

**PERANCANGAN FILM PENDEK 'RUANG AMAN' SEBAGAI
MEDIA EDUKASI UNTUK MEMBANTU PEMAHAMAN
MENGENAI DEPRESI MAYOR PADA REMAJA**



SKRIPSI

diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Pendidikan Program Studi Pendidikan Multimedia

Oleh
Nadhifa Ramadhan Syahputra
2104806

**PROGRAM STUDI PENDIDIKAN MULTIMEDIA
KAMPUS UPI DI CIBIRU
UNIVERSITAS PENDIDIKAN INDONESIA
2025**

LEMBAR HAK CIPTA

PERANCANGAN FILM PENDEK ‘RUANG AMAN’ SEBAGAI MEDIA EDUKASI UNTUK MEMBANTU PEMAHAMAN MENGENAI DEPRESI MAYOR PADA REMAJA

Oleh

Nadhifa Ramadhan Syahputra

2104806

Sebuah Skripsi untuk Memenuhi Sebagian dari Syarat Memperoleh
Gelar Sarjana Pendidikan pada Program Studi Pendidikan Multimedia

© Nadhifa Ramadhan Syahputra 2025

Universitas Pendidikan Indonesia

Agustus 2025

Hak Cipta dilindungi Undang-undang

Skripsi ini tidak diperkenankan untuk diperbanyak seluruhnya maupun Sebagian.

Dengan dicetak ulang, difotokopi, atau cara lainnya tanpa izin dari penulis.

LEMBAR PENGESAHAN

NADHIFA RAMADHAN SYAHPUTRA

**PERANCANGAN FILM PENDEK ‘RUANG AMAN’ SEBAGAI MEDIA
EDUKASI UNTUK MEMBANTU PEMAHAMAN MENGENAI DEPRESI
MAYOR PADA REMAJA**

disetujui dan disahkan oleh pembimbing:

Pembimbing I

Dian Rinjani, S.Pd., M.Ds.

NIP. 920171219860906201

Pembimbing II

Nurhidayatulloh, S.Pd., M.T.

NIP. 920230219890404101

Mengetahui

Ketua Program Studi Pendidikan Multimedia

Nurhidayatulloh, S.Pd., M.T.

NIP. 920230219890404101

PERANCANGAN FILM PENDEK 'RUANG AMAN' SEBAGAI MEDIA EDUKASI UNTUK MEMBANTU PEMAHAMAN MENGENAI DEPRESI MAYOR PADA REMAJA

Nadhifa Ramadhan Syahputra

2104806

ABSTRAK

Depresi mayor adalah salah satu gangguan mental serius yang banyak dialami oleh remaja, terutama di era digital seperti sekarang. Sayangnya, banyak remaja belum memahami sepenuhnya apa itu depresi, dan masih merasa takut atau malu untuk menceritakan kondisinya karena takut dinilai lemah. Minimnya edukasi yang empatik dan mudah diterima menjadi salah satu penyebab utama. Oleh karena itu, penelitian ini bertujuan untuk merancang film pendek berjudul “*Ruang Aman*” sebagai media edukasi untuk membantu masyarakat, khususnya remaja, memahami depresi mayor dengan lebih baik. Penelitian ini menggunakan metode kualitatif deskriptif dengan pendekatan *Practice-Led Research* (PLR). Proses penelitian dilakukan dalam lima tahap, yaitu: persiapan, imajinasi, pengembangan, produksi, dan hasil karya. Data dikumpulkan melalui observasi, wawancara dengan psikolog, kuesioner terbuka kepada mahasiswa, serta studi literatur dan analisis film sejenis. Hasil penelitian menunjukkan bahwa film “*Ruang Aman*” berhasil menggambarkan tekanan emosional yang umum dialami remaja dengan cara yang jujur dan menyentuh. Film ini juga mendapat respon positif dari penonton di media sosial. Kesimpulannya, film pendek dapat menjadi media yang bisa membantu pemahaman untuk menyampaikan pesan tentang kesehatan mental remaja dengan cara yang lebih empatik, komunikatif, dan dekat dengan keseharian mereka.

