

Stereotype Representation of Mental Disorders in the Korean drama Daily Dose of Sunshine (Roland Barthes Semiotic Analysis)

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ABSTRACT

Keywords

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The topic of mental disorders is not only an essential discussion in the health world, but also an interesting subject to be expressed through various forms of art such as painting, music, movies, and drama series. Movies and drama series have become very popular media amongst society, with today's growing globalization developments, the era of globalisation has had a significant impact on the socio-cultural system in society, especially as the rapid development of mass media is followed by drastic changes in communication technology. The most popular drama in society today is the Korean drama series, many of which raise the issue of mental disorders, one of which is Korean theatre titled Daily Dose of Sunshine. In this study, the author uses qualitative descriptive research. The data analysis technique used in this study is the Roland Barthes semiotic method, which collects data using observation and documentation. The results show that stereotypical representations of mental disorders presented in these plays often appear through dialogue and facial expressions in some scenes, which also display visual representations of mental disturbances. The stereotype of people with mental disorders shown in the drama Daily Dose of Sunshine is that they are considered too difficult to communicate with the people around them and are only obsessed with their own minds or worlds. This stereotyp shows that people with a mental disorder are often placed in difficult positions in society, because they are seen as a burden and are considered incapable of functioning normally in everyday life.

1. Introduction

Mental disorders are now very popularly discussed among the public, the World Health Organization (WHO) states that mental disorder involves a variety of problems with a wide range of symptoms. Generally, mental disorders are divided into several combinations of abnormalities in mind, emotion, behavior, and social relationships. (Ayuningtyas et al., 2018). In some ways, mental disorders are also commonly referred to as abnormal behavior, similar to mental illness, illness (insanity, lunacy, madness), in addition to these terms there are similar terms, namely: distress, discontrol, disadvantage, disability, inflexibility, irrationality, syndromal pattern, and disturbance (Notosoedirjo, 2005).

The topic of mental disorder is not only an essential discussion in the health world but also an interesting subject to be expressed through various forms of art such as painting, music, movies, and drama series. Globalization has significantly impacted sociocultural systems in societies, especially as drastic changes follow the rapid development of mass media in communication technology. The influence of mass communication includes the effects that arise from the spread of messages delivered to the audience according to their wishes. These effects have become the main focus of public attention, triggering efforts to find ways that can affect audiences through the mass communication pathway (Tambunan, 2018).

The word "mass media communication" is derived from the English term. The media included radio, television, movies, and newspapers. In the study of communication, the analysis of media texts cannot be excluded from discussing semiotics. The term "semiotics" itself comes from the Greek word "semeion," which means "mark." (Hadi, 2021). As an example of mass communication, film is regarded as a form of communication. Movies use media to connect communicators and communicate massively. The film is widespread, reaching heterogeneous and anonymous audiences in various places to be regarded as a mass communication medium. Films are also known to create a specific emotional, intellectual, and social effect on their audience (McQuail, 2011).

Film is a very popular medium in society, film is seen as a form of language that is realized through cinematography, audio, and editing. Film involves various aspects and then is summarized into new forms of language. Generally speaking, a film can be defined as a series of moving images that are recorded together with sounds to tell a story. Film is presented as an art form and also to meet commercial needs in the film industry (Hornby, 2006). One of the most popular drama films in the society today is a Korean drama series. The South Korean entertainment industry has grown very rapidly, with Korean Wave or Hallyu becoming the nickname used to describe South Korea's growing pop culture phenomenon globally, including Indonesia. This phenomenon involves the widespread dissemination of television drama, movies, K-pop music, fashion, food, and various cultural aspects (Shim, 2006).

Korean drama also often raises social realities that exist and occur in everyday life, one of the issues that are frequently raised is psychological and mental disorders. Several Korean drama titles raise the issue of mental disorders. Among them is it's Okay That Love, which aired in 2014. This drama raises various types of mental health disorders such as genophobia, Tourette syndrome and schizophrenia, Kill Me Heal Me that is in 2015 this movie raises mental health issues such as Dissociative Identity Disorder (DID), It's Okay To Not Be Okay shown in 2020 this drama raised mental health problems such as antisocial personality disorder and autism, Move To Heaven that screened in 2021 This drama raising the mental health issue such as autism and Daily Dose Of Sunshine that shot in 2023 This drama lifts various kinds of issues like bipolar mental health, anxiety disorder, pseudodementia, delusion, obsessive compulsive disorder (OCD), schizophrenia PTSD, amnesia, borderline depression and personality depression.



