

THE IMPACT OF MENTAL HEALTH ISSUES ON ‘*ME BEFORE YOU*’ MOVIE THROUGH A LITERARY LENS



A THESIS

Presented to Bina Sarana Informatika In Partial Fullfilment of the
Requirements to get Strata One Degree

By

SYANAYA DIANDRA

SID : 33200143

**Program Studi Sastra Inggris
Fakultas Komunikasi dan Bahasa
Universitas Bina Sarana Informatika
Jakarta
2024**

STATEMENT OF WORK ORIGINALITY

The undersigned:

Name : Syanaya Diandra
SSID : 33200143
Degree : Strata One (S1)
Research Program : Sastra Inggris
Faculty : Komunikasi dan Bahasa
Institution : Universitas Bina Sarana Informatika

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Name : Syanaya Diandra
SSID : 33200143
Degree : Strata One (S1)
Research Program : Sastra Inggris
Faculty : Komunikasi dan Bahasa
Institution : Universitas Bina Sarana Informatika

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On : July 2024

The Signee,



Syanaya Diandra

APPROVAL SHEET

This Thesis is proposed by:

Name : Syanaya Diandra
SID : 33200143
Degree Program : Strata One (S1)
Study Program : Sastra Inggris
Faculty : Komunikasi dan Bahasa
Institution : Universitas Bina Sarana Informatika
Title of Final Assignment : The Impact Of Mental Health Issues On Me Before You
Movie Through A Literary Lens

Has been defended in period 1-2024 in front of the Board of Examiners and is accepted as a part of requirements needed to get Sarjana Sastra (S.S) in Sastra Inggris Universitas Bina Sarana Informatika.

Jakarta, 23 August 2024

Final Assignment Sponsors

Advisor I : Retno Rahayuningsih, M.Pd.

Board of Examiners

Examiner I : Yenni Arif Rahman, S.S., M.Pd.

Examiner II : S.Pd . Fitriyeni, M.Pd.



GUIDING SHEET FOR THESIS WRITING

UNIVERSITAS BINA SARANA INFORMATIKA

SID : 33200143
Name : Syanaya Diandra
Advisor I : Retno Rahayuningsih M.Pd
Title : **THE IMPACT OF MENTAL HEALTH ISSUES ON 'ME BEFORE YOU' MOVIE THROUGH A LITERARY LENS**

No	Date	Topic	Signature
1	April 22 nd , 2024	Proposing a Thesis Title	
2	April 29 th , 2024	Submitting Chapter 1	
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7	June 21 th , 2024	Revising All Chapter	
8	July 3 rd , 2024	Accepting Thesis	

Notes to Advisor I:

- Starting Date : April 22, 2024
- Finishing Date : July 3, 202
- Number of Guiding : 8

Approved by Advisor I

(Retno Rahayuningsih, M.Pd)

OFFERING SHEET

" THE IMPACT OF MENTAL HEALTH ISSUES ON 'ME BEFORE YOU' MOVIE THROUGH A LITERARY LENS."

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Jakarta, 18 March 2023
The writer



Syanaya Diandra

ABSTARCT

Syanaya Diandra (33200143), THE IMPACT OF MENTAL HEALTH ISSUES ON
'ME BEFORE YOU' MOVIE THROUGH A LITERARY LENS

This research explores the portrayal and impact of mental health issues in the film "Me Before You" through a literary lens using qualitative descriptive method. The study employs a comprehensive analysis of characterization, plot development, and symbolism to investigate how mental health themes are depicted and explored within the narrative based on relateable theory by Spike Jonez Characterization focuses on examining the main characters' evolution and What is found from the analysis through characterization is the impact of mental health on the main character, especially the attitude caused by the main topic of discussion. From the plot analysis, it was discovered that the impact of mental health on the main character also influences the storyline, ultimately leading to the decisions they make at the end of the story. Language analysis delves into how dialogue and narrative expression convey the characters' mental states and emotional struggles. Symbolism is examined to uncover deeper thematic layers and metaphors related to mental health issues in the film for the example is the wheelchair. By applying a literary lens, this thesis aims to provide understanding of how "Me Before You" explain and showing how the impact of mental health on the main character can also be discussed from a literary perspective through several of its elements.

Keywords: *Mental health, Impact, Me Before You, Literary Lens, Characterization, Plot development, Symbolism, Language use*

ABSTRAK

Syanaya Diandra (33200143), THE IMPACT OF MENTAL HEALTH ISSUES ON 'ME BEFORE YOU' MOVIE THROUGH A LITERARY LENS

. Penelitian ini mengeksplorasi penggambaran dan dampak masalah kesehatan mental dalam film "Me Before You" melalui lensa sastra dengan menggunakan metode deskriptif kualitatif. Studi ini menggunakan analisis komprehensif terhadap karakterisasi, perkembangan plot, dan simbolisme untuk menyelidiki bagaimana tema-tema kesehatan mental digambarkan dan dieksplorasi dalam narasi berdasarkan teori yang relevan oleh Spike Jones. Karakterisasi berfokus pada mengkaji evolusi karakter utama dan apa yang ditemukan dari analisis melalui karakterisasi adalah dampak kesehatan mental pada karakter utama, terutama sikap yang disebabkan oleh topik utama pembahasan. Dari analisis plot, ditemukan bahwa dampak kesehatan mental pada karakter utama juga mempengaruhi alur cerita, yang akhirnya mengarah pada keputusan yang mereka buat di akhir cerita. Analisis bahasa menjelajahi bagaimana dialog dan ekspresi naratif mengkomunikasikan keadaan mental dan perjuangan emosional karakter-karakter tersebut. Simbolisme diteliti untuk mengungkap lapisan tematik dan metafora yang lebih dalam terkait masalah kesehatan mental dalam film, seperti contohnya kursi roda. Dengan menerapkan lensa sastra, tesis ini bertujuan untuk memberikan pemahaman tentang bagaimana "Me Before You" menjelaskan dan menunjukkan bagaimana dampak kesehatan mental pada karakter utama juga dapat dibahas dari sudut pandang sastra melalui beberapa elemennya.

Kata Kunci: Kesehatan mental, Dampak, Me Before You, Lensa Sastra, Penokohan, Pengembangan Plot, Simbolisme, Penggunaan Bahasa

UNIVERSITAS

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CHAPTER I

INTRODUCTION

1.1 Background of Research

Literature is the result of reflection of human life. It contains a description of what he experiences, feels, thinks or believes. Literature plays an important role in human life because it becomes a medium to express thoughts, feelings, emotions and even culture. Many writers have put questions about life into literary works. Literature is a term used to describe written or spoken material. In general, the term "literature" is used to describe anything from creative writing to more technical or scientific works, but the term is most often used to refer to works of the creative imagination, including poetry, drama, fiction and non-fiction. Hudson (1963: 10) explains that literature can be considered as an aesthetic study and the study of literature implies recognizing a creative point of view and appreciating its creativity. as an aesthetic study, it is about truth, and how such literature can be seen as part of the process of becoming aware of the world , often for some important reason (eg morality). Or human curiosity), deeply concerned with human plight. Literature presents man's awareness of the possibilities of life and therefore the student develops responsibility for the truth while studying literature according to his own mental style..Literature as a medium for human expression has the potential to influence thoughts, emotions and behavior (Tursunovich, 2022). However, there is still a lack of knowledge in terms of how literature specifically can influence human psychology, such as in terms of increasing empathy, strengthening self-identity, or even stimulating the healing process through literary therapy (Potter et al., 2023).

Literary psychology examines how psychological aspects are portrayed within literary works. There are three main perspectives in understanding the relationship between psychology and literature: the author's psychology as reflected in their writing, the psychological traits of fictional characters, and the psychological impact on readers. According to Gus'ap and Puspita (2022), literary psychology focuses on the psychological issues faced by fictional characters in literary works. Mental health concerns frequently serve as profound and intricate themes in literature. Authors often use characters grappling with mental health issues to explore various facets of human existence. Individuals, both socially and individually, encounter challenges, setbacks, and trials that may contribute to mental health struggles if not effectively managed. These struggles can affect individuals profoundly, influencing their thoughts, such as self-blame and feelings of isolation. In Spike Jonze's film "Her," for instance, Theodore's character struggles with low self-confidence and finds it challenging to confront reality, overwhelmed by sorrow and despair. This portrayal allows literary works to serve as a reflective mirror for audiences, inviting them to contemplate and delve into the diverse challenges surrounding mental health in everyday life (Peltola & Vuoskoski, 2022).

It not only depicts the experiences of individuals with the disorder, but also highlights issues such as power, authority, and dehumanization that often occur in the mental health care system (Smeds, 2023). In the movie HER the reality that happens can be reflected and strongly related to the reality in real life like how Theodore controls his emotion after he lost the person he loved. From what (Mills et al., 2020) said, literary works can also be a tool to remove the stigma against mental health. By showing characters who experience mental health problems with complexity and empathy, literary works can help build a better understanding in society about these

conditions. The movie *Me Before You* by Thea Sharrock also addresses the themes of depression and other mental health issues. Both of these movies are closely related to mental health issues, with both characters dealing with their emotions and events in their lives. Their perspectives and decisions change throughout their lives. However, when the writer attempts to compare, in terms of issues, Will Traynor from "Me Before You" provides a deeper focus on the topic the writer will discuss. The physical limitations, when compared to Theodore from "Her," are significantly different.

"Me Before You" is a romantic drama movie released in 2016, adapted from the novel of the same name by Jojo Moyes. This movie tells the story of the relationship that develops between Louisa Clark (played by Emilia Clarke), a cheerful but inexperienced young woman, and Will Traynor (played by Sam Claflin), a rich and successful man who is permanently disabled after an accident (Ansori et al., 2020). The movie depicts the complexity of emotions involved in mental health experiences, including struggles with depression, isolation, and questions about dignity and quality of life. Through this narrative, *"Me Before You"* provides a sensitive and insightful perspective on how mental health can be affected by life-changing events, and the importance of empathy, support and understanding in facing such challenges (Muhaling et al., 2023).

