

# CHAPTER I

## INTRODUCTION

### 1.1. Background

The COVID-19 pandemic has changed life around the world in many ways, creating new challenges for different groups of people, especially young people. Due to worries about the spread of a very contagious virus, strict rules like lockdowns and canceling social events have made it necessary for teenagers to stay away from their friends and social groups. Even though the pandemic ended nearly 3 years ago, people still feel the effects of being socially isolated. This isolation affects their daily lives and has a big impact on their mental and emotional health.

Past studies have found that the teenage years are a key time for a person's social and emotional growth. Getting support from friends and family is very important for helping teenagers form their identity and stay mentally healthy. Loades, Maria Elizabeth, et al (2020) say that teenagers who feel lonely often find it hard to understand their place in society and to become independent or build healthy relationships with others. Students' activities often involve social interactions. Because of Covid-19, many activities that usually happen in person have changed. Now, there are new routines like online classes, practice sessions, seminars, and virtual gatherings, as noted by Putra et al (2021) a journal discussed how the lines between the real world and the online world are becoming less clear. This change is happening because of the internet, and people need to adjust to this new way of living. A study by Nasrudin et al (2020) and others in 2020 found that 30 out of 92 people (about 32.6%) felt moderate stress because their daily routines changed during the Covid-19 pandemic.

Besides that, social isolation has led to changes in how teenagers interact and look for connections with others. To keep in touch with their friends, teens often use technology and social media. Using social media can help teens feel supported when they're alone, but if they use it too much,

it might make them feel more depressed and anxious. It also leads to a situation where people start to feel emotionally connected to celebrities or fictional characters instead of having real-life friendships. "When people feel lonely, they often look for one-sided relationships, like following celebrities or shows, to feel connected and get emotional support. " In 2016, they studied how people feel connected to celebrities and fictional characters. Being socially isolated is linked to other mental health issues like depression, anxiety, and stress. A study by Courtet and others. A study from 2020 shows that teenagers who feel alone are more likely to have serious mental health issues, like depression and anxiety.

Short films are a great way to share moving images and communicate messages to many people. Past studies have shown that the teenage years are a crucial time for a person's social and emotional growth. Short films are a strong way to share feelings and social issues. During the pandemic, short films can help show what isolated teenagers go through and can affect how the audience feels, according to Sundar and Limperos (2013) in their study about how short films share social messages.

The best way to tell this themed story is as a Psychological Drama movie. This style helps the audience pay more attention to the plot and the message at the end. It also highlights the visual appeal and shows character expressions that represent feelings of being alone and isolated. Social isolation has led to changes in how teenagers interact and look for connections with others. In psychological drama movies, complicated characters and intense situations can give a better understanding of people's feelings and thoughts, according to Plantinga (2009) in his book about using films to learn about human psychology. Keast (2014) says that psychological drama movies can tell deep stories about how characters feel and think. These stories can help the audience reflect on their own life experiences.

During the COVID-19 pandemic, it's important to understand how being alone affects young people. By learning more about this, we can become more caring and aware of those who need help. This can also help

prevent mental health issues for both ourselves and the people we care about. This research wants to look at how young people felt alone during the COVID-19 pandemic. It also aims to create something that helps us better understand what they went through and shows how important friends and support from others are in getting through tough times.

## **1.2. Problem Identification**

From the background described previously, several problems can be identified, such as:

1. The COVID-19 widespread has made numerous young people feel alone, which can harm their mental wellbeing. Being absent from companions and not being able to socialize can make individuals more likely to have issues like feeling pitiful, stressed, and pushed.
2. Social isolation has led to people developing one-sided relationships with fictional characters which is a parasocial phenomena. These one-sided experiences happen because people want to make social connections. However, they may not fully give the emotional support and connection that people need.
3. Lack of visual media, especially short films that raise discussions about social isolation, especially in the psychological drama genre that are able to convey people's emotions and societal messages.

## **1.3. Problem Formulation**

From the explanation of problem identification above, the question that arises is: How to direct a short film that shows real-life experiences and uses filmmaking techniques to help people understand and care for each other and create valuable insight and highlight the importance of social support to overcome feeling of isolated on adolescents and young adult ?

