

The Recovery on Trauma of the Main Character in See You on Venus Movie

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Abstract

Trauma is a condition that arises as a result of a scary experience or event that happened to someone, such as natural disasters, physical violence, sexual harassment, and traffic accident. The response caused by trauma is have suicidal thought and depression, which affects a person's mentality due to the traumatic event they experienced. The purpose of this study is to know the causes and effects of trauma and how to recovery from trauma diseases. In this study, the writer used a descriptive-qualitative method. The writer watches the movie and identifies the data, then analysis all trauma in See You on Venus movie. In this study, the writer found that in the main character of See You on Venus movie, caused trauma by traffic accident and lost his close friend. Because that accident, he gets pressure and have suicidal thought to end his life. The effort of main character to get out from trauma condition is because partner sharing and travelling to new place.

Keywords: trauma; accident; depression; and recovery

1. Introduction

Film is an audio-visual media which is the result of a combination of narrative and cinematic. The narrative element is related to the theme, while the cinematic element is related to the sequential storyline from beginning to end. In a film there is a structure where the function of the film structure is the basic framework that regulates how the story in a film progresses from beginning to end. Film structure can help filmmakers organize the storyline and develop the characters in the film. A commonly used film structure is "three acts" or "three events" and includes three main parts: setup, conflict and resolution.

Two important elements in films that filmmakers pay special attention to are theme and characterization. The theme of a film is the main idea or message that the filmmaker wants to convey through the story. Theme is the core of the story and reflects important issues or concepts in the narrative. Film themes have many variations depending on the type of film, genre, and creative intentions of the creator. Meanwhile, characterization in films refers to the way the filmmaker develops the characters in the story so that they become more lively, complex and understandable to the audience. Character is an important element in literary works, especially in films. Characters in a literary work are created by the author to convey his views and feelings about something that is happening in this world. Character becomes dominant in a literary works the author can bring the character through many problems in different situations.

In developing a character, filmmakers develop the characters in the film so that the audience can understand what message the filmmaker wants to convey in a film. The elements used by filmmakers to develop characters are to describe the character's visuals in the form of the character's appearance, the character's background, the actions taken by a character so that the audience understands the character's motivations, and dialogue between characters which can be used to develop relationships between two characters in the film.

One of the themes often created by film filmmakers is mental problems. Mental problems have become a topic that is gaining increasing attention in society and film is a powerful medium for spreading information and raising awareness about this issue. By highlighting mental problems in films, filmmakers can help remove stigma and campaign for understanding mental problems. The issue of mental problems is quite relevant today and film often reflect or criticize social and cultural issues. As mental problems become a significant problem in society, films can play an important role in

reflecting on the roots of this problem and its impact on individuals and communities. Apart from relevance, filmmakers choose to address mental issues as their personal expression. They can use films to depict personal experiences or to explore complex psychological concepts.

The focus object in this research is the film *See You on Venus*. This film has the theme of mental problems and one of the characters in this film, Kyle, has mental problems. Kyle suffers from trauma and depression caused by the traffic accident he experienced.

Definition of Movie

Film is an effective medium for telling stories, sending messages, and generating feelings in the audience by combining together a variety of literary, visual, and audio elements. According to (Wayan et al., 2021) that movie is becoming the most famous literary work as an entertainment media around the world. Marta and Suryani in (Andrianto et al., 2021) Film is a type of mass communication media that combines audio and visual, resulting in a work that is interesting and easy for the audience to remember because it has an interesting storyline.

(Angraini et al., 2020) stated A movie is an audio-visual screenplay made up of sequences that weave throughout the story. The author's creativity or expression is expressed through the medium of audio-visual storytelling. Movie also contains information that can be obtained there as well as adding science to the audience. In the study of (Nabilah Anjani et al., 2020) tells that movie is one of kind a literary work creating good audio as well as visual. Literature has gone through a significant transition from written to visual forms. Since language is a important for communication, it is directly linked to human existence.

(Yastanti & Hadiyansyah, 2019) express that a movie is a work that consists of stories and pictures with audio and text attached to it. It is a complex social, psychological, and artistic phenomenon. Therefore, the film is a complex and multi-dimensional production. The presence of movie in the midst of human life today is increasingly important and equivalent to other media. (A. G. Setiawan & Puspita, 2022) states that watching a movie can increase knowledge about new things and the imagination of the audience. By watching a movie, the audience can also feel the life of the fictional or existing characters, by watching a movie the audience can begin to have an opinion about a scene or event that happen in a movie. Movie can help convey important experiences or messages to audience in an entertaining way.

