DESIGNING THE SHORT FILM "KACAU, AKU RINDU" AS A REPRESENTATION OF THE MENTAL CRISIS OF FINAL SEMESTER STUDENTS

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Abstract

The short film Kacau, Aku Rindu depicts the mental struggle experienced by students in their final semester, who are often hampered by anxiety related to academic tasks and homesickness. These emotions can interfere with their concentration in completing their final project, which is the culmination of their academic journey. Based on real-life experiences, the film emphasizes the importance of social support from peers in helping students cope with emotional distress and maintain focus on their studies. With a strong narrative and immersive visuals, the film invites viewers to be more sensitive to mental health issues among college students and understand the importance of social support in dealing with them. The thoughtful production, both technically and narratively, aims to raise awareness about the importance of mental health on campus and open up space for further discussion on the issue.

Keywords: Short Film, Mental Health, Students Crisis

INTRODUCTION

Final semester students often face considerable emotional challenges, which can interfere with their focus on achieving academic goals. The anxiety that students feel is often related to important elements in the completion of their studies, such as writing a thesis, which is the culmination of their learning process. Research also shows that students often feel uncertain about their future, which relates to career decisions and their desired academic achievements (Sajjad et al., 2023), (Paula et al., 2014). In addition, homesickness and stress factors related to the learning environment can exacerbate these feelings of anxiety, resulting in a psychological condition that hinders their ability to concentrate on their studies. (David et al., 2022; Güler & Albayrak, 2024).

Peers have a major influence in supporting students to overcome emotional challenges. Support from peers has been shown to improve students' mental well-being, providing a space for them to share emotional burdens and gain a better perspective on challenges. (Forbes-Riley & Litman, 2010; Kneeland & Dovidio, 2020). In research on the effects of social interaction, it was found that good relationships between friends can relieve emotional distress and help students to focus more on academic achievement (Weurlander et al., 2019; Wongtongkam, 2019).

Emotional support from friends plays an important role, not only in easing the anxiety that arises throughout the academic journey, but also as an effective way to cope with pressure. The presence of understanding and encouraging friends can help students deal with the stress and challenges that come with academia. (Stephens et al., 2022).

Building a short film entitled "Kacau, Aku Rindu" aims to represent the mental crisis experienced by students in facing this dilemma. A study by (Izza & Lailiyah, 2024) shows that emotional factors such as homesickness can contribute to academic anxiety in final-year students. With an in-depth visual narrative, the film is expected to illustrate how students respond to academic pressure while dealing with homesickness, and provide a clearer view of their mental well-being. The film also emphasizes the importance of stronger social support during this challenging period. Based on students' experiences, the film aims to encourage a wider discussion on mental health among students, especially in the context of the increasingly competitive world of higher education.

Film is a visual art form that combines narrative, audio, and visual elements to convey stories and messages to the audience so that the messages contained are more understandable. In the context of cinema, films are also often considered as representations of life that depict reality, imagination, or both, through moving media that can be shown in theaters or other platforms (Santoso, 2017). Movies can trigger emotions and stimulate critical thinking, providing audiences with an immersive experience of social, political, and cultural issues (Maulana & Yulianti, 2023), (Thorina & Azeharie, 2023).

On the other hand, short films are a genre with a shorter duration, usually ranging from one to twenty minutes, and allow filmmakers to explore ideas in a more concise and compact format (Arista & Sudarmillah, 2022),(Larasati & Indriyani, 2022). Despite their limited duration, short films have the potential to touch the hearts of viewers, provide deep reflection and stimulate critical thinking (Karolina et al., 2020). Short films are often used in educational and social contexts to distribute moral messages and important values to the younger generation (Januadikara et al., 2022). This format, which relies on low production costs and short shooting times, offers a platform for filmmakers to express their creativity and develop innovative narrative and cinematic techniques (Hidayat et al., 2019).

IMPLEMENTATION METHOD

The short film Kacau, Aku Rindu was designed by applying the filmmaking method through several stages including pre-production, production, and post-production. In the pre-production stage, direct observation and interviews with final semester students were conducted to capture their experiences related to academic anxiety and homesickness. The data obtained was analyzed to develop scenarios that represent the emotional reality of students and the important role of peers as a source of support. The script writing was done by integrating elements such as inner conflicts, social interactions, and dialogues that reflect the lives of final semester students. The characters and settings of the movie were designed to be authentic and representative of students' experiences on campus.

