Designing Educational Media about the Inner Child for Adolescents Using Digital Illustrated Books

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ABSTRACT
Mental health issues are getting more attention since more people open themselves on social media related to psychological problems they experience. The problems they face are likely past traumas that carry over into adulthood. This paper is about designing an illustrated e-book that discusses the inner child or "little child" that exists in every human being. The design method used is The Design Method introduced by Eric Karjoluoto. The design process consists of four stages, namely discovery, planning, creativity, and application. Concept development using the 5W+1H technique. The result of the design is a concise, lightweight format e-book, consisting of 26 pages. The book outlines the Prologue – Characteristics of a wounded Inner child – Transition – How to heal a wounded Inner child – Conclusion – Transition – hook. The arrangement of book content aims to provide knowledge about what the inner child is, and what makes the inner child.

1. Introduction

The World Human Organization (WHO) has defined health as a state of overall well-being that includes physical, mental, and social aspects. Health not only refers to the absence of disease or weakness but also includes mental health that needs to be maintained properly to achieve optimal health. This definition emphasizes the importance of mental aspects in human well-being. Globalization, as a phenomenon that is increasingly difficult to avoid, according to Hanik Endang Nihayati (Akbar, 2023) also has a significant impact. The challenge in building mental resilience and mental well-being is increasing. According to him, maintaining mental health is the main key to enabling individuals to be themselves, encouraging positive social interaction, creating a positive impact, and of course, promoting optimistic thinking.

Based on Ali (2004) in Pratama (Pratama & Yasa, 2020) the living conditions of adolescents in the future need special attention in terms of mental health because the dynamics of their lives will be affected by technological developments and global currents that are difficult or impossible to contain, hinting that the next life will be a complicated choice requirement. Data from The Conversation Indonesia (Fisher et al., 2018) that in 2018 mental health problems were a significant problem in Indonesia. About 185 out of 1,000 adults face mental health problems. It also extends to young people, with about 140 out of 1,000 adolescents under the age of 15 and 104 out of 1,000 children aged 5 to 14 facing similar problems. This figure illustrates that mental health problems do not look at age, and it is important to give limited serious attention.

Adolescence is an important period in an individual's life, during which the transition from childhood to adulthood occurs. This is a stressful phase and significant changes. At this time according to Dewi (Dewi, 2021), individuals are expected to make their own decisions, which will ultimately shape their character and personality as adults. Decisions made as teenagers also affect social interactions and the way individuals are judged by others. During the course of development, individuals make various decisions in their lives, so that they eventually shape their character and mindset as adults. The way individuals behave and behave toward others also determines how others judge them. Even when it reaches adulthood, the inner child, which is the part of the self that responds like a child, still has an important role in shaping attitudes and decision-making.

The inner child is a significant concept in this context. Inner child refers to aspects of the personality that maintain childlike reactions and attitudes, even as the individual matures. In accordance with research by Whitfield quoted in (Laela & Rohmah, 2021) every human being has an Inner Child, which is a part of the human self that still carries traits and emotions from his childhood, including positive and negative. The inner child is formed based on childhood experiences and has a significant influence on an individual's behavior and decisions as an adult. This inner child is not only related to past mistakes, but can also be a source of strength in facing current challenges.

According to psychologist Ikhsan Bella Persada in Laela (Laela & Rohmah, 2021) the inner child can be injured and reopened if not overcome as soon as possible will cause or cause problems in the future. This problem needs to be controlled and fixed from now on before it becomes an old grudge.

Inner child has a close meaning to the term inner wound. Psychological science groups several terms that have the same meaning with mental wounds such as trauma, primal wound, unfinished business. The inner child's condition can affect an individual's mental health. Unsupportive childhood experiences, such as a sense of aloneness, fear, or lack of affection from parents or the surrounding environment as specified by Laela & Rohmah (Laela & Rohmah, 2021) can produce feelings of insecurity and anxiety as adults. Conversely, loving and supportive childhood experiences will provide a sense of security and confidence as an adult.

