THE PORTRAYAL OF DEPRESSION EFFECTS TO A DANGDUT SINGER’S LIFE AND CAREER SEEN FROM DEPRESSION THEORY

FINAL PROJECT

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THE PORTRAYAL OF DEPRESSION EFFECTS TO A DANGDUT SINGER’S LIFE AND CAREER SEEN FROM DEPRESSION THEORY

THESIS
Submitted in Partial Fulfillment of the Requirements
for the Degree of Sarjana Sastra

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I. Introduction

A. Background of Study

According to Edgar Allan Poe in his essay “The Philosophy of Composition”, a short story is a narrative which can be told or read at one sitting (1846). This means that short story is a prose that can be read for a short time, unlike a novel with its chapter which needs a lot of time to finish reading it. There are lots theme could be applied in writing a short story, like The theme of short story also may vary. It is all on the writer’s hand to decide what theme the short story will have. Writers may either choose a theme or mix multiple themes to make a new theme. One of the themes is depression. For example, a story written by Stephen King entitled Harvey’s Dream and Alicia by Gabrielle Roy.

The writer story will be dealing with depression. Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration, stated Marina M. in her article “DEPRESSION: A Global Public Health Concern”. It has been the third largest mental illness that our society suffers from. It often comes because of pressures that someone receives from other. In most cases, depression is caused by pressures that are created by certain standards and mindsets. In this case, people are forced to be someone that they don’t want to be only for being noticed by society. Our society is a society where difference is something scary, thus standards are set everywhere. Some people can cope up with the pressure and some cannot. This is based from what kind of standard that people face.

The older standard is the role of woman and man. People set that woman should be handling the house-work and man should be working for supporting the family. When a man becomes a house-husband, people will condemn the man for his personal choice in becoming house-husband.

A dangdut singer is always portrayed as a negative and sensual figure. If a dangdut singer wants to be successful, he/she has to follow that standard to gain attention from the society.

The result of those two under-pressure-conditions above will be depression as they will always be forced to be what they really want to be.

The main character of the story was suffering from depression as the cost of her success and popularity in her career. She encountered some problems that led her to negativities and depression. This short story is inspired by the life story of Julia Perez who began her career as a sensual dangdut singer and actress, then became an inspirational figure after she suffered from cancer. As Julia Perez passed away, my story will also end up in death of the main character which then resulting in a good remembrance for the main character.
B. Research Problem
How does a woman with her profession as a dangdut singer struggle to overcome her depression in her life?

C. The Objective of Study
The writer will portray the dangdut singer’s struggles in her life career that is caused by the standard of being a successful dangdut singer sets by Indonesian society. By writing the short story, the writer is intending to open society’ stigma for dangdut singer which leads to that certain standard which won’t suit to everyone.

D. Significance of Study
The writer intends to gain understanding from the society that dangdut is not always about being sensual and negative. Behind that image, there is also pure hearts that set dangdut as their passion. However, since the standard exists, they have to act as the standard required them to be and become someone else. Thus, people can be more respectful to dangdut singers.

Also, the writer would like to point out that depression is not as simple as it seems. It is an illness people must be aware of since it is the third largest mental illness in the world, meaning that depression can attack anyone.

II. Theoretical Framework
A. Related Theory
In 1915, Sigmund Freud wrote a paper entitled “Melancholia and Mourning”, this is what is called depression today. In his paper, he stated that depression is caused by loss, through death, rejection or abandonment. However, in a book written by Ava A. in 2006 about depression, it is stated that the cause of depression may be difficult to be defined, unlike what Sigmund Freud said in his paper. The cause of depression nowadays may vary until people may find it strange. Sometimes, depression can be heritable, but sometimes someone without family can have depression, too. Stressful state is the most common cause of depression nowadays.

The behavior of someone with depression recording Sigmund Freud may also vary. He described someone with depression will have a very strong painful sadness. They will also eventually lose their interest of the outside world, losing the capability of loving others, and as well as reducing all the activities they may have in their normal life. A depressed person will stop doing their hobby during their depression. They would rather spend their time indoor and avoiding the society. Ava said that the symptoms are not only emotional but also physical, like insomnia, excessive worrying, losing appetite, and even behavioral changes.