Figure 1. Daily Dose Of Sunshine Poster

Many of the dramas that raise the issue of mental disorders are one Korean drama titled Daily Dose of Sunshine, which is an adaptation of the webtoon titled 정신병동에도 아침이 와요 or Nurse Sheena's Asylum Diary. As for the phenomenon in this drama, giving a different story from the Korean drama that raises the issue of other mental disorders, the drama shows the point of view from the point-of-view of nurses and patients of mental health gangs in each episode has different stories and mental health illnesses and explains why each patient can experience the mental health disease, and in each disease has different signs.

2. Method

In this research, the author used a qualitative descriptive study. Qualitative research aims to understand and explain social phenomena in depth by interpreting the context, experiences, and perspectives of individuals involved. Qualitative research focuses on the meaning, social construction, and complexity of the phenomena studied. The main goal of qualitative research is to gain an in-depth understanding of the phenomenon under study. This goal includes understanding individual experiences, social processes, cultural contexts, interactions, meaning construction, and the dynamics that occur in these phenomena (Jailani, 2023).

In semiotic analysis, describing a sign's denotative and connotative meanings is an essential initial step in understanding and delineating the complexity of the message contained therein. Understanding the myths and ideologies contained in these signs is also an integral part of a semiotic analysis of a descriptive nature (Kusuma & Nurhayati, 2021).

The data analysis technique used in this study is Roland Barthes' semiotic method. Roland Barthes made a systematic model for analyzing the meaning of signs. Barthes's attention focused more on the idea of two-stage significance. First order signification is a denotation, and second order signification is a connotation (Birowo, 2004).

The first-order signification that can be given to symbols directly associates symbols with a given reality or symptom. Then, the second-order meaning is given to the symbols by reference to cultural values. What's interesting about Roland Barthes's semiotics is that he uses the term myth. This reference is cultural or originates from a culture used to describe symptoms or realities indicated by symbols. In other words, myth functions as a deformation of a symbol that then presents specific meanings, as it refers to a society's historical and cultural values (Pawito, 2007).

Table 1. Semiotika Roland Barthes

Signifier	Signified
Denotative Sign	
Connotative Signifier	Connotative signifier
Connotative sign	

Denotation is the initial meaning of a sign or text (Danesi, 2010). The first significance is the study Saussure did. This phase describes the relationship between a sign and a sign in a sign and between the sign and the object it represents. (its referent). Barthes explains that denotation refers to what is believed to be common sense, then what is observed from a sign. (Fiske, 2014). Denotative meaning can be distinguished over two kinds of relations the relationship between a word and the individual thing it represents andy, the relation between the word and a particular characteristic or behavior of the thing represented. (Danesi, 2010).

Connotation is a cultural meaning inherent in a terminology (the cultural meanings that become attached to a term) (Kriyantono, 2006) or a meaning that has a cultural history behind it that can only be understood about a specific meaning. Connotation is the operational mode in forming and encoding creative texts such as poetry, novels, musical compositions, and other works of art. Connotation describes the interaction that occurs when a sign meets the feelings or emotions of a user and the values in their culture. This happens as meaning moves towards subjective or at least intersubjective thinking, that is when the interpretation (interpreter) and the object or sign itself (Fiske, 2014).

A myth is a system of communication that carries messages that are not determined by matter; a myth is a value or an attribute that is determined more by meaning than by form. (K.S. Zaimar, 2008). In the Barthes framework, connotations are identical to ideological operations, called myths, and serve to reveal and justify the dominant values of a particular period. (Sobur, 2009). Data is collected

through non-participants, and digital observations are carried out online through the Netflix digital streaming platform. Data observations are also collected by documentation.

3. Result and Discussion

The analysis of the results of this study showed a stereotypical representation of mental disorder in the Korean drama Daily Dose of Sunshine. The study results are analyzed in the form of first order signification and second-order meaning found in the dialogue pieces or foundations of the scene in the drama. Research findings show that the Korean drama drama Daily Dose of Sunshine featured several scenes that mislead the stereotypes of mental disorders.

3.1. Presenting the Results and Discussion

Table 2. Episode 1 menit 1:00:46-1:01:27

Visual	Dialog
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Figure 2

Park Ji Yeon : Ms. Jung, please take Mr. Kim for treatment, he'll say a bunch of stuff you don't understand, you don't have to respond to it all.