According to the guidelines of Selawati Dewi (Selawati Dewi, 2020)), several things can be done to heal the injured inner child, including; 1) Being aware of the existence of the inner child, 2) Listen to the inner child, and communicate with him, 3) Multiply reflection and self-calm, and 4) Seek more professional help, however, the concept of inner child is not yet fully understood by society, especially adolescents. They may not realize how the inner child can be hurt and affect mental health. Therefore, education about the inner child is important.

In addressing the aforementioned issues, there is a discernible need for a compelling medium to facilitate individuals in coping with the challenge of limited access to information regarding stress and mental health. This medium should be particularly effective in introducing the concept of stress to adolescents. In Pratama (Pratama & Yasa, 2020) suggests that, for adolescent audiences, educational materials concerning mental health concerns are most effectively conveyed through illustrated books. This is attributed to the fact that adolescents, who may initially lack a comprehensive understanding of their experiences, can benefit from the transfer of such content to the medium of illustrated books. This transfer offers a more reliable and structured approach compared to the information often encountered on social media or in their immediate surroundings.

The selection of illustrated books for educational media according to Fajrin,. et.al (Hidayat et al., 2012) Education can be done through various media, including digital media and print media. Print media that are often encountered are books. A books function mentioned by (Alwi, 2003) can contain more information than other media, making them an effective source of information. In addition, books equipped with illustrations can help convey information more easily to readers

According to Djogo (Djogo et al., 2020), an illustrated book is a book that visually represents the content it conveys, making it easier for readers to comprehend. Instead of lengthy descriptive sentences,

illustrations provide a detailed breakdown of objects, systems, or processes within the book's content, enhancing clarity and understanding. As per Shulevitz (1985) in Gilang, et al.(Gilang et al., 2017), illustrations in books serve three distinct purposes: (1) photos or paintings that support content comprehension, (2) decorative drawings, designs, or diagrams for cover embellishment, and (3) additional examples to further elucidate the written presentation. The advantages of using illustrated books as educational tools, as explained in the illustration book research as a means to convey Kemar Island folklore by Enggo & Mahardika(Enggo & Mahardika, 2022), choose illustrated books as a medium to bring information closer to the community effectively and in detail. In addition, illustrated books have a good range of use, so the book will remain relevant and readable by various groups. Research conducted by Pratama & Yasa (Pratama & Yasa, 2020) confirms that illustrated books are an ideal choice when addressed to adolescent audiences.

The research findings demonstrate that opting for illustrated books, particularly for teenagers in Lombok, presents a novel avenue for adolescents to grasp the concept of stress and address the dearth of engaging information sources to peruse. Psychologically appealing images or illustrations can instill feelings of happiness and delight in readers. This positive emotional response offers solace to readers and encourages them to delve into the informational content of the book.

The role of images or illustrations in books in creating feelings of comfort and other positivity is in accordance with the concept elaborated by Milly R. Sonneman in Hidayat, et al. (Hidayat et al., 2012)) which is referred to as "graphic facilities." Combining text with evocative and emotional images tends to be easier to understand. In other words, visual language is able to open alternative doors in the approach to books. The results showed that books will be more effective in stimulating one's understanding if they are able to bring happiness and comfortThe advantage of using illustrated books as an educational tool, as explained in research discussing illustrated books as a means to present Kemar Island folklore by Enggo & Mahardika (Enggo & Mahardika, 2022), lies in the selection of illustrated books as an effective and detailed medium in conveying information to the public. In addition, illustrated books have a long lifespan, which ensures that they will remain relevant and accessible to a wide range of people. Findings from research conducted by Pratama & Yasa (Pratama & Yasa, 2020) affirm the suitability of illustrated books when targeting adolescent readers. Their investigation demonstrates that, particularly within the context of adolescents in Lombok, illustrated books can serve as a valuable resource for comprehending the concept of stress and mitigating the dearth of engaging informational materials. On a psychological level, captivating images or illustrations can evoke feelings of happiness and delight in readers. These positive emotions not only provide comfort but also kindle readers' interest in exploring the informational value contained within the book.

