pemasaran Produk Pada Usaha Mahasiswa Fakultas Ilmu Sosial Dan Ilmu Politik Universitas Diponegoro](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#) 📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\); January 2022 563-568](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.563-568.2022](https://doi.org/10.37905/aksara.8.1.563-568.2022) 🏆 Accred : Sinta 4

[Description Of Error Use Of Indonesian Speaking In Stories Completed Of Elementary School Students](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#) 📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\); January 2022 19-30](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.19-30.2022](https://doi.org/10.37905/aksara.8.1.19-30.2022) 🏆 Accred : Sinta 4

[The Vibrant of Harmony](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#) 📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\); January 2022 187-194](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.187-194.2022](https://doi.org/10.37905/aksara.8.1.187-194.2022) 🏆 Accred : Sinta 4

[Peningkatan Aktivitas dan Hasil Belajar Ekonomi Kelas XI IPS 1 Melalui Penerapan Metode Snowball Throwing SMA Negeri 1 Paguat Tahun Pelajaran 2019/2020](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#) 📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\); January 2022 349-362](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.349-362.2022](https://doi.org/10.37905/aksara.8.1.349-362.2022) 🏆 Accred : Sinta 4

[Penerapan Blended Learning Menggunakan Media Youtube Podcast dengan Melibatkan Birokrat dan Praktisi Pendidikan Nonformal dalam Meningkatkan Hasil Belajar Mahasiswa Program Studi Pendidikan Nonformal](#)

[Magister Pendidikan Nonformal Pascasarjana Universitas Negeri Gorontalo](#) 📖 [Aksara: Jurnal Ilmu Pendidikan Nonformal Vol 8, No 1 \(2022\); January 2022 503-512](#)

📅 2022 🗨️ DOI: [10.37905/aksara.8.1.503-512.2022](https://doi.org/10.37905/aksara.8.1.503-512.2022) 🏆 Accred : Sinta 4

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Visual Expression of Insight Through Nature

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Abstrak

Alam menginspirasi seniman, yang dieksplorasi melalui ungkapan visual menggunakan berbagai media dan teknik dalam proses kreatifnya. Ungkapan visual yang merespresentasikan tentang alam mengusung suasana tenang. Penciptaan ini bertujuan untuk mengetahui cara menyampaikan ketenangan melalui karya kepada apresiator seni. Manfaat penciptaan ini bagi perkembangan masyarakat adalah dapat menimbulkan "efek reflektif". Metode penciptaan seni ini menggunakan metode eksploratif dan deskriptif kualitatif. Proses pengumpulan data melalui studi pustaka. Hasil dari proses penciptaan seni adalah 4 karya yang mengusung tema ketenangan batin menggunakan cat minyak di atas kanvas berukuran 60 x 60 cm. Didominasi oleh komposisi memusat dan asimetris. Pewarnaan menggunakan warna kontras dan campuran warna dari warna-warna tersebut. Simpulan dari penciptaan ini adalah karya-karya seni yang disampaikan oleh seniman dapat mengusung visual berupa *subject matter* awan, gunung, matahari, pohon, bulan, pantai yang disusun dengan menggunakan komposisi memusat dan asimetris, sehingga apresiator dapat menikmati rasa tenang melalui warna yang disajikan dalam visualisasi kekaryaannya ini.

Kata kunci: *Alam; batin; ekspresi visual; ketenangan; seni.*

Abstract

Nature inspires artists, who are explored through visual expression using various media and techniques in their creative process. Visual expressions that represent nature bring a calm atmosphere. This creation aims to find out how to convey serenity through works to art appreciators. The benefit of this creation for the development of society is that it can cause a "reflective effect". This art creation method uses qualitative descriptive and exploratory methods. The process of collecting data through literature study. The results of the art creation process are 4 works that carry the theme of inner peace using oil paint on canvas measuring 60 x 60 cm. Dominated by a centered and asymmetrical composition. Coloring uses contrasting colors and blends of these colors. The conclusion from this creation is that the works of art presented by the artist can carry visuals in the form of subject matter clouds, mountains, sun, trees, moon, beaches which are arranged using concentrated and asymmetrical compositions, so that the appreciator can enjoy a sense of calm through the colors presented in the image. visualization of this work.