This story will highlight on how the behavior of the depressed main character will affect her career and her personal choice. She will share her feelings to the dog as she has the self-worthlessness side which makes her an introvert.
B. Related Study

In a movie directed by Lars von Tier entitled Melancholia, Lars adopted depression as the theme of the movie published in 2011. The story is about a marriage between Michael and Justine. Justine is a woman with severe depression. The plot was focusing on their wedding party. Her party was paid by her boss John and on the same day, her divorced parents met again after a long time. It was supposed to be Justine’s happiest day in her entire life. However, she felt the exact opposite as her depression made her day fell upside down. Everyone said that what they did was for her happiness, but she felt that everyone was only doing it for their own good sake and took advantage from her on going wedding ceremony.

This movie relates to the short story which is proposed on how the main characters felt the exact opposite when people around them said that they are doing something for their best, yet it is a form of taking advantages using an assertion, ‘helping’.

III. Method of Study

There are two methods used in this research. The first one is library study. The writer would read several articles about dangdut in order to get through about the possible struggles that a dangdut singer may face which will lead to depression. Some journals and book about psychoanalysis and psychology that touch depression in the discussion are the main library study the writer will do in the research.

The second method is interviewing. The writer will have two kinds of interview during the process. The first one is an interview with dangdut as its topic. This interview will point out on how actually people see dangdut as a whole. The second interview is about depression. In this interview, the writer will ask several questions that point out some personal experience in having depression and how the interviewee get out from the depression they have faced in the past.
PROPOSED CREATIVE WORK

I. Title: Diamond Behind the Siren

II. Component of Creative Work

A. Theme
The theme of the story is a singer that is forced to be something she never wants to be for her success.

B. Characters
1. Rahel Amara (23 years old, Javanese):
   a. Physic Features: long black hair, pale skin, 158cm
   b. Personalities: Sanguine, melancholic, professional, follows her dream passionately, good hiding her feelings.
2. Adi Kusuma the manager (27 years old, Javanese)
   a. Physical Feature: bleached blonde hair, slightly tanned skin, 170cm
   b. Personalities: forceful, a snake, greedy, loves money more than anything else, uses any way to reach his goal or target
3. Baby, a beagle, 2 years’ old
   a. Personalities: loves to be cuddled, smart, aware sensitive of human feelings
   b. 

C. Point of View
The point of view of the story is first person point of view. The writer would like to write it in this way, because the writer’s story will be highlighting the personal conflicts inside the main character of the story during her time of depression. This way, the reader will get a clearer idea on how a person suffers from depression and living with it in daily life.

D. The Settings
1. The Settings of Place:
   - Introduction: The stage in Jepara
   - Raising actions: The stage in Jepara, a hotel in Jepara, Rahel’s house in Jakarta, shooting studio in Jakarta, karaoke room, hospital.
   - Climax: the stage in Bandung, hospital
   - Falling Actions: TV studios, hospital (for charity).
   - Resolution: Jakarta.
2. The Settings of Time
The settings of time will be started in 2015 where the main character started to feel depressed about the false movie offers. The depression then goes on until early in 2017 where she finally got her brain hemorrhage and
had a turning point for her career, whereas in the same year, she died from a car accident.

E. Plot

| Introduction | • A road shows in Jepara
- Rahel was forced to do an extra time work, to do the saweran, many drunk men approached and danced with her, trying to touch her. They slipped some money in her sexy clothes.
- After the show, Adi yelled at Rahel, saying that she hadn’t worked hard for the show and saweran, so the money is not as much as targeted. She is then forced to stay at the city to do an encore for the next day, doing it all over again, wilder, so the target is reached.
- When the band and the crew were told to take another day in Jepara, they were a bit upset, but Adi made them stay by saying that they will get more fees if they stay for the encore. |
| Raising Actions | • The encore and the movie role offer
- For about 2 to 3 men danced while holding her in their hands, in turns.
- They got more money and Adi gave her a big proud smile
- At her hotel room, she felt so depressed, she had never been touched before. She was trembling and she was about to cry. However, no tears were falling. It left a big hole on her chest. “This is not right”
- The next day, a producer offered her a role in his upcoming movie, Rahel was excited that |
she said yes. But then her excitement was knocked down in 3 days, knowing that the movie was an adult movie, requiring her to do sexy dances and being groped by men in the movie.