The objective of designing an illustrated e-book about the inner child is to provide a better understanding to teenagers. To enhance understanding of the inner child and encourage interest in understanding more deeply about this concept. With a better understanding of the inner child, individuals will be able to better manage their mental health and cope with the negative childhood impacts they may experience.

2. Method

The "design method" established by Eric Karjaluto will be used to create this illustrated book. According to Hananto, et.al (Hananto et al., 2020) the stages of work in Eric Karjoluoto's The Design Method is a design approach named 'The Design Method' by Eric Karjaluoto [14, pp. 40-41]. The design process is divided into four sections. The first stage, discovery, involves gathering facts and comprehending the problem through observation and analysis. The second stage is planning, which involves designers identifying needs and difficulties in order to develop a strategy and work plan. The third step is conceptual research and prospective design direction. The final stage is the application, which is where the chosen design direction is developed by conducting trials, measurements, evaluations and corrections.

The stages of design using the Design Method by Eric Karjoluoto are depicted with a more detailed chart according to the method used by Sinaga & Kusumandyoko's (Caroline et al., 2023) research with several modifications as adjustments to field conditions, the stages of work are described in the figure below.

Figure 1. The Design Method-Eric Karjoluoto

Based on the image of the chart above the details of the stages of work are as follows:

A. Discovery

It is a pre-liminary research process in the following ways :

1) Literature study

This literature study is carried out by collecting data, reading, recording, and inferring from existing data. Data gathering about the inner child is done through the internet web, books, and journals as a reference in making an illustrated e-book about the inner child. These data become initial guide that will be recommendations for designing inner child illustration e-books, especially the content and framework of the book.

2) Interview

Interview with experts to gain data validation from the previous stage is done by triangulation process with experts. Every conclusion that has been searched through the internet web and journals about the inner child is crosschecked when interviewing the expert. The interview was conducted with professionals in the field of psychology, especially child and adolescent psychology.

3) Survey

The questionnaires distribution is carried out online through Google Formular. Questions from this questionnaire revolve around knowledge of the inner- child and the audience's interest in the illustrated e-book to be created. This questionnaire will be addressed to adolescents aged 17-22 years living in big cities in Indonesia as subjects of the study. The questionnaire will be distributed via WhatsApp with snowballing techniques, and Google formular link sharing via Instagram account.

All data obtained from field research were collected and **analyzed by 5W+1H analysis**. The 5W + 1H analysis technique aims to analyze the data that has been collected to get solutions to the problems raised. The 5W+1H analysis technique consists of What, Why, Who, When, Where, and How. The results of field data analysis are used as recommendations for design concepts including determining the visual style of the mood board. This visual style concept will be applied to visual and non-visual elements in books for illustration, including the determination of the book outline/book design in content.

B. Planning

After completing the discovery stage, a design recommendation was obtained which was used as a design concept. Furthermore, at the planning stage, the preparation of visual design concepts, illustration styles, and colors that are suitable for designing illustration e-books about the inner child for adolescents.

C. Creative

The process of next stage of planning is the preparation of the framework of the book content followed by the development of illustration sketches. Next, the sketches and contents of the book are combined and arranged in a layout that matches the design concept. The result of this stage is the design of the book as a whole from the title page, opening to the content and closing.

D. Application

At this stage, an illustration e-book design application has been completed in the previous stage to be applied to promotional and socialization media, for example in digital form. The selection of promotional media is tailored to the target audience of books about the inner child, namely teenagers in Indonesia.