In the production phase, visual elements such as color tones, lighting, and shooting angles were carefully determined to create the appropriate emotional atmosphere. This stage includes storyboarding, filming, and shooting in accordance with the prepared script.

In the post-production stage, the editing process is carried out to develop an interesting and in-depth storyline. The movie is then tested on students to obtain the necessary feedback before making final revisions. This approach is expected to raise awareness about the importance of mental health and social support on campus (Hamdini et al., 2022)(M. Alfathoni et al., 2022).

RESULTS AND DISCUSSION

1. Pre-Production

Pre-production is an important early stage in filmmaking that includes developing the screenplay, storyboarding, selecting locations, preparing props and costumes, and casting the cast. In addition, a shooting plan is also drawn up that is designed to last only one day, with a clear division of crew duties so that the production process remains structured and in accordance with the planned creative vision. In making this movie, two cameras were used to support shooting from various angles so that the end result is more dynamic and efficient.

a. Short Film Title and Meaning

The title "Chaos, I Miss You" captures two emotions often experienced by final-year students: anxiety and longing. Chaos reflects the stress and mental instability caused by academic pressure, while I miss you expresses a longing for home and inner peace. These two emotions reflect the internal conflict faced by students caught between academic demands and the desire to return to a place that provides a sense of security.

The title "Chaos, I Miss You" was chosen because it strongly resonates with the theme of the mental crisis often experienced by final-year students. This title effectively captures the feelings of pressure commonly experienced by students at the end of their studies. The contrast between "chaos" and "longing" creates an intriguing appeal, depicting two opposing yet real emotions in students' lives: confusion amid academic demands and a longing for a more certain future. Additionally, the title is easy to understand and highly relatable for the audience, as it captures the feelings of students caught between academic anxiety and a longing for a more peaceful life. "Chaos, I Miss You" also has the potential to evoke empathy, touch the hearts of the audience, and build an emotional connection with them. More than that, this title opens up space for broader discussion about mental health among students, inviting the audience to be more concerned and aware of this issue. Its simplicity gives it a strong appeal, sparking curiosity without losing the essence of the story that will be raised.

b. Duration

The short film "Kacau, Aku Rindu" (Chaos, I Miss You), with a duration of 25 minutes and 34 seconds, allows viewers to explore the storyline in sufficient depth, giving them space to feel the anxiety and longing experienced by the main character. This duration is also ideal for depicting complex emotional transitions in a condensed yet intense time frame.

c. Purpose of Short Films

The purpose of creating the short film "Kacau, Aku Rindu" is to represent the mental crisis often experienced by final-year students due to academic pressure, such as anxiety about final assignments and uncertainty about the future, which is exacerbated by homesickness for their hometowns and families. Through a 25-minute, 34-second visual narrative, the film aims to raise audience awareness about the importance of mental health in the campus environment, while emphasizing the role of social support, particularly from peers, as an effective way to help students cope with such pressures. Additionally, the film is hoped to open up broader dialogue and reflection on mental health issues among students, so that they are no longer viewed as taboo or ignored. The message of the film "Chaos, I Miss Home" is that academic anxiety and homesickness are normal experiences for students, and the importance of mutual support and maintaining mental health to avoid feeling like they are struggling alone.

d. Target Audience

The target audience for this short film is final-year students facing academic pressure, students in general who have experienced anxiety and homesickness, as well as educators, families, and peers who want to better understand the importance of emotional support and mental health on campus.

e. Character Design / Player / Cast

Joni, a migrant who continues his education in a big city, far from his hometown, is known as a person who is a little careless in socializing. However, when talking to his family, especially his mother, Joni can be very gentle and attentive. Nevertheless, Joni often works on his final assignment with little enthusiasm, overwhelmed by anxiety about an uncertain future. On the other hand, Yeni, his older sister, is a loving and always cheerful person. Yeni is where Joni pours out his feelings, as she always listens and offers support without judgment.

Mr. Narto, Joni's academic advisor, is a very patient and wise person in guiding him to complete his thesis. Mr. Narto often reminds Joni that this is his final year to complete his studies, with the risk of dropping out if he fails to finish his final thesis. In addition, Cepak, Joni's college friend who has graduated and is now working, is a very kind person who is always ready to support his friends, both in good times and bad. Cepak is also known as someone who is wise in giving advice, always providing a broad perspective, and motivating Joni to keep moving forward despite facing various obstacles.

f. Format Video

Product type : Short Film Genre : Slice of Life

Product Theme : The Life of a Final-Year College

Student

Title : Kacau, Aku Rindu Video Duration : 25 minutes 34 seconds

Video Format : H.264 (.mp4) Video Preset : HDV 48 kHz.