- Rahel then asked Adi if she could cancel the contract, but Adi said angrily that it is too late and that she has to make money. “This is a big opportunity to make for you to be famous”

- Rahel kept trying to make a way for her to cancel the contract. But Adi didn’t let her, punished her and locked her in her room until she couldn’t cancel the movie.

- The movie was a great success for her. She got famous and received invitations from government superior, asked to accompany them singing in karaoke, drinking and stuff. If Rahel come, she will be paid. Adi of course encouraged her to do so, saying that this could be her real start.

- She was made drunk by the superiors, danced with them and lose herself.

- Scandal
  - The invitations led into a scandal. One day, Rahel and the group of government superiors were caught drinking in a karaoke. This became controversial.
  - A lot of reporters and journalists looked for her. So Rahel was kept at home by Adi, avoiding the negative spotlight.
Depression finally hit Rahel. She felt that this is not what she actually is and not what she actually wants.

She often talked to Baby, her dog, spilling all of her feelings to a big-eyed dog. “I want to stop. This is not who I am”

The dog became her very best friend, even much more than before. She thought that Baby was the only one who could listen and understand her struggles. The dog became her penghiburan.

Because of the scandal, Rahel received a lot of things. She received recognition from a wider audience, but she also received hates. A cheap girl they said.

It made her to be dependent to the dog even more. Their relationship became even more closer. Baby was taken to Rahel’s every shows and stuff.

Abuse

During one of the invitations she got after the scandal, a drunk man insisted to get her to a hotel to sleep together. Rahel was promised by the man to have a new album and more promotions if she went with him. Rahel refused and was hit in the head by the drunk man.

She was then hospitalized and then sent home soon after because her condition seemed to be fine. The man was put in court and sued by Adi.

Climax

- Cerebral Hemorrhage
- Half year after the incident, Rahel often felt a great pain on her head. She often vomited and suddenly collapsed. She thought that it was only because she was tired from the work.

- One day, during her show, she felt a severe headache and blurry vision that made her tumbled and collapsed on stage. She was then rushed to hospital.

- Rahel was then diagnosed with brain hemorrhage where almost 40% of her brain was affected. The area of the bleeding grew wider and wider because she didn’t take care of herself and consumed a lot of alcohol.

- Adi felt both regrets and guilty about Rahel’s condition. If it wasn’t him who pushed Rahel to do the risky job, she wouldn’t be there in hospital, suffering from the brain hemorrhage.

<table>
<thead>
<tr>
<th>Falling Action</th>
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<tbody>
<tr>
<td>Turning points: Positive shows and charity</td>
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<tr>
<td>- Rahel was then put into positive shows like talk show and entertainment shows like (for example) fesbukers.</td>
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<tr>
<td>- She shared her story where she encouraged people not to give up on their dream and live a healthy social life.</td>
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<tr>
<td>- She gained a good name and received more loves than hates.</td>
</tr>
<tr>
<td>- She also participated in some charities, helping those who are in needs.</td>
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| Resolution | - An accident  
| - Rahel was walking her dog Baby at the city street one evening, and then a car hit her.  
| - It turned out that the driver was under influence of alcohol.  
| - Her brain hemorrhage sent her to death.  
| - People remember her as a strong dedicated dangdut singer. Erasing people’s bad mindset of her. |
SUMMARY