Films have elements that are arranged to become an audio-visual work that can be shown to the audience. The most basic and important elements that make a film look alive are narrative and cinematic elements (Fardila, 2020). Furthermore, Pratista in (Fardila, 2020) emphasized that films can generally be divided into two forming elements, namely, narrative elements and cinematic elements. These two elements interact and are continuous with each other to form a film.

- Narrative elements in a film according to Pratista in (Fardila, 2020) are those related to aspects of the story or theme of the film:

- a. Storyline
- b. Character
- c. Conflict
- d. Location
- e. Time

- Meanwhile, cinematic elements are divided into four elements, namely;

- a. Mise-en-scene
- b. Cinematography
- c. Audio,
- d. Editing

Film is a unique form of modern literary work, where stories, characters and messages are conveyed through audio-visual elements. Apart from being entertainment, films can be a social criticism that the filmmaker wants to convey to the audience so that the film has an impact on each viewer, whether it is an impact positive or negative impact. Through the messages contained in them, films are able to influence and even change and shape the character of the audience.

Definition of Trauma

Trauma is one of the most common psychological problems experienced by humans. The impact of trauma can have a significant effect on a person's mental well-being, and this is a deep psychological problem.

Trauma is the experience of severe psychological distress after a terrible or life-threatening. The sources of trauma are physically violent in nature, others are psychological and can cause feelings of helplessness and sometimes causes negative effects. (Oktaviani, 2021)

Cavanagh in (Hatta, 2016) defines trauma as an extraordinary event, which causes wounds or feelings of pain: but it is also often defined as a wound or feeling of "severe" pain due to an "extraordinary" event that befalls someone, directly or indirectly, whether physical or mental injury. psychic or a combination of both. The severity of an event will be felt differently by each person, so that the influence of the event on behaviour is also different from one person to another. Trauma can be severe or mild depending on the mental state of the person experiencing it. Furthermore, Mouthaan in (Putri, 2018) stated that traumatic stress occurs if a stress factor is quite intense and lasts for a long time, subjecting psychological,

physiological and adaptive capabilities of a person to additional load, destroying psychological defence, causing anxiety and resulting in somatic pathology.

In the impact of trauma, there feeling of guilt and shame. According to (Fine et al., 2023) mention That guilt is a sensation of wrongdoing caused by conflicts between the ego and moral precepts. Conversely, shame represents the struggle between the ego and the "ideal self," which leads to feeling like a failure. Trauma-related Guilt is the outcome of a retroactive evaluation of one's actions, thoughts, and feelings during the traumatic event as inappropriate and immoral Trauma-related Shame, on the other hand, is the discrepancy between self-perception during the traumatic event and its usual sense of self, culminating in a threat to one's identity.

2. Method

This study uses a qualitative descriptive research form that aims to describe the object of research in the form of words and does not use numbers as a result. Qualitative research according to Anderson in (Arioen et al., 2023) includes collecting, analyzing and interpreting data that cannot easily be converted into numbers.

1. Preparation

It started by watching the movie *The See You on Venus* and then reading several books and journal related to the research topic as data. Supporters then read studies related to this research.

2. Data Source

The primary data for this research comes from the script scenario of *See You on Venus*, a movie released in 2023. The secondary data will provide some perspective and provide the supposition needed for making the most accurate conclusions from this research. The secondary could be a journal and books that discuss about trauma and depression.

3. Data analysis

In analyzing the data, the researcher used descriptive qualitative method to analyze the movie *See You on Venus* by highlighting the trauma experiences in the movie.

3. Findings and Discussion

See You on The Venus is an American movie directed by Joaquín Llamas and written by Victoria Vinuesa and starring Virginia Gardner and Alex Aiono. It was released on July 21, 2023, in America. The movie tells a story of an 18 years-old orphaned girl wants to travel to Europe to track down her biological mother, so when she meets a kind-hearted young man reeling from the guilt of a fatal accident, she convinces him to accompany her on the journey.

The film starts with a man named Kyle experiencing a major setback in his life after he and his close companions, Noah and Josh, got hit in an accident a few months ago. The collision irrevocably altered each of their lives. Sadly, Noah passed away in an accident, and Josh will never be able to walk again. Kyle, on the other hand, has been struggling as a survivor since he feels guilt. He was the one driving the car at the time, but he is unable remember what exactly happened leading up to their collision. He made every effort to put the accident behind him and hardly went home. Additionally, he discontinued being committed to the scholarship he was received.