3. Results and Discussion

DICOVERY

The literature study produced conclusions about the definition, the initial symptoms that are the impact of an injured inner child, 6 adult characters with an injured inner child and 5 ways to heal an injured inner child. In addition to the search for references to content, at this stage benchmarks were carried out on two books that were used as references and inspiration in the design of illustrated books intended as educational media for mental health. The "Buku Minta dibanting" and "Ginger the giraffe", The picture of the book that is a reference can be seen in the picture below,

Figure 2. Illustration Books Reference

"Buku Minta dibanting" written by Rintik Sendu was published by Gramedia in 2020. The consideration of choosing a "book to be slammed" is This book talks about the feelings of everyone who is stuck in a friendship situation but falls in love with their friend This book is a reference in terms of the content framework and layout of the book. The placement of the writing given and the unique and funny illustrations depicted in the illustration e-book about the inner child to be created.

The second book titled "Ginger the Giraffe" serves as an inspiring model due to its e-book format and classification under the snack e-book category. This book, tailored for children, stands out for its clarity in illustration, depicting character interactions with precision, ensuring high readability, and conveying a relaxed ambiance. The deliberate choice of sweet and vibrant colors aligns with its intended child audience, providing a valuable reference point.

The interview was conducted through the "Halodoc" application, with speakers from Child and Adolescent Clinical Psychologist Doctor Laurentia Wahyu Prastiti S.Psi, M.Psi, Psychologist. The interview session took 45 minutes, and seven questions were asked to validate the data obtained and analyzed from literature studies. The interview concludes that the inner child is the part of us that characterizes the way we behave towards others in our daily situations, and comes from our experiences, both good and bad.

The survey was carried out by distributing questionnaires about how many adolescents have free time when attending college and how many adolescents are aware of their inner child. According to the data collected, 84.6% of adolescents are concerned with school or college, and 78.8% are unaware of their inner child.

PLANNING

The mood boards are organized using the keywords "little boy" and "dream." This keyword is derived from recommendations generated by the Discovery stage method. This is because the inner child is a part of everyone, and dreams are a world or place where anything is conceivable. Individuals also store deeply suppressed memories, phobias, or traumas in dreamland. It is in this domain that the hidden past can be discovered or examined. Dreams, which are occasionally hazy in shape, served as the inspiration for the illustrated e-book. The choice of the two terms is intended to convey how we engage with our inner kid in the dream. We (readers) enter dreamland when we fall asleep.

Figure 3. Mood board for e-Book Concept Development

E-Book Concept

The concept of an illustrated e-book about the inner child, made based on 5W+1H, namely;

What content about the introduction of inner child will be made in the media of e-book in the form of snack book. This e-book will use everyday language to suit its target audience.

Who, e-book illustration about the inner child is intended for teenagers aged 17 – 22 years. The gender of the target audience of this e-book is neutral (women and men). Psychography of target audiences are teenagers who choose mobile phones as the center of daily activities and those who are in the focus stage for college.

Why The background of making an illustrated E-book about inner child because in the age range of 17 – 22 years teenagers enter the final stage of adolescence. They are in the stage of looking for potential in themselves for the benefit of their future. Therefore, they should understand the good and bad potential they have. While referring to the understanding of the inner child, what is in them today is the result of the process of growing since they were children.

When E-book illustration about inner child is designed to be read in leisure time. Time when they are resting, vacationing, or reading before going to bed. Therefore, the book designed is included in the snack book category. This means that the reading is light and can be completed in a short time.

Where E-book illustrations about the inner child are designed to be read anywhere in their spare time. So, in terms of content, the framework of the book, and the design of the book make it easier for readers to be able to read it comfortably. The book format is directed to be designed as a digital book or e-book so that it can be accessed anywhere, one of which is on a smartphone.

How E-book illustration about inner child is designed with a font that has a relaxed image and reminiscent of the world of children. The font chosen is the type that has high readability, the language used is everyday language. The choice of illustration style and content tends to be light, not serious so

it does not really hate the reader's mind. This is an approach for the target audience of teenagers who do not like serious things as well as consideration that this book is a type of e-book with a snack book category that may be accessed during leisure and in a relaxed place.

