

## Mental Healing in Korean Drama

### “It's Okay to Not Be Okay”

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#### Abstract

*This study aims to describe adult mental healing, which is represented in the Korean drama series "It's Okay to Not Be Okay" through several characters. This romance drama, wrapped in internal conflict and mental illness, has high ratings both domestically and internationally. Aired through the Netflix network, this series broke the record number of viewers and caused much controversy. This study uses a qualitative approach using semiotic analysis theory and data analysis techniques Charles Sanders Pierce. Pierce categorized the triangle of a meaning theory, which consisted of three main elements: signs, objects, and interpretants. The researcher analyzes the selection of text and images related to mental healing. The results showed that the characters in "It's Okay to Not Be Okay" experienced psychological disorders in the form of depression, anti-social, autism, hallucinations, Manic Disorder, and Post-Traumatic Stress Disorder. This drama encourages Korean people who have tended to be more aware of mental problems and the importance of healing them in the personal (non-medical) realm through the interpersonal approach of the characters. Healing techniques such as Butterfly Hug, Problem Solving Therapy, Interpersonal Therapy, and coping with past trauma are several solutions for mental healing*

**Keywords:** "It's Okay to Not Be Okay," K-Drama, Mental Health, Mental Healing, Semiotics.

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#### 1. INTRODUCTION

In the current era of globalization, access to foreign cultures in Indonesia is very easy. One of them is through South Korean audio visual entertainment. The spread of Korean fever or Hallyu Wave / Korean Wave (a term for the spread of Korean culture globally in various countries) has occurred since several years ago. This started from the Korean series on Indosiar in the 2000s which exploded like: *Endless Love*, *Full House*, *Boys Before Flower*. Until now, Korean dramas have become public consumption both from television and other streaming applications.

The Korean Tourism Organization (KTO) conducted an online survey on the Korean wave with 12,085 foreigners from 102 countries, 9,253 from Asia, 2,158 from Europe, 502 from

America, 112 from Africa and 60 from Oceania. Based on the survey results, the most interesting thing for foreigners is Korean pop music, or K-Pop with a percentage of 53.3%. Followed by TV dramas or Korean dramas with a percentage of 33.2%. Then other things and films with a percentage of 7.1% and 6.2%. (<https://issuu.com/>).

One of the Korean dramas in 2020 that has a high rating and scored national ratings of 7.3 percent and 7.6 percent and has gone viral is “It's Okay to Not Be Okay” (Nielsen Korea survey in <https://www.liputan6.com/showbiz/>). "It's Okay to Not Be Okay" premiered on June 20, 2020 on Korean TV station, tvN and can also be accessed on the paid Netflix app. This drama with a romantic genre tells about the journey of the main characters to get rid of the trauma of their past.

**Tabel 1.** K-Drama “It’s Okay to Not Be Okay”

Title	“It’s Okay to Not Be Okay”
Production	Studio Dragon
Director	Park Shin Woo
Year	2020
Episodes	16
Estimation audiences of domestic	7,3 – 7,6 % Rating Nielsen Korea ( <a href="https://portaljember.pikiran-rakyat.com/">https://portaljember.pikiran-rakyat.com/</a> )
Estimation audiences of international	5,4 – 5,7 % Rating Nielsen ( <a href="https://portaljember.pikiran-rakyat.com/">https://portaljember.pikiran-rakyat.com/</a> )
International publish	Global through Netflix (190 Negara) ( <a href="https://www.cnnindonesia.com/hiburan">https://www.cnnindonesia.com/hiburan</a> )
Characters in “It's Okay to Not Be Okay” who have issues with mental health:  1. Ko Mun Yeong 2. Moon Sang Tae 3. Moon Gang Tae 4. Kwon Ki Do 5. Kang Eun Ja 6. Kan Pil Wong	1. Anti-social personality disorder, acting cruelly and have the heart to harm others for their own interests. 2. Autism disorder, acting impulsively and having difficulty speaking and recognizing emotions. 3. Depressive disorders, mental stress that results in individuals always holding back their emotions. 4. Manic disorder, the desire to show one's genitals to others. 5. Hallucination disorders. 6. PTSD (Post-Traumatic Stress Disorder), due to witnessing unpleasant events in the past.

The main female character in this drama is Ko Mun Yeong (Seo Ye Ji). Ko Mun Yeong can be considered indirectly suffering from mental health problems due to the tragedy that happened to her family. Making her anti-social and being arrogant and defensive. On a journey as a fairy tale book writer, she meets people from her past, namely Moon Gang Tae.

