

CHAPTER I

INTRODUCTION

1.1 Background

Emotion is a huge and essential part of human life. It has been with us since birth and through our development. It even accompanies us when we took our very last breath. Emotion is so essential that most of the time, it became a driving force for our decisions and actions. Yet, not many people took this as a serious matter. This might be because emotion has been so close to us for so long that we took it for granted without properly understanding it. Not understanding something so close to us can be a weapon against us. That is why, this behavior and thinking may result in an unfavorable experience, especially with one particular emotion, which is anger.

Anger is one of human's basic emotions where one feels antagonism towards others or objects that they felt have deliberately wronged them (APA, 2022a). As one of human's very basic emotions, anger is as common as happiness, sadness, or fear. But even as common as anger is, it could be overwhelming at a time. This is more apparent in the most important phase for everyone— where we went through several changes; physically, emotionally, psychosocially, and behaviorally from childhood to adulthood— known as adolescence (WHO, 2020).

Adolescence is a very important phase in human life which covers quite a wide range of ages. In this age and era, adolescence starts at 10 years old and lasts until 24 (Silver, 2018). And through this wide range of ages, adolescence can be divided into three stages, with late adolescence (youths aged 18 to 24) being the final stage (Allen & Waterman, 2019).

While it is true late adolescents are the closest to becoming an adult than the other adolescents in the previous stages, they have yet able to grasp the entirety of the intense and unpredictable emotions they felt as a result of the adjustment struggles they commonly have through their many changes. As such, anger as a common thing in life became volatile in the face of these adolescents, especially when they have no clue of

how to manage it. Like a ticking bomb with an uncertain fuse, if treated right and delicately, it will become a thrilling and precious experience and lesson for life after. If not, disaster ensues.

Cases such as adolescent crime and self-harm, which keeps occurring each year, have unattended adolescents' anger as one of their core roots. Reports show that youth who experienced more anger in the preceding few months were more likely to be currently violent. Specific features of their anger may even be an important cause of long-term criminality in youth (Acland, 2022). Without proper guidance and knowledge, their anger could manifest into hostility, which further grows into aggression.

Some adolescents, those who are more comfortable with their inner thoughts and prefer quietness or also known as introverts, will tend to choose the “bottling up” way. In which they will keep their anger to themselves and hold it in. Yet, however strong a rubber balloon is, too much air in it will only lead it to explode. Bottling up will result in a more severe outburst, mental health issues, or no emotion at all, leading to apathy.

A case that happened in West Jakarta on September 2022 for example, where a young woman with the initial RJKP (18) attempted to end her life by plunging herself from the footbridge between Central Park Mall and Neo Soho Mall. Her suicidal act was caused by the frustration of the accumulated stress (negative emotions including anger) from family problems befalling her that she couldn't bear anymore (Poskota, 2022).

Anger is an emotion akin to a double-edged knife. Even more so in unpredictable individuals such as adolescents, where their anger seems to control them more than the other way around, which could hurt them and others around them. To prevent this from happening and getting worse, a better understanding of anger and its management from these adolescents is needed. Especially for those who are in their late adolescence stage that is introverted and live in Indonesia's urban areas, as they are more prone to stressors with how deeply and intensely they felt emotion as an introvert, and how dense the activity in urban areas is. Aside from that, as late adolescents, they are also more interested to understand themselves (including their anger) better, yet have no

clue of what to do or where to begin, because they are already too used to their flawed way of handling anger that they thought is the normal and right way.

For this actually, many books about anger management have been published. But with Indonesia being the second-lowest nation with reading culture and interest according to sources such as Jakarta Post and Kompas, this particular learning media seems ineffective. Even more so when most adolescents find books with such topics (thick books about psychology and such) as ‘heavy-reading’. An unappealing read that doesn’t feel relatable which will most likely bore them. Thus, an alternative media to these books to better deliver anger and its management knowledge for introverted late adolescents should be made. A media that is fun, relatable, interactive, and engaging, which is also in line with the heavy digitalization of this era, will surely appeal more to them.

With that in mind, a visual novel about anger management for introverted late adolescents is what the writer came up with as a suitable alternative to books. It is a popular genre of role-playing game— that is the second most sold and released game genre on Steam since 2019 (Zukalous, 2022)— with heavy use of visuals that focus on a narrative, which enables knowledge learning in a fun, relatable, interactive, and engaging way.

The reasoning for this is also supported by Coffee Talk’s success. An Indonesian-produced visual novel game by Toge Productions that gained international recognition and approval— and is currently placed in the top 50 ranks of most played visual novels on Steam amongst thousands of them (SteamDB, 2023)— with its content that taught us about tolerance of others in the most unique and fun way.