Figure 2.1

Kim Seo Wan : Have you seen the dragon on the ceiling ?

Denotative Signifier	Denotative Signified
Figure 2 Park Ji Yeon asking for help to Jung Da Eun because she in rush Figure 2 Kim Seo Wan looks at the hospital ceiling.	In Figure 2 Park Ji Yeon seen asking Jung Da Eun for help and giving a message not to respond what Kim Seo Wan patient said. Figure 2.1 Kim Seo Wan who has a delusional disorder see a dragon on the hospital ceiling.
Conotative Signifier	Conotative Signified
Figure 2 Park Ji Yeon in hurry because of an emergency situation and she ask Jung Da Eun to help her take Kim Seo Wan patient for medical check up. Figure 2.1 Kim Seo Wan see a dragon at the hospital ceiling.	In this scene, Park Ji Yeon is in a rush because there is a patient with shortness of breath, but she should take Kim Seo Wan's patient for a medical check-up. Before leaving, Park Ji Yeon sent a message to Jung Da Eun not to respond to what Kim Seo Wan's patient said because Kim Seo Wan had a delusional disorder that made him fantasize as if he was in the game world. This question shows that Kim Seo

Wan has a delusion in which she believes in things that are not real or impossible to happen.

In this scene, Kim Seo Wan is supposed to be undergoing a medical check up, which should be handled by Park Ji Yeon's nurse. However, since Park Ji Yeon has to deal with a patient with shortness of breath, he asks for help from Jung Da Eun to replace him in accompanying him. When Jung Da Eun accompanied Kim Seo Wan, Kim Seo Wan suddenly looked at the ceiling of the hospital and asked Jung Da Eun if he saw a dragon on that ceiling. At that moment, Jung Da Eun recalled the message delivered by Park Ji Yeon, namely to ignore if Kim Seo Wan spoke strange and ununderstood things. It shows that Jung Da Eun tried to obey the instructions given, by not giving validation to the delusions experienced by Kim Seo Wan.

The stereotypical representation of a mental disorder found in the Korean Drama Daily Dose of Sunshine in episode 1, minute 1:00:46-1:01:27, is when Park Ji Yeon gives Jung Da Eun a message not to respond to what Kim Seo Wan's patient says. This is evident from the dialogue played by Park Ji Yeon "he'll say bunch of stuff you don't understand". The scene describe the stereotype that people with mental disorders tend to talk about things that others can't understand, reinforcing that they are challenged to communicate and ignored by the people around them. This adds to the burden for people who have mental disorders, as they face not only internal challenges but also discriminatory treatment.

Representation of the delusional mental disorder in this drama is Kim Seo Wan who has a delusion disorder, in his mind he is a powerful witch who fights the dragon, so Kim Seo Wan often speaks as if he was in the game world seen from the dialogue "have you seen the Dragon on the ceiling?".

This scene describe how people with delusional disorders have strong beliefs about things that are not real and how that affects the way they interact with the world around them. Delusional disorder makes it difficult for people to distinguish between reality and imagination, causing them to behave and speak based on false beliefs. Representations like this in the drama can help improve understanding of the condition but also risk reinforcing negative stereotypes if not accompanied by a proper context and a deeper understanding of that mental disorder.

According to Maramis, delusion is a functional psychosis characterized by significant disturbances in the process of thinking as well as the loss of harmony between emotions, thought processes, psychomotor, and accompanied by deviations in the perception of reality, especially as a result of vagal and hallucinations. This disorder causes the associative mind to become fragmented,

this emerging situations where sentences are complex to understand, emotions are uncontrolled, and psychomotor shows withdrawal. In addition, the sufferers experience unclear and variable feelings simultaneously, as well as strange behavior (Danastri, 2021).

According to Jasper, delusions are false and inflexible beliefs held firmly, even in contradictory evidence. From this understanding, there is a gap between the world the patient believes and the actual events experienced and faced by the people around him. (Seth et al., 2019).

The myth that emerges in this scene is that if someone is delusional, they are considered difficult to communicate. This scene shows that the stereotype of people with mental disorders is it challenging to communicate with the people around them and are only obsessed with their minds or worlds.