The research is interested in researching research entitled **"The Impact of Mental Health Issues on Me Before You Movie Through a Literary Lens"**. The reason for choosing this title is because it highlights relevant and important topics in the context of mental health, which is the main themes discussed in the movie "Me Before You". The discussion regarding the phenomenon closely related to mental illness, which appears to be quite prevalent in real life, the factors affecting the main

character, and the effects they experience, are highly supportive topics to be discussed in this research. By focusing on the impact of mental health problems on the characters in the movie, this title indicates that the research will explore in depth how psychological conditions influence the character's journey, interpersonal relationships, and the overall narrative in the literary work. Second, this title includes an analytical approach through a literary lens, indicating that the research will use a critical approach to movie texts to understand the complexity of mental health themes presented in the narrative. As such, this title reflects a desire to investigate not only the representation of mental health issues, but also how they are presented, developed, and narrated through literary elements such as characterization, plot, and language.

1.2 Scope and Limitation

In this research, the researcher will try to analyze some problems related to mental health issues through literary lens based on the movie. Therefore, this research is mainly discussed about the impact of mental health issues on *Me Before You* (2016) movie through a literary lens. The first is about the feeling of mental health issues that experienced by the characters. The second is about the impact of mental health issues in *Me Before You* (2016) movie

1.3 Statement of The Problem

Based on the scope and limitation above, the researcher will state the statement of the problem below:

1. What are the impact of the mental health issues that experienced by the main character through characterization, plot, language, and symbolism in the movie *Me Before You*?

1.4. Goal and Function

1.4.1 Goal of the Research

The goal or objective of this research is to investigate and analyze in depth the impact of mental health problems on the characters in the movie *Me Before You*, using a literary analysis approach.

1.4.2 Function of the Research

The function of this research is as follows:

1. By using a literary analysis approach, this research can also help develop new methods and approaches in understanding mental health in the context of non-textual literary works, such as movies.
2. With an in-depth focus on literary elements in movie, this research can provide a deeper perspective on the complexity of mental health issues and how they can be understood through visual and narrative mediums.
3. It is hoped that the findings of this research will open a wider space for discussion about the representation of mental health in popular media and how it can influence society's perception and understanding of these issues.

1.5. Research Methods

In this research method, researchers will use qualitative research methods. According to Sugiyono (2017) qualitative research is a research that produces descriptive data, in the form of words written, spoken or actions. Researchers will conduct an analysis of the movie *Me Before You*.

This method involves in-depth analysis of literary elements in movies, such as characterization, plot, themes, language, and symbolism. This research will use a

psychoanalysis approach to understand how mental health problems are represented and developed in movie narratives.

1.6 Systematic Presentation

To maintenance focus and endsure a structure approach, researcher typically follow a specific orderwhen writing this paper.

Chapter 1: Overview This chapter includes background information on the research , discusses the scope and limitations of the study, presents the statement of the problem, outlines the goals and functions of the research, describes the research methods used, and provides a systematic presentation of the study.

Chapter 2: Theoretical Framework This chapter involves a linguistic review of the relevant theory, such as semantic analysis, and discusses previous studies conducted by other researchers that are relevant to the current research.

Chapter 3: Analysis In this chapter, the author delves into the linguistic analysis applied to the research object and the application of the chosen theory to the research object. The chapter encompasses problem analysis, including the analysis of the raised problem, and the analysis of problem-solving, which provides answers or solutions to the problem.

Chapter 4 : The research is concluded based on the findings are provided in the final chapter. It presents a summary of the study's key findings and makes suggestions for additional research or useful applications.

CHAPTER II

THEORITICAL FRAMEWORK

2.1. Literature Review

2.1.1. Definition of Mental Health

According to the World Health Organization (WHO), mental health is a state of well-being in which individuals recognize their own abilities, can handle the typical stresses of life, work productively, and contribute to their community (WHO, 2013). Based on Law Number 18 of 2014 concerning Mental Health, mental health is defined as a condition where an individual can develop physically, mentally, spiritually, and socially, allowing them to recognize their own abilities, handle stress, work productively, and contribute to their community (UU, 2014). Mental health encompasses an individual's emotional and psychological well-being, which allows them to efficiently use their cognitive and emotional abilities. This state of well-being enables individuals to function effectively within their communities and manage their daily life needs. Essentially, according (Dewi in Zulkarnain and Fatimah, 2019) mental health is crucial for living a balanced and fulfilling life. Daradjat (in Fakhriyani, 2019) defines mental health as achieving a harmonious state in life, where one's soul functions effectively in dealing with challenges and experiences happiness and positive emotions. Additionally, he underscores that mental health entails individuals avoiding symptoms associated with mental disorders (neurosis) and mental illnesses (psychosis).

2.1.2 Aspects in Mental Health

Aspects of mental health according to Veit and Ware (1983) in Aloysius and Salvia, (2021), consist of two aspects, including:

Psychological distress refers to individuals experiencing a profound state of poor or negative mental health. Negative mental health is assessed by observing the presence of various clinical symptoms that manifest and are experienced by the individual. These symptoms can significantly affect both personal and social aspects of a person's life. Clinical symptoms typically include anxiety or excessive worry, which may manifest in both physical and psychological symptoms. Another symptom is depression, characterized by overwhelming feelings of sadness. Additionally, loss of behavioral or emotional control is another common symptom observed in individuals experiencing psychological distress. Psychological well-being represents a conceptual continuum within the realm of mental health, positioned between two contrasting extremes: negative states and positive states.

Negative states are characterized by psychological distress, while positive states are indicative of psychological well-being. Psychological well-being pertains to the condition of an individual with sound mental health. This is discernible through various indicators, such as life satisfaction, emotional connections, and overall positive emotional experiences. Individuals with robust psychological well-being typically exhibit satisfaction with themselves, form strong emotional bonds with those around them, and consistently pursue realistic goals or accomplishments.

On the other hand, Ryff (in Kurniawan, 2020) identified several aspects of mental health, namely:

1. Self-acceptance refers to the ability of individuals to recognize and appreciate both their strengths and weaknesses.
2. Building positive relationships entails the capacity to foster healthy and constructive connections with others within one's social circle.
3. Independence involves the capability to take action autonomously and confront challenges with self-assurance.
4. Environmental mastery encompasses the skill of managing and adjusting one's surroundings to facilitate personal growth and development.
5. Having a life purpose provides individuals with a sense of direction and significance, guiding their actions and decisions.
6. Personal growth occurs when individuals continuously strive to enhance themselves and progress towards achieving the life goals they have established.

2.1.3 Factors Affecting Mental Health

Factors affecting mental health can be categorized into three primary and interconnected groups (Syahfitri & Putra, 2021).

1. Biological factors encompass various elements like brain functionality, the endocrine system, genetics, sensory functions, and overall individual conditions, all of which play a role in shaping an individual's mental well-being. For instance, imbalances in brain chemistry or specific genetic conditions may impact an individual's mental state.
2. Psychological factors involve aspects of the psyche closely linked to human biological components. This includes emotions, thoughts, and behaviors that can influence mental health, such as stress, anxiety, or depression.

3. Sociocultural factors take into account the impact of the social and cultural environment on an individual's mental well-being. These factors encompass social interactions, family support, cultural norms, values, and expectations, all of which can affect an individual's mental health. These factors interact with each other and collectively contribute to an individual's overall mental health condition.

Humans are inherently interconnected with their environment and continually engage with nature and the surrounding world. This interaction highlights the existence of an ecosystem within the environment, where the relationship between humans and nature is inseparable. Over the past few centuries, significant advancements in knowledge and technology, particularly with the advent of the Fourth Industrial Revolution, have brought about rapid changes. These changes have affected environmental and natural conditions, which in turn have played a role in shaping human life and mental well-being.

2.1.4 Definition of Literary

According to Teeuw, the term "literature" is borrowed from Sanskrit, derived from the components "sas-" and "-tra." The prefix "sas-" as a verb means to direct, teach, provide guidance, or give instructions. The suffix "-tra" typically signifies tools or means. Therefore, the word "literature" implies tool for teaching, a guide, or an instructional book (Teeuw, 2015:20). Wallek and Waren (2014:3) present a different perspective, asserting that literature is a creative activity or an art form. Unlike Teeuw's definition, Wallek and Waren view literature as the product of human creativity aimed at producing a beautiful and enjoyable work, whether pre-planned or spontaneous.

This creativity is expressed through the human personality, drawing from experiences, ideas, emotions, and imagination to create a work of art.

Susanto (2016: 6) explains that a common perspective is that literature is an imaginative and fictional creation. As such, literature does not directly mirror reality. The characters and events portrayed in literary works stem from the author's creativity and imagination. This implies that literary works construct a world founded on the author's thoughts and imagination, rather than on actual reality.

2.1.5 Functions of Literary Works

According to Damono (in Alfin, 2014: 6-7), literature fulfills several essential functions within society:

1. **Recreational Function** Literature serves as a source of enjoyable entertainment for its readers. Through engaging stories and compelling narratives, it provides an escape from the mundane and offers delight and relaxation.
2. **Didactic Function** : Literature has an educational role, imparting valuable lessons and truths to its readers. It often conveys moral, ethical, and philosophical insights that help readers understand complex ideas and societal norms.
3. **Aesthetic Function** : Literature offers aesthetic pleasure by presenting beauty through its language, structure, and artistic expression. This beauty can evoke emotional responses and a deep appreciation for the art form.
4. **Moral Function** : Literature communicates high moral values and principles, guiding readers towards ethical behavior and understanding. It explores the

human condition and moral dilemmas, helping readers reflect on their values and actions.

