

ABSTRAK

Penelitian ini bertujuan untuk menganalisis representasi *childhood trauma* pada karakter Ko Moon Young dalam drama Korea “It’s Okay to Not Be Okay”. Penelitian ini dilakukan karena populernya Drama Korea yang merupakan bentuk dari fenomena Hallyu atau K-waves. Sejalan dengan itu, isu kesehatan mental (*mental health issues*) pun tengah menjadi topik yang marak di masyarakat terutama di kalangan Gen-Z dan Millenials yang berusaha untuk menggalakkan kesadaran akan kesehatan mental. Penelitian ini berupa analisis teks serta visual menggunakan pendekatan kritis guna mengkritisi stigma serta sikap abai masyarakat terhadap kondisi kesehatan mental khususnya di Korea Selatan. Penelitian ini dianalisis menggunakan teori semiotika Roland Barthes guna membedah makna denotasi, konotasi serta mitos yang terkandung dalam penggambaran *childhood trauma* yang disuguhkan dalam plot drama. Berdasarkan 11 scene yang digunakan, penelitian ini mengungkap makna yang disampaikan dalam drama Korea “It’s Okay to Not Be Okay”. Scene-scene tersebut dipilih berdasarkan indikator *childhood trauma* yang didapatkan dari 8 episode yang terpilih. Hasil temuan dari penelitian ini menunjukkan bahwa *childhood trauma* dapat mempengaruhi kehidupan seorang individu dalam konteks yang negatif seperti halnya gangguan PTSD (*Post-Traumatic Stress Disorder*), gangguan tidur dan kecemasan, gangguan emosional dan sosial, serta sikap denial dan trauma coping.

Kata kunci : Trauma masa kecil, kesehatan mental, *hallyu*, semiotika, drama Korea, It’s Okay to Not Be Okay

ABSTRACT

This research aims to analyze the representation of childhood trauma in the character Ko Moon Young in the Korean drama "It's Okay to Not Be Okay". This research was conducted because of the popularity of Korean dramas which are a form of the Hallyu or K-waves phenomenon. In line with this, mental health issues are becoming a popular topic in society, especially among Gen-Z and Millennials who are trying to promote awareness of mental health. This research takes the form of text and visual analysis using a critical approach to criticize stigma and society's neglect of mental health conditions, especially in South Korea. This research was analyzed using Roland Barthes' semiotic theory to dissect the meaning of denotation, connotation and myth contained in the depiction of childhood trauma presented in the drama plot. Based on the 11 scenes used, this research reveals the meaning conveyed in the Korean drama "It's Okay to Not Be Okay". These scenes were selected based on childhood trauma indicators obtained from the 8 selected episodes. The findings from this research show that childhood trauma can affect an individual's life in a negative context, such as PTSD (Post-Traumatic Stress Disorder), sleep and anxiety disorders, emotional and social disorders, as well as denial and trauma coping.

Keywords: Childhood trauma, mental health, hallyu, semiotics, Korean drama, It's Okay to Not Be Okay