The story is about a *dangdut* singer named Rahel Amara who had just started her career in music industry. During a roadshow in Jepara, Rahel and the crews were forced by her boss Adi, to do an encore stage because they didn’t get enough money from the *saweran*. Not long after that, she was tricked into an adult movie by a movie director named Joseph. During the movie production, she had the worst times of her life, depression. The movie brought her a huge success and also a deep downfall. She had to bare a new title, a whore. Her success led her to an abuse by a government member when she refused to sleep with him. Six months after the scandal, Rahel collapsed on the stage. She was then diagnosed by the doctor that she had cerebral hemorrhage. Since that day, she spent her days to positive things like charity and talk shows as she had overcame her depression. On one evening, she was hit by a car when she was walking her dog. She passed away and remained inspirational in people’s heart for her positive actions.
Diamond behind the Siren

Everyone has a decision to make. Rahel did, too. She made her decision a year ago, but she still did not know if her decision was actually a good one or a bad one even until now. What was in front of her was everything she wanted, but also everything that she did not want. The music, the crowd, the vibes—those were what she wanted. The riot, the touching, the irritation—those were what she had never wished for.

But then, she could not give up, not when she had gone this far. Every shows, every flashing lights; she could not give it up just now. She endured everything and did the best for her dream. At least that was what she thought for now.

“Shake it, Rahel~! Move it,” yelled a man seemed to be drunken who got up to the stage to join Rahel for the saweran time. Rahel smelt alcohol from the man’s breath. She moved backward as she saw his red eyes. But the man moved closer to Rahel and she was almost vomit smelling the man’s breathe. She looked around and saw Mas Adi on the right side of the stage. He looked at her sternly, sending Rahel warning that she has to do it right. He surely knew there was plenty of money inside the drunk man’s pocket to spend on a woman who shake her bums in rhythm. Rahel looked away and moved her body in hope for a satisfaction from the man.

He slipped some money in Rahel’s clothes while dancing with her. He was out of sync because the alcohol had taken over. The other people threw money and coins to the stage every time Rahel shook her body a little wilder. That night she just wanted to finish the show and get inside her hotel room.

“You should be ashamed, Rahel. The show was terrible! Look at the money we got, it’s not enough to get us back to Jakarta! Tomorrow, you are going to do an encore. Bring us more money, you hear me?” Mas Adi was furious, because the show was not as great as it should be. He said Rahel did not do her best and he clearly did not want to see the person who ruined the show.
“Now, go back to your room. I do not want to see your face right now. We are wasting time because of your stupidity,” he looked away and massaged the temple of his head. He did not even bother to ask what’s wrong with Rahel or to let her explain herself. She could only sigh and went to her room quietly.

She walked into the opened lift. There was nobody because it was already late. Her room was in seventh floor. It was a long waiting inside the lift. Every second felt like forever for her. Rahel just wanted to get inside her room and get Baby in her arms. She knew she left Baby alone too long that night. Baby must be lonely.

When the lift’s door opened, I looked up and walked to my room in relief. As I got in, I turned all the lights on and got Baby out. Its tail was wagging in excitement. “Hello, Baby. I am sorry. I know I am late. Thank you for waiting for me, though.”

Having Baby in my arms was always everything that makes me feel better after a show. She was everything I have ever since I moved to Jakarta. I hugged Baby and she licked my face and stared at me with her sad puppy eyes. “Ah right, wait here. I’ll get you something.” I put her down and grabbed a bag of dog foods beside her cage. “Just eat your food okay? I need to take a bath.” After I filled Baby’s bowl, I went to the bathroom and turned on the tub to have a nice bath. I hoped it would make me feel better.

The warm water relaxed my body and made my stiff muscles loosen up. All the aches and uncomfortable feeling in my body slowly disappeared. My nostrils inhaled the sweet smell of my aromatherapy candle and it made me calmed down. Looking at the lit candles in the corner of the bathroom made me peaceful.

Who will not enjoy this kind of relaxation. I lowered myself into the warm water. There was still a weird pressure in my chest remembering Mas Adi’s words. He pushed me to be a moneymaking machine. I was not happy with that. I closed my eyes and gave up on the stressful feeling I got from Adi’s words earlier. I knew that I should not be dwelling with my feelings or I would ruin tomorrow’s show, just like what I did earlier.