With these considerations written, a visual novel game about anger and its management for Indonesian introverted late adolescents shall be designed. One with relatable, interactive, and engaging narratives, characters, and illustrations, as a way to help Indonesian introverted late adolescents to know where to start understanding their anger and how to better manage it.

1.2 Problem Identification

From the background written above about adolescent anger and its management specifically for Indonesian introverted late adolescents, some problems could be defined as written below:

1. Introverted late adolescents' cluelessness about how to learn more about their anger and how to manage it.
2. The lack of more fun, relatable, engaging, and interactive learning media to improve introverted late adolescents' anger knowledge and its management practices as an alternative to books.

1.3 Research Question

With the problem identified above, a research question is then formulated. This question will then be discussed in this paper to reach its answer. This formulation in the form of a question is written below:

How to create a visual novel design as an alternative media to books that could be used for more fun, relatable, engaging, and interactive learning media for introverted late adolescents to learn more about their anger and its management?

1.4 Research Scope

This paper will discuss introverted late adolescents' anger and its management, as well as a visual novel that will be designed as a learning and practice media for introverted late adolescents to know better about their anger and how to manage it. The research scope below is written to limit the problem as well as the discussion, focusing on the ones that have been formulated above.

1. What

The focus of the problem and discussion of this paper is designing a visual novel as an alternative media to books for introverted late adolescents to learn more about their anger and how to manage it.

2. Who

The result of the discussion in this paper, which is a visual novel, is designed for late adolescents (youths aged 18 to 24 years old) who have the trait of being introverted.

3. Where

The visual novel that will be designed is for introverted late adolescents all over Indonesia, especially in its urban area.

4. When

The research process for designing this visual novel will begin in March 2023 and is expected to be completed by August 2023.

5. Why

This research is conducted to gather data for designing a visual novel that will be an alternative learning media to books about anger and its management, for introverted late adolescents to learn and practice managing their anger. This research and design will help them raise their awareness about their anger and its management.

1.5 Research Purpose

The purpose of the research will be to reach the answers or solutions for the problem formulated as questions above. Thus, the purpose of this research would be:

Creating a visual novel design as a more fun, relatable, engaging, and interactive media alternative to books for Introverted late adolescents to improve their knowledge about anger and its management.

1.6 Research Benefit

Like any other research, the one written in this paper is also done with benefits in mind, since research without one will be pointless. The benefits of this research can be reaped by three parties. They are the academics, the writer, and the public. The benefits each of these parties will gain are as follows:

1. For The Academics

Through this research and the designing of a visual novel about anger and its management for Indonesian introverted late adolescents, benefits for academics can hopefully be gained. These benefits are as follows:

- a. This research could be used as one of the reference sources for a problem that can be solved through graphic design way in visual communication design, especially through a visual novel design.
- b. This research could be used to broaden one's insight into graphic design knowledge in visual communication design, where one could get a structured designing process of an educational media that is a visual novel.
- c. The paper of this research could be beneficial as a reference for academicians to write one of their own.

2. For The Writer

The benefits that the writer of this paper could gain through this research on the other hand are as follows:

- a. A way for the writer to think critically and applicate the knowledge and experience they have gained so far as a student majoring in visual communication design.
- b. A way for the writer to challenge themselves with a problem and find a way to solve it in a graphic design way, in exchange for gaining more skills, knowledge, and experience in conducting a project and a university level of research.
- c. A completion of one of the requirements needed of them to finish the bachelor's degree study of visual communication design at Telkom University.

3. For The Public

Lastly, the benefits that could be gained by the public from the research in this paper are as follows:

- a. An insight into introverted late adolescents' anger and its management to let them gain more knowledge and understanding about it, so untoward consequences could be avoided, both for the introverted late adolescents themselves and the people around them.
- b. A source of reading where they could gain knowledge and an understanding of a structured designing process of a visual novel as an alternative to books.

1.7 Research Method

The method that will be used in this research would be both qualitative and quantitative research methods. The qualitative research method is a method that focuses on an observation of a phenomenon to gain insight into the said phenomenon, its process, and how it was given meaning in the form of words (Wibisono, 2019). The quantitative research method, on the other hand, is a method that obtains data in huge numbers to be processed with statistics procedure to gain insight (Nanda, 2022; Sujarweni, 2014).

Through the qualitative and quantitative research methods being used in this research, data collection and data analysis methods can be determined as follows:

1.7.1 Data Collection Method

Four ways can be done to collect data for this research, they are the interview method, observation method, questionnaire method, and literature review method. More about them are written below:

1. Interview Method

The interview method in this research will be done by interviewing some people related closely to adolescent anger and cases caused by its aggression, as well as an expert in visual designing (illustration).