Keywords: *Art; calm; inner; natural; visual expression.*



INTRODUCTION

Paintings on the walls of prehistoric caves are a record of how for the first time humans expressed their expressions in the form of images (Arifian 2017; Kleiner 2014; Marder 2019). Furthermore, various events that occur in nature are manifested in the form of images, bison are running, and other objects are made to overlap each other without considering the element of gravity (Aceto et al. 2019; Arifian 2017; Dewi 2020). Throughout history, nature has played a major role as a source of inspiration for musicians and visual artists (Balik and Balik Lökçe 2019). Returning to prehistoric cave paintings in Lascaux, France, or even the Grand Canyon Suite composed by Grofe, nature has always been and will always be a driving force of creative inspiration (Abd Rahman, Ismail, and Abdul Rahim 2020; Iswandi 2016). Things in nature are real references that humans use all the time (Sugiharto and Isnanta 2019). Along with the development of time, some artists carry the idea of creation by expressing their inner condition or the influence of nature that makes the mood calm. (Alashari and Bahru n.d.; Earnshaw 2017). One of the most extraordinary artists who ever lived, Henry Matisse once said: “An artist must possess Nature. He has to identify himself with his rhythm, with an effort that will prepare the mastery that will later allow him to express himself in his language.” (Kleiner 2014).

Although Vincent van Gogh only sold one painting in his lifetime, he could bring aspects of nature, such as simple flowers, into his paintings. One such piece of art, *Iris*, is particularly impressive with its almost surreal flower life. Monet is one of the world's greatest artists who draws inspiration from nature. His series of paintings entitled *Lilies* is a beautiful work of shadow, light, and water and depicts his garden in France. Monet's flowers were one of the main focuses of his work for the last 30 years of his life, perfectly illustrating how much influence the beauty of nature around us has on an artist's imagination (Balik and Balik Lökçe 2019; Marder 2019; Wijaya, Pandanwangi, and Dewi 2021). Fine art also comes from nature literally. In addition to providing endless inspiration, many of the media that artists use to create artworks such as wood, charcoal, clay, graphite, and water, are all products of nature. Artists use nature to create their work (Alya 2021; Zhang and Candy 2006). The way the cave dwellers made paint to document and draw on their walls was essentially the same process used today. Without this element of nature, one does not need the tools to think about creating works of art (Wolverton 2016).

Although the world is becoming more technology-driven by the minute, few things can inspire artistic brilliance as much as nature (Happonen 2015; Santosa, Janette Kiara Zerlinda; Pandanwangi 2020; Sonntag-Öström et al. 2015). From a single rose petal tumbling slowly to the ground to a mighty eagle swooping down on its prey, countless natural phenomena will continue to fascinate and provide inspiration for some of the most famous works of art the world has ever seen (Steele 2020). Nature has an atmosphere in presenting a comfortable, calm atmosphere, which has implications for peace in one's mind (Rachmat and Safitri n.d.). Especially natural conditions that are still beautiful, not yet crowded, will create a feeling of calm because of the quiet situation away from the crowds of urban areas (Pramana and Irfansyah 2019; Yupardhi and Noorwatha 2019). Some people also get more peace at night than in the morning, but there is also the opposite. This situation causes the illusion as if an individual is being distanced from the various problems he is experiencing. Nature teaches an individual how to love, care for



and care for the gifts of the Creator so that its sustainability can be maintained and can provide benefits to humans.

Nature reminds humans to rest when tired, enjoy every breath, and be grateful for everything that happens. So that the life that a person lives will ultimately be more meaningful and can be a blessing to others and the surrounding environment (Hautala and Ibert 2018; Pálsdóttir et al. 2018). The natural atmosphere that is calm, comfortable, which has an impact on one's inner peace, has not been responded to by many artists, therefore the author considers it important to be able to respond to this by expressing through the media works of art that can convey messages to the wider community (Hautala and Ibert 2018; McKay and Sappa 2020; Reading 2015). Based on the above background, the formulation of the problem in this creation is the concept that was initiated from inner peace through the natural surroundings and what kind of visualization of creation is initiated from inner calm through the natural surroundings.

The goal to be achieved through this writing is to gain reflection on the concepts that underlie the creation of art that begins with inner peace through the natural surroundings and produces innovative visualizations of creations initiated from inner peace through the natural surroundings. The benefit of this creation is community development, this work raises questions for the appreciators, thus sparking discussion about this work. This work expresses expression, manifestation, represent from the artist's personal experience. Can cause a “reflective effect” on society both visually and spiritually/psychically. So the impact will build a certain value for society. There are two initial concepts of creation, Natural Phenomena as a Source of Inspiration for Painting Creation (Sukirno 2009) and Enchantment of Nature as Painting Creation (Pangestika 2017).

