

CHAPTER I

INTRODUCTION

1.1 Background

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. But often, people who are in this phase are trapped in anxiety, emotional instability, self-expectations, and even external pressures that might cause psychological problems and emotional (Aristawati et al., 2021). This phenomenon usually appears in the age range of 20 to 29 years. Caused by a feeling of not being prepared for the situation at hand which results in anxiety such as anxiety about career and social life (Fischer, 2008). It was also stated that if this emotional crisis is left unchecked it will cause negative things such as stress and depression which can damage concentration and fear of the situation around it (Allison, 2010).

Based on the data from Yale Medicine, 70 percent of early adults have experienced a quarter life crisis. And it was also stated that this phenomenon had an impact on millennials as much as 86% according *Satu Persen*. Aristawati, AR., and co conducted a study whose subjects are based on gender and employment status. There were 100 people, there were 31 people (31%) for men subject, meanwhile there were 69 people (69%) for women subject. And then, the other subject was dominated by employed people (70%) rather than unemployed people (30%).

The common problem that occurs in quarter life crisis is overthinking. In fact, overthinking leads to losing a sense of natural rhythm. It occurs when people think too much rather than how they supposed to respond naturally. In terms of sport, the athletes are doing his training naturally, so they can sharpen their muscle memory without deliberated. Therefore, every movements turn out fluid and natural (Talbert, 2017). Overthinking is also associated with depressive condition where high demand can affect people's decision making because people tend to worry about. And it will cause them stress where they are already mentally exhausted.

Stress refers to conditions where an environmental demand exceeds the regulatory capacity of an organism, in particular, that include unpredictability and uncontrollability according to Neuroscience & Biobehavioral Reviews (Koolhaas et al., 2011). Recently, many early adults in their mid-20s to 30s have experienced symptoms of stress, or recently called a quarter life crisis. One of the causes of stressed and angry is an irregular breathing.

According to Advance in School: Mental Health Promotion breathe is a fundamental thing in our life, it could make living things stay alive. Breathing is a process of in and out of oxygen and carbon dioxide. Besides that, it increases the feeling of calmness, relaxation, and self-acceptance. It also improves emotional control, less self-tiredness, pain, and aches significantly (Broderick & Metz, 2009).

Breathe can be done consciously and unconsciously, but most of the time breathing is done unconsciously because it comes naturally. So, the breathing condition has been taken for granted like other organ systems inside our body. From that unconscious condition, people tend to forget to control their breathing whenever they feel anxious, scared and stressed. When someone is scared or angry their breathing becomes shallow which is hard to control, and it doesn't mean people forget to breathe it is only changing the breathing technique (IGA Diah Fridari, M.Psi., Ph.D., Psikolog, 2023). Every act that people commit comes from their will of act. In order to ensure the will, people have to clear their mind to be focused by breathing properly.

Humans also have the ability to determine whether to rise or not. It is caused by human mind. According to *Dashyatnya Pikiran Bawah Sadar* there are two kinds of human mind such as conscious mind and subconscious mind. A hypnotist expert said that, approximately 12% which determines human life actions caused by human conscious thoughts, meanwhile subconscious mind took 88% to determine human acts. More important is how people need to synchronize between conscious mind and the actions. To achieving that goal, people need to understand their subconscious thoughts because it is the honest one. If they don't synchronize those things. they will keep do the things and feel empty because they never feel happy on what they do (Hakim Andri, 2011).

One of the best ways to convey messages or deliver some information is by using visual terms. Visuals also can engage the audiences by several ways whether through its content or visual aspects like colors, designs, motions, etc. But in the film, those aspects couldn't be separated. In this modern era, film is a medium to convey a message, tell a story, share campaign, and entertain the audiences through visual and audio. Film is also an art, as the result of combination between music, fine art, sound art, theater, and technology to make moving pictures as a form of visual (Imanto, 2007). Film could attract people and drives them to tell a story. It delivers the contexts through the flow of images to make it accessible (Stempleski & Tomalin, 2001). It might affect the audiences indirectly or maybe sometimes it planted unconsciously in our mind according to How to Read a Film. It is because the use of cinematic metaphor to convey the meaning of content in instance. The subtle indexes that actually tend to be forced will affect the human psychology (Monaco, 1977).

Based on IDN TIMES survey on 411 respondents, people like to watch movies that is relatable with a real life 37,2% and followed by moral value 27,1%. And also, people who are aged 20-27 have the highest interest in watching movies.

1.2 Problem Identification

By looking at and analyzing the problems in the background of the problem above, the problems are identified as follows:

1. Quarter life crisis causes several problems such as, overthinking, insecurity, stress, etc.
2. Stress and uncontrollable emotions come up from irregular breathing.
3. Overthinking could lose people mind and even limit their decision making.