## **1.4. Problem Scope**

Based on the background and identification of problems explained above, there is a scope of problems as follows:

### **1. What**

The goal of this topic is to find a way to tell a story that the audience will understand and accept. This story should help people think about and learn from the negative effects of being socially isolated, especially during the Covid-19 pandemic, by using a short film.

### **2. Who**

- a. Age : 18-25 years old
- b. Gender : All Gender
- c. Demographic : The Youth especially University students who are studying and affected by Covid 19 isolation

### **3. How**

Making a short film in the psychological drama genre shows characters well, uses camera work effectively, and guides the story in a way that the audience can easily understand the theme of social isolation. How can this movie make people think and feel about how teenagers are coping mentally when they are alone.

### **4. Where**

The scope of this research is devoted to individuals residing in Bandung.

### **5. Why**

Using short films to show the feelings and experiences of lonely teenagers is very important. Using clear and strong stories based on data can help people see how being alone affects teenagers and young adults.

### **6. When**

The final work is expected to be done in late 2024.

## **1.5. Research Purpose**

The research is focusing on producing a short movie that illustrates the emotions of isolation and loneliness felt by teenagers amid the pandemic. The film aims to provide insight into the lives of isolated teenagers and evoke empathy from the audience.

## **1.6. Research Benefit**

### **1. For Academics**

- a. Ideas and reference sources for creative actors, artists, designers and fellow filmmakers to do a different structure approach in their creative process on a medium and theme
- b. Expanding the scope of our creative work and contribution as people in the creative field in solving a problem
- c. Can be used as a reference in the filmmaking field and visual communication design major

### **2. For Public**

- a. Deeper knowledge of social issues within the realm of social isolation and post lockdown impact on social activities
- b. Opening people's eyes and consciousness about negative impact of continuing to isolate oneself from the social environment
- c. Increase empathy towards others and unity

### **3. For Writers**

- a. Graduation requirements to obtain a bachelor's degree from Telkom University
- b. The ability to think critically as a creative design student in voicing a problem and applying all the knowledge and methods that have been learned to solve the problem as a designer
- c. Understanding and ability improvement in conducting research

## **1.7. Research Method**

To compile this research, the author will use several data collection and analysis methods as:

### **1.7.1 Data Collection**

#### **1. Observation**

The author made direct and indirect observations, in order to obtain data related to the environmental conditions of the shooting location, lighting conditions as well as watching and listening directly to get an overall picture of what the film will be like. The author also makes observations of works that have similar themes via the internet and other sources.

#### **2. Literature Study**

The author can conduct a study on books, journals, and articles related to the phenomenon and filmmaking technique, which is essential for obtaining accurate data on movie storyline.

#### **3. Survey and Questionnaire**

The questionnaire method in this research will be done by making a questionnaire containing questions about source experience related to social limitations or online class experience during the Covid-19 pandemic, this data can be used as a supporting source for the script writing process.

### **1.7.2 Data Analysis**

#### **1. Narrative Analysis**

Narrative analysis will be used as a paradigm by collecting descriptions of events or occurrences and then compiling them into stories using a storyline. Narrative research according to James Schreiber and Kimberly Asner-Self 2011 (Nugrahani, 2014) is the study of individuals' lives as told through stories of their experiences, including discussions about the meaning of those experiences for the individual.

## **2. Matrix Analysis**

Similar visual works are described and analyzed descriptively, with the aim of being able to understand them and obtaining visual data that is in accordance with the author's interpretation of similar cases.