METHOD

The method used is descriptive qualitative aimed at analyzing and describing the data obtained from various references and literature studies and then analyzed. The technique used in collecting data is a literature study. The stages in this creation process are:



Figure 1. Creation Framework Chart (Source: Authors, 2022)

Based on chart 1, can be described at the beginning of the creation process, the author made observations of the atmosphere of tranquility through the natural surroundings. Then after making observations the author tries to make several alternative sketches that represent the appearance of nature. The sketches that have been made undergo further selection and then are transferred to the canvas area and colored using oil paints. In the last stage, the author completes the work by adding a border to each object in the work. The artwork consists of 4 works that carry the theme of inner peace using oil paint on canvas measuring 60 x 60 cm. The composition of the 4 works is dominated by a center and asymmetrical composition. Coloring is dominated by using cheerful and contrasting colors.

RESULTS AND DISCUSSION

Results

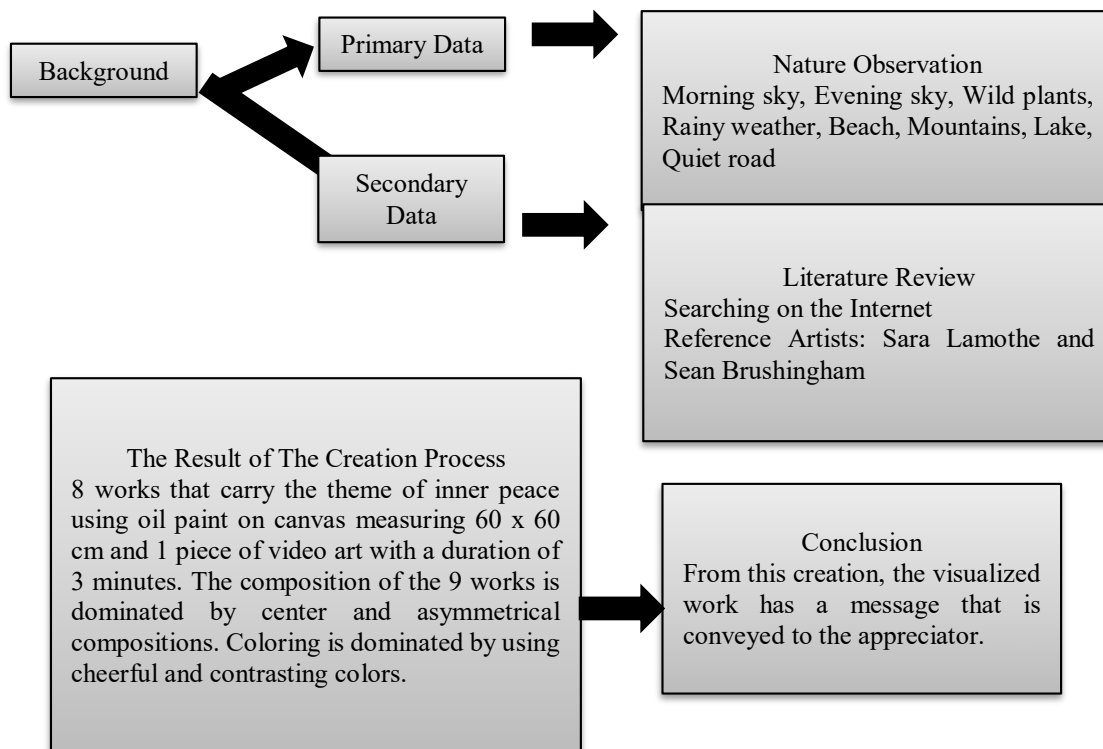


Figure 2. Creation Framework Chart (Source: Authors, 2022)

Discussion

Natural Conditions That Show Calm

Nature has a wide variety of phenomena and appearances, both recognized in a small scope and through a wider scope. Every environmental condition around humans can be said to be part of nature, even humans themselves are also part of it. Most people understand nature as natural life that has not been exposed to human intervention, such as the open nature, plants, animals, and other environmental components. But actually, nature also includes the smallest elements of life contained in the environment around a person. Nature can indirectly provide various impacts in life, whether beneficial or not, besides that human actions can also have an impact on nature, this is what is called a reciprocal relationship.