Kata Kunci: Depresi, Kesehatan Mental, Film Pendek, Media Edukasi, Practice-Led Research

Design of the Short Film 'Ruang Aman' as an Educational Medium to Support Understanding of Major Depression in Adolescents

Nadhifa Ramadhan Syahputra

2104806

ABSTRACT

Major depression is a serious mental health issue commonly experienced by adolescents, especially in today's digital era. Unfortunately, many teens still lack a clear understanding of what depression is, and often feel afraid or ashamed to talk about it for fear of being judged as weak. One major reason is the lack of educational media that is both empathetic and accessible. This study aims to design a short film titled "Ruang Aman" as an educational medium to help adolescents and the public better understand major depression. This research used a descriptive qualitative method combined with a Practice-Led Research (PLR) approach. The creative process was carried out in five stages: preparation, imagination, development, production, and final output. Data were collected through observations, interviews with clinical psychologists, open-ended questionnaires to university students, as well as literature studies and analysis of similar films. The results showed that "Ruang Aman" successfully portrayed the emotional struggles commonly faced by adolescents in an honest and heartfelt way. The film also received positive feedback from audiences on social media platforms. In conclusion, short films can serve as an effective educational tool to communicate mental health issues with empathy and in a way that feels closer to young people's everyday lives.

Keywords: *Depression, Mental Health, Short Film, Educational Media, Practice-Led Research.*

DAFTAR ISI

LEMBAR HAK CIPTA.....	ii
LEMBAR PENGESAHAN	iii
LEMBAR PERNYATAAN	iv
KATA PENGANTAR.....	iv
ABSTRAK	vii
ABSTRACT	viii
DAFTAR ISI	ix
DAFTAR TABEL	xii
DAFTAR GAMBAR	xii
DAFTAR LAMPIRAN	xv
DAFTAR SINGKATAN.....	xvi
BAB I PENDAHULUAN.....	1
1.1. Latar Belakang	1
1.2. Rumusan Masalah	2
1.3. Tujuan Penelitian	2
1.4. Manfaat Penelitian	2
1.5. Ruang Lingkup Penelitian	3
BAB II TINJAUAN PUSTAKA.....	5
2.1. Uraian Teori	5
2.2. Film	5
2.3. Sinematografi dan Videografi	9
2.4. Depresi	15
2.5. Remaja	20
2.6. Penelitian Terdahulu yang Relevan	22

BAB III METODE PENELITIAN	27
3.1. Desain Penelitian	27
3.2. Tahap Perancangan Karya	30
3.2.1. Tahap Persiapan	30
3.2.2. Tahap Imajinasi	30
3.2.3. Tahap Pengembangan Imajinasi	30
3.2.4. Tahap Pengerjaan	31
3.2.5. Hasil Karya	31
3.3. Teknik Pengumpulan Data	32
3.2.1. Observasi	32
3.2.2. Kuesioner Terbuka	35
3.2.3. Studi Literatur	38
3.4. Teknik Analisis data	38
3.5. Populasi Dan Sampel	38
3.6. Intrumen Penelitian	39
BAB IV HASIL DAN PEMBAHASAN	41
4.1. Deskripsi Umum Penelitian	41
4.2. Tahap Persiapan	41
4.2.1. Observasi Awal: Persepsi Remaja Tentang Depresi	42
4.2.2. Wawancara Dengan Psikolog	45
4.3. Tahap Mengimajinasi	51
4.3.1. Penyusunan Ide Cerita dan Naskah	52
4.3.2. Pembuatan Storyboard, Photoboard dan Shotlist	65
4.4. Tahap Pengembangan Imajinasi	79
4.4.1. Persiapan Produksi: Lokasi, Pemeran, dan Peralatan	80