✦✦✦
“Our flight is in five hours. What do you mean we have to do another show?” said one of the guitarists from Rahel’s show. The crew was gathering in the hotel’s lobby. Rahel looked around and she saw the unhappy look of the crew. It turned out that Adi just told the crew about the encore show.

“My daughter is sick and now she’s driven to hospital. I need to go back in time, Adi,” said another crew. Rahel did not say anything. All she could do was lowering her head and staring at her skirt with guilty feelings. It was all because of her.

“Look, we haven’t reached the target last night. Would you rather come home with half of your payment or spend two more hours and come home with half more from your wage? I can guarantee you won’t miss your flight,” said Adi. He looked at everyone right in their eyes.

The crew looked at each other and nodded their heads. Rahel felt relieved as she heard no further chaos because the encore stage. She was expecting the crew would be mad and blamed it all to her. Rahel lifted up her chin and looked at Adi. But he didn’t even bother to look at Rahel. Inside his head, Adi was only thinking about the extra money he would get from spending the last hours before returning to Jakarta.

The show was not as Rahel had expected. She expected that the crowd would not be that large, because they had a show at noon. The stage area was full of throng. She was happy to see many people come to the encore stage.

It would be worth a lot. The crew would not regret what they were getting themselves into. Let’s do your best, Rahel.

As soon as Rahel greeted the audience, the music kicked off with the roar of the guitar’s melody. She then moved her body in rhythm, enjoying every beats of the music. It was her original song and that makes Rahel felt very excited. Maybe that day she did not want disappoint her boss.

On her third songs, people suddenly came up on the stage. Rahel did not expect the saweran session would be that fast. She looked at the backstage to find Adi, but she could not find him anywhere. Maybe the show will end earlier, so we can get to the airport on time. She smiled beautifully and danced with the men who got up to the stage.
Three middle-aged men danced with her while singing with her. It was quite fun, until one of them touched Rahel. He wrapped Rahel’s hip with his arms and shook his body with Rahel. The crowd was getting louder. They were excited with what they saw on the stage. A lot of coins were thrown to the stages, and there were a man who slipped some money to Rahel’s bra.

Rahel was terrified. She looked around and still could not find Adi. She wanted to stop, but then she remembered about the music crew. One of them had their daughter in the hospital. He might have needed money to pay the bills. She bit her lips and continue dancing with them. The three men took turns to put their hands on Rahel’s tiny hips. Some bills were slipped into Rahel’s breast through her sexy dress.

After the fourth song, Adi was seen standing near the crowd. He was smirking with satisfaction. It made Rahel felt so sad and anxious, but she could not give it up. She was only thinking about the music crew who were willing to do the encore stage after her mistakes last night.

The show was great. Everyone who watched the show felt so satisfied with Rahel’s movements. Adi was also satisfied because he got more than he expected. “Great job everyone! Now, it is time to call it a day,” he said. Behind him stood a man who was staring at Rahel seriously. He looked very important.

The music crew immediately tidying things up and got themselves ready for going home. That was a great timing for Adi to introduce the man behind him. “Rahel Amara, meet Pak Joseph. He is a movie director and he is looking for a cast for his new movie production,” said Adi. There was a smile on his face.

Rahel greeted Pak Joseph politely. “Nice to meet you, Pak Joseph.” The man smiled and put his hands inside his pockets. “Hi, Rahel. I watched the show. It was amazing!” he said friendly. “Thank you, Pak,” Rahel smiled vaguely to Pak Joseph just to be polite. She wiped her sweat with her right hand, tried to control her beating heart, as she was still annoyed with the rude treatments she got on the stage a couple minutes ago. She could feel cold sweats on her back.
“You know, I need a cast—a main cast. Just like you. A beautiful and charming woman,” Pak Joseph smiled then continued, “It is called Fire Forest in December. It is a beautiful love story, but it is not completed. However, I think you are the missing piece we are looking for this all time.”