5. **Religious Function** : Literature often includes religious teachings and exemplars, providing readers with spiritual guidance and moral exemplars. It can strengthen faith and offer perspectives on religious and spiritual matters.

By closely mirroring reality, literary works enhance readers' insights into the nature of life, offering a broader understanding of human experiences, social issues, and the complexities of existence. Through these functions, literature plays a vital role in personal and societal development..

2.1.6 Benefits of Literary Works

According to John Doe 2023, Engaging with literary works can provide significant therapeutic benefits by allowing readers to empathize with complex characters and situations that mirror their own challenges. As psychologist Jane Smith observes, 'Literature offers a unique avenue for individuals to explore their emotions and confront difficult truths in a safe, controlled environment

Literary works provide numerous benefits to individuals and society as a whole:

1. **Emotional Insight and Empathy:** Literature allows readers to step into the shoes of characters from diverse backgrounds and experiences, fostering empathy and understanding of different perspectives.
2. **Cognitive Stimulation:** Reading literature engages the mind, improves critical thinking skills, and enhances mental agility by navigating complex narratives and themes.

3. **Stress Reduction and Relaxation:** Immersing oneself in a well-crafted story can provide a temporary escape from everyday stressors, promoting relaxation and mental well-being.
4. **Language and Communication Skills:** Exposure to varied writing styles and vocabulary in literature enhances language proficiency and communication abilities.
5. **Cultural Understanding:** Literary works often reflect cultural, historical, and societal contexts, offering insights into different cultures and fostering cross-cultural appreciation.
6. **Personal Growth:** Characters in literature often face moral dilemmas and challenges, allowing readers to reflect on their own values, beliefs, and life choices.
7. **Entertainment and Escapism:** Literature provides entertainment value through compelling narratives, intriguing plots, and imaginative storytelling.

These benefits illustrate how literature enriches our lives by offering intellectual, emotional, and social rewards.

2.1.7 Elements of Literature Works

In literary works, various elements contribute to the overall composition and impact of the piece. Here are some key elements commonly found in literature :

1. Characterization

Characterization refers to the process by which an author develops and portrays a character. It involves revealing the personality, motivations, desires, and traits of

characters through their actions, dialogue, thoughts, appearance, and interactions with other characters.

2. Plot

The plot is the sequence of events that make up the story. It includes the exposition (introduction of characters and setting), rising action (events leading to the climax), climax (turning point or moment of highest tension), falling action (events following the climax), and resolution (conclusion or outcome).

3. Symbol

A symbol is a person, object, action, or idea that represents something beyond its literal meaning. Symbols can have multiple layers of meaning and often contribute to themes and motifs in a literary work.

4. Language

Language refers to the author's style of writing, including word choice, sentence structure, and literary techniques used to convey meaning, create mood, and evoke emotions.

2.1.8. Definition of Movie

Wibowo (as cited in Rizal, 2014) suggests that film serves as a medium for conveying diverse messages to the general public through visual narratives, offering filmmakers and practitioners an avenue for artistic expression to convey their ideas and story concepts.

As per Undang-Undang Nomor 33 Tahun 2009 concerning film, it recognizes film as a form of cultural art that holds significant importance in social life and serves as a medium of mass communication. Films, created in adherence to cinematographic principles, encompass both sound and silent elements, and are intended for public viewing.

According to Ayoana (cited in Rizqina et al., 2023), film, often referred to as "movie," is a medium of moving images. The term "cinema," with its roots in "kinematic," underscores its association with movement. Technically, films are composed of layers of liquid cellulose, known as "celluloid" among filmmakers. Etymologically, "film" derives from "cinemathographie," a fusion of "cinema" (light) and "photographie" (writing, image, or story). Conceptually, film is a medium for capturing movement using light, necessitating the use of a specialized device called a camera.

2.2.9 Kinds of Movie Genre

Himawan Pratista, in his book *"Memahami Film,"* asserts that film genres have evolved over time alongside technological advancements. He categorizes film genres into two main groups: primary parent genres and secondary parent genres. Secondary parent genres, which are broader and more widely recognized, stem from the development of primary parent genres. Examples include biographical films, disaster films, and those related to scientific studies. Conversely, primary parent genres are fundamental categories that have endured since the early days of film development from the 1900s to the 1930s. Examples of primary parent genres encompass Action, Drama, Historical Epic, Fantasy, Science Fiction, Horror, Comedy, Crime and Gangster films, Musicals, and Adventure. Below is a breakdown of various genres that remain popular in the realm of cinema:

1. Romance

The genre of romance in movies typically focuses on stories centered around romantic love, relationships, and emotional connections between characters. These films often explore themes such as love at first sight, enduring love, obstacles to love, and the complexities of human relationships. They aim to evoke emotions such as joy, sadness, longing, and hopefulness in the audience through their portrayal of romantic entanglements and personal connections. Romance movies can range from light-hearted and comedic to deeply dramatic and poignant, appealing to a wide spectrum of viewers who enjoy stories of love and passion

2. Action

This genre encompasses scenes featuring fighting, chasing, racing, shooting, explosions, and other thrilling physical actions. It is highly versatile, often blending with other genres such as crime, thriller, adventure, war, science fiction, drama, comedy, fantasy, and disaster.

3. Drama

Drama films present a wide array of stories, making them one of the most prolific genres. These stories often revolve around everyday life and may involve conflicts arising from oneself, the environment, or nature. Drama films evoke audience emotions, sometimes leading them to be engrossed in a dramatic atmosphere, even shedding tears.

4. Historical Epic

This genre portrays stories from the past or historical events, often featuring royal backgrounds, prominent figures, myths, legends, or biblical narratives. Films within this genre showcase magnificent settings, elaborate costumes and accessories, and various war-related attributes.

5. Fantasy

Fantasy films delve into unreal or fictional elements, including magic, myth, imagination, and the realm of fairy tales or dreams. They feature fantastical elements such as flying carpets, dragons, witches, gods, genies, and fairies, and occasionally explore religious themes.

6. Science Fiction

Science fiction transports audiences into futuristic worlds, exploring concepts such as time travel, space exploration, scientific experiments, and even the end of the earth. This genre often showcases advanced technology surpassing present capabilities, featuring artificial or non-human characters like aliens, robots, and monsters.

7. Horror

Horror films typically feature straightforward plots involving a struggle between humans and supernatural malevolent forces. The primary objective of horror movies is to instill suspense and evoke fear in the audience.

8. Comedy

Comedy films are among the most beloved genres due to their aim of entertaining viewers. These movies present light-hearted and humorous stories with exaggerated scenes, comedic situations, and distinctive characters. Generally, comedy films conclude with happiness or a cheerful resolution.

9. Crime and Gangsters

The crime and gangster genre revolves around criminal activities such as theft, robbery, gambling, extortion, and murder, along with rivalries between groups and the operations of underground organizations that operate outside the law. Films in this genre often depict brutal and violent scenes of crime.

10. Musical

Musical films combine various art forms, including music, songs, dance and choreography. The narratives of musical films typically explore light hearted themes such as romance, success, and popularity.

11. Adventure

Adventure films narrate tales of travel or exploration to uncharted territories. These movies often showcase exotic natural landscapes like wilderness, mountains, savannas, deserts, oceans, and remote islands.

2.2. Relevant Study

Based on Ni Luh Sintami, I Gusti Agung Sri Rwa Jayantini, I Wayan Juniarta (2022), Effects of depression on the life of the main character in Her movie by Spike Jonze. The results show that there are five effects of depression taking place on the life

of the main character, Theodore, namely self-blame, low self-esteem, loss of appetite, trouble concentrating and trouble sleeping. These five effects are triggered by Theodore's helplessness due to his divorce that he makes him difficult to move on and the surrounding environment that frequently mocks him.

Based on Zain, Kuswatul Masfufah (2020) , Dynamics of Conflict Over Suicide. The results of this study indicate that the conflict which occur to the main characters go through change explains that the conflict has changed from private conflict to be public, initially only a conflict within itself increasing become a conflict with the people around him. This study explains that the main characters internal conflict was the biggest contributor to his decision to commit suicide. The arising of various problems that are buried and felt by himself and a group of negative thinking that make him depressed such as a sense of: loss of self-existence, feeling useless in their social environment, being a burden to others, feeling unable to do anything, isolated, frustrated with his health conditions, having no change of returning to be normal, etc. Became a strong reason for William to end his life, hopefully it can eliminated his suffering which his family did not understand.

Rizki Febri Hariani and Sri Wulan (2019), Depression in Jojo Moyes' *Me Before You*. The result of this study shows that the protagonist's depression can be seen from the three symptoms which are 1) he feels that no one cares about him, 2) he only thinks about himself or self-centeredness, 3) he always tries to end his life. Those symptoms appear due to two causes; 1) he starts to feel lonely and isolate himself after the accident which makes him disabled; and 2) he gets traumatic after the accident and always tries to commit suicide. Although, he tries to overcome his depression by keeping relationship with his lover, he finally commits suicide at the end of this story.

Anggraeni, D., Manalu, H. F., & Anggraini, D. (2021), The esteem needs in the main character of 'Me Before You' movie. The results revealed seven characters comprising the esteem needs hierarchy: sensitive, open-minded, friendly, kind, confident, humble, and stubborn. The esteem needs hierarchy is the desire to have the need to be approved, valued, and recognized to have some self-esteem. This is striking in the movie because of the status of the character, Will Traynor as a lord, and Louisa Clark who is only a maid and has no superiority over Will in her life. The findings imply the personality of humans differ in their characters and psychology as shown from the esteem needs hierarchy in Will's personality expressing the different types of characteristics.

