

**PERAN SUTRADARA DALAM FILM DOKUMENTER**  
**‘JERAT DILEMA: KONFLIK PEREMPUAN**  
**BERPERAN GANDA’**

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**ABSTRAK**

Pembuatan tugas akhir berupa film dokumenter ini bertujuan untuk mengangkat fenomena yang sering terjadi dalam lingkup masyarakat namun seringkali disepelekan yaitu mengenai peran ganda perempuan. Film dokumenter “Jerat Dilema: Konflik Perempuan Berperan Ganda” berfokus mengangkat kisah nyata tiga ibu yang harus hidup dengan peran gandanya dikarenakan tidak memiliki pilihan atas kehidupannya. Adanya dampak psikis dan fisik dari tekanan serta beban yang mereka pikul seorang diri membuat film ini memiliki pesan *women support women* untuk lebih mendukung beragam lapisan masyarakat dan kesadaran masyarakat.

Peran utama penulis sebagai sutradara selama proses pembuatan karya film dokumenter ini memiliki hasil akhir untuk merepresentasikan fenomena dan realita melalui tiga sosok utama dalam film ini. Penulis menggunakan gaya eksposisi dengan pendekatan naratif dan penyampaian struktur tiga babak untuk dapat mengkomunikasikan pesan yang diharapkan. Film dokumenter bergenre biografi ini melakukan penuturan langsung dari tokoh utama, tokoh ahli, masyarakat, hingga data riset guna menambah sisi edukasi dan meningkatkan rasa kesadaran audiens mengenai pentingnya fenomena yang diangkat.

Melalui rangkaian proses pra produksi, produksi, pasca produksi selama 9 bulan, film dokumenter ini telah berhasil tayang di kanal youtube Atrima Production dengan respon audiens yang cukup positif. Konflik peran ganda perempuan dan cara mereka menghadapinya disampaikan di dalam film dokumenter melalui penggambaran sisi dilematis tokoh melalui *treatment* sutradara. Berdasarkan realita yang ditemukan, tokoh harus mengalami konflik batin dari beban ganda, tekanan pekerjaan, lingkungan sosial, dampak psikis dan fisik, serta kondisi anak yang harus dihadapi seorang diri. Tidak adanya pilihan dalam hidup tokoh membawa mereka kepada ke-ikhlasan menjalani hidupnya sebagai perempuan berperan ganda selama puluhan tahun hingga saat ini.

**Kata kunci:** Film Dokumenter, Jerat Dilema, Konflik Peran Ganda Perempuan, Sutradara

**THE ROLE OF THE DIRECTOR IN THE  
DOCUMENTARY FILM JERAT DILEMMA: CONFLICT OF  
WOMEN'S DUAL ROLES”**

**AUREL NAVIRA ISMAIL**

**ABSTRACT**

*The aim of this final project in the form of documentary film is that to raise a phenomenon, which often occurs in society but it is often ignored, regarding the dual role of women. The documentary film “Jerat Dilema: Conflict of Women's Dual Roles” focuses on the true stories of three mothers who have to live with their dual roles since they have no choice in their lives. In addition, the psychological and physical impact of the pressures and burdens they carry alone makes this film convey the message of women supports women in order to further educate various levels of society and public awareness.*

*The main role of the writer as a director during the process of making this documentary film has the final result of representing phenomena and reality through three main characters, Sri, Iis, and Peni in this film. Furthermore, the author used an expository style with a narrative approach and the delivery of a three-act structure to be able to communicate the expected message. In addition, this documentary film which was considered as biographical genre provided direct narratives from the main character, expert characters, society, to research data in order to add knowledge and increase the audience's sense of awareness regards to the importance of the phenomenon being raised.*

*Through a series of pre-production, production and post-production processes for 9 months, this documentary film has successfully aired on Atrim Production's YouTube channel with quite a positive audience response. Furthermore, the conflict of dual roles of women and the way they deal with it is conveyed in the documentary film through the portrayal of the character's dilemmatic side through the director's treatment. Based on the reality found, the character should experience inner conflict from the double burden, work pressure, social environment, psychological and physical impacts, as well as the child's condition that must be faced alone. In addition, the absence of choices in the life of the characters leads them to the sincerity of living their lives as women who have dual roles for tens of years until today.*

**Keywords:** *Documentary Film, Jerat Dilema, Conflict of Women's Dual Roles, Director*