

**EXPLORING LOGOTHERAPY: DARA AND NATALIE'S
JOURNEY FOR LIFE'S PURPOSE IN *DUA GARIS BIRU* [TWO
BLUE LINES] (2019) AND *LOOK BOTH WAYS* (2022)**

A GRADUATING PAPER

Submitted in Partial Fulfilment of the Requirements for Gaining
the Bachelor's Degree in English Department



By:

Shafira Rahmatunnisa Utami

20101050053

ENGLISH DEPARTMENT

FACULTY OF ADAB AND CULTURAL SCIENCES

SUNAN KALIJAGA STATE ISLAMIC UNIVERSITY

YOGYAKARTA

2024

NOTA DINAS



KEMENTERIAN AGAMA REPUBLIK INDONESIA
UNIVERSITAS ISLAM NEGERI SUNAN KALIJAGA
FAKULTAS ADAB DAN ILMU BUDAYA
Jl. Marsda Adi Sucipto, Yogyakarta, 55281, Telp./Fax. (0274) 513949
Web: <http://adab.uin-suka.ac.id> Email: adab@uin-suka.ac.id

NOTA DINAS

Hal: Skripsi
a.n. Shafira Rahmatunnisa Utami

Yth.
Dekan Fakultas Adab dan Ilmu Budaya
UIN Sunan Kalijaga
Di Yogyakarta

Assalamu'alaikum Wr. Wb

Setelah memeriksa, meneliti, dan memberikan arahan untuk perbaikan atas skripsi saudara:


Nama : Shafira Rahmatunnisa Utami
NIM : 20101050053
Prodi : Sastra Inggris
Fakultas : Adab dan Ilmu Budaya
Judul : **Exploring Logotherapy: Dara and Natalie's Journey for Life's Purpose in Dua Garis Biru [Two Blue Lines] (2019) and Look Both Ways (2022)**

kami menyatakan bahwa skripsi tersebut sudah dapat diajukan pada sidang Munaqosyah untuk memenuhi salah satu syarat memperoleh gelar Sarjana Sastra Inggris.

Atas perhatiannya, kami mengucapkan terima kasih.

Wassalamu'alaikum Wr. Wb

Yogyakarta, 25/05/2024
Pembimbing


Dr. Danial Hidayatullah, S. S. M. Hum
NIP: 19760405 200901 1 016

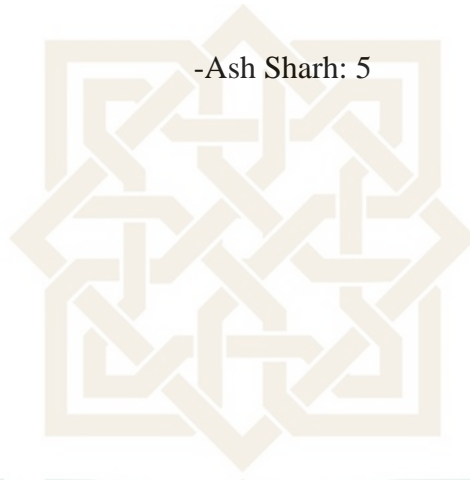
MOTTO

“Maybe it’s not about the happy ending. Maybe it’s about the story”

-Albert Camus

“Verily, along with every hardship is relief”

-Ash Sharh: 5



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DEDICATION

I dedicate this thesis to my parents and family who have provided support and motivation for me to complete my obligations. Thank you to all whom I cannot mention individually.

Finally, to myself: Congratulations! You have made it true. Thank you for sticking around. Whatever happens in the future, keep being a good person and keep being a cat person. Every journey of life will provide lessons that make you better day by day.