The visual concept to be presented is similar to a night dream about someone to the kids in him. This e-book will inform readers about the inner child, the wounded inner child, the characteristics of the wounded inner child, and how to treat the wounded inner child. This e-book's ideal illustrations are naive style illustrations. The utilization of this notion seeks to give the reader the sense that they are inside their inner kid.

CREATIVE
The sketching process is carried out after the content or content of the book has been done. The stages of preparing book content start from making book shells followed by the preparation of contents per part until all book content is completed. After the outline and content are completed, followed by sketching the illustration. The outline along with its content and sketches are described in the matrix table below:

Table 1. Book outline- Content Guideline

NO	BOOK CONTENT OUTLINE	CONTENT (PAGE)
1	The inner child definition	The inner child is also the core of the personality which is formed from experiential experiences about how to act or make decisions.
2	The impact of wounded inner child to our life now	Things we get during childhood determine how we make decisions or act.
3	How people treat us in the past influence our inner child and	The role of the Inner Child in a person's adult life. Positive treatment in the past will result in a good person, respect someone, and give positive things to others.
4	Example of Wounded Inner Child.	Some he has made peace with himself and his Inner child and some have not reconciled with his Inner Child. For example, because during childhood bad children, made him treat others badly too. This example is called the Wounded Inner Child.
5	people whose inner child is hurt	Characteristics of people whose inner child is hurt generally show various problems related to trust, intimacy, always doing things carelessly, and always dependence on something.
6	Inner child reaction as a coping system	The trauma he suffered in childhood, leading him to adult life. These behaviors are a form of self-defenses from the dangers they have felt in their childhood
7	Signs of wounded inner child #01	Signs of a wounded inner child, including: scared easily
8	Signs of wounded inner child #02	Signs of a wounded inner child, including; His or her inner child is hurt, **usually afraid to build relationship, afraid to trust others**.
9	Signs of wounded inner child #03	**Not believing in yourself** Because in his childhood he felt hurt, felt that what he did was always not supported by those around him
10	Signs of wounded inner child #04	Often **feel rooted in yourself and others**. Generally caused by events of being treated badly by people around, it will

		cause feelings of guilt continuously as adults. Feeling that he is not capable of doing anything
11	Signs of wounded inner child #05	**Unstable emotions** are generally caused by the burden of too much thought, and pressured by daily life The cause is lack of love and guidance from parents.
12	Signs of wounded inner child #06	This **overly competitive attitude** is a negative attitude. For example, wanting to be more perfect, always comparing with others, and also easily giving up and despairing when others get what we want but we don't. The reason is when childhood, less get love from parents and surrounding areas
13	TRANSITITION + How to heal our wounded inner child #01	The wounded inner child, is not easily realized by a person. Actually, it can be healed, by recognizing the pain that has always been pent up or trauma during childhood. A very important role in the healing process of this wounded Inner Child is self-will, and realizing that sadness that is pent up during childhood will have a negative impact on oneself and others.
14	How to heal our wounded inner child #02	to heal from the wounded Inner Child i.e., **to listen** to the childlike side within ourselves. If we can listen to what is needed, or whatever is desired
15	How to heal our wounded inner child #03	we ourselves must **love this** part of the Inner Child, because this figure is hurting and needs affection from ourselves
16	How to heal our wounded inner child #04	It is normal **to decide consulting** with professional one.
17	Conclusion	Being reconciled to ourselves and giving genuine affection to the Inner Child can also help us to know what desires are so strong for ourselves.
18	Hook (closing)	Have we given love to our Inner Child side?