1.3 Research Question

From the identification of the problems described above, it can be formulated into a problem formulation, namely:

1. How to make quarter life crisis topic to be well-delivered to the audiences especially to early adults?

2. How does the writer manage the short film process start from pre-production, production, to post-production as a director?

1.4 Scope

In this short film project, the writer occupies the position of director. In order not to expand the problem, the author limits the scope of the problem based on the writer capability as follows:

1. What

The final project includes pre-production, production, dan post-production, the writer will be focusing on the directing. The output will be a short film as media to spread a message about early adults who are experiencing a quarter life crisis phase.

2. How

In this final project, the writer will explain the process start from pre-production, production, to post-production as a director, based on the analysis that has been done.

3. Why

In this short film project, the writer a director wants to explain the concept of directing in order spread a message through short movie about early adults who are experiencing a quarter life crisis phase.

4. Who

The target of this short film are people who always complain, overthinking and easily got stressed especially college students and employees, in the age range of 21-30 years old.

5. Where

The research conducted in Bandung, and the process of the shooting will be conducted in big city in Indonesia for example Bandung. The target audiences are targeted to the early adults who mostly live in the big city.

6. When

The research started on: November 2022 – March 2023.

Execution of shooting process: April 8th, 2023 – May 1st, 2023

The film release: July/August 2023

1.5 Design Purpose

The objectives of this design are as follows:

1. To give an overview for early adults about facing quarter life crisis through film which is made as related as possible to the real life in accordance to IDN TIMES about people's interest in watching film.
2. To be able to handle the short film project with the enough knowledge start from the scratch to the final.

1.6 Benefits

1. For the Writer

- a. The writer able to apply the knowledge that has been obtained after becoming a Visual Communication Design student.
- b. The writer has an opportunity to make a real big project that will intended to find solutions to solve problems.
- c. To complete the requirement needed to complete the S1 Visual Communication Design at Telkom University.

2. For the Public

- a. People will get an overview how to face a quarter life crisis.
- b. People can learn how to control themselves first before to start doing something.
- c. People know how to deal with overthinking and manage it.

1.7 Research Method

1.7.1 Data Collection

In the researching process, the writer used several ways to collect data for this research, such as Observation Method, Interview Method, Questionnaire Method, and Literature Studies. More about them are written below:

a. Observation Method

1. The writer did an observation by watching *The Karate Kid II* (1986). The writer watched that movie last year during his free time. The writer got inspired by the dialog between Mr. Miyagi and his student Daniel Larusso. From this observation, it could be a consideration to relate this breathing topic.
2. The writer did an observation from Mengapa Demikian youtube channel that talked about Quarter Life Crisis.

b. Interview Method

1. In order to obtain a valid and relevant data, the writer was having an interview with IGA Diah Fridari, M.Psi., Ph.D., Psikolog on March 17th 2023. This interview was intended to obtain the data about quarter life crisis in psychological aspect that related to the topic.
2. In order to obtain a valid and relevant data, the writer was having an interview with Raka a.k.a Sunda as coffee shop owner on August 23th , 2023. This interview was intended to obtain the data about quarter life crisis in financial aspect and from early adults himself that related to the topic.
3. In order to obtain a valid and relevant data, the writer was having an interview with Haldy Koesoma as a filmmaker on August 24th, 2023. This interview was intended to obtain how film delivers message through comedy drama genre.

c. Questionnaire Method

The writer did a questionnaire method to obtain a quantitative and qualitative data at once by making several questions for the early adults. Those questions were related to the topic of the importance of breathing for early adults in quarter life crisis phase.

d. Literature Review

In order to strengthen the topic that has been taken, the writer will use several sources such as, e-books, journals, and internet.

1.7.2 Data Analysis

a. Matrix Analysis

After the writer obtained the data collection, the writer will analyze the data using matrix method. The writer began to compare the data collection by using a table. From that, the writer could identify of all the possible common relationships among the concepts. These relationships could determine the appropriate sequencing in instruction.

