

ANALISIS ISI TENTANG *COPING MECHANISM* DAN *SOCIAL SUPPORT* DALAM FILM “*LITTLE WOMEN* (2019)”

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ABSTRAK

Penelitian ini bertujuan untuk mengidentifikasi dan menganalisis representasi terkait *coping mechanism* dan *social support* dalam film *Little Women* (2019) dengan menggunakan metode analisis isi. *Little Women* merupakan film yang berlatar belakang perang saudara Amerika tahun 1860an yang masih banyak menampilkan isu patriarki di dalamnya, ini mengakibatkan perempuan pada masa itu sulit menguasai berbagai hal di bidang sosial yang menyebabkan terjadinya stres. Akibatnya, pengaruh adanya masalah yang dilalui oleh manusia yang menyebabkan stres, yang dimana ini butuh diatasi yaitu bisa dengan *coping mechanism* dengan jenis: *problem-focused coping*, *emotion-focused coping* dan *avoidance coping*. Manusia hidup membutuhkan bantuan orang lain, stres yang dimiliki juga dapat diatasi dengan adanya *social support*, yaitu ada: *emotional support*, *instrumental support*, *informational support*, *companionship support* dan *esteem support*. Hasil dari penelitian ini menunjukkan bahwasanya peranan lingkungan sekitar penting dalam menanggulangi stres yang dirasakan, dalam film ada empat karakter perempuan yang memiliki stres serta cara *coping mechanism* dan *social support* yang berbeda. Metode yang digunakan adalah kualitatif dengan menggunakan sumber data primer dan data sekunder. Teknik pengambilan data dilakukan dengan mengumpulkan adegan berupa gambar, suara, kata dan gerakan di dalam film.

Kata Kunci: *Coping Mechanism, Little Women, Social Support*

CONTENT ANALYSIS OF COPING MECHANISMS AND SOCIAL SUPPORT IN THE FILM “LITTLE WOMEN (2019)”

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ABSTRACT

This research aims to identify and analyze the representation of coping mechanisms and social support in the film Little Women (2019) using content analysis as the primary method. Set during the American Civil War in the 1860s, the film portrays a period marked by strong patriarchal values, which limited women's roles in various social domains and often led to psychological stress. These stressful experiences require effective coping strategies, which can be classified into problem-focused coping, emotion-focused coping, and avoidance coping. In addition, as social beings, humans often rely on others to overcome emotional burdens. This highlights the importance of social support, including emotional, instrumental, informational, companionship, and esteem support. The study reveals that the social environment plays a vital role in helping individuals manage stress. In Little Women, four female characters are depicted as facing emotional challenges, each using different coping mechanisms and receiving diverse forms of support from those around them. The research employs a qualitative method with both primary and secondary data sources. Data were collected by analyzing scenes from the film in terms of visuals, dialogue, sound, and body movements. The findings aim to provide insights into how coping and support systems are represented in media, particularly in narratives centered on women's experiences.

Keywords: Coping mechanism, Little Women, Social Support