VALIDATION



KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN KALIJAGA
FAKULTAS ADAB DAN ILMU BUDAYA
Jl. Marsda Adisucipto Telp. (0274) 513949 Fax. (0274) 552883 Yogyakarta 55281

PENGESAHAN TUGAS AKHIR

Nomor : B-946/Un.02/DA/PP.00.9/06/2024

Tugas Akhir dengan judul : EXPLORING LOGOTHERAPY: DARA AND NATALIE'S JOURNEY FOR LIFE'S PURPOSE IN DUA GARIS BIRU [TWO BLUE LINES] (2019) AND LOOK BOTH WAYS (2022)

yang dipersiapkan dan disusun oleh:

Nama : SHAFIRA RAHMATUNNISA UTAMI
Nomor Induk Mahasiswa : 20101050053
Telah diujikan pada : Senin, 27 Mei 2024
Nilai ujian Tugas Akhir : A-

dinyatakan telah diterima oleh Fakultas Adab dan Ilmu Budaya UIN Sunan Kalijaga Yogyakarta

TIM UJIAN TUGAS AKHIR



Ketua Sidang
Dr. Danial Hidayatullah, SS., M.Hum
SIGNED

Valid ID: 666063067606



Penguji I
Febriyanti Dwiratna Lestari, SS., MA
SIGNED

Valid ID: 666056203383



Penguji II
Dr. Witriani, S.S. M.Hum.
SIGNED

Valid ID: 666022934853



Yogyakarta, 27 Mei 2024
UIN Sunan Kalijaga
Dekan Fakultas Adab dan Ilmu Budaya
Prof. Dr. Muhammad Wildan, M.A.
SIGNED

Valid ID: 666063301245

A FINAL PROJECT STATEMENT

I certify that this graduate paper is definitely my own work. I am completely responsible for the content of this graduating paper. Other researcher's opinion or finding included in this research is quoted or cited in accordance with ethical standards.

Yogyakarta, 05/26/2024

The signature,



Shafira Rahmatunnisa Utami
NIM: 20101050053

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SUNAN KALIJAGA
YOGYAKARTA

ACKNOWLEDGEMENT

Assalamu'alaikum Wr: Wb

All Praise be to Allah Almighty for the presence of plenty of mercy and his grace so that the writer can complete the finishing paper entitled "Exploring Logotherapy: Dara and Natalie's Journey for Life's Purpose in *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022)" as one requirement to complete the Undergraduate Program (S1) Department of English Literature, State Islamic University of Sunan Kalijaga Yogyakarta.

The author realizes that the completion of this paper could only be possible with various parties' support, assistance, guidance, and advice. In this opportunity, I would like to say thank you sincerely to:

1. Prof. Dr. Phil. Al Makin, S.Ag., M.A. as the Rector of UIN Sunan Kalijaga Yogyakarta.
2. Prof. Dr. Muhammad Wildan, M.A., the Dean of the Faculty of Adab and Cultural Sciences at State Islamic University Sunan Kalijaga Yogyakarta, thank you for giving me the opportunity to study in this Department.
3. Dr. Danial Hidayatullah, S.S., M. Hum, as my thesis advisor, thank you for all your support, always guiding me, giving advice and suggestions, and helping me to finish and complete my graduating paper.
4. All the lectures in the English Department at the Islamic University of Sunan Kalijaga Yogyakarta. Thank you for all the knowledge and for giving me the best experiences.

5. My beloved parents, for all your support, prayers, and motivation for supporting all my efforts to complete this graduating paper. Without you, I would not have been able to have reached this point.
6. My brother and sister, for all your support and time when I needed you.
7. My boyfriend, Bayu Seno Nugroho, for all your support and time when I encountered technical difficulties. Thank you for all the rewards you gave me during the thesis process.
8. Nurarina Dian Prihatin and Ade Aprilia Kurniawati for all your support.
9. My junior high school friends, Nadjma Maulidya Advani, and Kenanga Kusuma Murdiani, always motivate me and share stories with me.
10. My college friends Hasna, Nuha, Lula, and Kharisma, thank you for all of your support and for the memories we had.
11. Caca and Wike who always cheer me up whenever I feel drained.
12. All my reviewers who want to review and correct my graduating paper.
13. Last but not least, thank you so much for everyone I cannot mention one by one.

