

Audience Reception Analysis of Mental Health in the Movie “Ku Kira Kau Rumah”

Imas Andhita Sari¹, Riski Apriliani²

^{1,2} Faculty of Communication and Informatics, Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

Corresponding author: imasandhita24@gmail.com

Abstract

Movies are a new means of distributing entertainment that was previously customary, as well as presenting stories, music, events and many other things to the public. The role that movies play in fulfilling needs is hidden in movies. Mental health-themed films are starting to attract the attention of moviegoers. These narrative films are easy to watch because they contain a lot of new information about mental health. *Ku Kira Kau Rumah*, is a psychological drama film directed by Umay. In this study, researchers will be conducted with several informants from the Social Connect community. Social Connect is the largest mental health community in Indonesia. This research uses a qualitative descriptive approach. Stuart Hall's reception analysis method, there are three encoding-decoding positions described by Hall, namely dominant-hegemonic, negotiated, and oppositional which are used to find and understand the audience's meaning of the movie *Ku Kira Kau Rumah*. The purpose of this study is to collect very detailed data about the Social Connect Community's perception of mental health in the movie *Ku Kira Kau Rumah*. The data collection methods in this research are interviews, and documents. This study uses primary data and secondary data, primary data in this study are interviews, while secondary data in this study are documents, documents can be in the form of photographic scenes, in the movie *Ku Kira Kau Rumah*, conversations in the movie, and research. Based on the results of research conducted by researchers through in-depth interviews regarding audience reception of mental health in the film *Ku Kira Kau Rumah*, the audience in their acceptance is dominated by the dominant hegemonic position of the four issues studied. through the story conveyed in this film, mental health issues become the main focus that allows viewers to understand better about mental disorders, reduce stigma, and increase empathy for individuals who experience them.

Keywords: reception analysis, movie, mental health

Introduction

Film is a tool to convey various information to the public through story media, is a form of artistic expression for artists and filmmakers to express ideas and story ideas, and can also be understood as media (Rizal, 2014). Movies are a new means of distributing entertainment that was previously customary, as well as presenting stories, music, events, and many other things to the public. Movies have the ability to capture people's attention, and movies that are partly based on them have the ability to convey messages in a unique way. The movie is not only seen as a mere mass media, but also seen as a business institution. According to Dominick, the film industry is a business industry (Dominick, 2000). The reputation of the Indonesian film industry makes the response of the Indonesian people very good, this can be seen from the fact that Indonesian films are able to dominate theaters in every city in Indonesia. From romantic and horror movies to serious action, they elevate Indonesian cinema to the local audience. Even Indonesian films are able to compete at the international level, proving Indonesian filmmakers are able to produce quality films. Mental health-themed films are starting to attract the attention of moviegoers. These narrative films are easy to watch because they contain a lot of new information about mental health. Statements about depression and mental health have become a hot topic of conversation among teenagers.

Mental health is an issue that continues to be marginalized in Indonesia. Cases of depression have begun to emerge in the population aged 15-24 years. Various cases have provoked strong reactions from society. about individuals and groups began to realize the importance of holding open discussions of depression cases. The Indonesian National Adolescent Mental Health Survey (I-NAMHS) report shows that one-third of Indonesian adolescents aged 10-17 years experience mental health disorders, according to the Universitas Gadjah Mada (UGM) website, this number is equivalent to 15.5 million and 2.45 million adolescents. Meanwhile, 1 in 20 Indonesian adolescents suffered from mental disorders in the last 12 months. The most common mental disorder in adolescents is anxiety disorder, which is a combination of social phobia and generalized anxiety disorder at 3.7%. This was followed by major depressive disorder (1.0%) and then conduct disorder (0.9%).

February 2022, Indonesia was galvanized by the movie "Ku Kira Kau Rumah". Ku Kira Kau Rumah, is a psychological drama film directed by Umay Shahab, adapted from a song by Amigdala entitled Ku Kira Kau Rumah. The film premiered at the Jogja - NETPAC Asian Film Festival 2021 and was shown in Indonesian theaters on February 3, 2022 and gained an audience of 2,152,566 (<https://www.instagram.com/sinemaku.pictures/>) in theaters.