A conversation with a series of questions regarding late adolescent, their anger and its management, cases involving them, and a visual design and illustration will be done and asked through virtual video meetings (Zoom or Google Meet) and online text messaging.

Through this method, the writer will be able to explore the interviewees' thoughts, personal experiences and concepts, as well as their views and stances (Soewardikoen, 2013), which will help in giving this research empirical data for relatable and precise visual novel design.

2. Observation Method

The observation method for this research will be done by observing some adolescents and their relatives or parents directly. This method will be the most challenging one, as it has to be done over a considerably long period compared to the other methods. This method also requires keen eyes for details, insightful thinking, and patience. Watching, hearing, and recording are essential in doing observation for this research.

From this data collection method, a subject's anger, its trigger or things that affect it, what they do in response to this emotion or how they manage it, and how this emotion affects their relationship with others around them will be obtained. Insights regarding adolescents' experience with a visual novel game as media of learning will also be gained.

3. Questionnaire Method

The questionnaire method in this research will be done by making a questionnaire containing questions about anger and visual novel. This questionnaire will then be sent to as many Indonesian late adolescents as possible through social platforms in the form of a Google Form link.

The questions in the questionnaire will be asked to gain respondents' knowledge, opinions, preference, and experience regarding their anger and visual novel as a media.

Though this is the most simple and easiest way to obtain data, as the questionnaire will be made only once, with the result compiled and

processed into statistics in Google Forms. To get the desired number of respondents, great use of sharing method is required, which is a challenge for the writer as they have a limited number of followers and influence on social platforms.

4. Literature Review Method

The literature review method in this research will be done by reviewing several journals, articles, and books related to the topic or problem of this research. These journals, articles, and books will be obtained in the form of either pdf copy, website, or e-books from Google, Google Scholar, Telkom University Open Library, and or Google Play Books.

Data will be in the form of qualitative data that covers the phenomena of late adolescent anger, the role that the author will take in designing the said media, the method used in doing the research, the audience of this research, the media that will be designed (visual novel), and other related theories necessary for the research.

All of this data will be an important part of this research, having its chapter, that is Chapter II: Theories. The data collected from the literature review method will also be important in other chapters as a foundation for writing this research and proceeding with the media designing project.

Though, not all sources of relevant literature review can be easily obtained. It will be a challenge in finding the right literature that is accessible, as well as gain and understand the necessary data from them.

1.7.2 Data Analysis Method

As the research methods used in this research are both qualitative and quantitative, the analysis method that will be used to analyze the data gathered are the narrative inquiry and matrix methods for the qualitative method. While the descriptive analysis method will be used for the quantitative method. More about them as follows:

1. Narrative Inquiry

Analyzing data using the narrative inquiry method is done by compiling all qualitative data that was obtained, to be understood and interpreted into a chronological narrative.

Most of the qualitative data obtained from the data-gathering process were life experiences of interviews, observation, and questionnaire subjects or respondents. That is why the author decided that the analysis inquiry method is suitable for analyzing them.

Through analyzing data with this method, unique perspectives from each subject or respondent could be obtained. Along with a deeper understanding of the problem empirically.

2. Matrix Analysis

Data analysis using the matrix analysis will be done by using tables in listing the objects. The data of these objects will be listed side by side to be compared, gaining the differences between the details they each have (Soewardikoen, 2019).

Through analyzing data with matrix analysis, data about existing visual novel games' details can be obtained as a reference for the one that will be designed by the writer through this research.

3. Descriptive Analysis

The descriptive analysis method is used to analyze qualitative data that has been gathered into quantitative data. Using a statistical technique used in the descriptive analysis method, the author could gain a summary of all data to be understood more easily.

The result of this analysis method is graphs generated by the Google Form's system, of the gathered data showing the measure of frequencies from respondents, which helps the writer to determine which option or possibility is the most favorable or the majority, and vice versa.

