The Impact Of Mental Health Issues On 'Me Before You' Movie True A Literarry Lens

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ABSTRAK - *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 Jonez. 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

Abstract - This research explores the portrayal and impact of mental health issues in the film "Me Before You" through a literary lens using qualitative descriptve 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

1. Introduction

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).

"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 fffClarke), 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.

2. Research Methodology

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.

3. RESULTS AND DISCUSSION
3.1. RESULTS

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 carried41 out by the researcher, it is concluded that Will's life is indeed controlled by conditions his own mentality.

3.2. DISCUSSION

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 mentalstate 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 severalscreenshots ofscenes that will be arranged, starting from characterization, plot, language, and symbolism.

4. CONCLUSSION

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 ofsomeone like Louisa, who is considered as a luck for Willstill 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.

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