Video Aspect Ratio : 16:9

Resolution : 1920 x 1080 px.

Frame rate : 30 fps.

g. Synopsis

In his emotional journey, Joni meets various characters who help him understand the meaning of the choices he will make. There are his classmates who have similar problems, a wise mentor, and an older sister who always listens to his heartfelt confessions. They all contribute to Joni's understanding of himself and what he truly wants in life.

Joni must confront his inner dilemma: whether to fulfill his longing and return to his hometown or continue his academic journey in the big city. The film portrays a heartfelt personal journey, painting a picture of a student's struggle with pressure, dreams, and inner conflict.

h. Script

The script is one of the most fundamental elements in the filmmaking process, as it serves as the blueprint for the story to be realized. In scriptwriting, there are various components that need to be considered, such as narrative structure, character development, dialogue, and setting, all of which contribute to effectively conveying the film's message or theme (M. A. M. Alfathoni et al., 2021)

The short film Kacau, Aku Rindu aims to depict the emotional challenges faced by final-year students, particularly in relation to academic anxiety and homesickness. Students often feel overwhelmed by final projects and an uncertain future, which can disrupt their focus on their studies. Additionally, feelings of homesickness can exacerbate this anxiety, creating psychological conditions that hinder their ability to concentrate.

Peers play an important role in supporting students' mental well-being, providing social support that can alleviate emotional stress and help them stay focused on academic achievement. Emotional support from friends also serves as an effective coping mechanism for dealing with challenges in the academic environment.

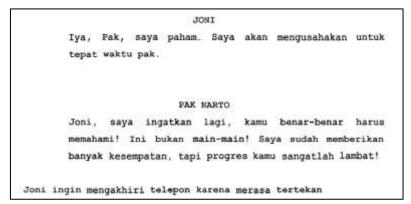


Figure 1. Script for the short film "Kacau, Aku Rindu" (Chaos, I Miss You)

Source: Designer documentation

i. Storyboard

In the filmmaking process, storyboards serve as a very important visual tool for designing and visualizing the sequence of scenes graphically. This includes elements such as setting, characters, action, and dialogue. By creating a storyboard, filmmakers can plan each scene more clearly and gain a better understanding of how the film will be presented to the audience, enabling them to identify and address potential issues before production begins (Kelly, 2020).

Storyboards also enable better collaboration between production team members, providing visual references that can be adapted as needed and assisting in creative decision-making regarding scene composition and movement. (Khalili & Brennan, 2023).



Figure 2. Storyboard for the short film "Kacau, Aku Rindu"

Source: Designer documentation

2. Production

The production of the short film Kacau, Aku Rindu began with preparations for the crew, equipment, and location. The focus of the shoot is on lighting, camera work, and set design to depict Joni's mental crisis. The filming process is carried out using several tools, including two Sony A6000 cameras and a Canon EOS M10, a Meike 50mm F 1.8 fixed lens and a 7 Artisant 27mm F1.8 lens, as well as two memory cards.



Figure 3. Image recording equipment

Source: https://www.blibli.com/

Filming was completed in one day, beginning with indoor shots, followed by outdoor shots. During filming, 68 .mp4 files were captured in Full HD 30 fps resolution, which will be processed during post-production.

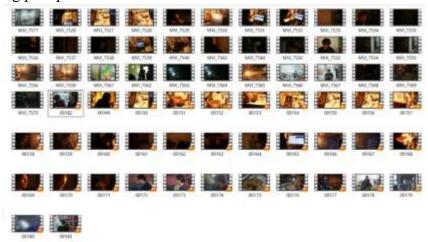


Figure 4. Image recording results

Source: Designer documentation

a. Scene

1) Eksposition

The film begins with Joni chatting happily with his older brother on the phone. Joni appears cheerful and playful, reflecting his happiness despite being far away from his family. However, behind this cheerful atmosphere, there is a sense that Joni is beginning to feel lonely. Living far away from home is slowly causing him to feel

homesick and anxious about an uncertain future.

