
THE IMPORTANCE OF MENTAL HEALTH FOUND IN MOVIE ENTITLED *KUKIRA KAU RUMAH*

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Abstract

This study aims to determine the characterization of the main character named Niskala. In addition, to describe the mental health of the main character. This study used a qualitative descriptive design. The results show that the main character here, named Niskala, has five character points. They are cheerful, warm, introverted, kind and rebellious. Unfortunately, Niskala was also diagnosed with a mental health disorder. This issue is the main message in this film. In conclusion, the main character's personality is cheerful, warm-hearted, introverted, child-friendly and rebellious. Niskala, as the main character, also suffers from mental disorders. There is a lot of evidence to show. The need to heal the patient must be proclaimed. There are many related cases that make the sufferer finally have to end his life. Support from the environment is a joke. Parents, family, close relatives, friends, and even neighbours must unite to uncover this issue so that there is no other Niskala.

Keywords: Mental health; Main character; Kukira kau rumah.

1. INTRODUCTION

Recently, mental health is one of diseases which is crucial to be talking as a hot topic. WHO defines mental health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. The essence of mental health itself is more existence and maintenance of mental health. However, in practice, we often find that not a few practitioners in the field of mental health is more concerned with disorders mental health rather than making efforts to maintain health mentality itself.

Healthy mental condition in each individual cannot be generalized. This condition makes the urgency of the discussion even more mental health that leads to how to empower individuals, families and communities to be able to find, maintain, and optimize their mental health condition in the face of everyday life. The paradigm that you want to emphasize in the course. Mental Health

is that actually every individual has the need to be mentally healthy, alive and optimally functioning in their daily lives even though they have physical and mental limitations mental disorders (such as: physically disabled, chronically ill, ex-addicts or sufferers mental disorders).

The need to realize that mental health and related problems can still happen to us due to the body's chemical imbalance or disorders of our central nervous system. However, being happy is our choice, but to get there it takes positive habits, self-understanding and control over things these, harmony with the environment, and a sense of responsibility to everything we do all the time.

400 million people suffered from depression, 270 million more suffered from anxiety disorders, 59 million from bipolar disorder, and 24 million from schizophrenia, while 140 million people were affected by alcohol and drug disorders. Moving forward in

2016, there were 1.1 billion people living with mental health and substance abuse disorders and in all but four countries worldwide, major depressive disorders ranked in the top ten causes of ill

health. In Indonesia itself, based on Riskesdas 2007 data, it is known that the prevalence of mental emotional disorders such as anxiety disorders and depression is 11.6% of the adult population. This means that with a population of approximately 150,000,000 Indonesian adults, there are 1,740,000 people currently experiencing mental and emotional disorders (Ministry of Health, 2007). The available data says that there are not a few people with mental health disorders in Indonesia, so this should be a concern with the availability of appropriate treatment or treatment.

Many cases that occur are related to mental health. one of them is the case of a mother who had the heart to harm her 3 children in Brebes. Early indications of the problem were due to economic problems, but several other causes emerged, such as the lack of a support system from the husband or the surrounding environment. the mother claims her children can be free from torture when they are no longer in this world. As a mother, she often gets into a lot of trouble in this world. Therefore, the mother does not want her child to also have the same problem. So, she had the heart to harm his three children who still don't understand anything.

Adapted from the song of the same name by Amygdala, the film *Kukira Kau Rumah* raises the issue of mental health. In just two days in theaters, Umay Shahab's first film as a director has already been watched by more than 300,000 viewers. *Kukira Kau Rumah* is a story about a girl who has bipolar disorder and has problems with her social life. Prilly Latuconsina is believed to be the main actor and producer of this film. The synopsis of the film *Kukira Kau Rumah* tells of Niskala, who has suffered from bipolar disorder since childhood. Due to his mental health disorder,

he is really looked after by his family and friends. Niskala's two best friends are Dinda and Anus, who are always by his side. They have been close friends since elementary school to college. Niskala's life changed after the presence of in his college days. The guy apparently admired Niskala from a distance, but approached him in an interesting way. Pram challenges Niskala to get an A in his coursework. The two of them began to close and felt that they could fill each other's void. As they got closer, reality said otherwise.

There were many reasons why the researcher conducted this research. One of them is the cruelty of mental health to be known in public. There were many victims aroused because of this disease. Other is because this movie is worth to be watched by people so that they can be more aware of this disease. Other is to make society to be more tolerant to their environment because living as a human in a society is needed one another. In this research, the researcher analyzed the important of mental health in movie entitled *Kukira kau Rumah*. This research aimed to know the reason of the main character named Niskala having mental health. Is there any connection with her childhood memory or her society?