DEVELOP

This stage begins with collecting ideas and references needed to determine communication and visual strategies that later this design can be accepted and understood by the target audience. Then the strategy is as follows:

Color Pallet

The color palette, mood board selection, and visual theme have been determined. The dominant colors used in the color pallet correspond to the mood board. The color pallet also represents calmness, sadness, emptiness, and happiness as a mix of the keyword's children and dreams.

The aim of using blue color dominantly is to describe the inner child. Loneliness, grief, and emptiness are all symptoms of emotional scars from the past. Green, on the other hand, represents how mature adults show themselves as distinct people after reconciling with their inner child. The mood is upbeat, and the color green represents joy. While gloomy colors such as dark blue and black become representations of adult beings who have yet to understand their inner child. The use of vibrant hues is intended to demonstrate the distinction between adults who have understood their inner child and those who have not. The color palette is shown in the picture below,
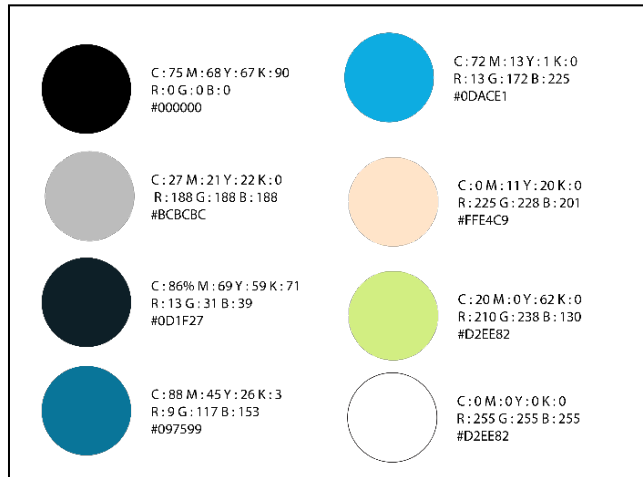
Figure 4. Color Pallete

Typography

There are several types of fonts used, but the font that is "My Kids Handwritten – Basic" font is handwritten but can still be read clearly by the reader. The purpose of choosing fonts such as handwriting so that readers can read it less rigidly, and feel relaxed. So that readers can enjoy the e-book to completion. The font color used refers to a predefined color palette. The font that uses in the comic design are shown in figure 5 below,

Figure 5. Fonts that used in the e-book illustration

Illustration Process

The process of creating this comic illustration goes through stages such as sketching, line art, coloring, After the sketch is complete, it is continued with the coloring process, adding colors that match the mood board to the sketch that has been made. This color selection and expression refers to a Predetermined mood board and visual concept. Here are the coloring results, The working process is depicted in figure 6 below,
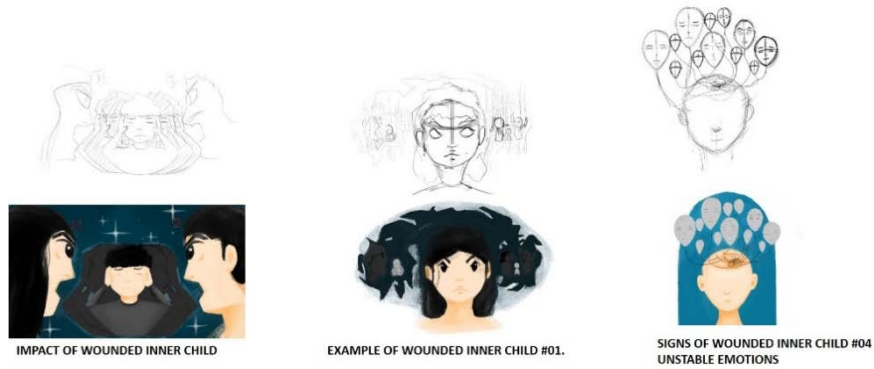
IMPACT OF WOUNDED INNER CHILD   EXAMPLE OF WOUNDED INNER CHILD #01.   SIGNS OF WOUNDED INNER CHILD #04 UNSTABLE EMOTIONS