Rizka F. Abdul Razak, Tini Moge, Merlin Maukar (2023), Human Affection in Jojo Moyes' Me Before You. The representation of Will's character who has full of affection is influenced by social environmental factors, characters with strong personalities around him and Will's mental strength who has succeeded in overcoming all his negativity, both lack of confidence, closedness and even temperament, all of them it slowly changed because of Louisa's figure who enabled Will's power of love to fix everything that Will had regretted before. Louisa, who is also the main character in this novel, comes with a social background that is opposite to Will. Her sincerity in serving Will as her employer makes Louisa love and love Will more and more as an important person to her

CHAPTER III

ANALYSIS

3.1 Summary of The Story

From the movie "Me Before You," it can be seen that the effects experienced by the main character drastically change his life. A motorcycle accident causes Will Traynor to be paralysed and took away his desire to live. Events that he may never have imagined happening to him occur unexpectedly, disrupting his mental health and causing him to experience physical limitations. This is something that could happen to anyone in real life.

"Me Before You" is a romantic drama movie released in 2016, adapted from the novel of the same name by Jojo Moyes. This movie tells the story of the relationship that develops between Louisa Clark (played by Emilia Clarke), a cheerful but inexperienced young woman, and Will Traynor (played by Sam Claflin), a rich and successful man who is permanently disabled after an accident (Ansori et al., 2020).

In the Prologue, Will Traynor, a successful businessman, leaves for work and is hit by a motorcycle. Two years later, 26-year-old Louisa Clark returns home from her job at a local café and announces that she has been fired. A financial provider in her family's household, Louisa struggles to find a new job before reluctantly accepting a care assistant position for a quadriplegic man. She is interviewed for the position by Camilla Traynor, a magistrate whose son, Will, requires 24-hour care. Camilla warns Louisa about Will's moodiness. The next day, Louisa arrives for work, is instructed never to leave Will alone for more than 15 minutes, and meets Will's

nurse, Nathan. Will attempts to scare Louisa off and rejects her attempts to speak with him.



Louisa is initially recruited as a nanny for Will, who was previously active and enthusiastic in his life. However, after an accident that changes everything, Will becomes bitter and loses interest in his previously accomplished life. Will suffers from multiple mental challenges, including severe depression. Initially, he finds it incredibly difficult to come to terms with his situation. His battle with depression significantly alters his behavior. Additionally, overwhelming anxiety often dominates Will's thoughts, leading him to distance himself from social interactions, which ultimately plunges him into despair. Initially, the relationship between Louisa and Will is not easy, but over time, they begin to develop a strong bond. The main conflict of the movie lies in Will's decision to end his life with assisted euthanasia, which gives rise to deep moral and emotional debates among the main characters and those closest to them. Although Louisa tries hard to change Will's mind and make him see the beauty of life, she also learns the power of love, sacrifice, and loyalty in the process.

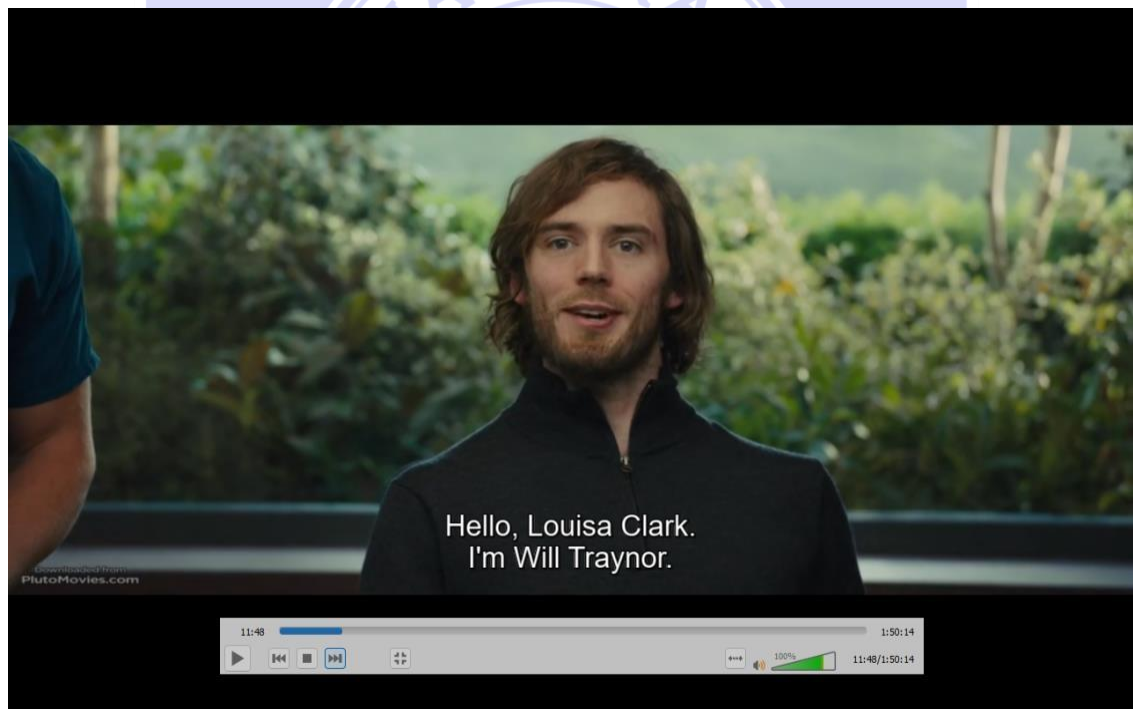
3.2 Analysis of The Story

In this study, the researcher focuses on anxiety and depression, which are prevalent challenges throughout human history. According to Freud (1917), depression is described as a profound mental state characterized by intense sadness, loss of interest in the world, inability to feel love, diminished performance, and a weakened sense of self, often leading to self-blame and expectations of punishment. Depression typically arises as a natural response to life's challenges and losses, posing a significant risk of suicide. Human life involves experiencing both happiness and sadness, with depression occasionally affecting individuals. Anxiety, on the other hand, refers to a state that threatens an individual's sense of well-being, potentially taking on various forms. Conflicts within one's personality can lead to anxiety and stress. As Will

Traynor experiences in this movie, ultimately leading him to despair. The impact of Will's mental health experience will also be explained by the researcher through several screenshots of scenes that will be arranged, starting from characterization, plot, language, and symbolism.

3.2.1 The Analyze of The Impact of The Mental Health Issues Experienced by The Main Character Through Characterization, Plot, Language, and Symbolism in the movie *Me Before You*.