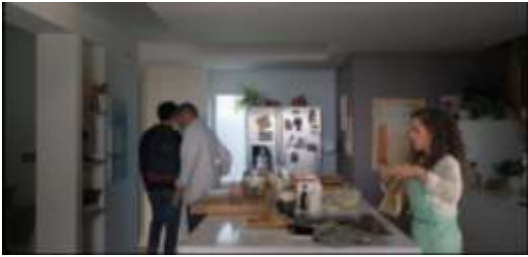
During that period, he experiences a loss of motivation in his life to the point where he attempts to commit to suicide by jumping over a cliff. But Mia steps in and threatens to plunge too if he keeps thinking about suicide.

Mia is also best friends with Noah, Kyle's friend who died in the accident. She knows everything and is doing her best to help Kyle and save him from his current state. She's going to Spain not only for travel also to find her biological mother, and she has ten names listed that she plans to check out. She wants to find her biological mother for a profound reason. She wonders how her life might have been if she had grown up with the person she longed for.

The Causes of Trauma

Trauma is the experience of severe psychological distress after a terrible or life-threatening. The sources of trauma are physically violent in nature, others are psychological and can cause feelings of helplessness and sometimes causes negative effects. (Oktaviani, 2021)

The causes of trauma begin with Kyle feel depressed after he found his friend, Josh got fatal injured and Noah is died because the traffic accident. Kyle feels depressed because he was driving when the accident happened.



(00:05:30–00:06:38)

Kyle just got out from his bedroom and wanted to go to Josh's condition after the accident. Before going to Josh's house, Kyle discussed with his parents, Connor and Lisa.

Lisa: Hey, buddy. Ah, well, um, we talked to Josh last night. Seems like he's doing a little bit better. He asked us about you again and we told him

Kyle: Yeah, I know. I'm gonna go see him right now.

Lisa: Oh, I think he'll appreciate that.

Kyle: Yeah.

Connor: Have you responded to the scholarship letter? Come on, Kyle, they are not gonna hold your place forever.

Kyle: Well, then they should give it to someone else.

Connor You can't throw away your soccer scholarship. You didn't go to graduation, fine, but bailing on your scholarship?

Lisa: You've got to give him more time. It's only been a few months since the accident. He'll come around.



(00:08:00–00:09:15)

Josh's Mom: We haven't summoned the courage to tell him yet, but he may never walk again. It's a blessing that you didn't get more hurt than you did. Just, just look at you. There's barely a scratch on you. And Josh, he's just broken. And Noah. Noah. (sighs) There's not. There's not an hour that goes by. Not an hour goes by that I wish he hadn't gotten into that car with you. I wish he hadn't gotten into that car with you. And Noah. Just look at you, not a scratch on you. He hadn't gotten into that car with. Not a scratch on you.

(Kyle panting)

After analyzing the scene from *See You On Venus* movie, the researcher finds the traumatic experiences, they are:

1. Traffic Accident

According to (Boelen et al., 2022) states clinical evidence suggests that people confronted with traffic accidents may experience other psychological reactions alongside anxiety and hypervigilance, implicated in traumatic stress, and low mood and lack of interest, implicated in both traumatic stress and depression.

Kyle who experienced traffic accident always remembered what happen in the accident and disrupting his memory. After the accident, he just stays at his room for 3 months because the experience of traffic accident.

2. Get Pressure

After going through a period of severe trauma, Kyle tries to work up the courage to get out of his trauma. When Kyle meets his parents, he is stressed about his previous scholarship. Kyle wanted to give up the scholarship but his parents forced Kyle to maintain the scholarship which made Kyle's burden increase after the trauma problems he had previously faced.

3. Feeling Guilty

After meeting Josh at his house, Kyle has conversation with Josh's mother. Kyle was blamed for the accident that occurred and left his friends injured and dead. Josh's mother blamed Kyle for Noah's death and Josh losing his ability to walk. Apart

from that, she also blamed Kyle for not suffering serious physical injuries like his friends who were victims of the accident. After the conversation, Kyle blamed himself for the accident that occurred so that his friend became a victim because of his previous mistake.

That's moment called Trauma-related Guilt as mentioned by (Fine et al., 2023) "feelings of guilt are associated with certain behaviors related to an event that form the thought "I did bad". Feelings of guilt trigger disturbing feelings of tension and regret"

The Impact of Trauma

Mouthaan in (Putri, 2018) stated that traumatic stress occurs if a stress factor is quite intense and lasts for a long time, subjecting psychological, physiological and adaptive capabilities of a person to additional load, destroying psychological defence, causing anxiety and resulting in somatic pathology

The impact of trauma made Kyle more silent, hide for a long time and the most extreme he wants to do is try suicide after getting pressure from anyone.



