

DIRECTING A SHORT FILM ABOUT EARLY ADULTS WHO ARE EXPERIENCING A QUARTER LIFE CRISIS PHASE TITLED “BREATHE”

PENYUTRADARAAN FILM PENDEK TENTANG DEWASA AWAL YANG MENGALAMI FASE QUARTER LIFE CRISIS BERJUDUL “BREATHE”

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Abstrak : *Quarter life crisis* merupakan sebuah krisis yang dialami dewasa awal di rentang usia 21-30. Krisis ini disebabkan oleh banyak faktor yaitu, finansial, karir, keluarga, romansa, dll. Masalah ini timbul karena ketidaksiapan para individu di fase transisi ini karena kurangnya pengalaman untuk mengatasinya, jadi seringkali para dewasa awal merasa *stuck* dan *overthinking*. Oleh karena itu, penulis memiliki ide untuk membuat film pendek sebagai media utama dalam menyampaikan dan memberikan sebuah pandangan dalam mengatasi krisis *quarter life* ini dengan cara bernapas yang bisa dikatakan sepele. Bernapas bukan sekadar proses berlangsungnya kehidupan, namun juga bisa untuk mengontrol diri.

Kata Kunci : quarter life crisis, dewasa awal, film pendek, bernapas.

Abstract : *Quarter life crisis* is a crisis that experienced by early adults in the age range of 21-30. This crisis is caused by many factors, namely, financial, career, family, romance, etc. This problem occurred due to the unpreparedness of individuals in this transitional phase due to a lack of experience, so early adults often feel stuck and overthinking. Therefore, the writer has the idea to make a short film as the main media in conveying and providing an outlook on overcoming this quarter life crisis in a way that can be said to be trivial. Breathing is not just an ongoing process of life, but also for self-control.

Keywords: quarter life crisis, early adults, short film, breathe.

INTRODUCTION

According to Yale Medicine, 70% of early adults have experienced quarter life crisis. Mostly it affected to millennials 86% according to *Satu Person*. Quarter life crisis is a transition phase from adolescence to adulthood period where early adults usually find new obstacles in their life with lack of preparedness. In this phase, quarter life crisis gives them impacts psychologically and emotionally which make them feel stuck, unstable, overthinking (Aristawati et al., 2021). Overthinking often occurs in quarter life crisis which can make individuals lose their natural rhythm due to their thoughts lead them to create a false reality rather than act naturally (Petric, 2018). When early adults couldn't handle the situation no more, they will be stress. Stress is associated to people who can't control their breath properly when they are in pressure. In this state people will feel overwhelmed, anxious or even worse depressed (Koolhaas et al., 2011). In managing stress, people have to control their breath properly because when people are stressed, they often use short breathing technique. Besides the process of in and out of oxygen and carbon dioxide, breathing can make people calm and improves emotional control (Broderick & Metz, 2009).

From this phenomenon, the writer has decided to make a short film in a way to convey messages about how important breathing is in quarter life crisis phase. Based on IDN Times people love to watch relatable movies to the real life 37,2% and moral value 27,1% from 411 respondents. Film or video is one of the best ways in order to spread messages because it contains visual and audio that can influence people's mind 94% possibility according to Dwyer (Fadlika W.R, Kusuma Dewi C, Fiandra Y et al., 2022).

RESEARCH METHOD

In order to support the idea that came up with, the writer used several research methods to collect the data through observation, interview, questionnaire, similar artworks, and literature studies:

Observation Method

Quarter Life Crisis – Dead Poets Society in *Mengapa Demikian* Youtube Channel

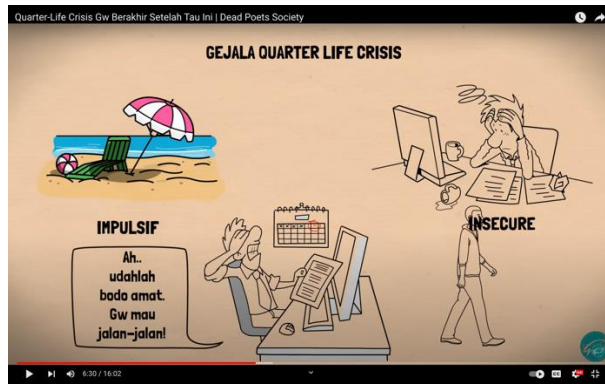


Figure 2.1 Quarter Life Crisis Symptoms
 Source: Mengapa Demikian Youtube Channel

In this observation, it can be concluded that early adults who are experiencing quarter life crisis will find difficulties on their way to find a purpose of life, since they are no longer guided and provided a curriculum like in school. The characteristics of the symptoms are impulsive, anxious, and overthinking.

The Karate Kid II (1986)



Figure 2.2 The Karate Kid II (1986)
 Source: Youtube

In the second observation, we can summarize that besides one of the most basic things in life, and yet breathing is quite fundamental. Instead of solving problems, by breathing well, it can reduce refresh our mind and control ourselves.

Interview Data

Psychologist



Figure 2.3 Interview with Mrs. Diah via Google Meet
Source: Personal Document

According to interview with IGA Diah Fridasari, M.Psi., Ph.D., Psikolog, early adults who are just entering 20's and experiencing quarter life crisis is a normal thing. Because they face new challenge in life that they have never experienced before. Somehow, in this phase they will feel insecure, overthinking, and start to compare themselves to the others. So, that is why people need to find a right passion to do in order to fulfill the empty space inside them.

Coffee Shop Owner



Figure 2.4 Interview with Raka
Source: Personal Document

Based on the interview with Raka a.k.a Sunda, in financial perspective, early adults before 25 years old tend to be impulsive on what they see on social media. Because it drives them to set

the goal as a proof of being success. But unfortunately, there are lot distractions that bother their process which probably sacrifice their main priority.

Filmmaker



Figure 2.5 Interview Haldy Koesoema
Source:Personal Document

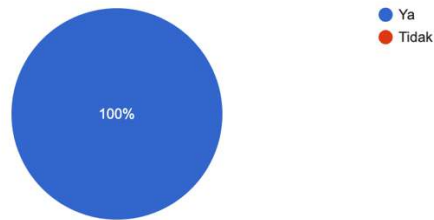
In the interview with Haldy Koesoema, it can be concluded that comedy drama genre is quite easier to digest. Because this format has been used in many films. The role of the comedy element in drama genre is to put sense of humor and underlined the irony of the film itself because people like watching relatable story to them with bit of humor.

Questionnaire

Dari penjelasan di atas, apakah Anda pernah mengalami fenomena di atas?

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2 responses



Apa yang Anda alami saat berada dalam fase *Quarter Life Crisis*?

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50 responses

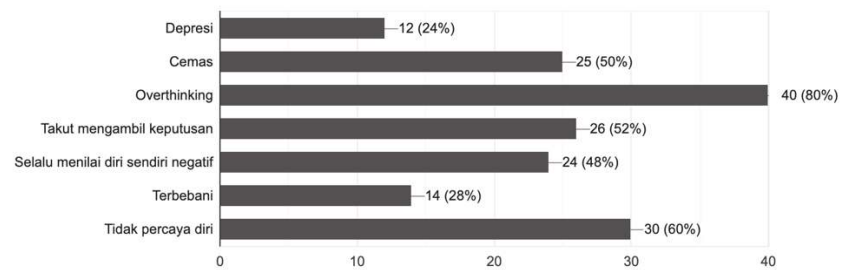


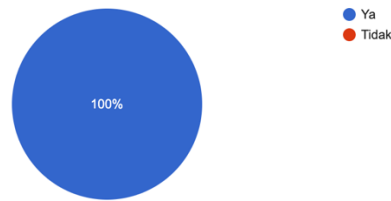
Figure 2.6 Questionnaire Charts
Source: *Personal Document*

Based on questionnaire data from 50 respondents, all of the respondents have experienced quarter life crisis with their own background. And overall most of them feel overthinking when they are in this crisis 80%.

