



LIFESTYLE DISTORTION FROM A THEOLOGICAL PERSPECTIVE AS AN IDEA IN THE CREATION OF PAINTINGS

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ABSTRACT

This final report describes the process of creating a painting with the theme "Lifestyle Distortion from a Theological Perspective". This theme focuses on the deterioration of the human lifestyle that is getting worse and has a negative impact on individuals and the environment. The Bible, as the holy book of Christianity, is used as inspiration and a benchmark to compare today's lifestyle, which is often enjoyed by many people despite its destructive potential. Through this artwork, it is hoped that viewers can see a reflection of these lifestyle deviations, trigger self-reflection, and inspire them to live a better and more meaningful life. A total of six artworks were produced using various techniques and media, with the application of the elements and principles of fine art. Each work depicts the distortion of human lifestyles that are increasingly far from theological teachings. This visualization is designed to show the negative impact of lifestyle changes that are not in accordance with spiritual values, so that viewers can better understand the dangers posed. The aim of this work is to provide insight and inspiration for individuals to evaluate their chosen lifestyle and encourage change towards a more ethical life that is in line with theological principles.

1. INTRODUCTION

In essence, human lifestyle is an activity of humans themselves. According to Kotler and Keller in Hermawan and Wibowo, lifestyle is broadly defined as a person's pattern of life in the world as revealed in his activities, interests and opinions [1]. People who have different backgrounds such as sub-culture, social class, and occupation can have different lifestyles. Lifestyle can be understood as a visible characteristic of a person, which marks the value system, as well as attitudes towards oneself and the environment [2].



Distortion is the perversion of a fact or rule. The term distortion is also used in the field of psychology, namely cognitive distortion. Cognitive distortion is an excessive or irrational mindset that causes a person to have an incorrect perception of reality. Distorted thoughts can make the view of the world negative, as well as worsen the mental state to become depressive. Lifestyle distortion is a change or deviation in a negative direction that occurs in human activities, interests, opinions, and responses to the surrounding environment.

There are several factors that influence changes in human lifestyle, including psychological, social, and theological. Psychological changes in human behavior are due to demands in thought and feelings that force a person to adapt to changes in his life [3]. An example of a phenomenon that occurs in human behavior based on psychological factors is the desire to smoke because by smoking a person can think calmly. Changes in human behavior are socially influenced by the development of science, the influence of outside culture [4]. An example of changes in human behavior based on social factors is the emergence of a consumptive attitude in individuals due to the desire to have the same valuables as others. Changes in human behavior theologically or beliefs are influenced by the desire to prioritize religious values or teachings, changing something from less good to good or good to better [5]. An example of the phenomenon of human behavior change that occurs based on theological factors is because of a person's ignorance about religion, so he ignores and questions religious teachings.

Perspective is a point of view or the way a person views, understands, and interprets the world or an event, including beliefs, values, experiences, and knowledge. Theology or religious science is the study of everything related to religious belief or the science of God. So, a theological perspective is a way of looking at a situation or condition based on religious knowledge or about God.

The view of the human way of life is very often mentioned in the Bible, how to live to avoid the temptation of lust and worldly temptations. Examples of lifestyles that deviate from a Christian theological perspective are consumptive lifestyles, lack of sharing with others, prioritizing one's own life, corruption, and physical violence. The reason why people, especially believers in Jesus Christ, must live out the teachings of the Bible is so that the human spirit can live according to God's words, so that people can grow in faith and receive salvation. To keep the faith, man must remain in the truth.

According to Drs. Sudarmaji, art is all manifestations of inner and aesthetic experiences using the media of space, line, color, texture, volume, and light and darkness [6]. According to the book Basic Knowledge of Fine Arts, fine art is a branch of art that forms works of art with media that can be captured by the eye and felt by touch [7]. Fine art patterns are created by managing the concepts of line, field, shape, space, color, texture, and light darkness with aesthetic purposes [8]. From the understanding conveyed above, it can be concluded that fine art is a visual art that emphasizes aesthetic value, which consists of several main elements that support each other to produce beauty.

Art style is a characteristic of a work of art that will not change from generation to generation [9]. An art style or school of art is a movement of artists who share the same principles and style in creating works that are created within a certain period of time [10]. Based on the above understanding, it can be concluded that an art style or school is a characteristic of a movement that has its own principles, which are carried out for generations and will not change. Realism is a style of art that elevates everyday events experienced by many people (the wider community) [11]. According to KBBI, realism art style is defined as a school of art that tries to depict or tell something as it really is [12]. From the explanation above, it can be concluded that the realism art style is a school of art that tries to bring out the most original form of an object and also describes events that occur in people's daily lives.