(00:04:20–00:04:32)

After the accident, Kyle only staying at his home for 3 months and never meet or talk with anyone except his parents. Josh (via phone): Hey man, it's been a while. Can you believe I've already been home for three weeks? I'm so bored. Come over. You can't ignore me forever.



(00:11:05–00:12:49)

Kyle standing on the edge of valley, having suicidal thought to end all of his trauma and depression

Mia: (see Kyle in the edge of valley) Help!

Kyle: Hey! Can you hear me?

Mia: Oh, oh, ow! Oh.

Kyle: Are you all right? You passed out. Are you feeling better?

Mia: Okay, well, I'm epileptic and so I can always tell when I'm about to faint. And because of that, I scream because I get scared. Hold on, hold on a minute. I just, I think that we should talk.

Kyle: Just mind your own business.

Mia: No, no. Don't you get it? You are my business. If I let you do what I think you are about to do, I will never be able to forgive myself. And your mother would never be able to forgive me either.

Kyle: Just go home.

Mia: No.

Kyle: Fine.

Mia: No. If you jump, I'm gonna jump.

Kyle: What the? Hey, stop. (Kyle grunts)

Mia: Do you believe me now? Monkey see, monkey do.

Kyle: This has gotta be a nightmare. Just go away.

Mia: Never.



(00:26:30 – 00:28:03)

Mia: You know, on second thought, I think that we might need to renegotiate the terms of our agreement. At this rate I'm gonna need like a month to hit up all the places I'd like to visit. So well That I can't get away

(Kyle keep focus on driving)

Mia: (still talking) Oh, come, come on. You're really not gonna ask me anything? Nothing about this trip. Nothing about me. Where my Rosemary goes. Okay, okay. We can talk about you. Or not.

(Mia clears throat)

Mia: So, I bet you're wondering why I'm taking so many pictures? They're for my Photolog, "Expiration Date." You know? Expiration date. It's like a metaphor.

(Mia chuckles)

Mia: Okay. How about this? I am starving. I bet you are too. Um. Okay, um, the next exit, there's a restaurant that has 4.7 stars. Yeah, this exit. Kyle. Kyle! Kyle!

(Mia disrupt Kyle)

(Kyle panting)

Kyle: Don't ever do that again.

Mia: I'm sorry, I just thought that-

Kyle: Just shut up! Stop thinking. Stop talking. Just stop.

Mia: Okay. I'll be inside.

After analyzing the scene, the researcher finds the impact of traumatic experiences:

1. Locked Up Himself

At the beginning of the film, Kyle has been isolating himself for 3 months and only stays in his room after experiencing an accident which leaves him feeling traumatized. Kyle has feeling of shame, that often happen to trauma sufferers. Statement mentioned by (Fine et al., 2023) "shame leads to devaluation and inadequacy of the person and getting caught up in self-perception, thus leading to the desire to disappear or escape."

2. Suicidal Thought

Suicidal thought or committing suicide is one of psychological symptoms of depression mentioned by National Institute of Mental Health (NIMH) in (Dirgayunita, 2016). These suicidal thoughts can trigger thoughts of ending life as a way to resolve the suffering experienced.

Kyle had thoughts of committing suicide due to the pressure he was experiencing and feelings of guilt due to the accident that killed and disfigured his friend even though he did not suffer the slightest physical injury.

3. Retraumatization

According to (Kvarnstrom, 2018) stated that retraumatization is reliving stress reactions experienced as a result of a traumatic event when faced with a new, similar incident that happen before.

Kyle, who was traumatized by driving a car, experienced retraumatization where he was forced to drive a car on Mia's orders because Mia couldn't drive a car. The effect of this is that Kyle has very high focus when driving a car and doesn't care to anything around him because he is afraid of experiencing a bad incident that has previously happened.

The Recovery of Trauma

Recovery is defined as its original state, or recovered or back to normal again. So the recovery of trauma can be interpreted as a return of something to its original situation before trauma. (Hatta, 2016)

In the recovery of Kyle's character, it began with Mia's presence as Kyle's traveling partner to Spain. Mia's openness to Kyle made Kyle's trauma recovery process.



(00:34:32–00:34:52)

Mia: What? Where were you?

Kyle: Oh, good morning to your too. I got us some breakfast.