Wassalamualaikum Wr. Wb

STATE ISLAMIC UNIVERSITY
SUNAN KALIJAGA
YOGYAKARTA
Yogyakarta, 26 May 2024

The researcher



Shafira Rahmatunnisa Utami

20101050053

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ABSTRACT

This research focuses on analyzing logotherapy as a process of searching for the meaning of life by the characters Dara from *Dua Garis Biru [Two Blue Lines]* (2019) and Natalie from *Look Both Ways* (2022) after experiencing tragedy in the form of out-of-wedlock pregnancy. The tragedy experienced by Dara and Natalie impacts their lives, especially in the process of finding the meaning of life. This research uses logotherapy theory by Viktor E. Frankl and film theory by Amy Villarejo. The data used are documentation from scenes in *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022) that show the process of Dara and Natalie to find the meaning of their lives. Then, the data is analyzed using three basic concepts of logotherapy, namely freedom of will, will to meaning, and the meaning of life. The results of this study show that in the process of finding the meaning of life carried out by Dara, she took an action that was not based on a sense of responsibility. It is inappropriate with Viktor E. Frankl's statement; it affects Dara's process of finding the meaning of life. The ending of *Dua Garis Biru [Two Blue Lines]* (2019) shows that Dara's story is not a happy ending. It means that Dara has not managed to find meaning in her life. Meanwhile, Natalie, who has undergone the process of searching for the meaning of life by Viktor E. Frankl's statement, can find happiness at the end of her story. This shows that Natalie has managed to find meaning in her life.

Keywords: *Logotherapy, out-of-wedlock pregnancy, and life's purpose.*

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ABSTRAK

Penelitian ini berfokus pada analisis logoterapi sebagai proses pencarian makna hidup oleh karakter Dara dan Natalie dari *Dua Garis Biru* (2019) dan *Look Both Ways* (2022) setelah mengalami tragedi berupa kehamilan yang tidak diinginkan. Tragedi yang dialami oleh Dara dan Natalie membawa dampak pada kehidupan Dara dan Natalie secara keseluruhan terutama pada proses pencarian makna hidup oleh Dara dan Natalie. Tragedi ini membawa tekanan mental tersendiri bagi Dara dan Natalie, dan menyebabkan keduanya kehilangan makna akan kehidupan. Penelitian ini menggunakan teori logotherapy oleh Viktor E. Frankl dan teori film oleh Amy Villarejo. Data yang digunakan berupa dokumentasi dari scene di film *Dua Garis Biru* (2019) dan *Look Both Ways* (2022) yang menunjukkan proses Dara dan Natalie untuk kembali menemukan makna kehidupannya. Kemudian, data dianalisis menggunakan tiga konsep dasar logotherapy yaitu *freedom of will*, *will to meaning*, dan *the meaning of life*. Hasil penelitian ini menunjukkan bahwa dalam proses pencarian makna hidup yang dilakukan oleh Dara, dia melakukan satu tindakan yang tidak berlandaskan rasa tanggung jawab. Hal ini tidak sesuai dengan apa yang telah disampaikan oleh Viktor E. Frankl dalam bukunya sehingga berakibat pada proses pencarian makna hidup Dara. Akhir dari cerita *Dua Garis Biru* (2019) menampilkan bahwa Dara yang tidak mengalami *happy ending*. Hal ini menunjukkan bahwa Dara belum berhasil menemukan makna dalam kehidupannya. Sementara itu, Natalie yang telah menjalani proses pencarian makna hidup sesuai dengan apa yang dikatakan oleh Viktor E. Frankl dan dapat menemukan kebahagiaan di akhir ceritanya. Hal ini menunjukkan bahwa Natalie telah berhasil menemukan makna dalam kehidupannya.