Data 1

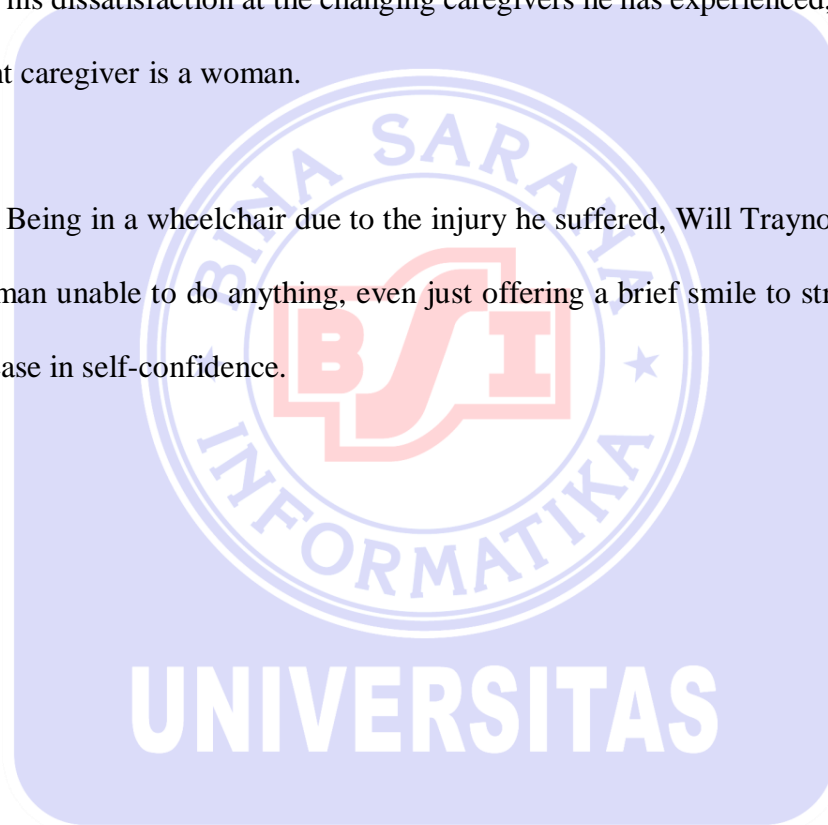


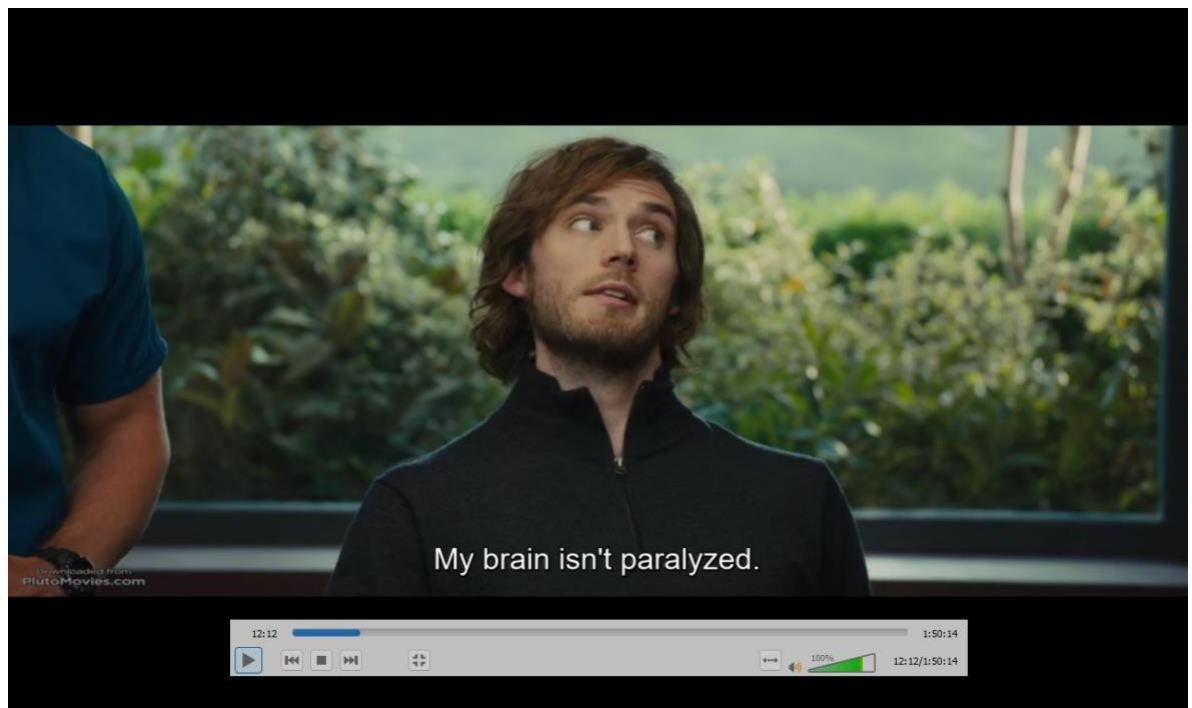
**Figure I. Will Introduce himself to Louisa
(00:11:48)**

Characterzation : Will Traynor is a disabled man confined to a wheelchair as of (00:11:48), following a severe accident that left him completely paralyzed. This incident has also led to emotional instability and disturbed mental health. From his appearance, the impact that he experienced was quite clear, not only changing his mental health condition but also his appearance and abilities.

Plot : Will Traynor, the main character who will be the main focus in this research, this is where he for the first time introduced himself at (00:11:48). This scene shows the introduction where he met Louisa for the first time as his caregiver. Will, seated silently in a wheelchair as a disable man accompanied by his private nurse and mother, expresses his dissatisfaction at the changing caregivers he has experienced, Moreover, his current caregiver is a woman.

Symbol : Being in a wheelchair due to the injury he suffered, Will Traynor became a disabled man unable to do anything, even just offering a brief smile to strangers due to a decrease in self-confidence.



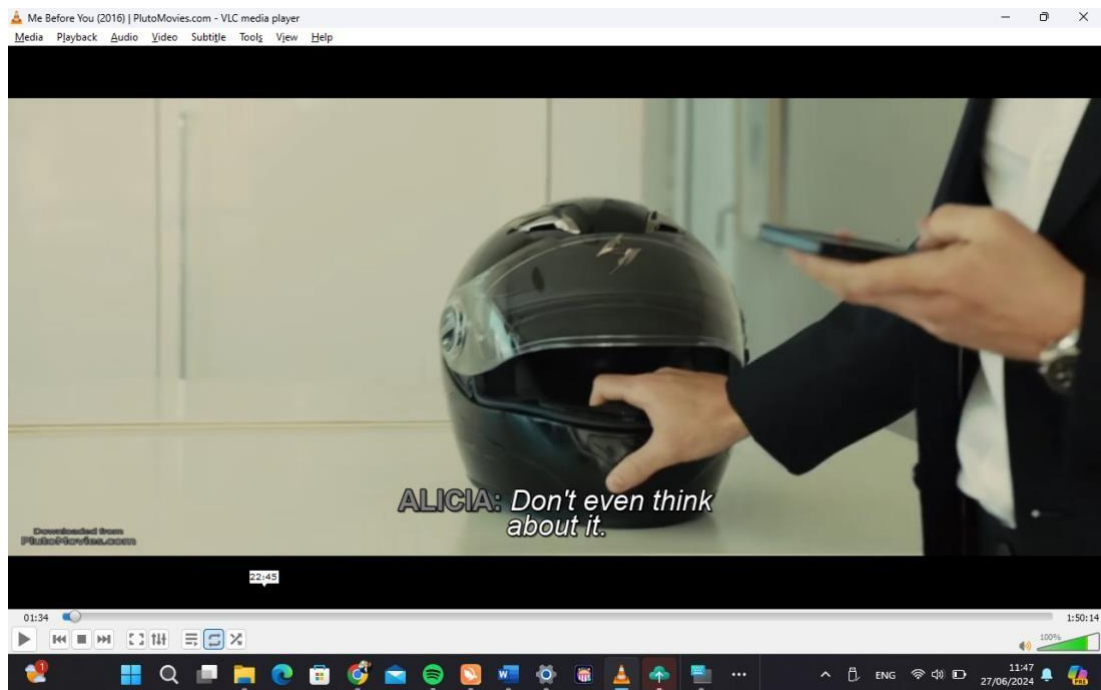
Data 2

**Figure II My brain isn't paralyzed
(00:12:12)**

Characterization : In the scene at (00:12:12), Will's character initially quite arrogant due to his gradually accepted condition, remains emotionally unstable. As a result, he becomes rather sensitive. He feels very capable for doing something.

Language : The sentence spoken by Will at (00:12:12), "My brain isn't paralyzed," indicates that his sensitivity increase and this is the real impact from what has happened.

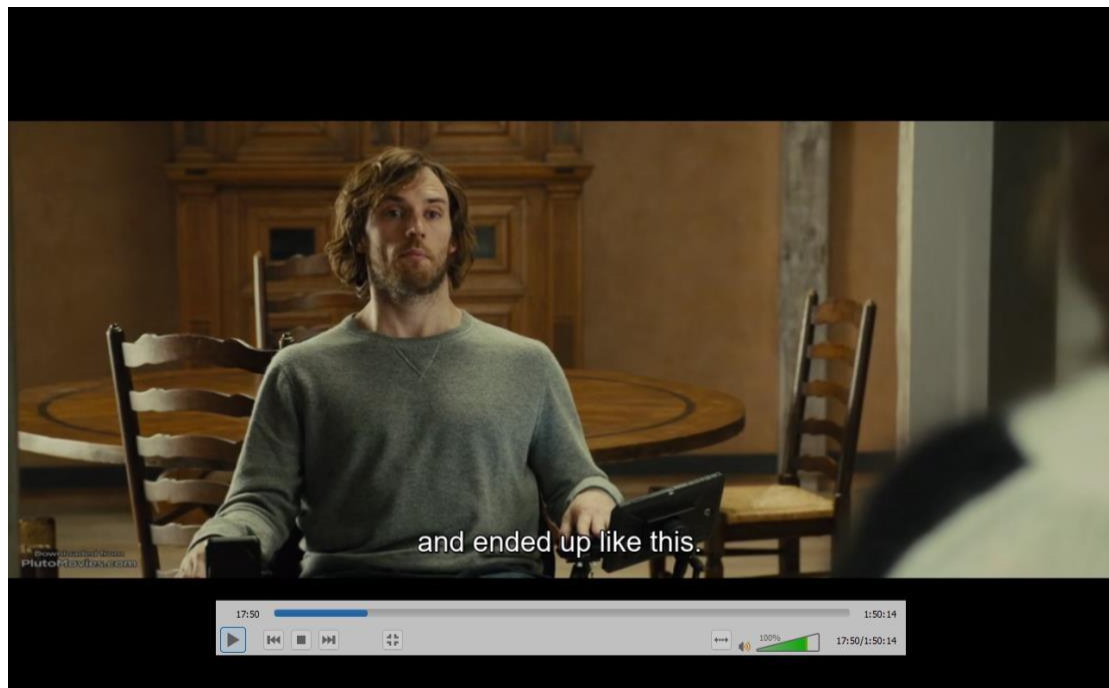
Data 3



**Figure III Will used to be obedient and discipline person
(00:01:37)**

Characterization: Will used to be a disciplined and obedient person, which made him always optimistic when making decisions. Will also used to be a very neat person and cares about his appearance. From the scene (00:01:37) Alicia, Will's ex-girlfriend, demonstrates her care for him. She really cared about him.

Data 4



**Figure IV He tried his best to accepting his condition
(00:17:50)**

Characterization : From the sentence at (00:17:50), Will says a sentence that shows his condition currently, lack of self-confidence when he talks with his friends causes Will's mind to be very disturbed and his emotional stability as well.

Plot : In this scene, Will's ex-girlfriend Alicia and his friend Ruppet decide to visit him, but Will receives them reluctantly. He feels that they haven't always been there when he needed them, especially Alicia, who chooses to spend more time with Ruppet.

Language: In the (00:17:50) the sentence "...And ended up like this." Shows that now he just tried his best to accepting his condition.

