

**REPRESENTASI DEPRESI DAN PEMBENTUKAN HARAPAN DALAM
FILM *A MAN CALLED OTTO* (ANALISIS SEMIOTIKA ROLAND
BARTHES)**

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ABSTRAK

Depresi telah lama menjadi isu yang diabaikan dan kerap mendapatkan stigma buruk di mata masyarakat. Pengidap depresi cenderung sulit untuk mengutarakan kondisi yang ia alami, sehingga berujung pada hilangnya harapan hidup dan berakhir pada kematian yang disebabkan oleh bunuh diri. Oleh karena itu, penting bagi media untuk berperan dalam penyampaian informasi mengenai depresi dan pembentukan harapan bagi masyarakat. Film adalah bentuk media komunikasi massa yang bersifat tidak hanya untuk menghibur, namun juga sebagai media penyampaian pesan atau isu spesifik yang diharapkan dapat berdampak bagi khayalak ramai. Penelitian ini bertujuan untuk mengkaji film *A Man Called Otto* melalui metode semiotika Roland Barthes lewat penerapan kajian denotasi, konotasi, dan mitos terhadap representasi depresi dan pembentukan harapan yang terkandung dalam film. Peneliti menggunakan metode kualitatif deskriptif dengan sumber data primer yaitu film *A Man Called Otto* dan sumber data sekunder berupa wawancara narasumber ahli, dokumentasi adegan film, dan studi pustaka. Hasil penelitian yang diperoleh menunjukkan bahwa stigma terhadap depresi memberikan pengaruh yang besar bagi sang pengidap itu sendiri dalam menyikapi kondisi yang ia alami, sehingga dibutuhkan pembentukan harapan baru agar terbentuk motivasi dalam melanjutkan hidupnya. Film *A Man Called Otto* berhasil merepresentasikan keterkaitan eksistensi depresi dan pembentukan harapan yang dipengaruhi oleh internalisasi nilai sosial budaya.

Kata kunci: Film *A Man Called Otto*, depresi, pembentukan harapan, semiotika Roland Barthes, representasi.

**REPRESENTATION OF DEPRESSION AND HOPE FORMATION IN THE
MOVIE A MAN CALLED OTTO (ROLAND BARTHES SEMIOTIC
ANALYSIS)**

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ABSTRACT

Depression has long been a neglected issue that is often stigmatized by society. People with depression tend to find it difficult to talk about their condition, leading to a loss of hope and death by suicide. Therefore, it is important for the media to play a role in conveying information about depression and forming hope for the community. Film is a form of mass communication media that is not only for entertainment, but also as a medium for conveying specific messages or issues that are expected to have an impact on the public. This research aims to examine the movie A Man Called Otto through Roland Barthes' semiotic method through the application of denotation, connotation, and myth studies to the representation of depression and the formation of hope contained in the movie. Researchers used descriptive qualitative methods with primary data sources, namely the movie A Man Called Otto and secondary data sources in the form of expert source interviews, film scene documentation, and literature studies. The results obtained show that the stigma against depression has a big influence on the sufferer himself in responding to the condition one is experiencing, so it is necessary to form new hopes in order to form motivation to continue one's life. The film A Man Called Otto successfully represents the relationship between the existence of depression and the formation of hope influenced by the internalization of socio-cultural values.

Keywords: A Man Called Otto film, depression, hope formation, Roland Barthes semiotic, representation.