Along with the development of various inventions and human progress as well as the changing times, the relationship between humans and nature is getting more and more tenuous. Humans create various artificial inventions that may help facilitate their daily activities, but instead, harm the sustainability of the natural surroundings. Many green lands are being destroyed for the construction of factories, settlements, or other buildings, not only that, but various human activities also cause pollution to the environment. Humans are increasingly greedy and only care about their egotism, regardless of what happens to the nature around them. It is getting harder and harder to find an environment that is still well-maintained.



Regardless of human bad behavior, no matter how small the natural elements around us always offer various positive impacts, both direct and indirect benefits. In addition to bringing out the aspect of natural beauty, nature also offers its reflective feeling to humans. This is often not realized by someone if the individual does not pay attention and understand deeply the existence of other life around him. An individual may take a moment to walk for some time in the neighborhood where he lives and find deep serenity just by gazing at the clear morning sky. With the sun still hidden behind the clouds so that the rays feel warm and not scorching hot like in the daytime.

Only by doing small things wholeheartedly, humans can find healing, comfort, and inner peace. The serenity obtained from nature itself has a variety of appearances and different atmospheres. A person can get this calm based on his feeling condition, the events he experienced, and also his interest in certain things. Tranquility itself relates to a situation of silence, which is synonymous with a location that is not crowded with most people. Different individuals can also find different calm, where one person finds peace more in the morning, and the other at night. Then the notion of serenity caused by nature will be felt differently by each person.

Appropriate Working Media

In realizing the visual serenity of the surrounding nature in the media for creating art, various media can be an appropriate choice. Considerations that should be taken into account are the ability of the media to convey the essence of serenity, the materials used in making the media, the size of the media, as well as the quality of the media used. These aspects will greatly affect the success of conveying the meaning contained in a work of art. When determining the media to work with, the author also considers the abilities and techniques mastered by the author so that they can complement each other with the media that has been determined. The essence of serenity itself can be found and expressed through various choices of creative media. Media works that are under the value of calm are media that can slowly convey the meaning of the work as a whole. The media chosen is not too dominating or creates the impression of not understanding the meaning of the work to be conveyed.

The media should be in the form of objects that do not imply a certain meaning or can change when given the addition of components so that they can contain a whole new meaning. The media used serves as a support that can strengthen the visualization of tranquility obtained through the natural surroundings. Various kinds of creative media are made or have very diverse materials, as well as varied dimensions. In two-dimensional works of art, paper, cloth, glass, and other materials have flat surfaces. Meanwhile, in three-dimensional works of art, there are more kinds of materials used, not only in three-dimensional works, but in two-dimensional works the materials used may experience a combined use if they can better support the creation of a work of art. In creating the theme of tranquility this time, the author uses two-dimensional media, namely canvas with a rectangular spanram. The choice of canvas material is due to its surface properties that are suitable for the application of various types of paint and can provide a strong color appearance for works of art.

The author chooses two-dimensional work media because of its nature which is in line with the value of tranquility itself. Artwork in the form of two dimensions does not require art appreciators to directly pay attention and interact with it, but will slowly attract



the attention of the audience. Two-dimensional works of art require full awareness and further understanding of the art appreciator, which will later cause certain psychological effects on him. In addition, the visuals presented by the two-dimensional works will raise more questions in one's mind, so that they can start a discussion regarding the artwork that was created.

The next important thing in choosing media for creating the theme of calm is determining the size of the work. In determining the size of the media the author considers several possibilities and translations of the meaning of calm itself. The choice of working media with large size will cause its uproar effect, while in the value of calm everything is conveyed slowly, subtly, and simply. Meanwhile, if the size of the selected work media is too small, it can cause the impression of being confined which is contrary to the value of calm. So, to bridge the two possibilities, the writer determines the use of medium-sized media, neither too big nor too small.

Regarding the quality of the working media used, it is better to go through several considerations such as how long the media used can last, then whether the selected media works are safe to be accessed by various age groups of art appreciators, then also whether the selected media is strong enough to be in various exhibition conditions, such as indoors, outdoors, when exposed to sunlight or rain. In general, the quality of the working media will be seen over time, it is difficult to recognize if the age of an artwork is still quite new, but the resilience of the quality of the selected media will later be seen in works of art that can last for several months or even years.