Based on this background, the author is interested in raising ideas and ideas about the deviation of human lifestyles in today's times that have shifted from religious sciences with the aim of self-reflection for humans to improve themselves for the better. The author will explore the problems that occur related to lifestyle changes, including the bad traits that humans often do today, which will then be visualized in the form of paintings. The author will realize the visuals of this work onto canvas media using acrylic paint. In the execution step, the author chooses to use a realism style combined with a cartoonist style. The symbols of the issues raised will be depicted with cartoon characters.

2. METHODS

Creation method is a systematic way of realizing artworks. The stages of art creation outline the design of the process of creating artworks in accordance with the stages of workmanship from inspiration (ideas), design, to the realization of artworks. A method is needed in the process of creating artworks to describe in detail the stages or methods carried out in the creation process, as an effort to realize artworks. Through approaches with other disciplines, the creation process can be described scientifically and argumentatively [13]. The stages of creation in painting according to Hawkins consist of exploration, improvisation, and formation or visual embodiment.

2.1. Exploration

Exploration is a field exploration that aims to gain more knowledge, especially of the natural resources found in that place. Exploration is also explained as a form of activity that digs up information or collects data with the aim of being researched or informed to those in need [12]. At this stage, the author looks for references to paintings and designs to work on the artwork. The author looks for objects that are appropriate and suitable for the theme used. The selection of objects to be used is adjusted to the meaning and what is conveyed.

2.2. Improvisation

Improvisation is the making or provision of something based on makeshift materials [12]. At this stage, the author experiences changes in the concept and objects that will be displayed in the painting. Improvisation applied to this creation is changing some textures on objects and some parts of the sketch with the aim of balance and harmony in the composition of the work.

2.3. Formation or Visual Embodiment

Visual embodiment is the form that appears or can be seen by the eye. The visual manifestation of a painting is the overall visible form of the work, for example, the visual manifestation of a painting can be seen from the colour pattern, the object raised, the shape of the work, the field, and others. At this stage, the author chooses cartoon characters that can illustrate the ideas and ideas to be conveyed. The paintings created also contain typography elements with the aim of strengthening the message to be conveyed. The author takes a character from the cartoon Rabbids Invasion. This character has a silly nature in responding to things, so the author is interested in using this character to describe human behaviour. In addition, due to the very identical similarity in DNA structure between rabbits and humans [14]. The author wants to make rabbits a metaphor for humans and their traits. The author also chose some characters from other cartoons, such as SpongeBob SquarePants, Toy Story, The Family Guy, and The Simpsons. These characters will also be supported with realist objects so that the message can be conveyed well.

2.4. Tools and Mediums

In the process of creating a painting, tools and mediums are needed. In this creation process, the author uses tools such as scissors, brushes, an iPad with the Procreate application, and a projector. The medium used in the creation of paintings is canvas, paper, wood, and others. In this creation process, the author chose to paint on canvas with sizes 90 cm x 70 cm and 80 cm x 60 cm. The materials used in the process of creating this painting are acrylic paint, wall paint, markers, drawing pens, masking tape, and spray paint.

3. RESULTS AND DISCUSSION

3.1. Results

3.1.1. how could you ignore the sign?



Figure 1. how could you ignore the sign?
[Source: Richard Rogate Sihombing, 2024]

Media: Acrylic on canvas

Size: 80 x 60 cm

Year: 2024

Description of work:

This work is an introduction to the concept of lifestyle distortion. This work visualizes how humans are very happy to ignore all signs of bad human habits.

Explanation of the objects in the work:

The rabbit character in this painting is the introduction in this painting. This character has a nature of not caring about the surroundings. In this work, the author wants to convey that humans often ignore the signs that already exist in life, such as the destruction of nature that continues to cause pollution or acts of corruption that are very detrimental to the lower classes. The motorcycle object in this work conveys the meaning of luxury. In some cases, people who are relatively wealthy and powerful often ignore well-intentioned regulations.

3.1.2. mammon



Figure 2. mammon
[Source: Richard Rogate Sihombing, 2024]

Media: Acrylic on canvas

Size: 80 x 60 cm

Year: 2024

Work description:

This work conveys how humans are obsessed with possessions and wealth. The change in human lifestyle includes cashing in on God and deifying money. This way of life can justify any means to get all human desires.

