

ABSTRACT

As individuals enter adulthood, many young people find themselves caught in the dual pressure of being part of the “Sandwich Generation,” balancing responsibilities toward their families with the desire to pursue personal ambitions. This phenomenon is particularly complex in Indonesian society, which highly values familial obligations. The experimental film “Di Antara Dua Beban” (Between Two Burdens) serves as an expressive medium to represent the emotional conflict experienced by this generation. Utilizing symbolic and non-conventional visual approaches, the film integrates Virtual Reality (VR) technology to create an immersive experience that allows audiences to directly feel the protagonist’s dilemma. Two contrasting virtual worlds—familial demands and personal freedom—are visually depicted as a reflection of the psychological and social pressures faced by today’s youth. As the first experimental VR film in Indonesia to address this issue, it not only functions as an artistic work but also as a space for discussion, aiming to foster empathy and raise awareness about the complex struggles young people endure in balancing dual roles between family expectations and personal aspirations.

Keywords : *Sandwich Generation, Experimental Film, Virtual Reality*