Data 5

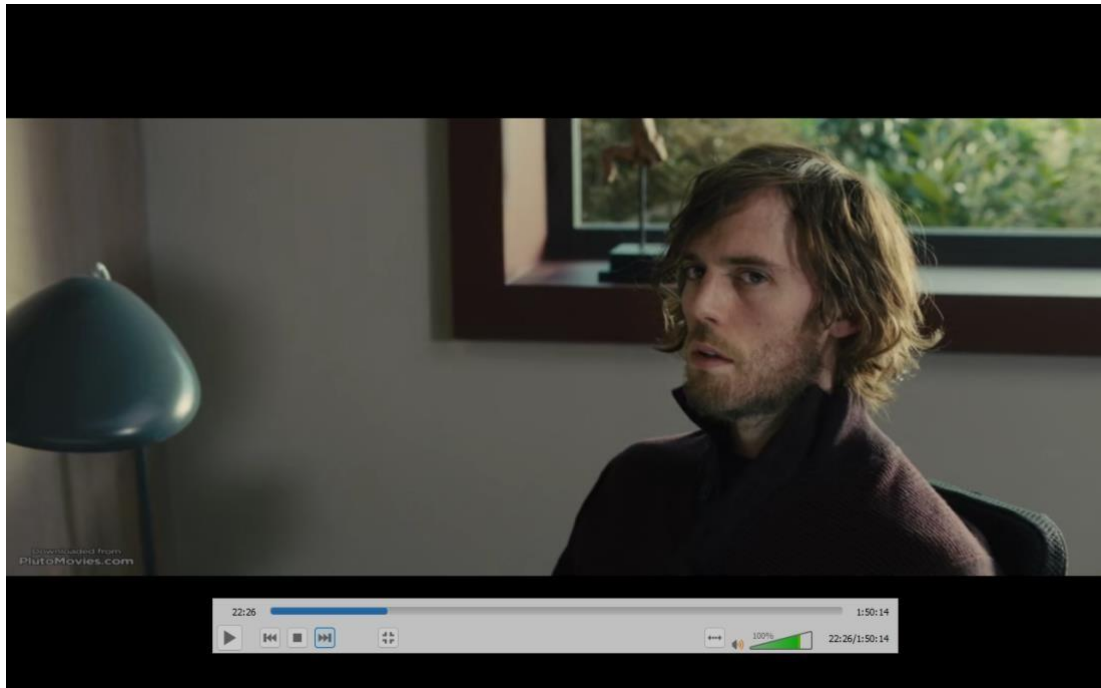


**Figure V Will's uncontrolled emotions
(00;22:17)**

Characterization: In this scene (00:22:17), it clearly shows Will's highly unstable emotions as he breaks and drops several photos of himself with his friends and also Alicia. Will must control his emotions and his anxiety disorder, or it could have fatal consequences for him.

Plot : The emotion that Will could express at that time (00;22:17) was by breaking several photo frames of himself and his friends as well as Alicia. Louisa, who saw this happened, was very surprised because this would have serious effects on Will's condition. The messy condition of the photo frames around Will shows what Will has done with it all in expressing his emotions. The look on Will's face, which could also be seen very clearly, was holding back his emotions.

Data 6



**Figure VI Expressing the impact of his mental health
(00:22:26)**

Characterization: Considering Will's background of depression and anxiety disorder, it's evident from his expression that he cannot holdingi his emotions. Gaze of someone who is experiencing emotional instability is very clear, as Will showed.

Plot : Louisa fell silent when she saw the expression on Will's face. Louisa realizes that something is wrong with Will's mental health. Although in the end Louisa was able to overcome it and calming Will's emotion. Gaze of someone who is experiencing emotional instability is very clear, as Will showed.

Data 7

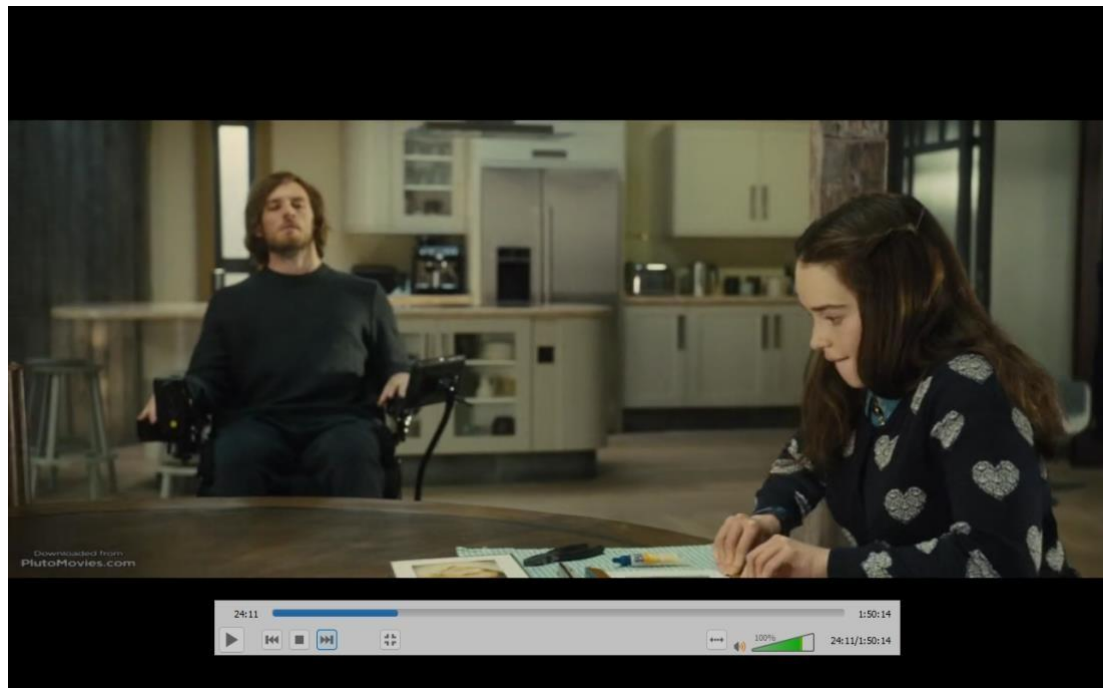
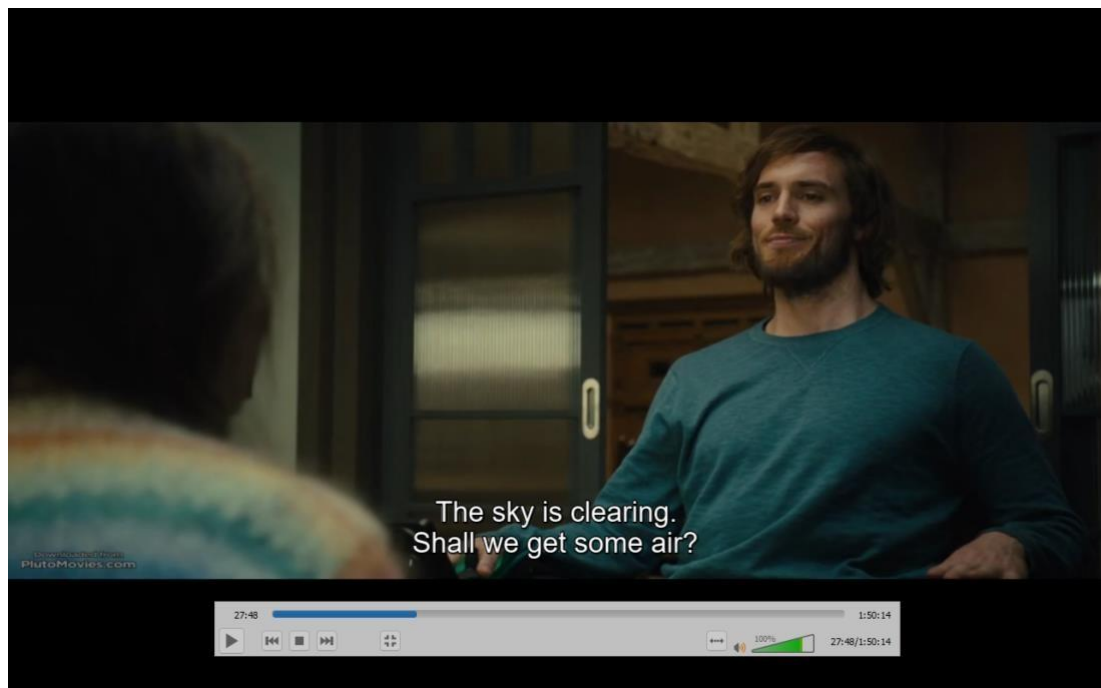


Figure VII Arrogant Will

(00:24:11)

Characterization: Will's arrogant attitude can be seen when he walks over to Louisa who is fixing Will's broken photo frame. Louisa's patient character in dealing with Will can be seen in **(00:24:11)**

Data 8



**Figure VIII He felt he could overcome his emotional problem
(00:27:48)**

Plot : In the scene (00:27:48) , Will is trying to do something to relieve his stress by asking Louisa to go out. Because after what happened to him, Will was mentally unprepared to face the outside world like before. But because of Louisa's current existence, he felt brave.

Language : Will said "The sky is clear. Shall we get some air" because he felt he could overcome his emotional problems enough to open up to the outside world. Words that even Will's family would not have thought were said by their son himself.

Data 9



**Figure IX Will is very weak mentally and physically
(00;34:34)**

Characterization: Will has a weak condition physically and mentally, when he thinks hard and gets lost in his depression he will experience loss of consciousness. One of the characteristics is that he sweats very much then lost consciousness.