Apakah Anda tertarik untuk menonton film pendek tentang pentingnya bernapas dalam fase *Quarter Life Crisis*.

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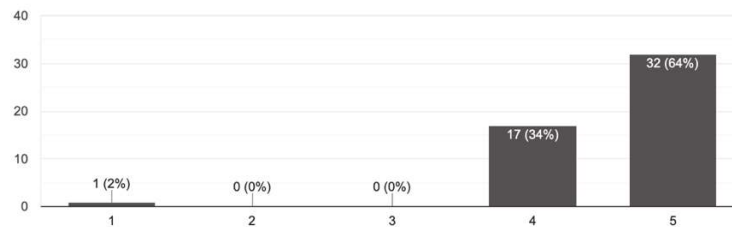
50 responses



Seberapa tertarik Anda bila topik *quarter life crisis* ini diangkat dalam sebuah film.

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50 responses



Genre apa yang Anda minati untuk mengangkat tema *quarter life crisis* ini.

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50 responses

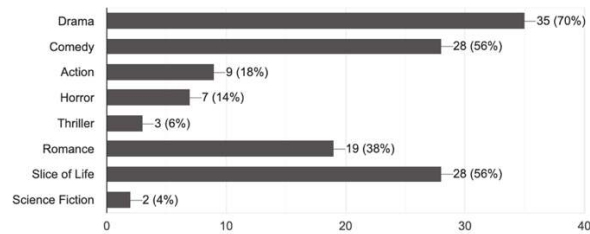


Figure 2.7 Questionnaire Charts
Source: Personal Document

Based on the questionnaire data, all of the respondents are interested if quarter life crisis topic be brought to the screen as short film. The highest number is on drama genre 70% and followed by comedy and slice of life genre 56%.

Similar Artworks

Fana Merah Jambu - Fourtwnty



Figure 2.8 Fana Merah Jambu Music Video
Source: Google

Title: Fourtwnty – Fana Merah Jambu (Official Music Video) Eps. 1

Form: Music Video/Short Film

Director: Gianni Fajri

Duration: 9 Minutes 4 Seconds

Release Year: 2018

Hello Ghost



Figure 2.9 Hello Ghost
Source: Google

Title: Hello Ghost

Form: Movie

Director: Kim Yeong-Tak

Duration: 111 Minutes

Release Year: 2010

Fight Club



Figure 2.10 Fight Club

Source: Google

Title: Fight Club

Form: Movie

Director: David Fincher

Duration: 2 Hours 19 Minutes

Release Year: 1999

These 3 similar artworks are intended to be references for “Breathe” short film based on the acting style, concept, and color tone

Literature Studies

Quarter Life Crisis

Quarter-life crisis is a condition where a person enters a period where they have to adapt to new situations such as starting to learn to be responsible and find their identity. People in this phase are usually trapped internally and externally (Aristawati et al., 2021).

Film

Film is the result of a collaborative process between directors, directors of photography, cameramen, art directors, gaffers, soundmen, editors, colorists, etc (Muslimin, 2018).

Director

The director is the man who should feel the presence of crews and actors and also be sincere. It is the man who carries out big responsibilities in directing the process of shooting which requires organization skill and leadership according Russel J. Grandstaff (Nugroho, Fiandra Yosa et al., 2023).

CONCEPT AND DESIGN RESULT

Message Concept

Regarding to message concept of this final project, it can be concluded from the analysis result that has been obtained, all of the respondents would like to be represented by “Breathe” short film. The message is to give an overview about how to face quarter life crisis by breathing that can be considered as the simple thing, but the key is how the writer makes the simple thing looks fundamental.

The directing concept that will be used is by using daily basis approach in order to be related to early adult’s problem in metropolitan city, especially Bandung. It is going to be a slice of life. The language style is also using daily basis language from its cultural aspects. It is intended to put aside the boundaries between film and audiences.