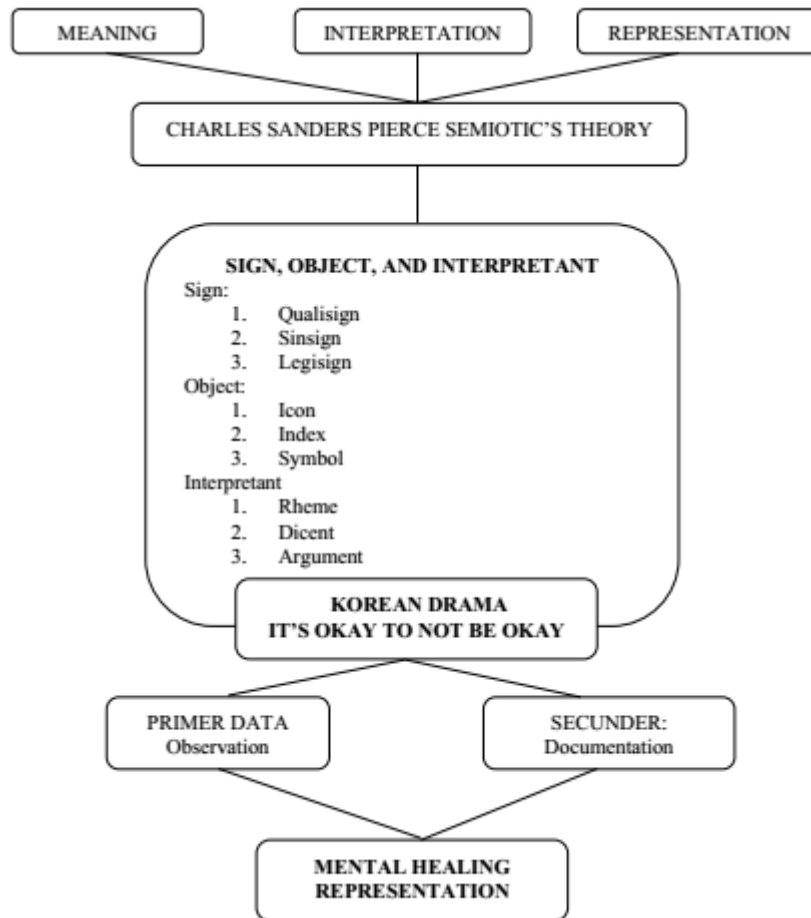
Moon Gang Tae (Kim Soo Hyun) is a nurse at Ok Mental Hospital, who is in charge of the psychiatric ward. He has an older brother named Moon Sang Tae (Oh Jung Se) who has autism. Due to environmental conditions that require him to be able to care for his brother, as well as his job as a psychiatrist, Moon Gang Tae's psychological condition tends to always hold back all his emotions. With the background of the daily life of Ok Mental Hospital and the different mental health of the main characters, this drama illustrates how the mental health of people who are trapped in the tragedy of their past can be overcome.

## **2. RESEARCH METHODS**

The method used in this research is descriptive qualitative research method. According to Gunawan (2013), this method seeks to interpret the meaning of an event and understand the interactions of human behavior that exist in certain situations according to the researcher's subjective perspective. Qualitative research emphasizes the process of inductive data analysis and emphasizes the meaning behind the observed data.

Charles Sanders Peirce stated that semiotics is the study of how symbolic forms are interpreted. Scientific studies of changes in meaning. Substantially, semiotics is a study that focuses on two symbols. Charles Sanders Peirce's semiotics. For Peirce (Arviani, 2007: 44) the sign "is something which stands to somebody for something in some respect or capacity. "Something that is used to make a sign function, is called ground by Peirce. Consequently, a sign (sign or representation) is always present in triadic relationships, namely ground, object, and interpretant.

### **Picture 2. Research Flow & Scheme**



The object of research is the Korean Drama "It's Okay to Not Be Okay", which amounted to 16 episodes aired on TVN and broadcast globally on Netflix and other TV streaming. Charles Sanders Pierce's semiotics model was chosen to be the research method in the analysis of mental healing representations. Researchers collect observational data of research objects and literature studies from books, journals, and other articles related to this research to support data analysis.