Kata Kunci: *Logoterapi, kehamilan di luar pernikahan, dan tujuan hidup.*

CHAPTER I

INTRODUCTION

1.1 Background of Study

Dua Garis Biru [Two Blue Lines] (2019) and *Look Both Ways* (2022) are films that have the same background story. Both of these films talk about the tragedy in life in the form of out-of-wedlock pregnancy. This pregnancy brings two main characters, namely Dara from *Dua Garis Biru [Two Blue Lines]* (2019) and Natalie from *Look Both Ways* (2022), into a new life experience. This tragedy certainly brought difficulties for Dara and Natalie. Moreover, Dara and Natalie had already made plans for their future before this tragedy happened. It makes Dara and Natalie change the whole plan from scratch again.

In *Dua Garis Biru [Two Blue Lines]* (Noer, 2019), Dara and Bima are a couple. One day, Bima visited Dara's house and engaged in sexual activity. It makes Dara to become pregnant. After realizing that she was pregnant, Dara had thought about aborting her baby. At that time, Dara was too afraid of the response from her family and those around her. However, after a long debate with herself, Dara decided to keep her baby. Dara lived a hard life afterward. Starting from her parents, who did not want to accept Dara's pregnancy, was expelled from school, married Bima at a young age, and many more. Even so, Dara decided to pursue her dream of continuing her education in Korea soon after she gave birth. Dara decided to leave her child with Bima after she gave birth.

Look Both Ways (2022) tells the story of a pair of best friends, Natalie and Gabe (Kahiu, 2022). Natalie and Gabe had been friends for a long time until one night, the two engaged in sexual activity a few days before the graduation party. However, both believed that the sexual activity they had that night would not be anything serious. At the graduation party, Natalie decided to take the pregnancy test. In *Look Both Ways*, this scene will be an essential part because, after this, the story is divided into two parallel realities. The first is Natalie's life after the pregnancy test showed the result positive, which means she is pregnant. The second is Natalie's life after the pregnancy test shows the result negative, which means Natalie is not pregnant.

In the first parallel reality, she decided to keep her baby. Similar to what Dara experienced in *Dua Garis Biru [Two Blue Lines]* (2019), Natalie also lived a problematic life afterward. Moreover, Natalie decided to postpone the plans she had already laid out before so she could play a full role in her child's growth. A few years after her child was born, Natalie continued her plans to be an illustrator. Meanwhile, the second parallel reality talked about Natalie's life after graduation and her struggle to achieve her dream of being an illustrator. However, although this film shows two parallel realities about Natalie's life, researchers focus more on Natalie's pregnancy story. It is related to the purpose of this study, which is to compare literary works with the background of out-of-wedlock pregnancy.

The tragedy experienced by Dara and Natalie is an incident that is often found in society. A tragedy like this certainly causes mentality pressure on someone who has experienced it. The process of pregnancy can cause significant

changes to someone, both physically and mentally, which can be internal or external (Sonia & Putri, 2020, p. 330). The reality is that out-of-wedlock pregnancy can cause someone to feel scared, guilty, or even angry to their self (Sonia & Putri, 2020, p. 330-331). Those happen from the internal side of someone who experienced out-of-wedlock pregnancy. Besides that, the pregnancy before marriage is often considered embarrassing (Ligit, 2016, p. 423). It shows the external side that someone who experienced an out-of-wedlock pregnancy gets pressure from society. Someone will be ostracized, considered jinxed, or even expelled from a particular group because they are deemed to have violated existing norms (Ligit, 2016, p. 423). It affects the process of finding the meaning of life for someone who experiences tragedy. The phenomenon of out-of-wedlock pregnancy, along with the process of finding the meaning of life, also appears in the *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022).