This short film has 4 phases such as, fall, rise, victory, and breathe. Every phase will tell the story about the main character’s life in accordance to the title of the phase.

Creative Concept

Visual



Figure 3.1 Breathe in 16:9 Format
Source: Breathe Short Film



Figure 3.2 Aspect Ratios
Source: iStock

This project will be formed as the short film that will tell audiences how important breathing is, this will be conveyed with daily base approach, and show the inner conflict through the drama and plot. This short film will use a 1920x1080 format, with aspect ratio of 16:9 (1.77:1) and 24 frame per second.

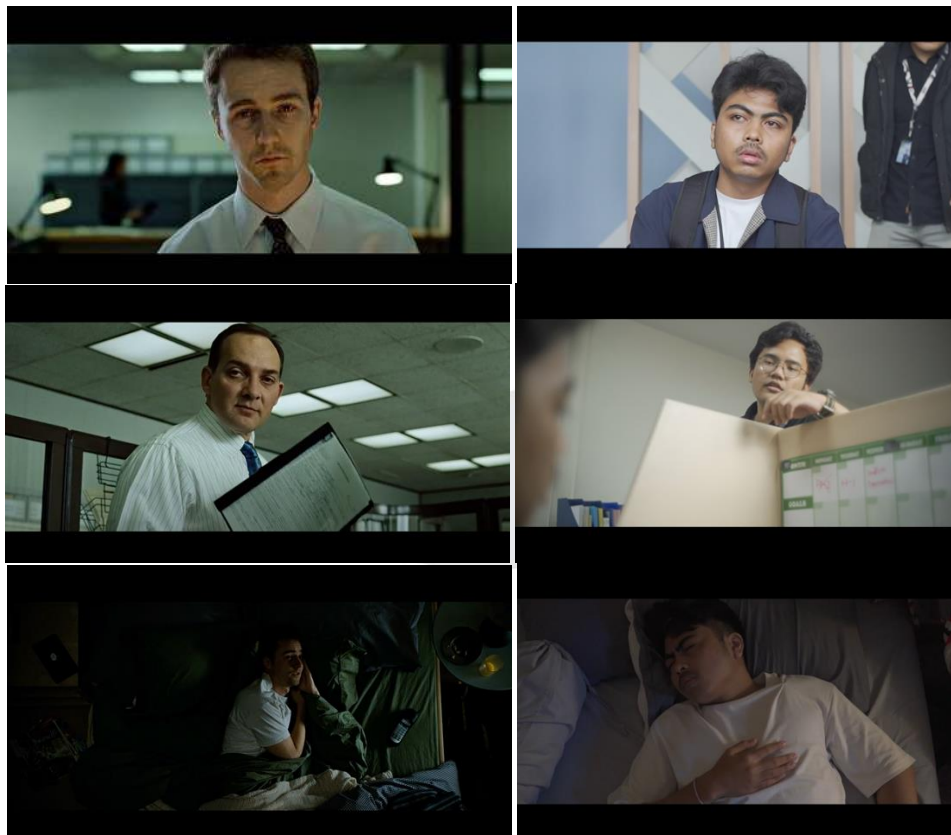


Figure 3.3 Scene Comparisons from Fight Club
Source: Youtube & Personal Document

The scene comparisons are to guide the short film on its cinematography, camera movement, color grade, and artistic arrangement. From Fight Club we took the references for how the writer tried to depict the main character to look messy and undisciplined, it can be seen from his appearance and expression.

Cultural



Figure 3.4 Traffic Comparison Between Bandung (Left) and Bali (Right)
Source: Google

The cultural aspect that can be seen in “Breathe” short film is the difference between living in Bandung and Bali. Bandung is one of the metropolitan cities in Indonesia which can be said to be a fairly packed. Meanwhile in Bali, everything is smooth. Most of the places are not so crowded and people in Bali tend to be more relax about time. The main character of this short film is from Bali, he is the Balinese who lives in Bandung for a living where he got a culture shock due to a conditional shifting.