### 3. RESULTS AND DISCUSSION

The concept of representation in this study refers to the notion of how a person, group, or idea is represented in the mass media. In drama, the means of representation can be in the form of grand narration, storytelling, scenarios, characterizations, dialogue, and several other elements in drama (Arviani, 2007). This research focuses on mental healing representations in Korean dramas. "It's Okay to Not Be Okay". This picture can be seen from the visual and textual analysis of certain scenes that show how mental health disorders can be overcome.

#### 3.1. Self Healing: The Butterfly Hug method.

Self Healing according to Psychology is a process that helps overcome emotional wounds with our strong desire to move away from suffering, without the help of other people and any

media. (Ersyafiani, 2018). The purpose of self healing is to understand yourself. When self-healing is done we try to accept our failures, difficulties and imperfections.

Mental trauma that causes anxiety disorders can result from external or internal influences. In Ko Mun Yeong's case (scenes in Episode 2, 29:21; 46:29; 46:54), she was influenced both internally and externally, from the trauma of her parents and social experiences. This caused her emotions to run out of control. As for the case of Moon Sang Tae, who suffers from autism, it is very easy to get external anxiety disorders. Anxiety disorders can actually be treated on our own

Self healing using the butterfly hug method is a way of self-acceptance by giving suggestions to ourselves to feel better. So that this method can overcome individual trauma without the help of others. Teaching the butterfly hug method as self-healing represents the promotion of Korean mental health. Psychiatrists have the duty and obligation to implement health services for people with mental disorders, both hospital patients and the general public. The Butterfly Hug method which is taught by psychiatrists is easy for each individual to apply to overcome the trauma.

### **3.2. Problem Solving Therapy.**

According to Marzano et al (1998), problem solving is one part of the thought process in the form of the ability to solve problems, used extensively in cognitive psychology which describes 'all forms of awareness / understanding / cognition'. Problem Solving Therapy is actually not only therapy, but an effort to help improve the ability of people with mental disorders to face their problems.

Mental health representation of scenes in Episode 3, 01:09:29; 01:10:35 is a cultural parenting style that greatly influences children's psychology in Korean society. Parents who have high status will demand that their children be the best and not become a family disgrace. As public figures, board members must have a perfect image. In the eyes of Korean society, a role model must not have flaws. People's views are crucial. Kwon Ki Do's Problem Solving Therapy is to face public opinion which is the main source of his family's treatment deviation.

Scene on Episode 8, 01:07:38; 01:13:43, also represents that healing depression can occur due to the influence of the people around. Especially emotionally close people. Moon Gang Tae's inner depression was caused by his single parent's parenting style who put his autistic brother first. Coupled with his job as a psychiatrist, he became a person who always gave in and held back. Ko Mun Yeong was the trigger for him to overcome his depression problem.

### **3.3. Face The Past Trauma.**

This K-Drama indirectly encourages individuals to face past trauma through each character narrated. Every individual has health problems caused by past trauma. The mental health case in Korea is currently an important issue.

The drama conveyed a profound message to the mental health awareness efforts of the Korean people, highlighting the image of how each character is trying to solve his problem. The depiction of the courage of each character is a message for the public to dare to overcome a trauma. The sympathy between the characters that helps the mental healing of other characters is also shown in this drama. Remind that trauma can be overcome with help from others and a strong inner desire to heal.

The scene in Episode 7, 01: 00: 40-01: 01: 35, represents mental healing that can be done not only from long-term treatment at the Mental Hospital, but mental disorders can be overcome by external events caused by other people. The health system in Korea tends to treat people with mental disorders on a long term basis in Mental Hospitals. In this scene, it turns out that being treated in the long term does not always improve one's mental health. However, external factors that lead to dealing with past traumas can heal mental health.

The mental health disorders from scenes in Episode 7, 01: 08: 23-01: 08: 50, and Episode 16, 25:19 are not only caused by external parties, but also from close relationships such as family or friends. Interpersonal psychotherapy focuses on how individuals relate to other people. It aims to bring about positive changes in treating depression or trauma.

Moon Sang Tae (Episode 12, 13: 24-13: 26) is someone with special needs or what is commonly referred to as someone with autism. He has a traumatic fear of butterflies. This is because he saw his mother being killed by someone wearing a butterfly-shaped cross. Sang Tae interpreted it was my butterfly that killed his mother. The scene above represents a way to approach someone who has autism by means of interpersonal closeness.

Autism is described as a person who closes himself and does not easily trust others. Moon Sang Tae, who suffers from autism coupled with his past trauma, makes him need special attention in handling it. The most appropriate method for dealing with it is to make him comfortable and find interesting talking points for people with autism.