2) Climaks

At the height of the story, Joni began to feel increasingly confused. Concerns about his education made him feel depressed, especially with his final assignment that had to be completed immediately. This task felt even more burdensome because Joni was annoyed with himself for always procrastinating. On the other hand, his longing for his hometown grew stronger, exacerbating the anxiety he already felt. Joni felt trapped between academic demands and his deep longing. His frustration reached its peak when he felt unable to resolve both feelings at the same time.

3) Resolusi

The climax turns into a resolution when Joni meets Cepak at the supermarket, who gives him simple and motivating advice to finish his final assignment right away. This conversation is a turning point for Joni, who finally realizes the importance of taking concrete steps to finish his assignment with focus and determination.

3. Post-Production

The post-production phase plays a vital role in filmmaking, with various stages aimed at improving the final quality of the work produced. In the short film Kacau, Aku Rindu, this process involves image editing, audio editing, and the addition of visual effects and music that support the narrative and message to be conveyed. Film editing has a major impact on how viewers understand the story, while also influencing the emotions conveyed through images and sound.(Kukuh et al., 2023).

a. Hardware Editing Equipment:

Laptop : HP Victus 15

Processor : Intel Core i5 Memory : DDR4 16 GB

Graphics : NVIDIA GeForce RTX 3050

Operating System: Windows 11

b. Software

1) Capcut

CapCut is a video editing app that is growing in popularity, especially among users who want to create short films and other visual content. In the context of creating short films, CapCut offers intuitive and user-friendly features, enabling even beginners to produce engaging and professional-quality videos. The app provides a variety of templates, tools to speed up or slow down video playback, and captivating transition effects—all of which are essential for filmmakers to craft compelling narratives (M. A. M. Alfathoni et al., 2025; Sekaringtyas et al., 2024; Yasman & Sari, 2024)

2) Editing

The editing process in film involves processing images and sound to create a structured and compelling narrative for the audience. As part of the creative stage in post-production, film editors play a key role in bringing the elements together to bring the story to life. This process involves selecting, trimming, and arranging the sequence of footage to create the best possible viewing experience. (Chen, 2013).



Figure 5. Editing process with CapCut

Source: Designer Documentation

Next, the film enters the color grading stage, which is an essential part of short film production. Color grading serves to adjust and improve the color, contrast, and visual atmosphere of the video. This process allows for the creation of visual effects that strengthen the narrative and deepen the emotions and atmosphere that you want to convey to the audience. In addition, color grading also plays a role in maintaining visual consistency throughout the film, ensuring that the overall look remains cohesive and harmonious (Oktaviandry & Setiadi, 2023; Xue et al., 2013).



Figure 6. Screenshots of scenes before and after color grading

Source: Designer documentation

The final stage in the editing process is rendering, which is the step of converting the finished edited video into a final file that is ready to play.

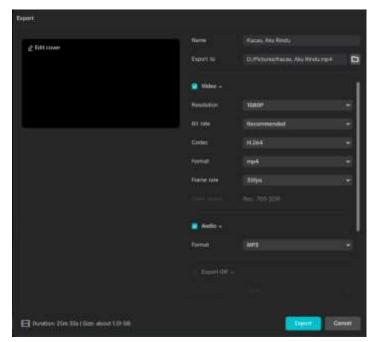


Figure 7. Rendering Process in Capcut

Source: Designer Documentation

c. Final Result



Figure 8. Still from the short film "Kacau, Aku Rindu"

Source: Designer's documentation

This film tells the story of Joni, a student faced with the dilemma of returning to his hometown or continuing his studies. With the support of his friends, lecturers, and older brother, Joni learns to understand himself and make important decisions. This film teaches introspection and the struggle to face inner conflict. A clip of the film can be seen in image 8, and the final video can be viewed via the link: https://drive.google.com/file/d/1tN9Nnaa_SGe1JD0CKmHURN22egYotjRV/view?u sp=drive_link

CONCLUSION

The short film "Kacau, Aku Rindu" depicts the mental struggles of final-year university students, particularly in relation to academic anxiety and homesickness. With a touching storyline, the film emphasizes the importance of social support, especially from peers, in helping students cope with emotional stress and remain focused on their education. Based on real-life experiences, the film encourages viewers to be more mindful of students' mental health and fosters discussions about the role of social support in tackling significant challenges. With a polished production, both technically and narratively, the film aims to raise awareness about the importance of social support in maintaining students' mental well-being within the campus environment.

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