Table 1. Number of viewers of the movie Mental health

Movie	Audience
Imperfect	2.663.356
Nanti kita cerita tentang hari ini	2.256.908
Ku Kira Kau Rumah	2.220.100
Story Of Kale	100.000

Some of the achievements made by the movie "Ku Kira Kau Rumah" became one of the best-selling films of the year with more than 1 million viewers. This movie also received a MURI record with the highest number of viewers during the pandemic. The message that the author wants to convey in the film Ku Kira Kau Rumah, Umay, the director of mental health, which is much talked about but remains marginalized, Umay wants to show the other side of the perspective of people with mental disorders and their environment. According to Umay, various people with mental disorders do not receive supportive support from the surrounding environment. Umay thinks that people's awareness of mental health needs to be increased so that people with mental health get all the things that are supportive of them



Figure 1. MURI record for the highest grossing movie of the pandemic period

This research will be examined using Stuart Hall's Reception analysis theory, Reception theory is a theory used to study how audiences receive and interpret messages delivered through mass media, including movies. This theory says that audiences have an active role in interpreting messages delivered through mass media and there are three encoding-decoding positions described by Hall, namely dominant-hegemonic, negotiated, and oppositional.

Research related to reception analysis was also conducted by Mega Pertiwi. In this study, an analysis was conducted on the audience's interpretation of the conflict of 4 families in the movie Dua Garis Biru, and it was found that the first and second conflict scenes were dominated by a dominant-hegemonic attitude, so that the message conveyed ideally the audience received the message as it was. Then by Rivga Agusta in a study entitled Analyzing the Acceptance of Romance of Young Viewers in the 1990 Dilan Film, the results were interpreted as romantic in the 1990 Dilan film, including Bandung as a romantic city. Similar research was also conducted by Nissa Akfiika. In a study entitled "Representation of Depression in a Film Titled "Nanti Kita Cerita Tentang Hari" it was found that the film entitled Nanti Kita Cerita Tentang Hari the depiction of depression in this film is presented in one solid scene, which becomes the red thread of the storyline coming and going. there are two scenes of him that are very influential in this story.

Boydell K.M with his research entitled A Creative Approach to Knowledge Translation: The Use of Short Animated Film to Share Stories of Refugees and Mental Health using animated films to translate refugee narratives and mental health, this was done to understand audience responses to the animation. The research was both quantitative and qualitative. Responses showed that most of the audience thought that the film challenged society's misconceptions about refugees and

individuals with mental health challenges and gave them a sense of hope. Utilizing short animated films as a knowledge translation strategy can enhance our understanding, encourage deep reflection, increase empathy and potentially bring about social change.

The difference between this research from previous research entitled "Analysis of adolescent audience reception of the romanticism of the 1990 Dilan film" is limited to a teenage audience in high school, while the research conducted by researchers has an audience of the Connect Social Community which is the largest mental health community in Indonesia. So that the research novelty examines the audience's reception of the importance of mental health. Research on mental health is important because it helps us understand more about audience reception analysis of mental health. By understanding more about this topic, we can increase awareness and understanding of mental health issues and help remove the stigma associated with mental health.

In this study, researchers will be conducted with several informants from the Social Connect community. Social Connect is the largest mental health community in Indonesia. Social Connect was founded in 2019 as a social project to share stories and content about mental health. In 2020, Social Connect reached more than 3 million Instagram users through online social activities. The Social Connect community continues to grow and currently has 23,000 members from various regions in Indonesia. The difference between this research from previous research entitled "Analysis of adolescent audience reception of the romanticism of the 1990 Dilan film" is limited to a teenage audience in high school, while the research conducted by the researcher has an audience of the Social Connect Community. So that the novelty of the research examines the audience's reception of the importance of mental health. Research on mental health is important because it helps us understand more about audience reception analysis of mental health. By understanding more about this topic, we can increase awareness and understanding of mental health issues and help remove the stigma associated with mental health.

Theory Review

Reception Analysis Theory

The theory used in this research is Reception Theory, where audiences interpret messages broadcast to audiences through the media, to receive and monitor messages. What audiences received before this analysis was audience-oriented. Reception studies are first generation studies (Alasuutari, 1992: 2), including this analysis model can be used to see how audiences perceive news information from the media. The concept used in this research is Stuart Hall's reception theory. Stuart Hall explains that reception is how the audience's decoding process occurs in the medium. According to Stuart Hall, quoted from Eriyanto (2009), there are three formats: The importance between the writer and the reader and how the message is read by both:

- **Dominant Hegemonic Position**, In this position, audiences are fully receptive to media messages and their interpretations conform to the intentions of media producers or owners. They may hold beliefs that are in line with the dominant narrative presented.
- **Negotiated code or opposition**, In this position, audiences accept some media messages, but also question, challenge or reduce some aspects of them. They can integrate alternative interpretations and their own responses with the narrative presented.
- **Oppositional Code or position**, In this position, the audience actively rejects or opposes the media messages presented. They use their knowledge and critical views to reinterpret the message according to their own point of view or the group they identify with.