Starting from there, the researcher wants to examine the process of each of the main characters in *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022) to find the meaning of life after experiencing this tragedy. One theory that discusses the process of searching for the meaning of life is Logotherapy, proposed by Viktor E. Frankl. Based on what had been explained before, someone who experienced out-of-wedlock pregnancy runs into changes in their meaning of life. The meaning of life can be seen in the life itself. Viktor mentioned that the meaning of life can be seen in every pace of life, either in a good condition, bad condition, or even in suffering (as cited in Nafi et al., 2020, p. 104). Viktor also mentioned that people cannot control what will happen in their

life. However, people can control their feelings when facing something that happens in life (Frankl, 2017, p. xiii). Someone who has already found meaning in life feels happiness and can find the way out of their suffering (Frankl, 1984, p. 163). There are three main points to finding the meaning of life: freedom of will, will to meaning, and the meaning of life (Frankl, 2018, p. 7).

The author chooses two works, *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022), because the main characters in both films experience the same problem. However, each of the main characters in these two films makes different choices to decide their actions when facing the same tragedy. This research needs to be done to reveal why each main character has a different ending in facing the same problem.

1.2 Research Question

With the background and approach previously described, the author found two research questions about the problem of the two films. The questions are:

1. How is the process of Dara and Natalie searching for the meaning of life after facing the tragedy?
2. Who fits the concept of Logotherapy the most?

Looking at the two films that have the same background story, the researcher is interested in comparing how each character from *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022) faces the same problem.

1.3 Objective and Significance of Study

Dua Garis Biru [Two Blue Lines] (2019) and *Look Both Ways* (2022) have the same background of problems where the two main characters, Dara and

Natalie, experience out-of-wedlock pregnancy. Based on this statement, the purpose of this study is to see the process of finding the meaning of life by the characters Dara and Natalie towards the problems they experienced using a logotherapy theoretical approach. When facing this problem, it can be seen how Dara and Natalie's characters interpret their respective lives. From this study, the researcher hopes it could contribute to other research about finding the meaning of life in literary works.

1.4 Literature Review

This research discusses Dara and Natalie's process to find the meaning of life in *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022) using Logotherapy by Viktor E. Frankl as a theoretical approach. Some research on *Dua Garis Biru [Two Blue Lines]* (2019) as a material object beforehand exists. The following are some of the research studies that discuss *Dua Garis Biru [Two Blue Lines]* (2019) as a material object.

The first research (Rahmawati, 2020, p. 299-305), entitled *What does "Dua Garis Biru" Film Wish to Convey? (Semiotic Perspective of Signs Used in the Film)*. This study aims to explain the signs that appear in the film *Dua Garis Biru* (2019) and descriptively explain the meaning of the signs that appear in the film using Roland Barthes' theory. This study uses qualitative descriptive methods to interpret the data that has been collected. As for analyzing the data, the author uses the theory proposed by Roland Barthes, namely the Semiotic theory, by analyzing the meaning of connotations and denotations in the film. In this study, several signs were found that have unique meanings and differ from one another.

The door of the room is opened, and the scene in Dara's room, strawberries, strawberry juice, and posters are representations of sex. The representation of cultural values is shown in the scene of Dara looking back, the scene of Bima's parents on a bridge near their home, the sound of GPS suddenly coming to life, and a serious conversation between Bima and his parents.

The second research (Dewanta, 2020, p. 26-35), entitled *Semiotic Analysis in the Dua Garis Biru Film, by Gina S. Noer*. Anak Agung stated that this research needs to be done to reveal and understand the message or symbol that the director wants to convey to the audience, so this study aims to calculate the semiotics contained in the film. This research uses qualitative descriptive methods and two data collection techniques: Primary and Secondary Data. Primary Data is obtained from the film *Dua Garis Biru [Two Blue Lines]* (2019), and Secondary Data is from the literature supporting primary data. Based on the research conducted, it was found that the semiotics contained in this film.