Mia: And you just took all your stuff with you to go take a shower?

Kyle: Oh, actually, yes. You were out cold and I didn't wanna be grabbing stuff outta my bag, making noise.

Mia: Oh, so you weren't planning on leaving me and just taking off?

Kyle: Of course not. Deal's a deal, right?

Mia: Thank you. Thank you for staying.



(00:46:39–00:47:07)

Kyle: Noah Green is your friend that was supposed to come on this trip and you didn't think to mention that fact to me? What is this? Some kind of sick joke?

Mia: No. No, he was my best friend. He set this whole trip up.

Kyle: And you choose to bring me. The reason he's gone. What do you want from me?

Mia: I don't know. I recognized you at the park and when I saw you about to jump, I- I thought that I could help you. I thought that maybe we could help each other. Kyle, I am so sorry.



(01:02:20–01:02:41)

Mia: Hold that pose.

Kyle: You're seriously taking pictures right now?

Mia: Come on, we've got moms to meet. Let's go.

Kyle: Well, this is the last mother.

Mia: She has to be the one.

Kyle: I guess our journey ends here. Um, you know, you're, you and your mom are probably gonna have a, a lot to talk about. So in case I don't get another chance to tell you, I just.

Wait, um. Let's just enjoy this moment.



(01:26:07–01:26:22)

Lisa: Oh! Please, uh, be careful driving. Are you sure it's safe?

Kyle: Yes, it's not like this is my first road trip, Mom.

Connor: I am proud of you son. You take care of yourself.

Kyle: Yeah.

Connor: Okay. Get outta here. You only got two weeks to get to Boston.

After analyzing the scene, the researcher finds the recovery of traumatic experiences in *See You on Venus* Movie:

1. Sharing Partner

(Rahman, 2018) Sharing Partner is when one person can tell something to people who are considered close. In partner sharing, the person needs the listener's opinion to find a solution to the problem.

In this case, Mia becomes a sharing partner for Kyle, who has just experienced trauma after an accident that took his friend's life. Even though at first Kyle couldn't accept Mia's presence, Kyle slowly opened up to her because Mia didn't judge him for his past and help him to listen his problem.

2. Travelling

According to National Institute of Mental Health (NIMH) in (Dirgayunita, 2016) express that travelling to a new place makes people with depression feel refreshed so they become more relaxed and comfortable.

Kyle, who is experiencing a trauma phase after the accident, has the opportunity to go traveling to Spain. Although at the beginning he refused to travel to Spain to help Mia look for her biological mother, the encouragement of Kyle's parents made Kyle accept Mia's request. Kyle got a new experience in a new place, making him more relaxed and comfortable without any pressure.

3. Completely Recovered from the Trauma

Recovery is defined as its original state, or recovered or back to normal again. So the recovery of trauma can be interpreted as a return of something to its original situation before trauma. (Hatta, 2016)

After the long journey that Kyle and Mia went through to find Mia's biological mother in Spain, Kyle managed to get rid of the burden he was experiencing and got through difficult times. This has proven that the relationship between Kyle and his parents has recovered and Kyle is no longer traumatized by driving a car because previously he was traumatized by driving a car due to an accident he had experienced before.

4. Conclusion

The film *See You On Venus* by Joaquin Llamas, with the main character named Kyle who has trauma. The trauma experienced by Kyle was due to losing a friend in a traffic accident. The plot of the film *See You On Venus* tells the story of a student named Kyle who has a very deep sense of trauma in his life. Kyle always remembers the accident that took his friend's life and always feels guilty all the time. However, Kyle's life began to change and feel better after the presence of Mia in his life. Mia, who has the desire to find her mother in Spain, invites Kyle to accompany her to meet her biological mother in Spain.

After analyzing the film *See You On Venus*, the author was able to find out the causes and impact of the trauma experienced by Kyle. The trauma experienced by Kyle is situational trauma. Situational trauma is trauma caused by situations such as natural disasters, war, traffic accidents, and loss of close relatives. The trauma experienced by Kyle was situational trauma because it was triggered by a traffic accident which resulted in the loss of the life of her closest friend. The impact of the trauma experienced by Kyle is depression, isolating himself, and blaming himself.

Kyle, who struggled with his trauma for 3 months after losing his friend, began to experience a period of recovery after meeting Mia. Mia is open to Kyle and doesn't judge Kyle for his past. Apart from that, there is the effect of traveling

that Kyle and Mia went through in Spain, making Kyle more comfortable and successful in recovering from the trauma of his past.

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