Audience

Audience receiver theory is a theory that emphasizes the role of the reader or listener in receiving the message rather than the role of the sender of the message. The meaning of the message depends on the cultural background and life experiences of the audience itself. Messages sent in one direction are always received or understood in different ways. Media audiences actively interpret the message. So media messages will always be received and understood differently.

In the perspective of media theory, audiences are divided into two, namely passive audiences and active audiences. Passive audiences are considered victims of media-generated messages. In contrast, active audiences act on their personal aspirations when using the media based on the benefits achieved. Passive audiences as silent subjects and passive audiences who see how the audience's determination and reaction to the show that 'Audience are constructed by the text'. This shows that passive audiences seem to be constructed by the media and follow the ideology of the films they watch. The characteristics of the audience in mass communication are as follows:

- Being anonymous, a very large audience does not know each other. Audiences cannot recognize individuals in their entirety within a large range..
- Heterogeneous, the audience has diversity from ethnicity, culture, age, gender, profession and so on. Each media has a large audience from different groups, but there are also media that only focus on certain groups of people.
- Having a common goal, this audience role is shared by every audience, both concrete audiences and abstract audiences. Audiences have relatively the same goals in choosing the mass media they want to consume. The

similarity of targets as an audience persona is related to the similarity of experience within the audience.

- Not organized, is a characteristic of the audience classified as an abstract audience. According to Mennick, the audience or crowd is divided into two types, namely abstract crowd and concrete crowd. Abstract crowds are characterized by an unclear structure and disorganized nature.
- Consisting of large numbers, with such a large audience spread across various geographical areas, mass media communicators can reach them through various programs on television. Without mass media, communicators would not be able to communicate face-to-face with their audiences .

Mental health

According to Pieper and Uden (2006), mental health is when a person does not feel guilty about himself, has a realistic assessment of himself, is able to accept his shortcomings or weaknesses, has the ability to deal with problems in life, his social life, and his social life.

Mental health is influenced by several factors, namely external and internal factors. One that includes internal factors, which are biological and psychological factors. Mental health conditions in each individual cannot be equated. This condition makes the urgency of discussing mental health which leads to how to empower individuals, families, and communities to be able to maintain and optimize their mental health to deal with their daily lives. There are several factors that affect mental health, including:

- Life satisfaction, one's ability to enjoy life is often an indicator of one's mental health and happiness. Life satisfaction is also generally defined as the degree to which a person is able to enjoy the important moments in life, such as rarely getting sick, having good social relationships, having a sense of belonging, actively working and playing, and feeling accomplished and happy. pride.
- Resilience, the ability to bounce back from a fall is often referred to as resilience. Resilient people tend to have a positive attitude towards their ability to overcome challenges and seek social support when needed.
- Social support is an important factor in good mental health. Research shows that loneliness can negatively impact mental health and is linked to physical and psychological problems, including heart disease, depression, memory loss, drug and alcohol abuse, and changes in brain function.
- Flexibility, having strict expectations can cause stress. Emotional flexibility is as important as cognitive flexibility. Mentally healthy people experience a range of emotions and allow themselves to express these feelings.

Methods

This research uses a qualitative descriptive approach. The reception analysis method, which is used to find and understand the audience's meaning of the movie *Ku Kira Kau Rumah*. Descriptive analysis is collected in the form of words and images not numbers. consists of facts. To strengthen the data of this study, researchers also conducted several interviews with the audience of the movie "*Ku Kira Kau Rumah*". The purpose of this research is to collect very detailed data about the Social Connect Community's perception of mental health in the movie *Ku Kira Kau Rumah*. The data collection methods in this research are interviews, and documents. This research uses primary data and secondary data. Primary data in this study are interviews, while secondary data in this study are documents, documents can be in the form of photographic scenes, in the movie "*Ku Kira Kau Rumah*", conversations in the movie, and research. The subject of this research is the audience of the movie "*Ku kira kau Rumah*". Five people were selected as informants in this survey. Data collection was conducted using in-depth interviews to obtain more detailed information,

From the interview data obtained, the researcher analyzed the data of the five informants. Data reduction was done by giving codes to the interview transcripts that stated this was important and had read similar ones before, discarding data, building models that summarized the results of the distributed interviews, and telling what was being researched. The researcher then divided the audiences into groups based on Stuart Hall's categories of reader position in media texts and so on. These include dominant or hegemonic readings, negotiated readings, and opposing hegemony. The sampling technique or informants in this study used purposive sampling, one of the non-random sampling techniques.