Figure 3.3 Comparing Culture
Source: Mojok

The comparing culture that always been haunted many people. Lot of parents in Indonesia like to compare their child to another child who is more successful. That thing causes a sense of comparing to each individual and can even lead to self-doubt.

Synopsis

Breathe is a story of the early adult his name is Doni. He is a guy who are experiencing quarter life crisis for the first time. Doni's life was not okay lately. Doni was one of the best fresh graduated, before until he had to carry out new responsibilities which he couldn't handle it well. He became unstable, undisciplined, and overthinking which affected his performance. Besides that, Doni's family was really de- manding, yet they also compared Doni to their friend's son.

On the other hand, Doni wanted to improve himself to be more prepared but he still couldn't find a way. He has a bestfriend since he was in college, his name is Andra. Andra is 180 degree different to Doni. He is very optimistic and disciplined. One day they were hanging out, Andra has told Doni to get out of his bad habit if he wanted to deal with quarter life crisis, unfortunately Doni didn't listen to him. There was the day where Doni met the girl that he had his eyes on. And this was where Doni found a turning point in his life.

Storyboard

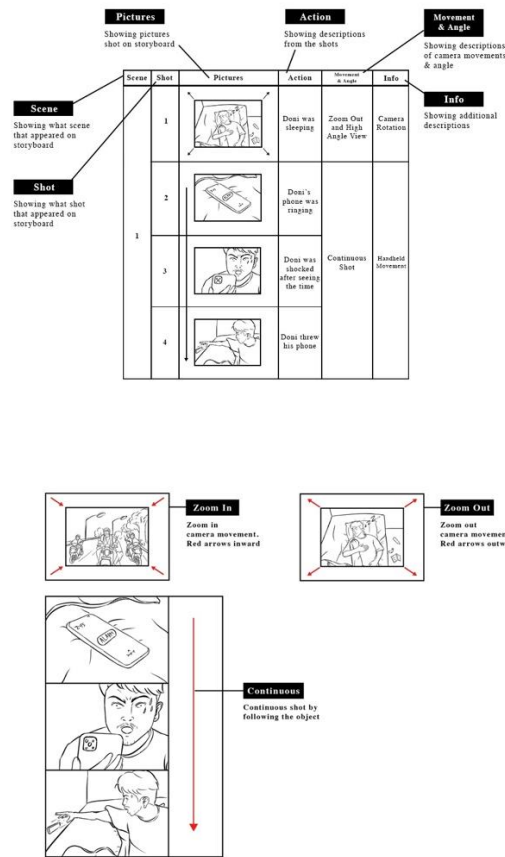


Figure 3.4 Breathe Storyboard

Source: Personal Document

Storyboard is intended to translate storyline and script based into sketches. It is a requirement for shooting process to realization the director’s vision on production phase.

Moodboard



Figure 3.5 Breathe Moodboard
Source: Pinterest

Breathe short film will use two kind of color tone which is intended to distinguish between reality and fantasy. The reality scenes will use semi-flat tone because we want to depict the gloomy vibes for people in quarter life crisis phase. Meanwhile, the fantasy scenes will use more vibrant color. The looks will use warm-vintage tone, we want to show the moody and melancholy vibe through the scenes.

Media Concept



Figure 3.6 Breathe Film Poster
Source: Personal Document

Based on the analysis result that has been done by the writer, the directing of “Breathe” short film will represent all the early adults who live in metropolitan city in Indonesia and experiencing quarter life crisis, especially in Bandung.

The genre of this short film will slice of life comedy-drama. It is intended to cover the serious topic with sense humor to make things more relax and easy to digest.

Short Film Project Phase

Pre-Production

Script

In pre-production phase, the writer worked as the director. The director was helped by script writer in writing the script. The director told what he wanted to tell through this film and how the dialogue among the characters will be conveyed, then the script writer was trying to arrange it into sequential script according to the concept. In this stage, the script writer also has a main role to create sort of mood and emotion.