The third research (Kinasih & Rusdi, 2020, p. 447-452), entitled *Konstruksi Konsep Diri Sepasang Remaja dalam Film Dua Garis Biru*, discusses the concept of teenagers as a central focus of the research. This research used a psychology theory and Teun A. Van Dijk's research method of speech analysis. This research resulted in the finding that teenage perpetrators of premarital sex in *Dua Garis Biru [Two Blue Lines]* (2019) are constructed as teenagers, which represents the reality of teen premarital sex to still form a positive self-concept. In this research, the role of the parents in building communication and the

submission about sexual health and reproduction to the teenagers could help the development of teenagers' self-concept.

The fourth research (Trifidya & Tiani, 2022, p. 1-7), entitled *Morphosyntec in Verbal Messages Angry Expressions in the Film Dua Garis Biru*, talks about the language used in *Dua Garis Biru* [*Two Blue Lines*] (2019) used to express angry emotion. This research states that a movie that raises a social issue in society brings up angry expressions experienced by the characters in the movie. This research aims to determine the form and types of speech that showed angry expressions supported by the existing psychological phenomena. This research found that some speech showed angry expressions such as negative lingual markers with emotional as a type of speech accompanied with psychological phenomena in high voice vocal expression.

The fifth research (Karina et al., 2022, p. 5374-5391), entitled *Analisis Psikologis Tokoh Utama dalam Film Dua Garis Biru Karya Gina S. Noer*, talks about the main character's psychological aspect in *Dua Garis Biru* [*Two Blue Lines*] (2019). This research used Sigmund Freud's psychoanalysis approach. It focused on the research question about how the main character's psychological aspect is still categorized as a teenager in *Dua Garis Biru* [*Two Blue Lines*] (2019). It is qualitative research and uses a descriptive research method. This research used documentation techniques to collect the data, and the data's source is *Dua Garis Biru* [*Two Blue Lines*] (2019). This research found that 45 speech and behaviors in *Dua Garis Biru* [*Two Blue Lines*] (2019) contain psychological aspects in the main characters, Dara and Bima. This research showed that the

enhancement and behavior of the characters are influenced by the psychological process experienced by the main characters as teenagers who need to take responsibility for the risk of what negative behavior has done.

Based on the explanation above, it is clear that previous studies have been different from this study. This study and previous research are similar in examining the film *Dua Garis Biru [Two Blue Lines]* (2019). However, this study uses Logotherapy theory, which proposes how the main character in each film interprets their lives. This study also compared literary works in the form of films between *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022) that have never been done before.

1.5 Theoretical Framework

1.5.1 Theory of Logotherapy by Viktor E. Frankl

This study used a logotherapy theory proposed by Viktor E. Frankl. Viktor Frankl proposed Logotherapy after he experienced a bitter event in his life. His mother, father, brother, and wife died in a Nazi camp in the 1940s (Frankl, 1984, p. 9). Logotherapy is a therapeutic method to help a person find the meaning of his life (Frankl, 1984, p. 12). Logotherapy is a part of psychotherapy that focuses on a person's future and ability to survive and struggle in adversity to find life goals or meaning (Frankl, 1984, p. 120-121). Logotherapy is a very suitable method for overcoming the problematic phase experienced by a human being. Logotherapy demonstrates that a person's life is meaningful, even more meaningful, after experiencing difficulties such as emptiness, depression, anxiety, and apathy (Frankl, 1984, p. 162). It is

significantly related to the main character in the films *Dua Garis Biru* [*Two Blue Lines*] (2019) and *Look Both Ways* (2022), who experienced life problems and the process of solving and managing the main character's emotions toward existing issues.

According to Viktor E. Frankl, before a person loses meaning in his life, a person will experience an event that causes an existential vacuum (Frankl, 1984, p. 128). Viktor explained that an existential vacuum is a phase in life where a person feels his life is not meaningful. Existential vacuums cause a person to feel haunted by feelings of emptiness and can be triggered by various things in life (Frankl, 1984, p. 128). Logotherapy is divided into three parts, namely freedom of will, will to meaning, and the meaning of life (Frankl, 2018, p. 7):

- a. Freedom of will means that every human has the right to use his freedom to determine what actions will be taken when faced with a problem (*What Is Logotherapy?*, n.d.). A person can choose actions to make his life more meaningful after experiencing unpleasant events. However, even though a person is free to choose actions when dealing with a problem, these actions must coexist with a sense of responsibility.
- b. Will to meaning is a fundamental motivation for a person that can encourage someone to do meaningful activities (Indriyany, 2014, p. 12). This primary motivation can come from anyone in a

person's life. This motivation can come from a friend, partner, parents, or even someone unknown.