Figure 6. Illustration Drawing – Sketches coloring stage

Layout

This e-book has 24 pages and two front and back page covers as a consequence of arranging text and illustrations according to the book's framework. The pictures and content placement are varied on different pages. At the layout design stage, to provide the reader with a unique impression, it is also decided how the graphic's book presentation. Most readers prefer reading this e-book because of the graphics. The layout and content of the e-book are shown below;

1ST PAGE – PROLOGUE page 1 - 12

SIGNS OF WOUNDED INNER CHILD page 13 - 20

HOW TO HEAL WOUNDED INNER CHILD – page 21-26 (END)

Figure 7. Illustration Drawing – Sketches coloring stage

APPLICATION

The e-books aimed to be published for youths aged 17 to 22 years old. At this point, the e-book is published on the e-book's website, www.fliphtml5.com. here is the link to the e-book about the inner child: https://online.fliphtml5.com/edeoh/wjps/ . After publication on the flip HTML website then the e-book will be promoted on Instagram, the appearance of the Instagram feed for promotion is shown in the image below, the application of e-book into website application and Instagram feed design is shown below,
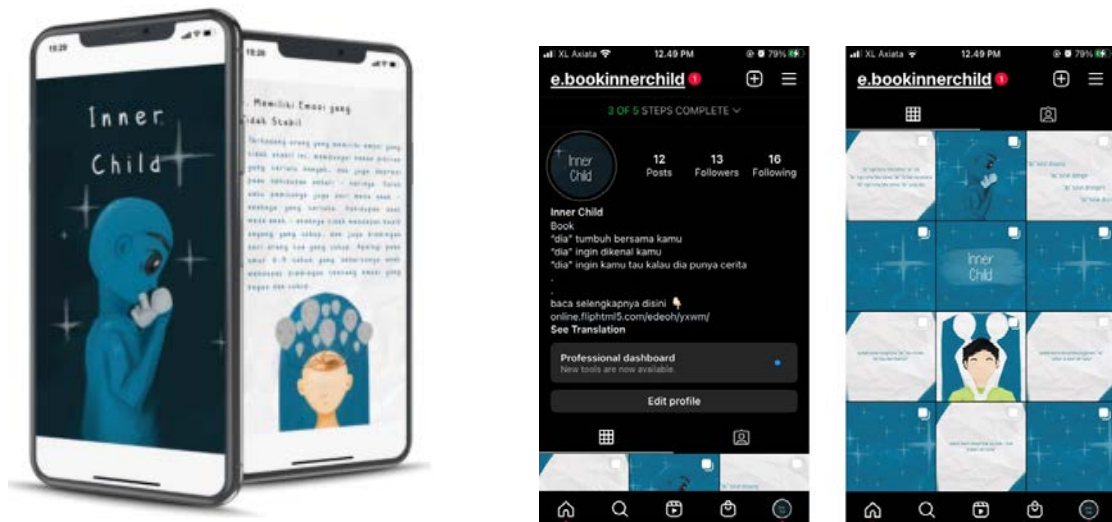

Figure 8. E-book in website application version and Instagram Promotion Account Feed design

4. Conclusions

The design result is educational material in the form of a digitally illustrated book or e-book illustration. Based on the results of the discovery stage research, the design concept for this inner child instructional e-book incorporates the keywords dreams and young children. The final illustrated book has 24 pages, is small in size, and has a plot. Prologue - Characteristics of a Wounded Inner Child - Transition - How to Heal a Wounded Inner Child - Conclusion - Transition - Hook. The book's content organization attempts to convey an understanding of what the inner child is, what causes the inner child to pain, and how the inner child heals itself. Illustrations are used to convey information and are often accompanied

by graphics to make a strong impression and draw the audience's attention to the material. Further research needs collaboration with writers that focus on the language of the content. As a result, the language content in the e-book is better organized and easier to understand for readers. So that the language content in the e-book is better arranged and easier for readers to understand.

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