Explanation of the objects in the work:

According to the Bible, mammon is a term applied to wealth, often used to describe the demeaning material influence of wealth. In short, mammon is a person who uses any means to obtain money or wealth. In this work, the rabbit character is depicted with a smile looking at an ATM machine. The ATM machine is depicted as a place where large amounts of money are stored. This work conveys the human condition that has gone mad for wealth. Mr. Crab's character holding money illustrates how there are practices in the church that sell religion for personal needs. Patrick's character carrying a cart filled with money means that humans are very happy with consumptive life and like to squander money for valuable goods. The laughing mouth object is a form of expression shown by humans who are happy to live a life of luxury to the point of deifying money.

3.1.3. how you lived your life like a broken record?



Figure 3. how you lived your life like a broken record?
[Source: Richard Rogate Sihombing, 2024]

Media: Acrylic on canvas

Size: 80 x 60 cm

Year: 2024

Description of work:

This work visualizes the way of life of humans who like to live in a vicious circle, repeating themselves, and harming themselves.

Explanation of the objects in the work:

Dogs biting each other's tails means that every bad deed done by humans will also return to themselves. Just like the dog object, biting and being bitten. So every bad deed done by humans will also return to humans like the law of sowing and reaping.

3.1.4. imagine world being ruled this way...



Figure 4. imagine world being ruled this way...
[Source: Richard Rogate Sihombing, 2024]

Media: Acrylic on canvas

Size: 90 x 70 cm

Year: 2024

Work description:

This work depicts how the world runs led by humans who are not professional in their fields. How leaders in the world use their power to achieve whatever they want.

Explanation of objects in the artwork:

In this work, there are several objects that have interconnected meanings, how the world is led in the wrong way. The figure of Messi with an Oscar trophy. Messi is a footballer. The Oscar trophy is an award trophy in the movie industry. The meaning of the two objects depicted is how someone who is not competent in his field, but is appointed as a leader where it ends in a mess. Mario Dandy's character on the car. Mario Dandy's case is an example of using privilege for personal gain. His case involved persecuting other people. Sid Phillips' head from the Toy Story cartoon depicts the whole object of Mario Dandy. Sid Phillips is known as a cruel character, often mutilating toys, blowing up toys, and more.

Peter Griffin's hand object from The Family Guy cartoon means discrimination and stereotyping against certain races, which creates injustice for all humans. The dove object inside the grenade. The dove symbolizes love. The meaning of the unity of this object is that loving others is no longer an option, instead preferring division. The Grenade pin implies an order to start divisions and riots. The Rabbids Invasion character in ancient Roman robes means that he is not serious about his position. The laughing mouth object means how humans express feelings of pleasure about the injustice they have done. The main point of this painting is the iron fist.

Quoting from the book of Mark 10 verse 42, Jesus said that the rulers of the nations rule their people with an iron fist and exercise their power violently over them. Simply put, the definition of an iron fist is a government that is run ruthlessly.

3.1.5. WhatWouldYouDoToStayAlivelfThePlanetWasBurning?



Figure 3. WhatWouldYouDoToStayAlivelfThePlanetWasBurning?
[Source: Richard Rogate Sihombing, 2024]

Media: Acrylic on canvas

Size: 80 x 60 cm

Year: 2024

Description of work:

This work conveys the condition of the world with all the deviant ways of life that the world lives such as money practices in religious circles, inflation of the world economy, environmental destruction. With the destruction that humans live in, they are still able to dream of multiplanetary life.

Explanation of the objects in the work:

The distorted object of the church building means that there is a change in the meaning of the church. Many are cashing in on the spiritual values of the church. The fake logo of the Adidas brand relates to the meaning of the church building. These logos mean that there are many heretical teachings in the church environment that distort the main meaning of what is written in the Bible. The rocket object means that the earth we live on today is no longer habitable with all its perversions. The fire leaf object is also related to the rocket, where the environment is always destroyed for personal interests, making the earth uninhabitable.

The astronaut object means how humans have been searching for a new planet to live on. The television object means how the media creates excessive fear of humans, resulting in panic in society which has a negative impact on others. The eye object means that humans can only see and regret everything that has happened.