## 1.8. Research Framework

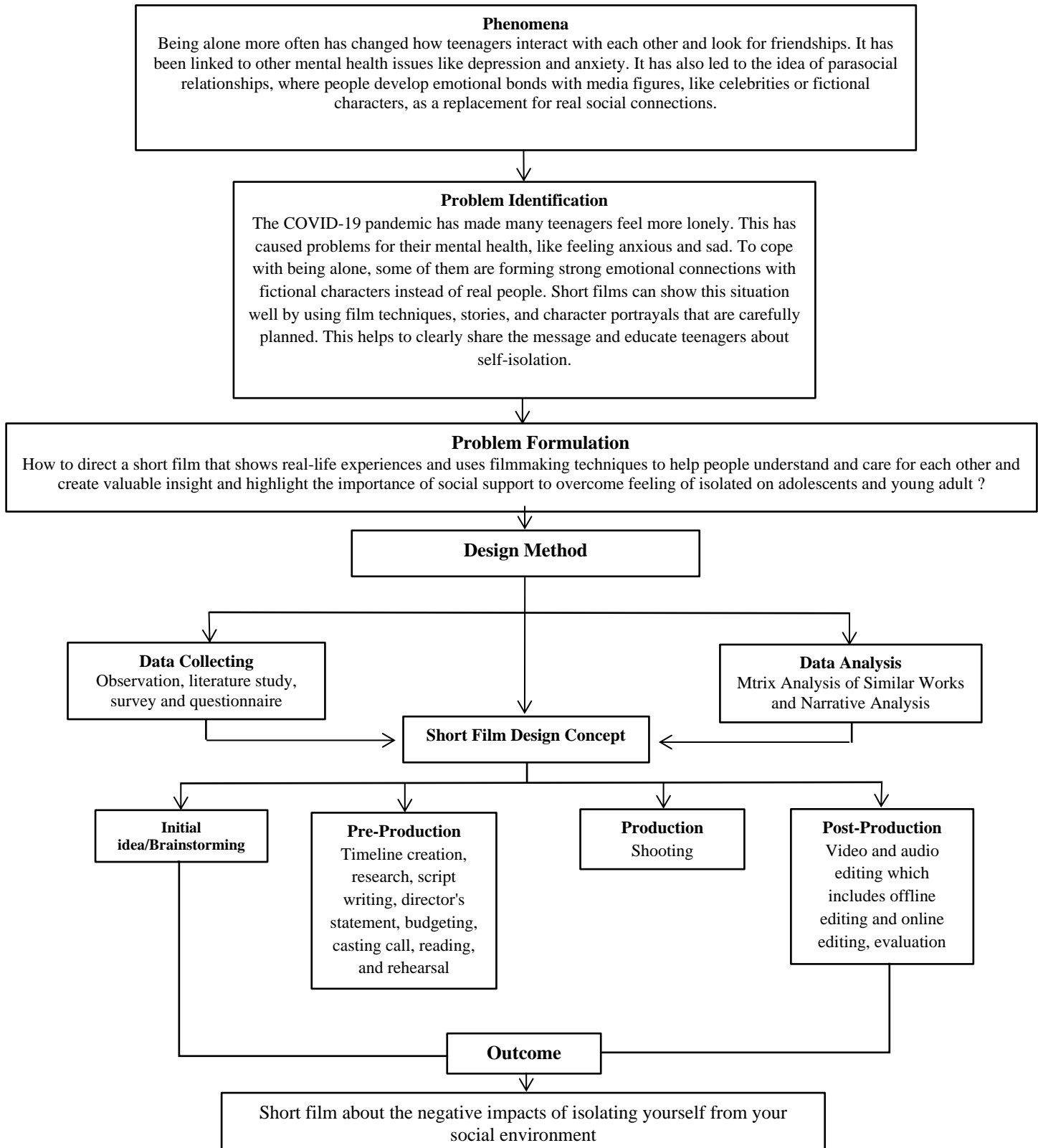


Figure 1. 1 Research Framework

(Source: Private Document, 2024)



## **1.9. Chaptering**

### **CHAPTER 1: INTRODUCTION**

This chapter discusses the background, problem identification, problem formulation, research scope, research benefits, data collection and analysis methods, and final project framework. Then, describe the framework for completing the final assignment.

### **CHAPTER 2: THEORETICAL FOUNDATION**

This chapter describes the relevant theoretical foundation as a foundation for developing a research plan.

### **CHAPTER 3: DATA AND PROBLEM ANALYSIS**

This chapter, the results of data collection, such as data observation, interviews, questionnaires, data analysis, and drawing conclusions, are structured and ready to be analyzed.

### **CHAPTER 4: CONCEPT**

This chapter describes all design concepts, beginning with the idea concept, determining the target audience, collecting data, and preparing pre-production until post-production for the film production.

### **CHAPTER 5: CONCLUSIONS**

This chapter contains the conclusions from the final project's research and design.