The data validity technique uses source triangulation analysis to determine the authenticity of the data sources studied. Source triangulation will use various data sources, such as documents and interviews, to determine the accuracy of information from the interviewed sources. These different data sources create information or data to determine whether or not the data source is valid (Sugeng Pujileksono, 2015).

Results

According to Law No. 33 of 2009, films are works of culture and art, social institutions, and mass communication media, which are produced based on film principles, with or without sound, and can be shown. Film is also a medium that can strengthen and develop a country's cultural values, a feature that contributes to the development of national culture thanks to the images and messages contained in films. film is a kind of community media, a variety of grafts that include various technical and artistic elements. At least acting, visual arts, architecture including photography, music and can be

displayed in the form of movies. Many people prefer watching movies as a leisure activity because movies can evoke emotions.

The delivery of messages in films is visualized through scenes. The scenes performed by the actors are designed to be as emotional as possible so that the audience can understand well the message conveyed in the film. The different meanings expressed by the audience in the mental health of the movie *I Thought You Were Home*. Mental health refers to overall health. All aspects of a person's development, both physical and mental.

Dominan Hegemonic Position

In this position, audiences are fully receptive to media messages and their interpretations conform to the intentions of media producers or owners. They may have beliefs that are in line with the dominant narrative presented. In the issue presented in this movie which discusses mental health. According to informant I, this movie brings a very important theme, namely about mental health, which is currently a lot of the current generation about mental health problems.

"In my opinion, mental health is very urgent mbak, because there are many, especially the current generation, mental health is very upheld and there are many problems about mental health." - Informant I

According to the informant, environmental factors also affect the occurrence of mental health disorders, especially with community stigma, which can worsen the situation.

" Usually people with mental disorders occur due to significant factors due to environmental factors, because if the environment is good then a person's mental health will also be good, but if a person's environment is bad then mental health will be disturbed. For example, a person who does not have a mental disorder when he sees his parents who may be depressed and mentally disturb him, so it is very influential, if the environment is safe, the child's mental health will be healthy and safe and vice versa "- informant I

According to informant I regarding the movie *Ku Kira Kau Rumah*, the importance of maintaining mental health, where mental health is very concerning for several things and concerns a person's lifespan and how to solve problems, because whatever the problem is, if we already have a background of mental health retardation, we will not be able to get through these problems. There is a scene where Niskala relapses and angry until she is forced to take medicine with her mother, informant I gave his opinion about the scene, informant I said that it was the best of the best scenes, because from the beginning he had seen the trailer with the scene but still touched and shed tears.

"That was the best of the best scenes because in my opinion, we have been spoiled, but still entered the dialogue between the mother and Niskala. Like really touching tears like how dear the mother is to Niskala, and Niskala is tired of taking medicine. Even though it's for her recovery, yes, the name of a person affected by mental disorders must experience depression, but it really makes you sad, it's really that dear to Niskala"-Informant I



Figure 2. Niskala Anger

Informant II also gave his opinion regarding environmental factors that affect the recovery of people with mental disorders that environmental factors also affect the recovery process, people with mental disorders

" Is very influential. If the environment or surrounding people do not provide support to someone who has a mental disorder, it will worsen the person's condition. Vice versa, if the surrounding people always support / provide support, it can indirectly treat the person." - informant II

An open and understanding environment about mental illness can help reduce stigma and make individuals feel more accepted and supported. By educating oneself and others about the condition, one can create an inclusive and supportive environment. Having a supportive and balanced environment between work, personal life and leisure can help individuals with mental illness maintain balance and prevent burnout or excessive stress.

Informant III gave his opinion on the issue of mental health which is a serious problem if we are indifferent to this problem it will have a negative impact on the person himself because this greatly affects other people and work. Informant III also argued that mental health issues affect the way we think and act, and that mental health also determines how we relate to others.

Informant IV argues that mental health issues are a serious problem, because if it is not handled quickly and appropriately, it will worsen the situation. In a movie scene, Niskala is actually not allowed to leave the house by her father, but Niskala always silently goes to college with her friends. In this scene, informant IV also gave his opinion on this matter.