4.4.2.	Proses Syuting dan Perekaman Audio	82
4.4.3.	Penataan <i>Lighting</i> atau Pencahayaan	84
4.5.	Tahap Pengerjaan	86
4.5.1.	Proses <i>Editing</i> Visual dan Audio	87
4.5.2.	Pewarnaan dan Desain Suara	89
4.5.3.	Penambahan <i>Subtitle</i>	99
4.6.	Hasil Karya	102
4.6.1.	Distribusi	110
4.6.2.	Apresiasi	113
4.6.3.	Jawaban Kuisisioner Terbuka	116
BAB V SIMPULAN DAN SARAN		122
5.1.	Kesimpulan	122
5.2.	Saran	123
DAFTAR PUSTAKA.....		124
LAMPIRAN.....		134

DAFTAR PUSTAKA

- Aditya, M. F., & Manesah, D. (2025). Analisis Pencahayaan 3 Point Lighting pada Film Autobiography Sutradara Makbul Mubarak. *Misterius : Publikasi Ilmu Seni Dan Desain Komunikasi Visual.*, 2(1), 64–71. <https://doi.org/10.62383/misterius.v2i1.525>
- Adityara, S., & Rakhman, R. T. (2019). Karakteristik Generasi Z dalam Perkembangan Diri Anak Melalui Visual. *Semina Nasional Seni Dan Desain: "Reinvensi Budaya Visual Nusantara," September*, 401–406.
- Alves, P., & Pereira, A. S. (2020). Short film production in educational contexts: Exploring the methodology of the Olhar pela Lente project in Portugal. *Film Education Journal*, 3(1). <https://doi.org/10.14324/fej.03.1.02>
- Arif P, S., & Wardaningsih, S. (2023). Effectiveness of audiovisual media to improve mental health knowledge for adolescents: A systematic review. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 8(2), 681–688. <https://doi.org/10.30604/jika.v8i2.2012>
- Arsy, F. S., & Saifuddin, W. (2025). Analisis Resepsi Penonton Mengenai Isu Kesehatan Mental pada Film “Sleep Call.” *Jurnal JTik (Jurnal Teknologi Informasi Dan Komunikasi)*, 9(2), 655–663. <https://doi.org/10.35870/jtik.v9i2.3401>
- Ashton, D. (2013). HID (ING) MEDIA PROFESSIONALS: Constructing and Contesting the 1st AD. *Journal of European Television History & Culture*, 02(04), 89–100.
- Baumann, S. E., Kameg, B. N., Wiltout, C. T., Murdoch, D., Pelcher, L., & Burke, J. G. (2024). Visualizing Mental Health Through the Lens of Pittsburgh Youth: A Collaborative Filmmaking Study During COVID-19. *Health Promotion Practice*, 25(3), 368–382. <https://doi.org/10.1177/15248399221141688>
- Berenbaum, N. (2021). Depression: a Psychological mood disorder. *Clin Psychiatry*, 7(3), 98. www.imedpub.com
- Bisri Mustofa, M. (2022). Fungsi Komunikasi Massa Dalam Film. *At-Tawasul*, 2(1), 1–8. <https://doi.org/10.51192/ja.v2i1.324>
- Boyd, C., & Barry, K. (2024). Arts-based research and the performative paradigm.