2. METHOD

This research used descriptive qualitative design because the researcher analyzed and described the mental health issue of the main character in movie *Kukira kau Rumah*. According to Denzin & Lincoln cited in Moleong (2013) qualitative is research that used a natural setting with intending to interpret the phenomena which occurred and carried out by involving various existing method. Ratna also stated (2011) descriptive analysis as a method which done by describing the facts and followed by the analysis.

There were some steps in collecting the data, which explained as follows. First, the researcher collected the data by watching the movie many times, then made a list of time

which showed the main character with her mental health problem. After that, the researcher made a note related with the characterization of the main character, named Niskala. After collecting the data, the researcher watch the scene again and made a conclusion based on the results of the findings.

3. DISCUSSION

A. Main Character's characterization

Kukira Kau Rumah movie talks about the main character, named Niskala. Niskala is a girl with bipolar disorder (Bipolar as one of mental health disorder) that causes problems in her social life. She is a cheerful person but introvert in the same case. She has warm heart surrounded by two of her best friends. She is a lovable girl which attract Pram to be her boyfriend. Niskala is also a nice kid although she often left by her parents because of their business in work. One or another, Niskala also has rebel character.

In the discussion, it can be seen that Niskala actually is cheerful person. It is seen from the way she talk to interlocutors. Her eyes are big and following the other person talking. She likes to smile and laugh at the sametime. Although in fact, there were many problems behind her smile. In the fact, she hides many problems to be solved by herself while as a normal person, the problem they have cannot be solved by themselves. A person needs another person to listen or even solve the problem, although some small problem must be solved by their own. A recent study claimed that a person with comedy is the person with a lots of problem indeed. It means a person who likes to smile and laugh, even a comedian, usually is a person with many problems. They just don't want to show it to others or it become their way to forget the problem. Meanwhile, a problem doesn't need to be forget but solve.

Pram, one of the character, felt in love with Niskala because of her cheerful

personality. It is shown in his monodialog as follow:

*"Pram: namanya Niskala.
Seperti magnet pada umumnya.
Kala hanya bisa menarik. Dan
aku tak kuasa untuk tidak
tertarik."*

As the Pram said that Niskala is like a magnet. He was magnetized by Niskala appearance and personality. When Pram for the first time met Niskala, his heart was fluttered. He was attracted by the smile of Niskala. After they become couple, they got so close and it is shown when niskala was cooking, her spatula burnt...and they laugh at this moment.

Cheerfulness based on Sommer (2009) represents an individual's actual (as a mood state) or habitual (as a trait or temperament) disposition for amusement and laughter and seeing the bright side of life including taking adversity less seriously. State and trait cheerfulness contribute to the good life by enabling individuals to positive emotions and maintaining them.

Other character of Niskala is having warm heart. It is shown with the way she communicate with her friends. Dinda and Oktavianus are Niskala's best friend. They always support Niskala in all her situation, good or bad. Those three become friends since elementary school. Before Pram appear in Niskala's life, Dinda and Oktavianus always accompany Niskala. They even have already know Niskala's mental condition. Until then, Niskala has warm heart that can make their friend adjust with her condition. They like to joke one another, help and tease each other.

Another character is introvert. Niskala has introvert character. Although she is a cheerful person, she has introvert feeling. Introvert is a personality type that focuses more on thoughts, moods, and feelings internally. Niskala is more focused in her mood and always think by herself. Although she has two bestfriends

which is close with her, she is rarely talk with them. It showed that she has introvert personality. Having cheerful character doesn't mean someone is extrovert. This is happened to Niskala. Although she likes to joke and hang around with her friends, but indeed she has a hole in her heart. Introvert is personality type who likes time and energy to be alone. The cause of introverts due to genetic and environmental factors

Jung (1975 in Siregar 2017) distinguished two main orientation or personality trait, namely the attitude of extraversion and introversion attitude. Introvert or introversion is a human personality is more related to the world in the human mind itself. Humans who have introverted nature are more likely to shut out the outdoor life, humans more thinking and less activity and also those who prefer to be in silence or quiet conditions, than in too many people. Jung describe the behavior of introverted as a quiet person, distancing themselves from the events outside, do not want to get involved with the objective world, not happy to be in the crowd, feel lonely and lost in the crowd. He did things his own way, closed to the outside world.

Niskala was also a nice kid. She was sweet kid until she knew that she has mental illness. She was an obedient girl whom always make her parent laugh and proud of her. She was an only child. Those make Niskala's parent became over protective to Niskala since she was diagnosed with mental health disorder in her high school year. The year she continue her study to university, her illness become wider. As we know that in the college environment, the level of stress become much more. Not only because of many assignment they have to do but also feeling to adapt to be a university student. Conley (2014) stated in her research that to adapting to university life, many students are also adapting to their transition into adulthood. It has been suggested that the first few months at university are particularly challenging and stressful due to

numerous psychosocial adjustments. As story tells that in fact Niskala's parent forbid Niskala to continue her study to the college because of her illness. The intimacy of Niskala's relation with Pram make her often ignore the house's rule and it also make her college friend difficult.