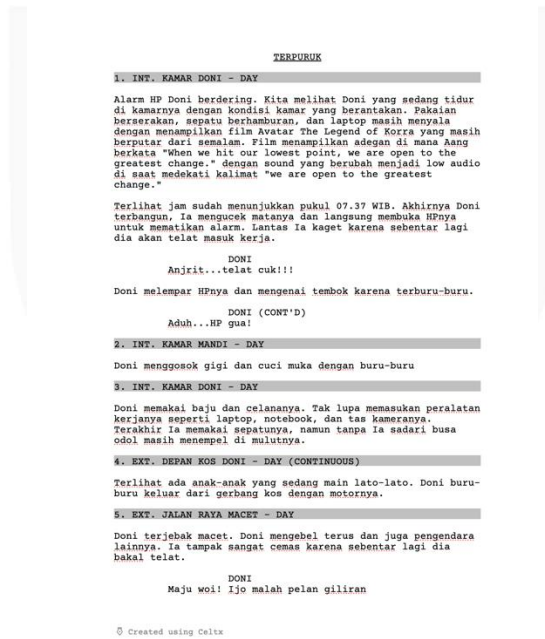


Figure 3.7 Breathe Script
Source: Personal Document

Casting Characters

Doni



Figure 3.8 Doni

Source: Personal Document

Name: I Kadek Doni Laksana

Nickname: Doni

Age: 24 Years Old

Characterization: No spirit, undisciplined, overthinking, like to complain to any problems.

Meita (The Girl)



Figure 3.9 Meita (The Girl)

Source: Personal Document

Name : Meita (The Girl)

Age: 24 Years Old

Characterization: Calm, disciplined, independent, easy-going.

Andra



Figure 3.10 Andra

Source: Personal Document

Name: Andra

Age: 25 Years Old

Characterization: Disciplined, energetic, to the point, supportive.

Rundown

BREATHE DAY 1							
Date	Fase	Time	Scene	Location	Wardrobe	Property	Actors & Actreeses
8/4/23	2 & 3	04.00-05.00	19 & 20 + Scene 7 ("Sial banget gua" Kosan)	Kos-Kosan	(Scene 18-19) Jaket, Kaos, Chino, (Scene 20) Baju Kaos, Boxer	Selimut, Bantal, Guling, Laptop, Kamera, Foto Cetak	Doni (Dirta)
							Doni (Dirta)
	1	05.30-06.30	1 & 2	Kos & Kamar Mandi Kos	Jaket, Baju Kaos, Celana Panjang, Lanyard	Odol, Sikat Gigi, Cermin, Tas, Kamera, Notebook	Doni (Dirta)
							Doni (Dirta)
	3 & 4	07.00-08.30	3 & 4	Depan Kosan & Jalan Raya Terusan Buah Batu	(Scene 3-8) Jaket, Baju Kaos, Celana Panjang, Lanyard	Motor, Helm, Tas	Doni (Dirta)
							Figuran anak-anak main lato-lato
BREATHE DAY 2							
Date	Fase	Time	Scene	Location	Wardrobe	Property	Actors & Actreeses
		08.00-08.30	5 + Scene 7 ("Sial banget gua" Kamar Mandi)	FIK	(Scene 3-8) Jaket, Baju Kaos, Celana Panjang, Lanyard	Tas	Doni
							Figuran

Figure 3.11 Rundown

Source: Personal Document

Before moving to production stage, the director will make a rundown to make all production activities run according to schedule. So, all the crew have to pay attention to the time that has been given as good as possible.

