

Analyzing Grief in “Setelah Dia Pergi” Documentary Film

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ABSTRACT

Grief is a psychological reaction a person usually experiences after the death of important people in their life. Grieving goes through various stages before they finally find themselves into the acceptance phase. However, given the many variations in this condition, the grieving process turns out to be a fairly complex process. Not everyone experiences the same phase, the same emotions, that there are also those who don't even get this psychological reaction at all when their closest person dies. The creation of the film “Setelah Dia Pergi” aims to deepen the issue of this condition with the aim of providing perspectives from people who experience the condition. This documentary invites anyone who is experiencing a grieving phase and wants to recover quickly accompanied by sharing stories from informants who are representatives of everyone who has been grieving so that this grieving condition is not underestimated, and the public can be more aware of this psychological condition as a way of life and a healthy reaction to their mental health.

Keywords: *Grieving, Documentary film.*

1. INTRODUCTION

In every life human being, loss and grief is a cycle of time travel. There is birth, there will be also souls leaving [1]. Death is an absolute and unpredictable thing that must come to every human being, and those left behind will feel the loss [2].

Loss can be defined as a condition in which the individual separates from something or somebody that previously existed into nothing, either partially or completely. Almost everyone will experience it, even tend to experience it again although in a different form [3]. Meanwhile, grieving is an emotional response that is expressed in the form of sadness, anxiety, shortness of breath, difficulty sleeping and others [4]. Grieving is a normal response to any loss. Grief can be classified into two types, namely anticipated grieving or feelings of natural loss, and dysfunctional grieving or feelings of grief that are exaggerated [5].

Grief radiates in the form of rejection, cries of disappointment, anger, loss, unwillingness to interact, and ends in a phase where a person begins to accept the

situation [6]. The factors that cause grief experienced by the subject are the individual's relationship with the deceased, the death process, the gender, family background, or the support system. In adolescents, a sense of loss can occur because of being left by a caring and loving figure, losing a model, losing a source of security, and losing friends to share [7].

The issue of mourning can be found anywhere and anytime and deserves to be raised as a story that can provide educational messages to the public. In this study, the authors conducted a study on some people who had just experienced a calamity, where they must live new days without their loved ones. This study aims to learn deeper into the lives of people during the mourning period and present it in the form of a documentary. This film is expected to educate every other individual who has experienced the same thing that moments of grief are a normal cycle in life. Homogeneous respondents in the study aim to provide a variety of people's perspectives in dealing with loss. Implicitly, this film also aims to provide an overview of how to control emotional conditions in times of grieving.

2. METHODS

This study uses qualitative methods with the aim of obtaining descriptive exposure both orally and in writing from related sources [8]. The data collection process was carried out by observing the subject's behavior and circumstances that occurred at the location, and interviewing techniques were carried out to explore original and actual information from the respondents.

The research data is then managed and compiled into a documentary film product that presents several phenomenal substances, including the chronology of the phenomenon, the messages contained, as well as the emphasis on the campaign goals of the film. The sequence of data management into a documentary product includes making a synopsis, film treatment, and character breakdown.

3. RESULTS AND DISCUSSION

Based on the analysis of research data, the presentation of research results in the form of a documentary film entitled "Setelah Dia Pergi" (After He's Gone) will tell the lives of some respondents who experienced a period of grief after being left by their closest people with different phases of recovery. The sad atmosphere brings changes in the respondent or even brings the respondent to abnormal living conditions unconsciously.

3.1. Synopsis

The documentary film "Setelah Dia Pergi" tells the story of some people who have experienced a period of grieving due to being left by their loved ones, one of which is the story of a young man named Fikran, he is one of those who has experienced a traumatic period in his life where he took a long time to recover. Besides, there are also other characters who experience a phase of grieving, but with different cases of loss. This film presents a turning point from the grief felt by each character.

3.2. Film Treatment

- Theme: The turning point of a person's life after going through the downturn after being left.
- Style: The film is built in an observational style with a narrative approach.
- Perspective: The point of view made in this documentary is the camera's point of view on objects in the frame.
- Audio-Visual Design: To add aesthetic and dramatic value to the film, the author uses

elements of music, photography, and motion graphics

3.3. Characters Breakdown

- Fikran, a 22 years-old student, is the eldest of three children, who was almost left by his entire family including his father and mother due to the Zahro Express shipwreck in 2017.
- Salwa, a 19 years-old student, is the eldest of two siblings. She was left by his father who died of illness.
- Mrs. Ani, a 43 years-old housewife, who lost her husband due to a landslide in 2020.
- Gia, a 19 years-old college student, was left by her father who died of a heart attack
- Mrs. Sepdina Candra Putri, a personal growth speaker/ counselor who reinforces the claims of each respondent, explaining the stages of a person in going through a period of grieving.

3.4. Dramatic Tension

The depth of emotion such as anger or crying is expected to emerge when the respondent can freely describe what he or she feels about the grieving condition they are or were experiencing. Both the story about the experience of grief and the surrounding response to him during the time of grieving will lead respondents back to the early times when they were grieving, repeating stories and memories with loved ones.

3.5. Inciting Moment

Information about the existence of a grieving condition as human defense mechanism is one of the main information that must be included in this documentary. As in the results of an interview with one of the informants, Fikran, it was found that there are individuals who condition themselves as people who are accustomed to the exploitation of stories of the death of their families that have been widely exposed by the mass media.

3.6. Communities Target

Although this film contains a special discussion about people who are grieving, this film is aimed at the public, since one of the campaign goals of this film is to explain and open minds to everyone who is still or is in the grieving phase. It is normal for them to go through, and it also ignites the audience's empathy to better understand the difficult phases that are going on for those who are grieving.

3.7. Goal Issues

This documentary is expected to represent their pent-up anxiety about the grief they have experienced. Viewers are also expected to be able to learn from the story in the film that they are not alone when experiencing the phases of grieving, and that each person experiences a different sequence of phases, and this is perfectly normal to feel.

Based on the results of the study, grief is a personal and unique process [9]. It was found that the grieving phase experienced by each respondent was quite different, there were those who accepted that they had lost a loved one, some of them were still dissolved in sadness. Some are still upset with what they just felt. There are also those who make the new events they feel become lessons in the future to be more aware of themselves. In line with the opinion of psychologists, the phases experienced by grieving people are normal phases, in some cases it even takes a long time to accept the unfortunate fate that befell them [10]. The phases of grieving can also strengthen a person's personality so that they can accept reality and return to normal life.

4. CONCLUSION

Joy and sorrow can befall anyone who has just lost loved ones in his life. The atmosphere of grief is one of the toughest moments in which the recovery must go through some phases, starting from the rejection of their beloved one leaving to finally being able to let it go. The length of the recovery period from grieving will depend on everyone experiencing it. Through the Documentary Film "Setelah Dia Pergi", the story of the sad moments experienced by everyone can be understood in more detail.

Through this documentary, the audience can find out the differences experienced by everyone in dealing with loss, which is influenced by the chronology of events, environmental responses to people who are left, to the psychological state of people who experience loss. This aims to provide an overview to the public that loss is a common thing for every individual who lives socially. There are critical phases that must be passed after that, and these phases are natural, cannot be viewed as abnormalities. In addition, the documentary is also expected to ignite the audience's empathy for those who are grieving to provide support and strengthen their hearts to speed up the recovery of the mourning atmosphere.

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