



ANALYZING GRIEF

IN "SETELAH DIA PERGI" DOCUMENTARY FILM

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INTRODUCTION

1. Death is an absolute and unpredictable thing that must come to every human being, and those left behind will feel the loss.
2. Loss can be defined as a condition in which the individual separates from something or somebody that previously existed into nothing, either partially or completely.
3. Grieving is a normal response to any loss. Grief radiates in the form of rejection, cries of disappointment, anger, loss, unwillingness to interact, and ends in a phase where a person begins to accept the situation.
4. This study aims to learn deeper into the lives of people during the mourning period and present it in the form of a documentary.

METHODS

01

QUALITATIVE METHODS

- Obtaining descriptive exposure both orally and in writing from related sources.

02

OBSERVATION

- Observation of the subject's behavior and circumstances that occurred at the location.

03

INTERVIEW

- Interview with the subject about their experiences.

CHARACTER BREAKDOWN



FIKran (22)

He was left by his entire family including his father and mother due to the Zahro Express shipwreck in 2017.



SALwa (19)

She was left by his father who died of illness.



Mrs. ANI (43)

She lost her husband due to a landslide in 2020.

CHARACTER BREAKDOWN



GIA (19)

She was left by her father who died of a heart attack

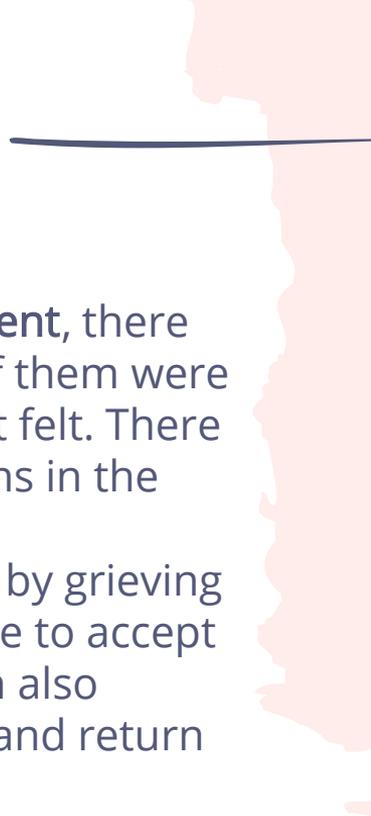


**Mrs. SEPDIINA
CANDRA PUTRI**

A personal growth speaker/ counselor who reinforces the claims of each respondent, explaining the stages of a person in going through a period of grieving.

STUDY RESULTS

- Grief is a personal and unique process.
- Grieving phase experienced by each respondent was quite different, there were those who accepted that they had lost a loved one, some of them were still dissolved in sadness. Some are still upset with what they just felt. There are also those who make the new events they feel become lessons in the future to be more aware of themselves.
- In line with the **opinion of psychologists**, the phases experienced by grieving people are normal phases, in some cases it even takes a long time to accept the unfortunate fate that befell them. The phases of grieving can also strengthen a person's personality so that they can accept reality and return to normal life.



CONCLUSIONS

1. Joy and sorrow can befall anyone who has just lost loved ones in his life. The atmosphere of grief is one of the toughest moments in which the recovery must go through some phases, starting from the rejection of their beloved one leaving to finally being able to let it go.
2. Loss is a common thing for every individual who lives socially. There are critical phases that must be passed after that, and these phases are natural, cannot be viewed as abnormalities.





THANK YOU