3.1.6. Waiting room : Dystopia

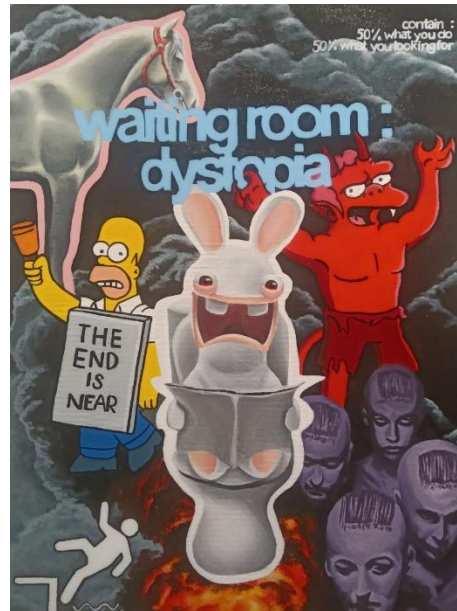


Figure 6. Waiting room : Dystopia
[Source: Richard Rogate Sihombing, 2024]

Media: acrylic on canvas

Size: 80 cm x 60 cm

Year: 2024

Work description:

This work depicts how humans wait for a miracle for a better world. Humans have become more and more protracted with a deviant way of life, even their lives have been controlled by the devil. The world seems to have become a kingdom of death with all its deviations, a world full of destruction.

Explanation of the objects in the work:

Dystopia is a society that is not desirable, a world that is not desirable and seems scary, dysfunctional. The Rabbids Invasion object sitting on the toilet means that humans are spending their time in uncertainty. While waiting, humans also often destroy their environment which makes the earth worse. The demon object from The Simpsons cartoon means that the world has been overrun by demons, filled with evil, and there is no peace anymore. The human object with a barcode on its head is visualized based on a quote from the book of Revelation. In this book, it is mentioned that humans in the last days will have a special mark that aims to give their lives to the devil or demons. So, the devil will use this marker to recognize those misguided humans who worship the devil.

The symbol of slipping means that humans fall into sin very easily, despite warnings. The Homer Jay Simpsons object from The Simpsons cartoon means that there will be chosen people preaching and warning about the end times. The pale-yellow horse object is inspired by the story of the 4 Horsemen of the Apocalypse. The presence of pale-yellow horses on earth means war, famine, death, calamity, disease, and evil animals. Ultimately, all destruction can occur on earth due to man's own actions.

3.2. Discussion

3.2.1. Concept

This section contains a description of the ideas, notions and concepts used as the basis for creation. Ideas, notions, and concepts are built from the analysis of phenomena, literature literacy of artworks, design works, and authentic experiences of the creator.

The author puts the ideas, notions and concepts into the form of paintings. The idea of creating this painting comes from the author's anxiety to see the way of life of many people who deviate from religious teachings. The author uses the Christian holy book, the Bible, as inspiration in the creation of artworks. The role of the Bible in this concept is as a reference for comparing the way of life taught with the way people live now. The author uses cartoon characters as the main object in delivering the message.

The art style used is realism with a mixture of pop art styles. The author is inspired by the painting style of MBKM Independent Study partner Andre Yoga. The pop-art style that prioritizes the message of each object embodies a strong sense so that each object has its own power to speak. The author is also inspired by James Jean's painting style in the very interesting colour patterns. This painting also contains typography to convey the main point of the painting. The typography style in this work is inspired by a brand from San Diego, United States, To The Stars. To The Stars uses the Swiss style. This style prioritizes neatness and readability. With the maturity of ideas, concepts, ideas, and references, the painting *Distortion of Lifestyle from a Theological Perspective as an Idea in the Creation of Painting Artworks* was created.

4. CONCLUSION

The author is able to realize ideas, concepts, and convey messages through the painting "*Lifestyle Distortion from a Theological Perspective as an Idea in the Creation of Painting Works*". The author produces 6 artworks, each of which visualizes how humans often ignore the signs of bad habits, humans who justify all means to get wealth, humans who like to live in a vicious circle, a world led by people who are not competent in their fields by seeking personal gain and having an oppressive nature, panic caused by the human lifestyle itself, and about humans who cannot do anything in a destroyed world, so they can only waiting for death.

During the process of creating the painting, the partner played an important role in the visual realization. Partners provide input on objects that are suitable for the theme, cartoon characters that will be in line with the concept of the painting, and teach the right composition of objects, thus creating artworks. Partners also teach and advise on the characteristics of artworks, teach about strengthening characters and painting techniques, so that the author becomes capable and better masters the plaque technique on acrylic paint.

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