- Methods in Psychology*, 10(September 2023), 100143.
<https://doi.org/10.1016/j.metip.2024.100143>
- Boydell, K. M., & Croguennec, J. (2022). A Creative Approach to Knowledge Translation: The Use of Short Animated Film to Share Stories of Refugees and Mental Health. *International Journal of Environmental Research and Public Health*, 19(18). <https://doi.org/10.3390/ijerph191811468>
- Braam, M. W. G., Rasing, S. P. A., Heijs, D. A. M., Lokkerbol, J., van Bergen, D. D., Creemers, D. H. M., & Spijker, J. (2023). Closing the gap between screening and depression prevention: a qualitative study on barriers and facilitators from the perspective of public health professionals in a school-based prevention approach. *BMC Public Health*, 23(1), 1–14.
<https://doi.org/10.1186/s12889-023-15705-9>
- Brunow, D. (2022). Towards an archival study of screenplay versions: the role of screenwriting research for adaptation studies. *Interfaces*, 47, 0–21.
<https://doi.org/10.4000/interfaces.4494>
- Canavaro, F. F., & Manesah, D. (2025). *Penerapan Teknik Camera Angle pada Film Kang Mak Indonesia Karya Herwin Novianto*.
- Candy, L. (2020). *THE CREATIVE REFLECTIVE PRACTITIONER Research Through Making and Practice*. Routledge 2 Park Square, Milton Park, Abingdon, Oxon OX14 4RN and.
https://www.goodreads.com/author/show/7031440._
- Chaeruman, U. A. (2015). Instrumen Evaluasi Media Pembelajaran. *Pusat Teknologi Informasi Dan Komunikasi Pendidikan Kementrian Pendidikan Dan Kebudayaan*, December, 0–15.
<https://doi.org/10.13140/RG.2.2.14419.12329>
- Chotidjah, S., Ihsan, H., Zakariyya, F., Damaianti, L. F., & Mukminin, G. U. (2024). Penyusunan Instrumen Status Kesehatan Mental Pelajar. *Jurnal Ilmu Kesehatan Masyarakat*, 13(03), 254–262.
<https://doi.org/10.33221/jikm.v13i03.2278>
- Coughlan, H., Quin, D., O'Brien, K., Healy, C., Deacon, J., Kavanagh, N., Humphries, N., Clarke, M. C., & Cannon, M. (2021). Online mental health

- animations for young people: Qualitative empirical thematic analysis and knowledge transfer. *Journal of Medical Internet Research*, 23(2). <https://doi.org/10.2196/21338>
- Cross, R., & Warwick-Booth, L. (2016). Using storyboards in participatory research. *Nurse Researcher*, 23(3), 8–12. <https://doi.org/10.7748/nr.23.3.8.s3>
- Fadhilah, A. B., & Manesah, D. (2025). Analisis Penerapan Struktur Tiga Babak Teori Aristoteles dalam Skenario Film “Key” untuk Meningkatkan Suspense. *Abstrak: Jurnal Kajian Ilmu Seni, Media Dan Desain*, 2(2), 08–18. <https://doi.org/10.62383/abstrak.v2i2.541>
- Febi Arifianto, P., & Wulandari, S. (2023). KAJIAN VISUAL TRANSFORMASI DIGITAL MEDIA KOMPAS MELALUI COVER EDISI NFT-RECONNECTION. In *Jurnal Kajian Seni* (Vol. 09, Issue 02). www.kompas.com.
- Gagliano, A., Costanza, C., Bazzoni, M., Falcioni, L., Rizzi, M., Scaffidi Abbate, C., Vetri, L., Roccella, M., Guglielmi, M., Livio, F., Ingrassia, M., & Benedetto, L. (2023). Effectiveness of an Educational Filmmaking Project in Promoting the Psychological Well-Being of Adolescents with Emotive/Behavioural Problems. *Healthcare (Switzerland)*, 11(12), 1–13. <https://doi.org/10.3390/healthcare11121695>
- Goodwin, J., Behan, L., Saab, M. M., O’Brien, N., O’Donovan, A., Hawkins, A., Philpott, L. F., Connolly, A., Goulding, R., Clark, F., O’Reilly, D., & Naughton, C. (2024). A film-based intervention (Intinn) to enhance adolescent mental health literacy and well-being: multi-methods evaluation study. *Mental Health Review Journal*, 29(1), 48–63. <https://doi.org/10.1108/MHRJ-05-2023-0027>
- Goodwin, J., Saab, M. M., Dillon, C. B., Kilty, C., McCarthy, A., O’Brien, M., & Philpott, L. F. (2021a). The use of film-based interventions in adolescent mental health education: A systematic review. *Journal of Psychiatric Research*, 137(February), 158–172. <https://doi.org/10.1016/j.jpsychires.2021.02.055>
- Goodwin, J., Saab, M. M., Dillon, C. B., Kilty, C., McCarthy, A., O’Brien, M., &