Plot : In this scene is the rising action, Will often experiences the impact of his depression and anxiety as well as Will's condition getting worse very drastically. Nathan tried so hard to make Will stay conscious and try to take off all his clothes to stop sweating and lower his body temperature

Data 10

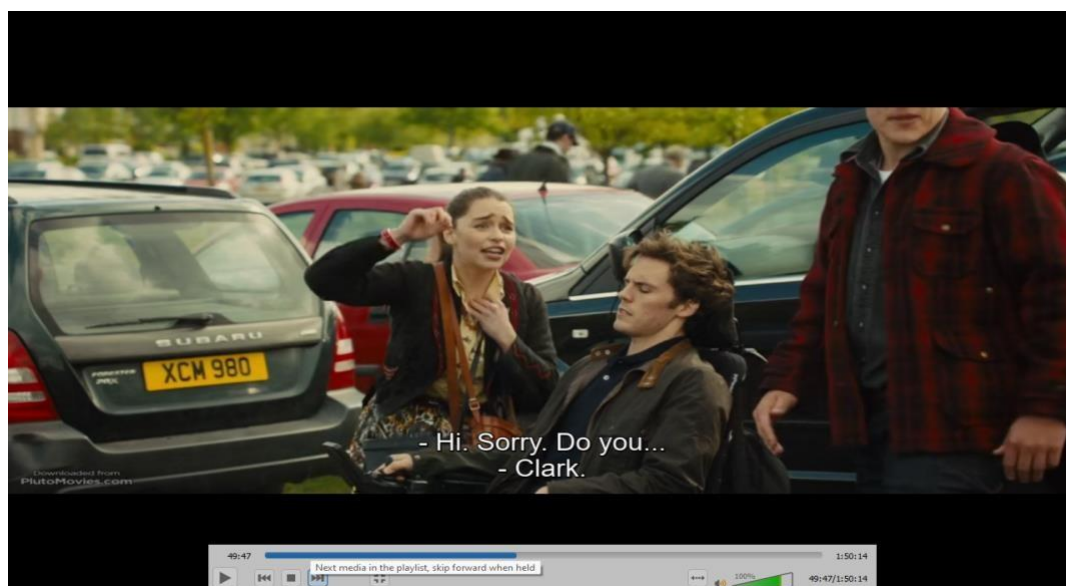


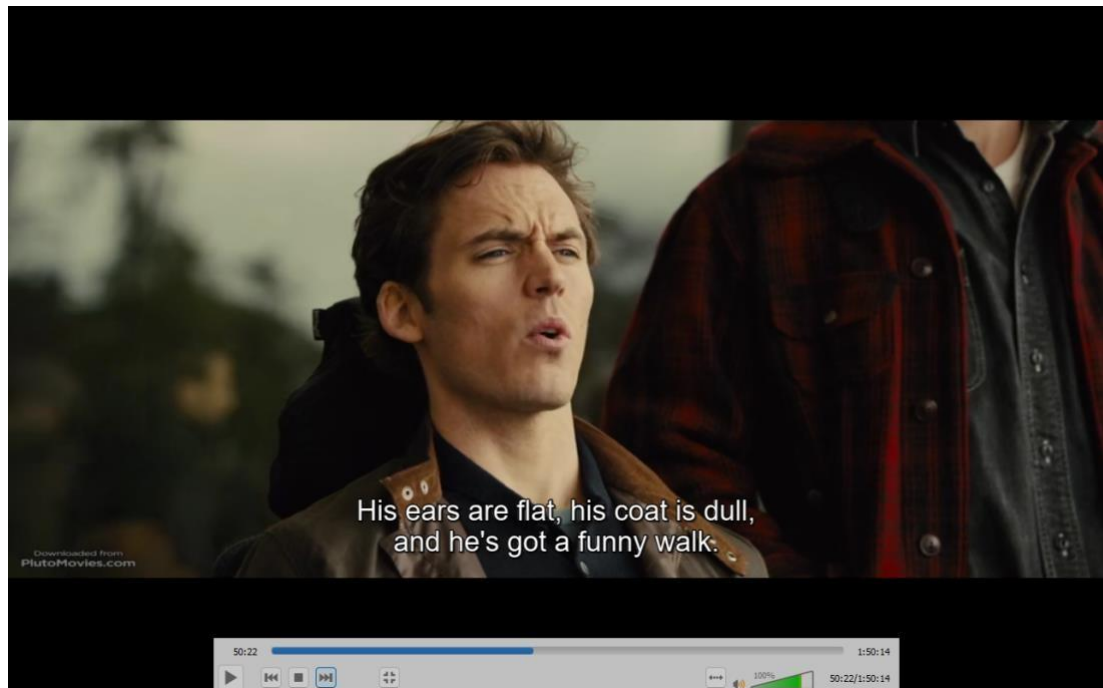
Figure X Will changed into a sensitive person and insecure

(00:49:47)

Characterization : Will began to dislike even on small mistake, as seen from his facial expression. Will has really changed into a sensitive person and still feels insecure and not confidence enough, which is certainly very different from Will's previous character.

Plot : Here, when the wheels of Will's wheelchair get stuck on the ground, Will starts to look uncomfortable because he thinks this is a ridiculous thing and moreover, this happened outside and his anxiety began to arise. Moreover, when Louisa asked for help from a group of people to help her, Will looked a bit annoyed and didn't like it.

Data 11

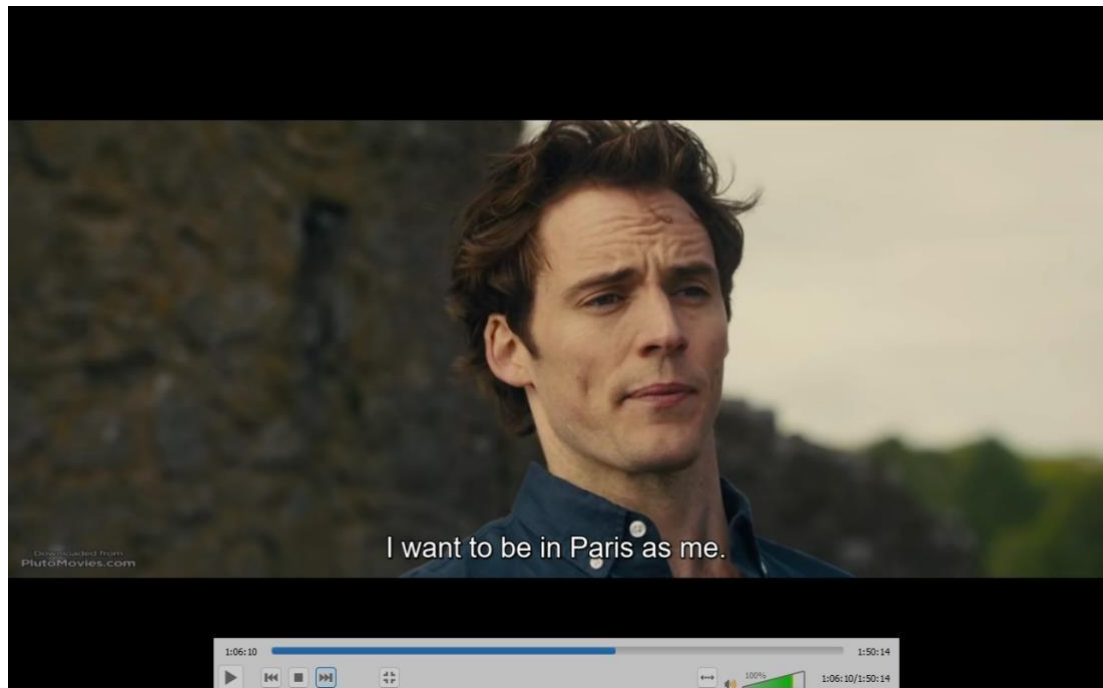


**Figure XI Will being a person who like to judges everything
(00:50;22)**

Characterization : Will being a person who likes to judge everything harshly, the impact of Will's emotional instability is clearly visible here. Loss of self-confidence and anxiety about things that haven't happened are also explained here.

Plot : Here Louisa invites Will to a horse racing match and asks Will to choose which horse he will win. But Will's response to one contestant seemed so dismissive that it made the atmosphere awkward at that moment.

Language : *"His ears are flat, his coat is dull and he's got a funny walk"* If Will had the previous personality, perhaps Will would be more optimistic and praise the contestants' performances politely and wisely ,He will be careful in choosing his words.

Data 12

**Figure XII Want to go back to his previous condition
(1:06;10)**

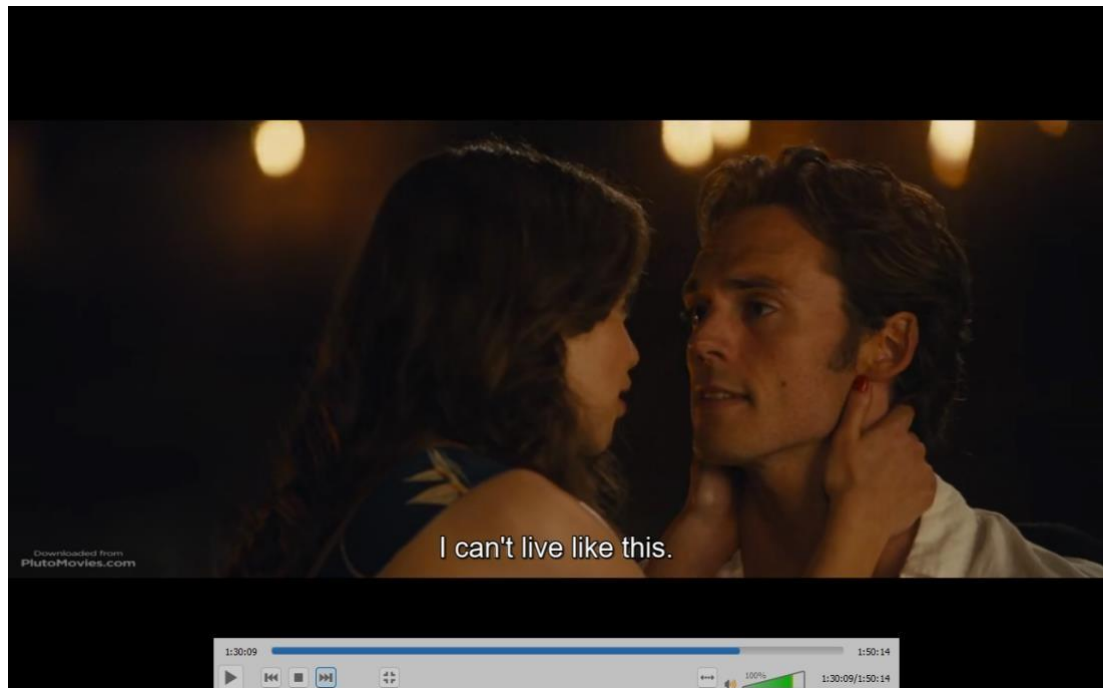
Plot : When she decided to go to a better place than before, Louisa thought that the ruins were the right place to open Will's mind a little and release his stress. Louisa opened the conversation by discussing Will's hopes for the future. Will explains that he wants to go to Paris. But he wanted to go to Paris when he was in his old condition.