- c. The meaning of life is the most essential aspect in which a person feels his life is meaningful. The meaning of life works as a goal in someone's life, so it will cause someone to feel pleasure (Indriyany, 2014, p. 13). There are three aspects to help a person find meaning in life: creative, experiential, and attitudinal (*What Is Logotherapy?*, n.d.). Creative values are doing something whether activity, work, or obligation with a sense of responsibility. Experiential values are feelings of being loved or loving another person. Then, the last is attitudinal values, namely a person's acceptance of the events that happened in his life.

1.5.2 Film Theory by Ami Villarejo

Amy Villarejo is a Performing and Media Arts and Comparative Literature professor at Cornell University (*Amy Villarejo*, n.d.). Some of her research was talk about queer cinema and media, critical theory, and television. One of her phenomenal books is *Film Studies: The Basics*; Villarejo mentioned that film is a technology in the form of pictures that are still moving and the process from the viewers to interpret the continuity as motion itself (Villarejo, 2007, p. 4).

Similar to language, the film also has structures that work to convey the film's message. Villarejo's theory mentioned *mise-en-scene*, which means the staging process (Villarejo, 2007, p. 28). *Mise-en-scene* has some aspects:

a. The setting is where the shooting took place. Villarejo explains that the setting is not just a limited place like an office or house. However, the setting could be a place we have never imagined, like a new world from the galaxy or beyond our universe (Villarejo, 2007, p. 29).

b. Lighting works to build the mood and shows the detail that exists in the scene of the film. Villarejo explained three main lighting points: key light, fill light, and backlight (Villarejo, 2007, p. 32).

Key light uses the main lighting and tends to brighten the subjects intensely, resulting in solid shadows. Fill light is used to fill and eliminate the shadow produced by key light. Meanwhile, the backlight is lighting that is directed to the subject, but it comes from the back of the subject so that it produces its own shadow.

c. Figure behaviour describes the behaviour or actions in the scene, like movement and expression from the actor or other figure like an animal, monster, and animation (Villarejo, 2007, p. 35).

Besides that, Villarejo also mentioned some techniques of shooting (Villarejo, 2007, p. 38):

- a. The Extreme Long Shots technique makes the main subject look very small, so it is hard to distinguish the human figure in this technique.
- b. The Long Shot technique makes the subject more visible than the Extreme Long Shot technique, but it still shows around the main subject and still looks small.
- c. The Medium Long Shot has a similar technique to the long shot, but the shooting limit starts from the knees to the head.
- d. The Medium Shot technique captured the subject narrower than the medium long shot, where the shooting starts from the waist to the head.
- e. Medium Close-up has a technique that makes the subject look closer. This technique catches the subject even narrower from the chest up.
- f. The close-up only focused on some of the human parts.
- g. Extreme Close-up focused on some of the face parts.

1.6 Method of Research

The research method is a way to collect the data and explain the process of analyzing this research. The researcher divided the research method into four parts: the type of research, data sources, data collection technique, and data analyzing technique.

1.6.1 Type of Research

This research uses a descriptive qualitative method to analyze the data. The descriptive method is used to analyze *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022) and explain using words about the things discussed in the two films. Meanwhile, the qualitative method does not use a statistical work base but is based on qualitative evidence. Data from qualitative methods are usually not in the form of numbers. Qualitative methods are generally used as a research approach against social and cultural phenomena (Wahyuni, 2022, p. 1).