Table 3. Episode 3 menit 17:55-25:12


Visual	Dialog
	<p>Park Ji Yeon : Is he for real ?, I couldn't care less if he wasn't bothering anyone else but he's really starting to get annoying.</p> <p>Jung Da Eun : You can be a little bit high strung...</p> <p>Park Ji Yeon : What do I do, then ?, how can I don't care, i'm gonna grill that little punk.</p>

Figure 3



Figure 3.1

Denotative Signifier	Denotative Signified
<p>Figure 3 Park Ji Yeon expresses her regret for Ji Seung Jae.</p> <p>Figure 3.1 Ji Seung Jae holds his breath because he feels drowned in the water.</p>	<p>In the third figure, Park Ji Yeon expresses her upset at the disappearance of an intern.</p> <p>Figure 3.1 shows Ji Seung Jae suffering from anxiety disorder, feeling himself drowned in water that made her difficult to breathe.</p>
Conotative Signifier	Conotative Signified
<p>Figure 3 Park Ji Yeon who finds out that one of her trainees has disappeared expresses her upset to Jung Da Eun.</p> <p>Figure 3.1 Ji Seung Jae has difficulty breathing because he feels himself drowned in the water.</p>	<p>In this scene, Ji Seung Jae's friends are ordered to gather on the third floor because of a meeting. However, Park Ji Yeon did not see the presence of Ji Seung Jae and asked his friends, who also did not know where Ji Seung Jae was. When she finds out, Park Ji Yeon looks upset and expresses her anger to Jung Da Eun. At the meeting place, Ji Seung Jae was seen sitting next to Jung da Eun when they performed anxiety tests. However, strangely, Ji Seung Jae began to have difficulty breathing and felt drowning in the water. This indicated that Ji Seung Jae had an anxious disorder, which made him feel, shaken and trapped, even in an actual situation</p>

This scene tells Park Ji Yeon intends to send the interns to attend the gathering to be held on the 3rd floor, but Park Ji Yeon doesn't find Ji Seung Jae's whereabouts then he asks a friend of Ji Seung Jae; his friend does not know about her intelligence. Hearing that statement, Park Ji Yeon was upset by the appearance of his face, and then he expressed his regret to Park Ji Yeon. In the next scene, Ji Seung Jae and Jung Da Eun perform the test by holding their breath and closing their ear. In the middle of the test, Ji Seung Jae acted strangely, which made Jung Da Jae worried in the point of view, Ji Seung Jae felt short of breath and in the visual of the drama, there was a flood of water that drowned Ji Seung Jae.

The stereotypical representation of mental disorder from the findings in the Korean drama Daily Dose of Sunshine episode 3 minutes 17:55-25:12 is Park Ji Yeon who looks upset to Ji Seung Jae who continually disappears, visible from the dialogue carried out by Park Ji Yeon "Is he for real?, I couldn't care less if he wasn't bothering anyone else but he's really starting to get annoying".

The scene describe the stereotype that people with mental disorders are considered disturbing and difficult to deal with by others. Park Ji Yeon's upset reaction shows how individuals with Mental disorders are often seen as a source of disturbance or discomfort, which reinforces negative stereotypes and ignores their complexity as well as their needs. It also highlights how a lack of understanding and patience for a person with a mental disorder can make their situation worse, making them feel less accepted in society.

The representation of anxiety mental disorder is displayed through the character of Ji Seung Jae, who has a panic attack and shortness of breath. The visual representation shows that Ji Seung Jae's character suddenly has an attack of panic, with short breath becoming the dominant symptom. The appearance of water that drowned Ji Seung Jae may be a visual metaphor to describe the intensity and stress he felt during the panic attacks.


Anxiety disorder, also known as anxiety disorder, is a mental condition in which an individual experiences an excessive sense of agitation and worry. This condition can interfere with day-to-day

activities for long periods (Febriyana, 2022). Anxiety is an unpleasant emotion characterized by symptoms such as anxiety, fear, and anxiety that can be felt to varying degrees. (Hilgard, 1983).

Anxiety disorder is a form of anxiety that occurs in situations or conditions considered threatening, such as conflict. This can lead to anxiety that can develop into stress, and sometimes, individuals feel anxious when they are in the middle of a crowd of people. These feelings can sometimes turn into anger or fear, which causes increased heart rate and confusion about the action to be taken. (Febriyana, 2022).

The myth that emerges in this scene is that if a person experiences anxiety, he often makes it challenging to position himself in ceramics, tends to isolate himself from the crowd, and makes it difficult to socialize with people around him. This scene shows that the stereotypes of people with mental disorders can be detrimental to the people around them.