#### **3.4. PTSD & Interpersonal Therapy.**

Kan Pil Wong is a patient at Ok Mental Hospital who suffers from PTSD or Post-Traumatic Stress Disorder. PTSD is a stress disorder that occurs when the person witnesses unpleasant events. PTSD also keeps the person experiencing it reminded of the traumatic incident.

The disturbance experienced by Kan Pil Wong (Episode 12, 35: 33-36: 01), was obtained when he was a soldier who required him to shoot innocent people because of an order. Since then, when he heard a sound similar to a gun, he would have a panic attack because of guilt.

Kan Pil Wong finally did not run away and tried to be able to face and fight his trauma. He received support from Moon Sang Tae and the Mental Hospital. Past trauma can be dealt with with the help of others and encouragement from oneself. Trauma can be overcome not by running away, but by dealing with it. (Episodes 13, 25: 52-26: 08).

PTSD began to be classified as a psychological disorder around the 1970s following the Vietnam War. Kan Pil Wong is a Vietnam veteran. Many veteran soldiers were traumatized by the incident at the time of the fighting. In South Korea, post-traumatic stress disorder (PTSD) is very prevalent among refugees from North Korea and Vietnam living in South Korea. In a 2005 study, Jeon et al. found that 29.5% of North Korean refugees in South Korea were found to have PTSD. Higher rates were found among female refugees than among male refugees.

In the scene above, the mental healing process for PTSD patients is depicted by the interpersonal relationship that exists between Kan Pil Wong and Moon Sang Tae. People with autism usually cannot understand the emotions that other people have and find it difficult to express themselves. However, Moon Sang Tae as an autistic person is described as having great sympathy for Kan Pil Wong. He is willing to lend something valuable to overcome Kan Pil Wong's mental disorder.

### **3.5. Interpersonal Relation for Mental healing.**

Eliminate anxiety by closing yourself off from the outside and calming a person with mental disorders like the scene above is a combination of the butterfly hug method and meditation. Meditation focuses on concentrating on an inhale, a single sound or words that are spoken to calm yourself down.

The Butterfly Hug method, which is usually done on oneself, is applied by hugging other people and giving calming words, accompanied by the concept of meditation that concentrates the mental disorder sufferers on the breath and the words that are spoken.

The scene in Episode 2, 35:20, shows that in Korean society, people with mental disorders, especially autism, are considered to be a nuisance and get discrimination. Many people in general do not care about other people's mental health conditions. This can also be seen in scene 2 when Kan Pil Wong, who is experiencing PTSD on the bus, gets strange looks from people. Those who care about a person's mental health conditions are those who have interpersonal relationships. Kan Pil Wong was comforted by Moon Sang Tae who was an

acquaintance. Likewise during the Episode 12, 36:28 scene, Moon Sang Tae was calmed down by his younger brother, Moon Gang Tae.

#### **4. CONCLUSION**

The results showed that the characters in "It's Okay to Not Be Okay" experienced psychological disorders in the form of depression, anti-social, autism, hallucinations, Manic Disorder, and Post-Traumatic Stress Disorder. This drama encourages Korean people who have tended to be closed to be more aware of mental problems and the importance of healing them in the personal (non-medical) realm through the interpersonal approach of the characters.

In this study, it was found that there are five ways of mental healing represented in the series "It's Okay to Not Be Okay", namely:

1. Self healing using the butterfly hug method. One way of self-acceptance is by giving suggestions to ourselves to feel better. So that this method can overcome individual trauma without the help of others.
2. Problem Solving Therapy, a thought process and also an effort to help improve the ability of people with mental disorders to face their problems.
3. Face the Past Trauma. Every individual has health problems caused by past trauma. Trauma can be overcome with help from others and a strong inner desire to heal. The role of psychiatrists in approaching a person suffering from autism is with interpersonal closeness.
4. Post-Traumatic Stress Disorder & Interpersonal Therapy. PTSD disorders arise when the person witnesses unpleasant events in the past. The mental healing process in PTSD patients is described by the interpersonal relationship that exists between Kan Pil Wong and Moon Sang Tae.
5. Interpersonal Relations for Mental healing. In Korean society, people with mental disorders, especially autism, are considered to be disruptive and get discrimination. Many people in general do not care about other people's mental health conditions. Those who care about a person's mental health conditions are those who have interpersonal relationships.

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