- Philpott, L. F. (2021b). The use of film-based interventions in adolescent mental health education: A systematic review. *Journal of Psychiatric Research*, 137(October 2020), 158–172. <https://doi.org/10.1016/j.jpsychires.2021.02.055>
- Goyes Narváez, J. C. (2020). Audiovisualidad, cultura popular e investigacióncreación. *Cuadernos Del Centro de Estudios de Diseño y Comunicación*, 79, 103–120. <https://doi.org/10.18682/cdc.vi79.3679>
- Gupta, R., & Jha, M. (2022). The Psychological Power of Storytelling for Anxiety in Preschool. *The International Journal of Indian Psychology*, 10(3), 606–614. <https://doi.org/10.25215/1003.061>
- Hadi, I., Fitriwijayati, Usman, R. D., & Rosyanti, L. (2017). Gangguan Depresi Mayor: Mini Review. *Hijp: Health Information Jurnal Penelitian*, 9(1), 34–49. <https://myjurnal.poltekkes-kdi.ac.id/index.php/HIJP>
- Hamzah, A., Gunawan, W., & Undiana, N. N. (2023). Analisis Komparatif Teknik Penceritaan dan Pengembangan Karakter pada Film Mencuri Raden Saleh dan Ocean's Eleven. 5(1), 2–6. <https://doi.org/10.35134/judikatif.v4i2.1>
- Hapsari, A. (2023). Pengetahuan, Sikap dan Perilaku Manusia. In *Katalog Dalam Terbitan*. http://eprints.undip.ac.id/38840/1/KESEHATAN_MENTAL.pdf
- Helamliah, Parham, P. M., Sari, P. N., & Mahyuddin, U. (2024). *Behavior: Jurnal Pendidikan Bimbingan Konseling dan Psikologi*. 1. No. 1(1), 63–72.
- Hendriyana, H. (2022). *METODE PENELITIAN PENCIPTAAN KARYA Practice-led Research and Practice-based Research*.
- Høgstad, H., Kaiser, S., & Kyrrestad, H. (2023). Adolescents' Assessment of Two Mental Health–Promoting Mobile Apps: Results of Two User Surveys. *JMIR Formative Research*, 7, 1–12. <https://doi.org/10.2196/40773>
- Hollis, C., Livingstone, S., & Sonuga-Barke, E. (2020). Editorial: The role of digital technology in children and young people's mental health – a triple-edged sword? *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 61(8), 837–841. <https://doi.org/10.1111/jcpp.13302>
- Iman, N. L., Astuti, A. D., & Kristiadi, D. (2023). Penerapan Teknik Penataan Cahaya pada Produksi Drama Televisi “Analog.” *Jurnal Ilmiah Multimedia*