Rebel is a personality type that focuses more on thoughts, moods, and feelings internally. Niskala is shown having rebel personality. This personality appear after her parent become more protective to her. There is an incident between Niskala and Pram that make them in the end become close. In that moment, Pram tried to tell his opinion to Niskala but she rejected him while saying "I don't need your opinion...", as below:

*Niskala: gak ada yang
minta pendapat lo sih, sorry*

*Pram: Tanpa lo minta gue
boleh dong berpendapat...*

In the text above shown that at first Pram knew Niskala as a Rebel child. It might one of the reason why he has feeling with her. Another text is as follow:

*Niskala: Emang elo aja kali
anak zaman sekarang yang gak
pernah ngelakuin hal yang
positif.*

From this sentence, we know that Niskala like to be honest in her way. By reacting to Pram's sentence, Niskala said that "are you the only children nowadays who never do anything positive?". but then, their situation become closer and closer and they become lover.

B. Mental Health Disorder

Mental Health Disorder is one of a crucial disease that must be aware by people. As Ghosh (2020, p 1) stated in his article that mental health is absolutely essential for your social existence, well-being, happiness,

workability and survival spirit. It is similar with infectious disease like HIV or Covid 19, the essence of Mental Health Disorder must be taking into priority discussion. Ghosh (2020, p 4) also divide the disorder into Anxiety disorders are Panic disorders, phobias, obsessive-compulsive disorder, Post-traumatic stress disorder (PTSD), Mood disorders, Major depression, Bipolar disorder, Persistent depressive disorder, SAD (seasonal affective disorder), and Schizophrenia disorders.

Many victims are shown as the result of this disease. Thus make parent become more aware of their children or maybe society aware of their neighbour. In fact, the reason of this disease is because of traumatic childhood or hate comment from not only from their family but also the society. This disease is not only attach adult people, but also teenager or even children. Many teenager tried to end their life because they cant solve the problem. The recent one, a mother hurted their children to be free from the affliction, which means the children become the victim.

This disease is also close to the main character of movie entitled *Kukira Kau Rumah*. Niskala, as the main character is found having mental health disorder. There were many reason why she had mental health disorder. One of them is because of her childhood memory. As Ghosh defined (2020, p 6) different factors can contribute to mental health problems, such as Biological factors, including genes or brain chemistry, real life experiences, including trauma or abuse, history of mental health, problems in the family, mental health problems etc. One from those factors is the reason of Niskala's disorder. She didn't have father figure in her life. It makes her having boyish appearance and indifferent. She often is shown with a simple shirt, combined with unbutton button-up shirt (as like boy appearance). She also is seen never wear a skirt, but in jeans trousers. It might be as a way to cover her feeling as a girl who actually need protection. As we know in this society, woman usually is

shown identical with a person who need to be protected.

Niskala is often never been considered, people around her tend to not believe in her story. In maniac phase, mental health disorder patient tend to feel happy or beyond limits. They usually laugh with wide mouth, as if she herself is the happiest person in the world. On the other hand when they are in blue phase, all bad or sad imagination come to her mind. They feel like there is something whisper to her and ask her to hurt herself. This something whispered that noone on this wprld love her, she is rejected in this world and the best way is to do suicide.

McLaffery, Margaret (2017) stated that providing important information on baseline rates of mental health and behavioural problems is crucial, along with help seeking in a representative sample of students commencing university in NI. Such findings mean that those in need of help are identified early and provided with information on available services. This may lead to improved retention rates and academic success, as well as maintaining or improving psychological health and wellbeing beyond the university years. A review of the evidence suggests that it is essential to increase awareness among students about the services and support that is available, as well as providing guidance for university staff to assist students with mental health difficulties. Staff should be adequately equipped to make referrals and know where students can get the help they require. Improved screening for disorders and early diagnosis are also important. By intervening early and encouraging help-seeking, mental health and behavioural problems can be treated before they escalate and grades and retention rates may be improved. The need to be more aware to sufferer is also crucial. Many people tends to insult them. This is very disappointing because it can reduce the chances for a sufferer to recover. For this reason, as putri et al (2015) stated that providing information, educating the

public is very important regarding mental health so that the stigma that exists in the community can be removed and sufferers get the right treatment.

4. CONCLUSION

In conclusion, the personality of the main character are cheerful, warm heart, introvert, nice kid and rebel. Niskala as the main character is also have mental illness disorder. There were many evidence shown. The need to cure the sufferer must be proclaimed. There were many cases related that make the sufferer in the end have to end their life. The support from the environment is to a joke. Parents, family, close relative, friends, even the neighbor must unite to uncover this issue so that there won't be any other Niskala.

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