Colors that Go with the Atmosphere of Tranquility

Color is one of the elements that make up a work of art that has a very important role in building the characteristics of a work. Color helps to give certain properties to an object and also gives identity so that certain objects can be identified. Only with different color choices, a work will have a different meaning. There are three main color groups, namely primary colors, secondary colors, and tertiary colors. Primary colors are the main colors that have not been mixed at all, including red, blue, yellow, black, and white. While secondary colors are a mixture of primary colors, tertiary colors are mixing of secondary colors.

In addition to being classified based on their mixing, colors can also be recognized from their properties and the specific meanings contained therein. For example, the color red tends to be strong, brave, bright, and passionate and gives a sign of something. While the white color is shady, pure, and neutral. Colors can also be grouped by temperature, there are cool colors like blue, purple, cream, and also hot colors like red, orange, brown, and many more. Colors can still be classified into several other groups, including dark colors, light colors, neutral colors, neon colors, pastel colors, and other types of colors.

Because serenity can cover various kinds of natural surroundings and different atmospheres, then in the creation will use several different colors. However, in the creation of this art, the author will give a mixture of white for each color used to give a soft impression. So that the color chosen in the work is in line with the calmness of the author, the author will use shady colors, both dark colors and light colors. The color that the author will avoid in creating the essence of serenity in his work is the use of hot colors



and bright colors that create an atmosphere of panic and anxiety. By determining the use of color in such a way, the color chosen will be in line with the delivery of the meaning of calm in the work.

Composition Reflecting Serenity

When setting the placement of objects depicted in a work of art, of course, the artist always has certain options, the placement of objects and the determination of the size of the comparison of the size of the object with other objects and this image area is recognized as composition. Composition serves to provide a balanced and aesthetically pleasing arrangement so that it adds visual value to a work of art. In addition, the composition also helps to show the focal point in the work or the main focus of the work, so that the audience can immediately recognize important objects in the artwork. Composition is important because composition can participate in building the meaning to be conveyed by work and composition creates a certain atmosphere in the work of art.

Several compositions reflect the essence of serenity, among others, placing objects at the corners of the image plane, placing objects in the center of the image plane, and placing objects at the bottom of the image plane. First of all, the author adheres to several important things that need to be considered so that the composition created remains in line with the value of tranquility itself. Placement of objects should not overcrowd the image area, use excessive repetition of objects to produce a collection of objects in the image area, use various objects that are too diverse in shape and type because it will create a lively atmosphere that eliminates the essence of tranquility.

For the placement of objects at the corner of the image field, it can be done by placing the object in one or several corners by providing space in the middle and between objects. As for the placement of objects in the center of the image field, efforts are made not to be too centered on the center as a whole but slightly spaced and spread out between each object. And by giving space on the side of the image so that it doesn't give the impression of being too dominant. For placing objects at the bottom of the image plane, you can position objects at the very bottom of the field and reduce the intensity of the object collection when it shifts to the top of the image plane. So that space is created automatically at the top of the field.

Conveying Serenity through Artwork

When you want to convey the value of tranquility obtained from the natural surroundings into the form of a work of art, the author must understand and consider various supporting things. First of all, the writer must understand what the surrounding natural conditions convey an atmosphere of tranquility. Pay attention to the slightest possibilities related to the essence of serenity and carry out deeper appreciation in order to capture the sounds of nature. It should be understood that the situation of calm is influenced by several factors inside and outside a person, so that everyone will experience calm in different circumstances.

Then the selection of creative media that can support the delivery of the meaning of serenity, both the dimensions and the constituent materials, the size of the work following the calm, and also the quality and resilience of the working media. The important point that needs to be kept in mind is that the selected media should not be too



domineering, and can be further processed to help convey the meaning of the created work so that the essence of serenity will be conveyed slowly and gradually to art appreciators. Then another important part is paying attention to the use of color and composition in creation. Colors that match the value of calm are shady colors, with the application of colors that are not too diverse. Also, the composition of objects in the image area pays attention to the provision of more space so as not to create the impression of being too crowded which eliminates the essence of tranquility itself.

Work 1 Analysis

This first creation was motivated by the feelings experienced by the author when looking at the atmosphere of the morning sky. After a person unwinds through a fairly long night's sleep, it doesn't feel like a new morning has been welcomed so that humans can resume their activities. It is undeniable that the emergence of feelings of lack of enthusiasm in the morning and fatigue from the previous day can still carry over when an individual is about to start a new day. To deal with this problem, one can get up early and take a minute to walk around his house. The atmosphere in the morning with cool air, roads that are still not crowded with people and vehicles, and the accompaniment of the sound of chirping birds can create their peace in one's mind.