1.8 Design Framework

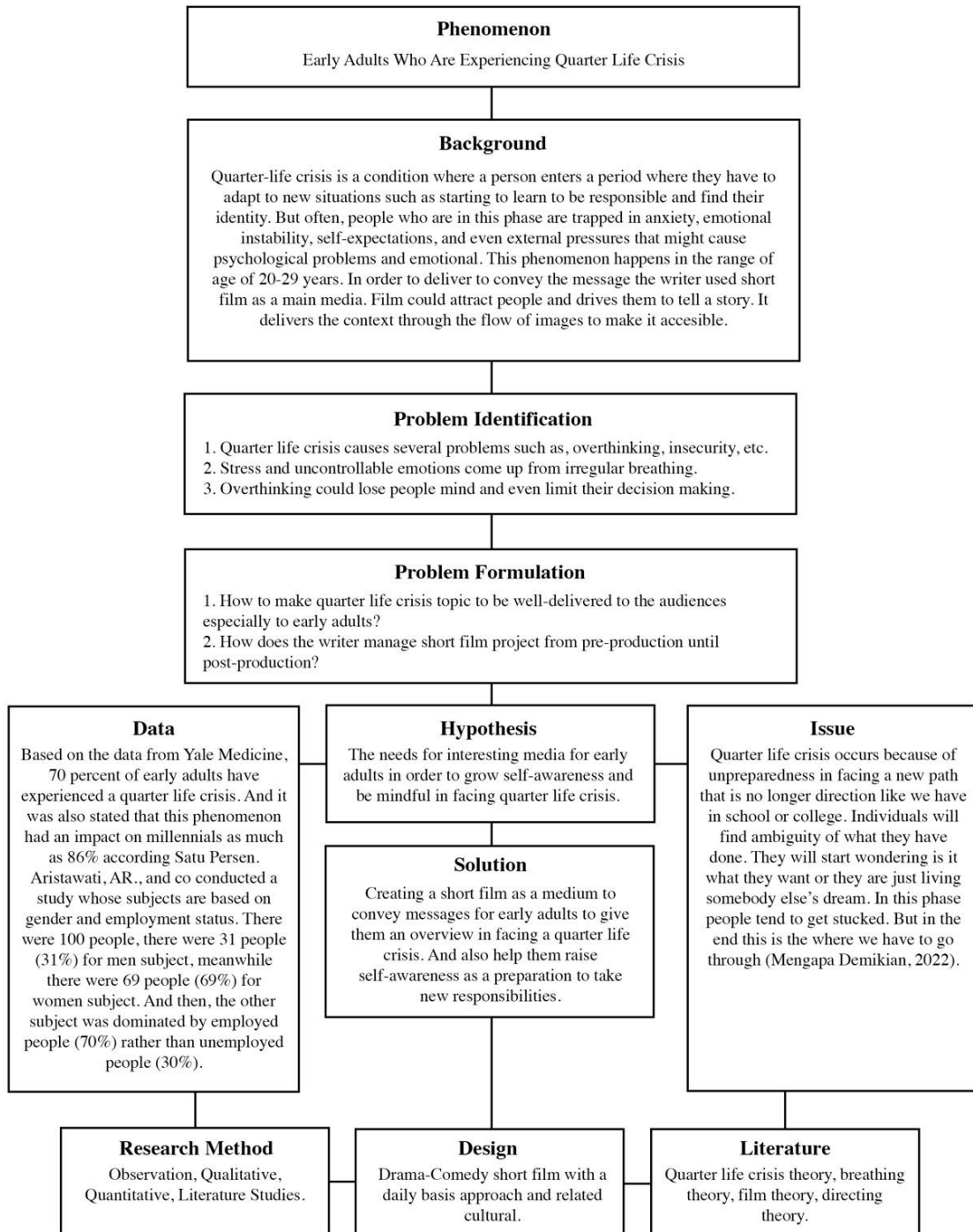


Image 1. 1 Design Framework

Source: Personal Document

1.9 Writing Systematic

1. CHAPTER I Introduction

In the introductory chapter contains the background of a quarter life crisis that happened to early adults. In problem identification there are several problems contained in quarter life crisis. After identifying the problems, the writer gave two research question to be discussed in the next chapter, then the writer determined the scope in order to deliver to the right objectives and give benefits of the design. This chapter also describes the methods that will be used for research and the elaboration of the design framework.

2. CHAPTER II Theoretical Basis

This chapter contains details of the theory used to support the writing and as a basis for understanding the writer in the research process. Including, quarter life crisis, overthinking, breathe, film aspects, and data collection theory.

3. CHAPTER III Data and Problem Analysis

This chapter describes the data about quarter life crisis with overthinking case that has been obtained and studied for analysis as a research reference. The writer did an observation through The Karate Kid II movie and direct observation at Lengkong street food. The writer also did an interview with Udayana University psychology lecturer to talk about quarter life crisis deeper. Questionnaire that has been done was to gain an objective view from other people about this topic, and the literature review as the foundation of the objective opinion. After all the data has been obtained, the writer analyzed it using matrix analysis.

4. CHAPTER IV Concept and Design Results

This chapter describes the writer's work process as a director and the concept of film design based on the results of data analysis. Chapter IV contains pre-production that discuss a script writing, storyboard, casting, recce, and rundown. In production phase the writer discussed about the shooting process on set and directing actors and crews. Lastly, post-

production process that discuss about the editing process such as cut to cut and color grading.

5. CHAPTER V Conclusions and Suggestions

This chapter formulates conclusions from Chapter I, II, III, and IV which have been described in detail and suggestions from the writer.