"Restricting movement or confining people with mental illness to their homes has a significant impact on their mental and physical health. It can worsen the situation and exacerbate the symptoms of the mental illness." - Informant IV

Informant V also argued that mental disorders can occur due to environmental factors, and also whether environmental factors can help the healing process of mental health disorders said informant V, namely

"Environmental factors can occur. In some cases, mental disorders can be the result of a combination of environmental factors and genetic factors. For example, a person with a family history of depressive disorders may have a higher risk of developing depression if they also experience significant environmental stressors. And as for the environment aiding the healing process of course, a supportive environment can play an important role in the healing of people with mental disorders. A safe, stable, and positive environment can influence a person's mental well-being." - Informant V

Negotiated Code atau Position

In this position, audiences accept some media messages, but also question, challenge or reduce some aspects of them. They can combine alternative interpretations and their own responses with the narrative presented. In this case, there are two informants who interpret the scene in the same way as the negotiated position. Explained in the scene after Niskala fell from the roof of the house which made Niskala experience emotional changes and suffered from bipolar made his father overprotect him, so that Niskala could not continue his education and could not hang out with his childhood friends. When his father went to work, Dinda and Octavianus always took Niskala to college with the knowledge of his mother, Mela. With this, informant I expressed his opinion that what his father did was a right and wrong action. Right because his father loves Niskala, but the wrong thing is said to be locked up like the more locked up the more depressed the more there is no room for movement. Here is the full explanation.

"In my opinion, his father's actions can be considered right or wrong. Right because of his father's love for Niskala, but the wrong thing is said to be locked up, it's like the more locked up the more depressed the more there is no room for movement, for example, Niskala is being distracted by her mental disorder, it can walk or go anywhere. But it's the same when he's distracted, he just takes medicine, calms down and sleeps. Even though if it's repeated, it's just 0 effort for her recovery. Meanwhile, his father gave a decision for Niskala to be free as long as it was monitored by parents, which greatly helped Niskala's recovery and the support of Niskala's friends who knew her condition. In my opinion, by letting Niskala be free to enjoy her youth, it makes Niskala recover quickly." - Informant I

Similarly, informant IV said that the act of restricting movement or confining people with mental disorders in the home has a significant impact on their mental and physical health conditions. It can worsen the situation and exacerbate the symptoms of mental illness. There is no reason or justification for restricting an individual's freedom just because they have a mental disorder.

"Actually, there is a point and there is also a mistake. Maybe Niskala's father doesn't want his son to do anything wrong with such conditions, his father is afraid of unwanted things happening to Niskala. But on the other hand, it is not right, the more Niskala cannot go anywhere, it can also worsen the Niskala's situation because she cannot live freely according to her wishes." - Informant IV

Everyone has the right to live and be free from any restraint, including Niskala. Instead, measures are taken to help individuals with mental illness through appropriate psychological and medical support, as well as creating an environment that supports their well-being so that they are able to live independently with a good quality of life.

Oppositional code

As explained by Stuart Hall, it refers to ways of reading and interpreting cultural texts that challenge dominant or mainstream understandings. Hall argues that popular culture is not homogeneous, but rather contains many layers and meanings that can be subversive or resistant to dominant ideologies.

In the context of Stuart Hall's theory of coding and decoding, the oppositional code is one of three potential positions in decoding cultural texts. The other two positions are the dominant code and the negotiation code. The dominant code is when the audience fully accepts and reproduces the intended message of the text, reinforcing the dominant ideology. The negotiated code is when the audience partially accepts and partially challenges the intended message, negotiating their own interpretation.

However, an oppositional code is when the audience completely rejects the intended message in the text and offers an alternative interpretation that is in direct opposition to the dominant ideology. This can involve reading against the grain, identifying subversive elements, and challenging hegemonic power structures in culture. In this case, all informants did not express opinions in accordance with the oppositional code.

Mental health is an important issue in Indonesia as the number of cases of mental health illnesses such as depression, anxiety and bipolar disorder is increasing. Unfortunately, many Indonesians still ignore mental health issues and tend to deal with them on their own without professional help. Mental health is an important factor for humans because with mental health, human life is balanced.