Figure 3. Morning Sky (Source: Janette Kiara Zerlinda Santosa, 2022)

The appearance of various situations in the morning such as the blue sky that stretches wide, the clouds that line up filling the space in the sky, and the sun that has not yet fully risen became the author's idea to create this first work. In this work there is a line element on each object in the form of a thick black border, the shape shown tends to use a strongly curved shape. The element of space looks quite spread around the object, the colors used include blue, white, yellow, and black on the outline, this work conveys the value of calmness in the atmosphere of the morning sky. The principle of balance is



very visible in the work through objects that are placed evenly on each edge of the image plane. The elements, principles, and objects in this work depict the sun, clouds, birds, and the sky, which can be recognized from the shape and coloring of each object. The meaning and value obtained from the visuals of this work are the shady conditions in the morning indicated by the clouds clustered with the sun not yet feeling hot and the birds chirping and flying conveying the serenity of the morning atmosphere. This work was created by depicting a simple form, using attractive colors, and arranging a balanced composition so that the appreciator can understand the purpose of the creation.

Work 2 Analysis

The second creation is motivated by the feelings experienced by the author when looking at the atmosphere of the night sky. In his daily life, from waking up in the morning until late at night, a person is busy with various activities, from small things to works of art that drain energy.



Figure 4. Night Sky (Source: Janette Kiara Zerlinda Santosa, 2022)

The day lived by an individual may take place smoothly and pleasantly or as ordinary as other days, even unsatisfactory or tiring. When a person takes the time to take a break from all his busyness and decides to enjoy every breath, that individual has the opportunity to enjoy the atmosphere of the evening. A person can only see the conditions at night through the window from inside the room or out for a moment from the house. The atmosphere at night with the lighting of several street lamps, a deserted road because most of the people have fallen asleep, and the sound of vehicles passing in the distance can create their peace in one's mind. The appearance of various situations at night such as the moon and stars that adorn the night sky, as well as the dark sky that stretches widely became the author's idea to create this second work.



In this work, there are line elements on each object in the form of several thick edges and some thin black lines, the shapes shown tend to use a strongly curved shape. The element of space looks quite spread around the object, the colors used include blue, white, yellow, and black on the outline, the use of blue on the background with a gradation technique from dark to light, this work conveys the value of serenity in the atmosphere of the night sky. The principle of balance is very visible in the work through objects that are placed evenly on each edge and in the middle of the image plane. The elements, principles, and objects in this work depict the crescent moon, clouds, stars, and the sky, which can be recognized from the shape and coloring of each object. The meaning and value obtained from the visuals of this work is the calm condition at night indicated by the moon which is half covered in clouds, the scattered stars convey the tranquility of the night atmosphere. This work was created by depicting a simple form, using attractive colors, and arranging a balanced composition so that the appreciator can understand the purpose of the creation.

Work 3 Analysis

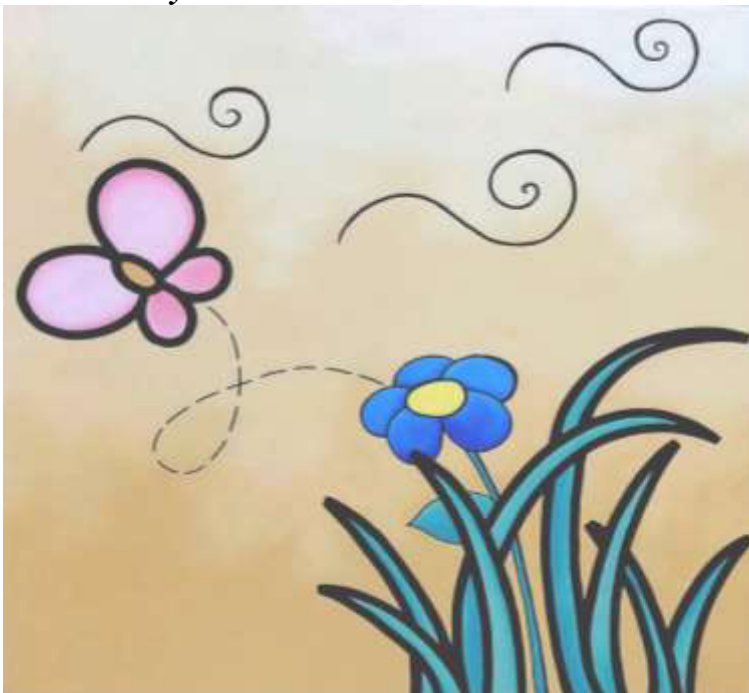


Figure 5. Dancing Grass (Source: Janette Kiara Zerlinda Santosa, 2022)