1.6.2 Data Sources

The data of this research is retrieved from *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022). The data consists of the scenes that show the existential vacuum from each main character and the scenes that show the process of each main character finding their meaning in life.

1.6.3 Data Collection Technique

In this study, researchers will collect data with observation and documentation. According to (Sugiyono, 2015, p. 63), observation is a data collection technique with observation and recording of research objects. Researchers will observe two films, namely *Dua Garis Biru [Two Blue Lines]* (2019) and *Look Both Ways* (2022). Documentation is a data collection technique that collects pictures of the studied object. Researchers take pictures of the scenes in the *Dua Garis Biru [Two Blue Lines]* (2019)

and *Look Both Ways* (2022). The documentation aims to strengthen the results of observations made by the researcher.

1.6.4 Data Analyzing Technique

The data that has been collected will then be broken down into three parts, namely discourse, practice, and symbol. The data will then be analyzed, which is the existential vacuum that comes up from Dara and Natalie's point of view and how Dara and Natalie find the meaning of their life using three aspects of the logotherapy theory proposed by Viktor E. Frankl, namely Freedom of Will, Will to Meaning, and Meaning of Life.

1.7 Paper Organization

This research contains four chapters in the research process. The first chapter contains an introduction that contains the background of the study, research questions, objective and significance of the study, literature review, theoretical framework, method of research, and paper organization. The second chapter will contain the intrinsic elements from each film, such as a summary, theme, setting, and plot. The third chapter explains the analysis process of the research conducted. The fourth chapter contains conclusions and suggestions for the following researchers.

CHAPTER 4

CONCLUSION AND SUGGESTION

4.1 Conclusion

This research discusses the process of finding the meaning of life by Dara from *Dua Garis Biru [Two Blue Lines]* (2019) and Natalie from *Look Both Ways* (2022). In these films, Dara and Natalie faced the same tragedy in the form of pregnancy out of wedlock. When viewed from the perspective of logotherapy theory proposed by Viktor E. Frankl, this research results in the finding that Dara and Natalie have differences in making decisions when facing the same problems. It gives them different processes for finding the meaning of their lives.

One aspect of the logotherapy theory is called Freedom of Will. In this aspect, someone is free to choose the decisions to resolve the problem he is dealing with. However, in this aspect, someone should choose steps based on a sense of responsibility. In this aspect, Dara left her baby soon after giving birth to continue her studies in Korea. This action is irresponsible because her baby needs her as a mom.

The end of the story from *Dua Garis Biru [Two Blue Lines]* (2019) shows that Dara left her baby with a feeling of emptiness and sad. Dara is pensive and cries a lot on the way to the airport. As Victor E. Frankl mentioned in his book before, someone who has not found meaning in his life

will feel sad and empty. Therefore, it means that Dara has not found meaning in her life in *Dua Garis Biru* [Two Blue Lines] (2019).

On the other hand, Natalie in *Look Both Ways* has a happy ending. It is because Natalie has performed actions that fulfill three aspects of Logotherapy. Natalie even sacrificed her dreams and changed them entirely so that she could stay with her baby. It showed that Natalie overcame her problems with full responsibility.

At the end of the story, Natalie finally fulfills her dream of being an illustrator. Natalie can make it happen even though it took a few years because she chose to focus on her baby first. Natalie no longer feels guilt or sadness. It is because Natalie has not abandoned her obligations to fulfill her dreams. Natalie's happiness and satisfaction at the end of the story mean that she has managed to find meaning in her life again after going through the problems. In addition, this has also answered the question from this research regarding who fits the concept of Logotherapy the most.

4.2 Suggestion

After conducting this research, the author believes it can be explored more deeply. The search for the meaning of life is one of the aspects that every individual needs in living life, not only through the tragedy of extramarital pregnancy but for everyone who is experiencing various problems in life. This research discusses the tragedy of extramarital pregnancy, which can also be

studied with other relevant theories. The researcher hopes that the next researchers can explore this topic more deeply.



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