1 Terpuruk									
No	Time	Location	Scene	Talent	Wardrobe	Property	Equipment	Remark	Check
1	4.30-6.00	Kosan	High Angle Doni sedang tidur B-roll kondisi kosan berantakan B-roll laptop menayangkan series avatar korra Close up menunjukan jam di Hp Doni Medium Shot Doni terbangun Close up Doni terbangun kaget dari tidur sembari melihat jam Medium shot lempar Hp, Hp doni kepentak tembok	Doni	Baju kaos, Boxer Baju kaos, Boxer	Kasur, Selimut, Bantal Laptop, Meja, Alat Tulis Hp	Lensa 16/24, Kamera, Lighting Lensa 30, Kamera, Lighting Lensa 50/35, Kamera, Lighting Mic		
2	6.00-6.30	Kamar mandi	Close up kaca dari sebelah kanan sembari Doni cuci muka dan gosok gigi Close up Doni buka lemari Close up Doni mengambil baju dan celana sembarang Medium shot Doni pakai baju, celana, dan sepatu Close up doni mengambil tas lalu memasukan kamera dan mengambil lanyard	Doni	Baju Kaos, Boxer Baju Kerja, Celana Panjang Baju Kerja, Celana Panjang, Sepatu Baju Kerja, Celana Panjang, Lanyard	Alat Mandi, Sikat Gigi, Odol, Cermi	Lensa 30, Kamera, Lighting, Defuser, Mic Kamera, Lensa 30/50, Lighting		
3	6.30-7.00	Depan Kosan	B-Roll kondisi depan kosan ada anak anak main lato-lato Long shot Doni keluar dari kosan	Figuran Anak anak Doni	Baju Kerja, Jaket, Lanyard, Helm	Tas Kamera, Motor, Lato-Lato	Lensa 24/30, Kamera, Diffuser		
4	7.00-9.00	Jalan Raya	B-roll jalanan macet & hectic Wide shot Doni mengendarai motor Close up Doni ngomet di jalan Close up Doni mengebel	Pengguna Jalan Doni	Baju Kerja, Jaket, Lanyard, Helm	Tas Kamera & Motor	Lensa 24/50/80, Kamera Lensa 24 & Kamera Lensa 80 & Mic Lensa 50	Shoot dari depan	Shoot dari samping kiri

Figure 3.12 Shotlist
Source: Personal Document

Production

In the production stage, the director will lead the whole shooting process since the beginning. The first thing was how the director directed the actors to deliver every scene according to the story, yet the actors could improvise the dialogue or scene as long as still in the right context. Besides directing the actors, the director also directed the cameraman, soundman, and art director with the help of assistant of director in order to optimize the whole production process.



Figure 3.13 Shooting Process

Source: Aokajie's Instastory

Post-Production

Post-production is the last stage of this short film project where all important elements will decide the final result of this short film. This post-production process goes through two work processes, namely offline editing (cut to cut) and online editing (color grading):

Offline Editing



Figure 3.14 Offline Editing
Source: Premiere Pro

Online Editing



Figure 3.15 Online Editing
Source: Premiere Pro

Supporting Media

Promo Ticket



Figure 3.16 Breathe Collectible Ticket and Merchandise
Source: Personal Document

The promo ticket is intended to make the film more progressive and gain attention to the audiences by giving some extras such as, collectible ticket and t-shirt or totebag.

Final Result



Figure 3.17 Breathe Short Film in Theater Mockup
Source: Personal Document

CONCLUSION

After going through several research methods, we finally obtained design result based on qualitative and quantitative analysis on the topic of directing a short film about early adults who are experiencing a quarter life crisis phase titled “Breathe”, it can be concluded that, early adults who are experiencing quarter life crisis aren’t prepared enough to face the transition from adolescences to adulthood period, and they might get overthinking, anxious, self-compare. Responding to this phenomenon, the writer gave an overlook and insight through short film

about how to deal with quarter life crisis by breathing. Even though breathing often take it for granted, but it is very fundamental in people's life. This crisis is normal and might happened to every early adult who are just entering 20's. Therefore, the writer used daily basis approach to make it as relatable as possible to the real situation out there, and hopefully this short film could be a representative for early adults out there.

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