This third creation is motivated by the feelings the author experiences when looking at the grass in the wind. Various beauties of the natural surroundings can be found by humans through the slightest life. Nature that lives by itself, with the help of the creator, still struggles to live even though it is placed in various obstacles. Grass can grow in various places with various weather conditions, even grass is often found growing from between rocks or roads made by humans. The grass is an example of wildlife that can continue to grow only with the help of sunlight and rain and develop into larger bushes with growing bodies. The appearance of several groups of grass being blown by the wind, as well as thriving on the paths that have been made by humans can cause a certain peace

in one's mind. The appearance of sunlight shining on groups of grass, butterflies flying past, and grass swaying in the wind became the author's idea to create this third work.

In this work, there are line elements in each object in the form of several thick lines, some thin black lines, broken lines, and curved lines in the form of spirals, the shapes are shown tend to use strictly curved shapes. The element of space looks quite spread around the object, the colors used include blue, white, yellow, green, pink, and black on the outline, the use of yellow mixed with white and ocher on the background with a gradation technique from light to dark, works of art it conveys the value of serene atmosphere of life and wild plants. The principle of balance is very visible in the work through objects that are placed evenly on the edges and in the middle of the image plane. The elements, principles, and objects contained in this work depict grass, flowers, butterflies, and the blowing wind, which can be recognized from the shape and coloring of each object. The meaning and value obtained from the visuals of this work is the calm state during the day indicated by the grass swaying in the wind, the flying butterflies conveying the serenity of the atmosphere of life and wild plants. This work was created by depicting a simple form, using attractive colors, and arranging a balanced composition so that the appreciator can understand the purpose of the creation.

Work 4 Analysis



Figure 6. Rain Symphony (Source: Janette Kiara Zerlinda Santosa, 2022)

This fourth creation is motivated by the feelings experienced by the author when it rains. In this beloved country as is known to the public, it only has two seasons, namely summer and rainy season. Without humans noticing these two seasons continuously take turns filling the atmosphere every day. Each season has a positive or negative impact, it



also depends on each person who of course has different activities. A mother who is washing clothes and drying her laundry, of course, needs a sunny day for her clothes to dry, in contrast to the interests of a farmer who hopes for rain so that the plants in his garden can thrive. The atmosphere of rain with wet and humid air, the sound of raindrops falling on roof tiles and water pipes, as well as puddles of water flowing to a certain place can create its peace in one's mind.

The appearance of various situations when it rains, such as leaves and grass wetted with raindrops, the sound of rain dripping slowly or roaring, and puddles of water that appear on the ground is the author's idea to create this fourth work. In this work, there are line elements in each object in the form of several thick edges, some thin black lines, broken lines, and the shapes shown tend to use strictly curved shapes. The element of space looks quite spread around the object, the colors used include blue, white, brown, green, and black on the outline, the use of gray mixed with white on the background with a gradation technique from light to dark, this work conveys rain calmness value.

The principle of balance is very visible in the work through objects that are placed evenly on the edges and in the middle of the image plane. The elements, principles, and objects in this work depict puddles of water, raindrops, grass, and mushrooms, which can be recognized from the shape and coloring of each object. The meaning and value obtained from the visuals of this work is a calm state when it rains indicated by water drops in the form of broken lines, puddles that arise, wild plants being flooded, the gray background conveys a calm atmosphere when it rains. This work was created by depicting a simple form, using attractive colors, and arranging a balanced composition so that the appreciator can understand the purpose of the creation.

CONCLUSION

The environment around human life is part of nature, humans themselves are also part of nature. Nature inspires artists, who are explored through visual expression using various media and techniques in their creative process. Visual expressions that represent nature bring a calm atmosphere. Nature provides many benefits and inspiration for the development of various fields controlled by humans, including the arts. In addition to being a source of ideas for an artist to work on, nature is also useful as a medium for creating art. With its various visual appearances, nature can convey an atmosphere of calm indirectly to humans.

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