- Dan Komunikasi*, 8(2), 109–116. <https://doi.org/10.56873/jimk.v8i2.265>
- Ito-Jaeger, S., Perez Vallejos, E., Curran, T., Spors, V., Long, Y., Liguori, A., Warwick, M., Wilson, M., & Crawford, P. (2022). Digital video interventions and mental health literacy among young people: a scoping review. *Journal of Mental Health*, 31(6), 873–883. <https://doi.org/10.1080/09638237.2021.1922642>
- Jesica Vanessa, H., & Ni Komang Arie, S. (2019). Using Short Films for Teaching English While Building Characters. *Lingua Scientia*, 26(1), 33. <https://doi.org/10.23887/ls.v26i1.18846>
- Kadović, M., Čorluka, S., & Dokuzović, S. (2023). Nurses' Assessments Versus Patients' Self-Assessments of Postoperative Pain: Knowledge and Skills of Nurses for Effective Pain Management. *International Journal of Environmental Research and Public Health*, 20(9). <https://doi.org/10.3390/ijerph20095678>
- Kim, J.-G. (2014). Film Editing as Emotion Communication. *The Journal of the Korea Contents Association*, 14(11), 584–591. <https://doi.org/10.5392/jkca.2014.14.11.584>
- Kutcher, D. S. (2006). *11-ITEM Kutcher Adolescent Depression Scale: KADS-11*. 1–3.
- Li, Z., Li, J., Kong, J., Li, Z., Wang, R., & Jiang, F. (2024). Adolescent mental health interventions: a narrative review of the positive effects of physical activity and implementation strategies. *Frontiers in Psychology*, 15(June). <https://doi.org/10.3389/fpsyg.2024.1433698>
- Lui, J. C. (2021). *Barriers and Facilitators to Help-Seeking for Common Mental Disorders among University Students: A Systematic Review*. 7–8. <https://doi.org/10.1093/bjsopen/zrab032.025>
- Lukiani, E. R. M., Surindra, B., & Prasatianingtyas, E. W. (2024). Development of Short Film-Based Economics Learning Media for Higher Education. *International Journal of Research and Review*, 11(1), 487–493. <https://doi.org/10.52403/ijrr.20240154>
- M.S. Zholshaeva, A. N. E. (2021). *FILM MATERIALS – A TOOL FOR*

- ACHIEVING EDUCATIONAL OBJECTIVES*. 4(1), 41–54.
<https://www.env.go.jp/policy/hakusyo/r03/pdf/full.pdf>
- Maslim, R. (2019). Diagnosis Gangguan Jiwa Rujukan Ringkas dari PPDGJ-III dan DSM-5. In *Bagian Ilmu Kedokteran Jiwa FK Unika Atmajaya, Jakarta*.
- Matbouly, M. M. Y. (2020). The Effects of Film Illumination Hues – An Exploration Study. *CINEJ Cinema Journal*, 8(2), 353–376.
<https://doi.org/10.5195/cinej.2020.278>
- Matos, C. R. S. de, & Carvalho, Â. C. F. R. de. (2023). A curta-metragem como recurso didático na aula de PLE Duas propostas didáticas. *Linguarum Arena*, 14, 43–58. <https://doi.org/10.21747/1647-8770/are14a3>
- McComb, C. A., Vanman, E. J., & Tobin, S. J. (2023). A Meta-Analysis of the Effects of Social Media Exposure to Upward Comparison Targets on Self-Evaluations and Emotions. *Media Psychology*, 26(5), 612–635.
<https://doi.org/10.1080/15213269.2023.2180647>
- Metia, C. (2012). Pemecahan Masalah pada Penderita Depresi. *Personifikasi: Jurnal Ilmu Psikologi*, 3(1), 71–89.
<https://doi.org/10.21107/personifikasi.v3i1.721>
- Mr. Kodeeswaran A., D. S. K. (2020). *A DESCRIPTIVE STUDY TO ASSESS THE PREVALENCE OF DEPRESSION AMONG ADULTS IN SELECTED URBAN COMMUNITY, ERODE*. June, 6–8.
- Muhajirina, D., Mukhlis, Annisa Latifah Salsabila, Luthfiah Khumaira, Khovifah Khairani, Adinda Dwi Fitria, Hifza Haridani, Anggina Cucu Khetri Sianturi, Nurul Rahmawati, Rizq Arya Satyo, Rahmi Indah Syahrina, Rosi Ani Riski Lubis, & Hubban Fathani Manik. (2024). Identifikasi Generasi Milenial Golongan Z Di Desa Tuntungan Ii Kecamatan Pancur Batu. *PENDIS (Jurnal Pendidikan Ilmu Sosial)*, 2(2). <https://doi.org/10.61721/pendis.v2i2.35>
- Munirah, I., Utami, H. N., Rahma, J., Mukhlisatunnafsi, L., & Adni, A. (2024). Penggunaan Media Sosial Sebagai Faktor Risiko Terjadinya Depresi. *JMH: Jurnal Medika Hutami*, 05(02), 3842–3853. <http://jurnalmedikahutama.com>
- Nurul Hidayah, Rahmi Syarifatun Abidah, & Rifaatul Laila Mahmudah. (2025). Faktor-Faktor Yang Berhubungan Dengan Terjadinya Depresi Pada Lansia