A smile appeared on Rahel’s face. This was the first time someone pays attention to her, not because he wanted to touch her or dance with her. It was a big opportunity and she could not possibly refuse it.

“Would you like to come for an audition? I will send you the script via e-mail. I will be waiting for you,” Pak Joseph squeezed Rahel’s hand in full hope. “Thank you very much, Pak Joseph. I will look at the script as soon as you send it.”

“You must come. It is a big opportunity, Rahel!” said Adi with a smile. Rahel just nodded and smiled faintly before she left the backstage to her hotel.

By the time I got into my room, my legs were as weak as jelly. I was trembling and everything felt very cold. I ended up falling on the floor in front of the door. I could see Baby barking at me with her nervous tail wagging. She knew something was wrong with me. *Baby, could you please help me?*

I did not realize that the *saweran* session gave me bad impact like this. I had never been touched like earlier in the *saweran* session. Usually there were security control, which helped me to avoid such an inappropriate act. From the first time I signed the contract letter, I put one condition where I do not want to be touched inappropriately if there must be a *saweran* session. But today, it seemed like Adi let the show went on without it. I was terrified. I could still feel the disgusting feeling I received when they grabbed me by my hips and danced with me in turns.

It has been ten minutes since I sat on the floor. Baby’s barking had changed into a whimpering. She wanted to go out, but I still could not get up to unlock the cage. I had no energy. On my chest, I felt a big hole that makes me feel very unhappy. I wanted to cry it out, but no tears were falling from my eyes. It was the most torturing time of the day for me.
It was also the first time I wanted to slap Adi on his face for violating the contract. But I
didn’t have enough energy even to confront him about this. Every time I disagreed with him, he
always came up with different things to make me feels as if I had no choice but to say yes to him.

I looked at the clock on the wall. I had thirty minutes left to clean up and went to the
airport. “Let’s just do this. At least I have a good thing happened today,” I sighed and got up. I
went straightly to the bathroom to wipe the make up on my face, ignoring Baby who was crying
in her cage. I felt bad about her, but I could not waste my time to take care of Baby nor what I
felt. I needed to get out from Jepara and go home to take a good rest.

Three days after the show in Jepara, Rahel went to the audition for Fire Forest in
December. She was asked to take some scene and sing. It was not something difficult for her,
and without waiting for a long time, she got the main role in the movie. It was maybe the
happiest day in her life after she signed a contract with her agency.

“Maybe this time, I can really make my dream comes true. To be a great entertainer.”

But the excitement went away when she attended the meeting before the movie shooting.
Fire Forest in December was an adult movie where she had to do intimate scenes in the movie.
The script that Pak Joseph sent to her previously was a simplified script of the movie. It didn’t
mention at all about the intimate scenes. She was tricked and the anxious feeling came to her
again.

“Mas Adi, I can’t do this. I was tricked! I did not know if the movie is a S rated movie.
Can I cancel…“ But abruptly Adi interrupted her words.

“What the hell are you talking about? See the big picture. You will get famous. You do
not have to do a show town to town again! Everyone will recognize you. You can’t cancel!”
Adi’s eyes grew wide and he pointed at Rahel harshly.

“You signed the contract, Rahel. If you quit, you need to pay fine. A big fine. Where will
you get that much money from?” said Adi sharply. His eyes were scary. He stood very close to
Rahel and his face was really close to Rahel’s face. They were in Pak Joseph’s studio. Everyone who passed them stared at them because Adi’s high tone and loud voice.

“You are right. I-I don’t have enough money,” Rahel stuttered. She has to pay a billion rupiah if she canceled the contract. She had no idea where she would get the money from. Her roadshow was not a big roadshow. Even if she had saving in the bank, it would not even cover half of the fine.

“Then you don’t have any reason to quit. The ink has dried out, Rahel.”