Data 13

**Figure XIII His psychically getting weak
(1:17:07)**

Plot : When Will's body is no longer as strong as before, if he does activities like what he did with Louisa, like dancing, his body becomes weak. Louisa was told to come to the hospital by Nathan, she was shocked because of the drastic decline in Will's condition. Here Nathan also explains that Will has a pneumonia and it is serious.

Data 14



**Figure XIV he couldn't live a life like this with his current condition
(1:30:09)**

Plot : Louisa and Will became very close every day until they spent time on the beach and Louisa asked about Will's decision to euthanasia. Louisa continues to convince He stated to Louisa he "I can't live like this" he couldn't live a life like this along with his mental health which was getting worse as well.

Data 15

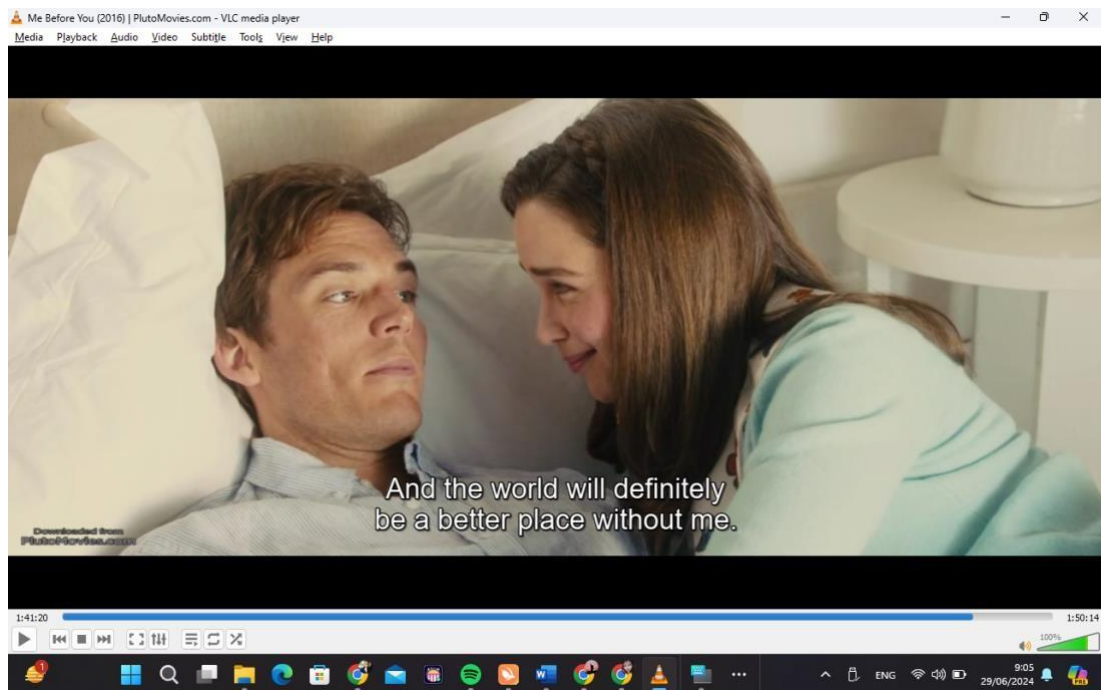


Figure XV Accepting Will's final decision, this is the impact of his mental issues (01:41:20)

Plot : And in this scene, Will's final decision to end his life is made clear by the arrival of Louisa, who was deliberately asked by Louisa's family to accompany Will. There, in a house in the beautiful countryside, where Will spent his last moments. Will's decision can no longer be changed, how hard he fights mentally and physically doesn't make Will win. Being in a deep depression made Will not think twice, the anxiety that Will experienced also made Will think that he would not be able to live his life in this condition. Accompanied by both of his parents and Louisa, wearing a soft blue shirt that matched the outerwear with Louisa was wearing made this separation very difficult for everyone. But there was nothing they could do to accept Will's decision rather than letting it drag on for his mental and physical health.

CHAPTER IV

CONCLUSION AND SUGGESTION

4.1 Conclusion

Based on the analysis from the (01:41:20), Every decision taken by a human being is the best decision taken by that person, what they have experienced and what are the things and strong reasons that made that person choose to take that decision. As is the Will's case, he is no longer able to fight the mental illness he is experiencing so the presence of someone like Louisa, who is considered as a luck for Will still cannot win his mind to stay and continue his live. The enthusiasm of live his life that Will initially felt and enjoyed suddenly disappeared after the accident he experienced causing the Spinal Cord Injury. Anxiety and depression are not trivial things for sufferers, this is what Will feels every day to overcome them.

In the previous part, the researcher analyzed each scene and wrote down his analysis through Characterization, Plot, Language and Symbols that appeared in each scene in this film. Characterization is explained in great detail about the striking changes in Will who are impacted by the mental health he is experiencing, in the plot the researcher explains the plot that occurs and its related to Will, in Language the researcher discusses how the impact of mental health has so far changes and the way Will talk also how Will shows it when communicating even has quite a significant change. And finally, there are symbols, the symbols that the researcher took are symbols that are quite clearly visible and have quite an important role in this film, such as the wheelchair . From all the analysis that has been carried

out by the researcher, it is concluded that Will's life is indeed controlled by conditions. his own mentality.

4.2 Suggestions

In this section, the researcher offers valuable suggestions for conducting a thorough investigation. For example, considering the context of the University of Bina Sarana Informatika, It is recommended to future researcher to encompass the whole topic of mental health issues from the perspective of literature. To advise the future researcher that can find and understand more deep in this discussion in every details also easy for the future researcher to understand it. In searching for theories from various experts, future researchers are also expected to find and discover them in a structured manner. For example, they can look into different years and other studies that originate from movies with different plots but has the same concept. The concept taken by this researcher involves finding every answer from the impact experienced by the main character due to mental health issues. Also, they aim to find the main reasons how this mental health can influence the main character.

To analyze the characterization, future researchers advised to pay attention to every detail about the main character. It's not just about that, they should also identify even the smallest changes in traits and appearance of the main character, influenced by the impact discussed in this research. By thoroughly analyzing these aspects of characterization, future researchers can provide a nuanced understanding of how mental health impacts are manifested through the main character's traits, behaviors, and appearance in cinematic narratives. This approach helps in uncovering deeper layers of character development and thematic exploration within the film.

In terms of the plot, future researchers should understand the continuity between scenes, where they will later find answers and understand how the main character and their mental illness are portrayed and connected throughout the storyline. In analyzing the plot, future researchers are expected to understand the continuity between each scene and how they connect from one to the next. This continuity is crucial because it allows researchers to uncover answers and gain insight into how the main character's mental health and personality are depicted and interconnected throughout the storyline. By comprehensively analyzing the plot's continuity and the integration of the main character's mental health, future researchers can uncover the intricacies of character portrayal and thematic exploration within the film. This approach aids in understanding the dynamic relationship between plot progression and mental health representation in cinematic storytelling.

In analyzing the language, future researchers are expected to observe the conversations, topics, and sentences uttered by the main character to others, particularly when expressing something. The impact of mental health on the main character can be easily analyzed linguistically. To analyze the language, future researchers are expected to pay attention to the conversations, topics, and sentences spoken by the main character to other characters, especially when expressing themselves. The impact of the main character's mental health can be easily analyzed linguistically. future researchers can gain a clearer understanding of how the main character's mental health influences their communication and how it is portrayed within the narrative.

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Curriculum Vitae

A. Personal Data

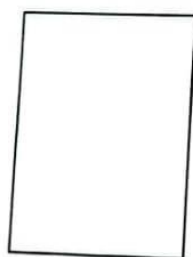
SID : 33200143
 Full Name : SYANAYA DIANDRA
 Place & Date of Birth : Jakarta, 11 April 2000
 Address : Jl. Kenari II No.16, RT03/RW04, Salemba, Jakpus
 Telephone Number : 08990775083
 Email : nayadiandra@gmail.com

I. Formal Education

1. Universitas Bina Sarana Informatika 2020- present
2. SMAN 4 Jakarta 2015-2018, graduated
3. SMPN 280 Jakarta 2012-2015, graduated
4. SDN Menteng 03 Venezuela Jakarta 2006-2012, graduated

II. Informal Education

1. Seminar Research Methods "Designing Your Own Research" 2022
2. Seminar TEFL "The Productive Skills - Approach to Writing & Speaking in TEFL Classroom" 2021
3. Seminar Online Public Speaking "How To Adopt and Adapt Working Abroad" 2020
4. TOEFL Test 2023



Jakarta, July 6th, 2024

Syanaya Diandra

STATEMENT OF DATA TRUTH

The undersigned:

Name : Syanaya Diandra
 SID : 33200143
 Degree : Strata One (S1)
 Research Program : Sastra Inggris
 Faculty : Komunikasi dan Bahasa
 Institution : Universitas Bina Sarana Informatika

Hereby stated that the data and or information that I used in writing a scientific work entitled **"THE IMPACT OF MENTAL HEALTH ISSUES ON 'ME BEFORE YOU' MOVE THROUGH A LITERARY LENS"** was data and or information that I got through my own research results and was not based on data or information of research result from any company/ agency/ institution.

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On : July 3, 2024

The Signee,



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