- (Literature Review). *Hospital Majapahit (JURNAL ILMIAH KESEHATAN POLITEKNIK KESEHATAN MAJAPAHIT MOJOKERTO)*, 17(1), 108–116.
<https://doi.org/10.55316/hm.v17i1.1113>
- Omondi, K. (2024). Mental Health Stigma and its Impact on Help-Seeking Behavior. *International Journal of Humanity and Social Sciences*, 3(3), 15–29. <https://doi.org/10.47941/ijhss.2082>
- Pakerti, M. I., & Ariana, A. D. (2024). Hubungan Literasi Kesehatan Mental Dan Stigma Diri Dengan Intensi Mencari Bantuan Pada Remaja. *Jurnal Ilmu Psikologi Dan Kesehatan (SIKONTAN)*, 2(4), 309–322.
<https://doi.org/10.47353/sikontan.v2i4.758>
- Putri, A. A., Hermansyah, A., Faranjahia, H., Gifari, L. M. A., Zakiyyah, L., Fauzan, M., Amatullah, T. A., & Adni, A. (2024). Clinical Manifestation of Depression in Adolescent: A Literature Review. *Jurnal Biologi Tropis*, 24(1b), 264–271. <https://doi.org/10.29303/jbt.v24i1b.7943>
- Putri, F. S., Nazihah, Z., Ariningrum, D. P., Celesta, S., & Kharin Herbawani, C. (2022). *Depresi Remaja di Indonesia: Penyebab dan Dampaknya*. 10(2), 99–108.
- Racine, N., McArthur, B. A., Cooke, J. E., Eirich, R., Zhu, J., & Madigan, S. (2021). Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents during COVID-19: A Meta-analysis. *JAMA Pediatrics*, 175(11), 1142–1150. <https://doi.org/10.1001/jamapediatrics.2021.2482>
- Rickwood, D., & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 5(December 2012), 173–183.
<https://doi.org/10.2147/PRBM.S38707>
- Rikarno, R. (2015). Ekspresi Seni. *Jurnal Ilmu Pengetahuan Dan Karya Seni*, 17, 1–164.
- Rikarno, R. (2019). Film Dokumenter Sebagai Dakwah Era Digital. *Jurnal Ekspresi Seni*, 21(2), 85–103.
- Romdona, S., Junista, S. S., & Gunawan, A. (2024). *Teknik Pengumpulan Data*TEKNIK PENGUMPULAN DATA: OBSERVASI, WAWANCARA DAN

KUESIONER. 3(1), 39–47.

- Ruchita Chavan, Mrunal Gosavi, Maithili Baviskar, & N Parth Goyal. (2023). Depression Detection using AI, ML and NLP. *International Journal of Advanced Research in Science, Communication and Technology*, 3(2), 584–587. <https://doi.org/10.48175/ijarsct-8886>
- Saputra, E. P., & Manesah, D. (2025). *Analisis Teknik Camera Movement pada Film The Big 4 Karya Timo Tjahjanto Universitas Potensi Utama , Medan , Indonesia untuk menciptakan narasi yang kuat dan pengalaman yang mendalam bagi penontonnya . Salah Tjahjanto yang memanfaatkan berbagai teknik per.*
- Sarria, L. C. (2024). An Ecological Approach to Dynamic and Static Camera Framing Techniques. *Ecological Psychology*, 36(2), 69–80. <https://doi.org/10.1080/10407413.2024.2355889>
- Smith, H., & Dean, R. T. (2009). Practice-led research, research-led practice in the creative arts. *Practice-Led Research, Research-Led Practice in the Creative Arts*, 1–278. <https://doi.org/10.1515/9780748636303>
- Subekti, N. M., Prasetyanti, D. K., & Nikmah, A. N. (2020). Gambarann Faktor Yang Mempengaruhi Kesiapan Dalam Menghadapi Pubertas Pada Remaja. *Jurnal Mahasiwa Kesehatan*, 1(2).
- Sugiyono. (2013). *Metodologi Penelitian Kuantitatif, Kualitatif dan R & D*.
- Suhailah, Z., Kusumaningrum, T., Aria, D., Nastiti, A., & Keperawatan, F. (2019). Pendidikan Kesehatan Media Short Education Movie (SEM) terhadap Pengetahuan dan Sikap Remaja Tentang Seks Bebas (Health Education with Short Education Movie (SEM) on Knowledge and Attitudes of Adolescents About Free Sex). *Pedimaternel Nursing Journal*, 5(1). <http://e-journal.unair.ac.id/PMNJ%7C145JournalHomepage:https://e-journal.unair.ac.id/PMNJ/index>
- Surya Darma, B., & Nafisah, H. (2021). Prosiding Seminar Nasional Kesehatan 2021 Lembaga Penelitian dan Pengabdian Masyarakat Universitas Muhammadiyah Pekajangan Pekalongan. *Seminar Nasional Kesehatan, 2017*, 2332.