1.8 Research Framework

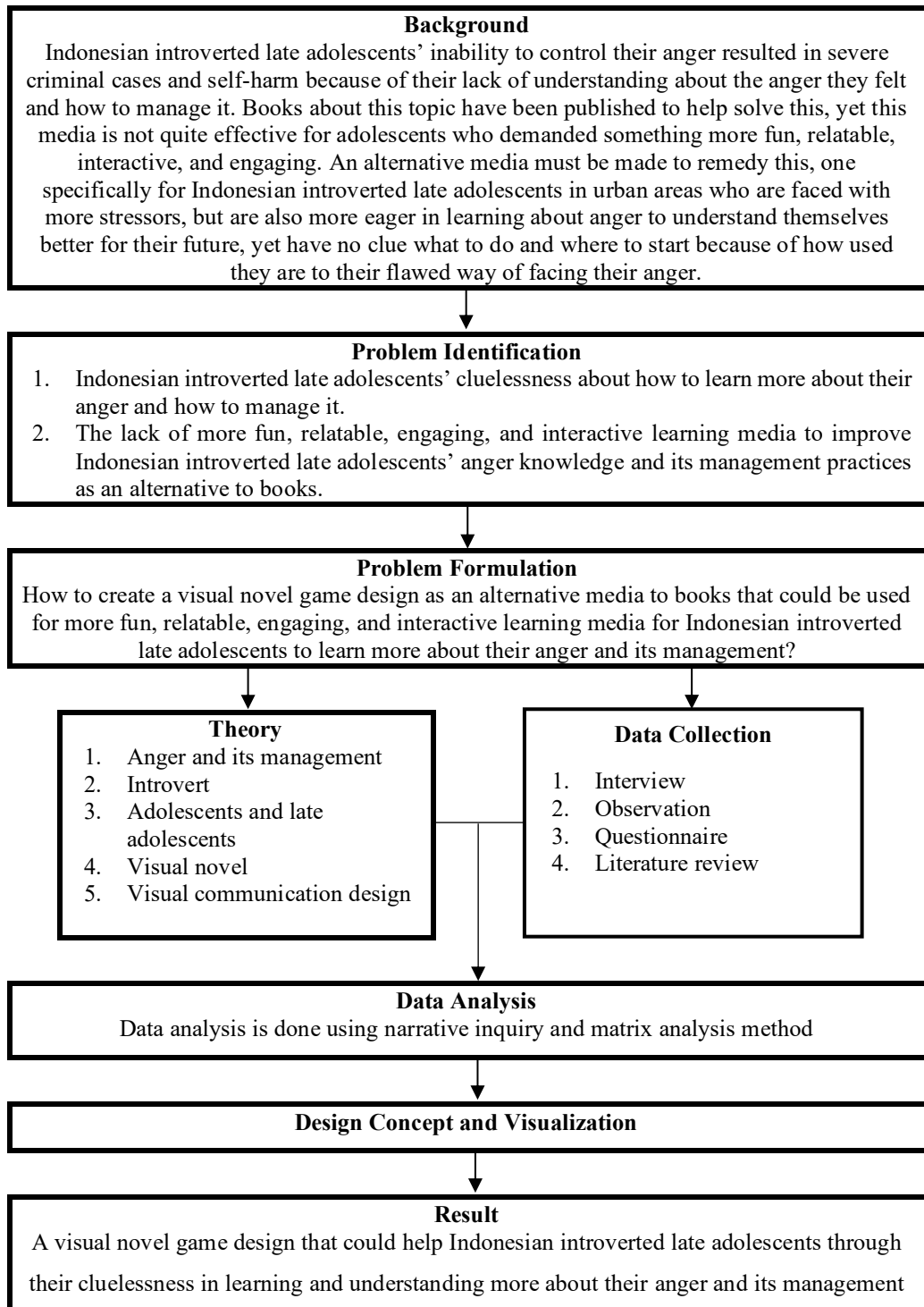


Figure 1.1 Research Framework

(Source: Private document)

1.9 Writing Systematic

This research paper will cover five chapters that discuss the designing process of a visual novel about anger and its management for Indonesian introverted late adolescents as an alternative to books. The chapters being covered are as follows:

CHAPTER I: INTRODUCTION

This chapter includes the background of the research and design, the problem identification obtained from the background written, followed by the formulation of the problem in the form of questions, then the scope of the research to limit the problem and discussion, the research goal, the benefit of the research, the research method being used (also covers the data collection and data analysis being used), the framework of the research and design, finished by the writing systematics of this research paper.

CHAPTER II: THEORIES

This chapter elaborates on the result of the data gathering through the literature review method that has been done. It contains theories and basic thinking that are used as a foundation of the research and design, so the result of it will be as hoped.

CHAPTER III: DATA AND ANALYSIS

This chapter contains the data that has been gathered from all of the data collection methods being used and their analysis with the approach that has been chosen to determine the design of the visual novel.

CHAPTER IV: CONCEPT AND DESIGN RESULTS

This chapter explains the concepts of the visual novel design and its process following the data gathered and analyzed. It also shows the results of the visual novel design that is done.

CHAPTER V: CLOSING

The final chapter of this research paper contains the research and design conclusion in the form of answers to the problem formulation's questions, as well as suggestions from the writer to the reader.