Table 3. Grouping of Informants based on Three Viewer Positions

<i>No</i>	<i>Issue</i>	<i>Dominant Position</i>	<i>Negotiated position</i>	<i>Oppositional position</i>
1	Health Issues	Informant 1, Informant 2, informant 3, informant 4, informant 5	none	none
2	Environmental factor	Informant 1, Informant 2, informant 3, informant 4, informant 5	none	none
3	Scene of angry Niskala	Informant 1, Informant 2, informant 3, informant 4, informant 5	none	none
4	Niskala cannot leave the house	Informant 2, informant 4, informant 5	Informant 1, informant 3	none

Source: Researcher data

In the reception of the meaning of mental health issues in the movie *I think you're home*, the audience is in two positions, namely dominant hegemonic position and negotiated position. Where the position of the audience fully accepts the message conveyed by the film. Apart from being dominant, two informants also occupied a negotiated position in the scene where Niskala was told to be locked up at home by her father. In general, this movie has a strong message about the importance of social support and the role of family in the healing process of mental health. *Ku Kira Kau Rumah* still has some shortcomings when compared to other mental health films. One of the weaknesses of *Ku Kira Kau Rumah* is the lack of focus on the medical aspects and treatment of mental disorders. Because the movie focuses more on the interpersonal and romantic aspects, it does not provide enough information about the type of mental illness suffered and how it is treated.

Discussion

In Indonesia, mental health problems still carry a stigma that can have a negative impact on patients. For example, discrimination and social exclusion. This stigma can hinder the recovery and recovery of mental health patients. The limited understanding and awareness of mental health in Indonesia cannot be separated from the values of cultural traditions or community beliefs. Some people still believe that the cause of mental health comes from the supernatural or superstitious, so that people with mental health disorders view the disease that occurs in them as a stigma. This understanding makes people who need expert help reluctant to accept treatment.

Everyone needs to take care of their mental health. There are many causes of mental health vulnerability, both internal and external factors. Mental health problems such as schizophrenia and dissociative personality disorder (DID) have been documented to occur due to abnormalities in a person's brain, in addition to external issues. External reasons are equally

important. Examples of external causes that may have an impact are unpleasant environments at home or in friendships. Often the symptoms of mental disorders appear without the sufferer or their surroundings realizing it. Symptoms of mental health disorders are not only visible to the naked eye. If not immediately treated properly, it can be fatal to a person's psychological condition.

Regarding Niskala's father's behavior, he limited her space and left her with only two friends, Dinda and Octavianus. In addition, Niskala also needs to continue taking medication every day to prevent her illness from recurring. At this stage, Niskala's life is increasingly restricted, her freedom is increasingly taken away, and she is not given the space to develop her talents and abilities. Parents certainly want to provide the best for their children, but it is unreasonable to restrict their children too much and limit their space for self-development. In addition, from the child's point of view, as also seen from Niskala, excessive restraint can interfere with the child's mental health. Because what children do without parental support can reduce their mental state and prevent them from continuing to develop.

Conclusion

Based on the results of research conducted by researchers through in-depth interviews regarding audience reception of mental health in the movie *Ku Kira Kau Rumah*, it has a positive impact on changing audience perceptions and attitudes towards mental health issues. The audience's acceptance is dominated by the dominant hegemonic position, which shows that the message conveyed in the film is well received and becomes the main focus in their understanding of mental disorders. Of the four issues studied, through the story conveyed in this film, mental health issues became the main focus that allowed the audience to understand better about mental illness, reduce stigma, and increase empathy for individuals who experience it. In addition to the dominant hegemonic position, the audience also occupies a negotiated position in the scene that interprets that Niskala is locked up at home by her father, this shows that the audience is active in interpreting the messages conveyed in the film. Audiences do not occupy the oppositional code position at all because audiences do not reject the media messages conveyed.

From the results of this study, it appears that community involvement in supporting and caring for individuals with mental illness is needed. Films and other media can play an important role in reducing the stigma associated with mental illness, as well as increasing empathy and understanding of the condition. Greater awareness and understanding of mental illness can help to de-stigmatize and improve the quality of life for individuals with mental illness. In addition, supporting campaigns and volunteering with organizations that care about mental health are also positive steps in combating the stigma of mental illness. It is important for all of us to be more sensitive, empathetic, and open towards individuals with mental illness, and not let myths and prejudices influence our opinions. All of these efforts can help create a more inclusive and supportive environment for individuals with mental illness.

Suggestion

Based on the research results from the data obtained previously, researchers will provide suggestions that can be useful for all parties. The suggestions researchers give after researching the problem are as follows :future research can deepen the discussion of mental health, future researchers should expand the scope of the research, In the data collection process, use techniques that are more optimal in obtaining data.

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