- Susilawati, Ranti, N., Hanif, M., Ridwan, I. R., & Sundari, N. (2024). The Impact of Storyboard That Media on Students' Critical Thinking Skills in Social Sciences Subjects in Elementary Schools. *Jurnal Ilmiah Sekolah Dasar*, 8(2), 379–390. <https://doi.org/10.23887/jisd.v8i2.58854>
- Sutiawati, D. N., Suitini, T., Fauziah, M., Purwati, N. H., & Nuraidah, N. (2024). Effectiveness of Video and Leaflet Educational Media in Increasing Adolescent Mental Health Literacy. *Jkep*, 9(1), 93–108. <https://doi.org/10.32668/jkep.v9i1.1477>
- Svanidze, L., & Verchenko, O. (2024). Director in Modern Content: From Idea to Implementation. *Bulletin of Kyiv National University of Culture and Arts. Series in Audiovisual Art and Production*, 7(1), 77–86. <https://doi.org/10.31866/2617-2674.7.1.2024.302766>
- Telo, A. R. (2013). Participatory Film Production as Media Practice. *International Journal of Communication*, 7, 21. <http://ijoc.org/index.php/ijoc/article/view/1593>
- Utami, C. D., & Arifianto, B. D. (2019). Symbolic Interaction of Director of Photography in Film Production Organizing at Camera Department. *Komunikator*, 11(2). <https://doi.org/10.18196/jkm.112029>
- Wanot, B., Szczygieł, B., Wanot, W., & Magerčiaková, M. (2019). Depression - Types and Treatment of Depression. *Scientific Journal of Polonia University*, 32(1), 121–130. <https://doi.org/10.23856/3216>
- Ye, Z. (2023). Research on the Development and Dissemination of Film Based on the Geopolitical Perspective. *International Journal of Education and Humanities*, 10(2), 120–124. <https://doi.org/10.54097/ijeh.v10i2.11578>
- Yilmaz, M. B., Lotman, E., Karjus, A., & Tikka, P. (2023). An embodiment of the cinematographer: emotional and perceptual responses to different camera movement techniques. *Frontiers in Neuroscience*, 17. <https://doi.org/10.3389/fnins.2023.1160843>
- Zhang, X., Qiao, Y., Wang, M., Liang, X., Zhang, M., Li, C., Cairang, J., Wang, J., Bi, H., & Gao, T. (2023). The influence of genetic and acquired factors on the vulnerability to develop depression: a review. *Bioscience Reports*, 43(5), 1–

17. <https://doi.org/10.1042/BSR20222644>

Zhu, Z., Liu, S., & Zhang, R. (2023). Examining the Persuasive Effects of Health Communication in Short Videos: Systematic Review. *Journal of Medical Internet Research*, 25, e48508. <https://doi.org/10.2196/48508>