Table 4. Episode 11 menit 24:10-24:58

Visual	Dialog
 <p>Figure 4</p>	<p>Byeong Hui's patient parent: Byeong Hui say she's having stomach pains right now</p> <p>Park Soo Yeon : I'll man the station you go Ms. Jung</p> <p>Byeong Hui's patient parent : no.. not nurse Jung please, can you come take look at her ?</p> <p>Park Soo Yeon : Sorry ma'am, we have rules and we can't just change the way we work, please understand.</p> <p>Byeong Hui's patient parent : I asked you to assign a different nurse and you still won't do that, do you have children ? would you be okay with having someone sick here taking of your children? How can you entrust your sick patients to a person who's sick herself.</p>
Denotative Signifier	Denotative Signified
Figure 4 Byeong Hui's patient parent looks panicked to see the nurse.	Figure 4 shows Byeong Hui's patient parent refusing to take care of her child by Jung Da Eun.
Conotative Signifier	Conotative Signified
Figure 4 Byeong Hui's patient parent appears panicked to come to the nurse because her child has a pain in the stomach.	Byeong Hui's patient parent in this scene asks for help because her daughter has pain in the stomach, but she refuses Jung Da Eun to take care of her daughter because she doesn't believe that if Jung da Eun suffers from a depression disorder to treat her daughter, see Byeong hui patient parent forcing Park Soo Yeon to replace Jung Da eun.

In this scene, the Byeong Hui patient parent looks panicked because her child has a pain in the stomach, she asks Park Soo Yeon to help with his child but in the hospital procedure that should be treating Byeong hui is Jung Da Eun, knowing that Byeonghui parent refuses her child to be treated by Jung da Eun and asks for another nurse to treat his child because of the unchangeable hospital procedure Park Seo Yeon refuses the request.

A stereotypical representation of the mental disorder from the findings in the Korean drama Daily Dose of Sunshine episode 11 minutes 24:10-24:58 is that Byeong Hui's patient parent refused to treat her child by Jung Da Eun who was suffering from depression. It can be regarded as a stereotype that a person suffering from a mental disorder, such as depression, is considered unable or unworthy to treat another person who also suffers from a similar disorder. Which can worsen their condition by restricting their access to vital roles in society, such as the role of a health care provider.

In the dialogue, Byeong Hui patient parent stated, "How can you entrust your sick patients to a person who's sick herself?" This is thought to suggest that people with mental disorders are considered incompetent or emotionally unstable to provide care for others who need help. These kinds of stereotypes strengthen the stereotype that encompasses mental disorders, limit the ability of individuals to obtain the support and care they need, and hinder efforts to overcome stereotyping of others and discrimination against those who have a mental disorder.

Stereotypes are often understood as specific images or reactions to individuals or groups subjected. Stereotypes are conceptions that are permanently inherent in a particular group. This can happen when an individual begins to make stereotypes about someone, but the first thing to do is to identify someone from a specific group and then start by giving value to that person (Sukmono Gita & Junaedi, 2014).

For people with mental disorders, stereotypes become a barrier to interacting with society and cause them to be kept away from the people around them. (Stuart, 2016). The forms of behavior that people show to people with mental disorders are often avoidance, where people choose not to be close. Other behavior is discrimination, such as not giving people with mental disorders a chance to work, as well as describing them as bad people should be avoided (Eksteen et al., 2017).

The myth in this scene is generally circulating in society that mental disorder automatically describes the inability or instability to perform professional duties. This scene shows that stereotypes for individuals with mental disorders can make it difficult for them to access job opportunities and positive social interaction.

4. Conclusion

Based on the results of the research, the stereotypical representation of mental disorders is widely shown in the Korean drama Daily Dose of Sunshine. The stereotyped representations of mental disorders presented in this drama often appear through dialogue and facial expressions in some scenes, which also show visuals that represent mental disorders.

The stereotype of people with mental disorders shown in the Daily Dose of Sunshine drama is that they are considered difficult to communicate with people around them and are only obsessed with their minds or worlds. In addition, a person with a mental disorder is described as an individual who can harm the people around them, is unacceptable in the workplace, and tends to be humiliated and avoided by people who are not involved.

This stereotype shows that people with mental disorders are often placed in a difficult position in society because they are seen as a burden and considered incapable of functioning normally in everyday life.

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