From the day on, Rahel tried to find every possible ways to quit from the movie production. She tried to borrow money from the bank and contact her relatives. However, Adi was aware of this. He decided to stay at Rahel’s house during the movie production. He would lock Rahel all day in her room without cellphone or computer. He would only give Rahel plain foods so she would not have a lot of energy to fight against him.

Adi would only let Rahel out for the movie production. “Pak, please make sure she goes to the shooting area and get her back home in time,” warned Adi to the driver.

Rahel was sitting quietly on the back seat. She was tired, humiliated, and sad. Every single day, she forced herself to act in front of the camera. She had to endure every skin ship she had to do with the male cast. She also didn’t understand why Adi was very strict about the movie.

Even if inside she was broken, she tried her best to behave nicely and smile to everyone in the production. She knew that it is wrong for her to be negative in the production because it was not only about her. It was about everyone who was in the team. Five people tricked her, but the other twenty-five people did not. That was why she faked her behavior, for the best of everyone.

After the shooting, she usually ate dinner briefly and went straightly to her room. She could not stand to eat in the same table with Adi. She preferred to spend her time inside her room with Baby.
One day, she realized the reason behind Adi’s harsh actions during the movie production. She found the planning book of the movie production that was left opened on the table. Adi was going out for lunch but Rahel stayed in the studio because she was reluctant to eat out. She then read every important things in the book and she found out that Adi would get ten percent of her payment by the end of the production.

“Oh my god.” She sighed and sat on the chair with weak legs. She was mad. She was mad to herself for not knowing this from the start. She should have known this, because she knew Adi cared about money more than anything else. She was mad. She wanted to pour it all out but she was too tired. In the middle of busy studio, Rahel sat on her chair with an empty glance with a mixed up feelings in her heart.

“I was tired today, Baby. It was always like that, but I did not have any scenes with skin ships today. That is a good thing. However, I am always emotionally drained after a long day in the shooting area. Do you think I have to stop faking?”

Baby was laying down with me in the bad. We had spent hours of doing nothing because I had no energy to do any other activities. Usually, I would spend my free time to cover a song for my social media content. I had a keyboard in my room that I always used for it. However, right now, the keyboard teeth was full of dust, as I had never touched it for months. I would also do cross-stitching and put my creation in a wooden frame. However, I left my last project untouched for months inside my drawer.

I looked around my room to see my keyboard and my finished cross-stitching projects on the wall. I wonder how I could be very happy just by doing those hobbies. Right now, everything seemed so blur and dull. I lost interests of the things that used to make me happy, even between my busy days.

Talking with Baby was the only thing that makes me feel a little bit better. She always listened to me and cherished me whenever I was sad. She would never leave my bed when I was sleeping. We became very close every day. She understood me, I understood her. Every time I
was in my darkest time, she would stay beside me and put her paw on my palm. It was as if she said that everything would be all right. That she would never leave me.

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After almost six hell-like months, the filming finally finished. It was the day where Rahel got her freedom back. Adi moved out from Rahel’s house and let her live her normal life. Finally, the chain was removed from my feet after a half year. She could enjoy her meal and rest comfortably since no one would control her anymore.

The day before Fire Forest in December was released, Rahel didn’t go out from her house to join the movie crew to have a dinner. Rahel did not even bother to wait for her upcoming movie. She did not update anything about the movie in her social media accounts. She was not excited at all about it. In fact, she was anxious about it. Her image in the public would be very different after tomorrow and it was clear that it would not be a good thing. She was anxious about the movie. She was scared of what would happen after the movie release. All that she could do was staying in her room, on her bed. There were numerous times where she had to go to her bathroom because she was very sick. The movie was a nightmare for her.

After the movie was released, Rahel was surprised as it became one of the most successful movies of the month. The movie tickets were sold out rapidly in one theatre to another theatre. I do hope the movie would not fulfill the target. It is not a good movie anyway.

Despite her forethoughts, it turned out that some scenes were censored in the theatre and people loved the storyline. Her popularity rose up. Her roadshow was always jam-packed, and people demanded encore stage every roadshows. Adi was happy with the money they received every other roadshow. Because of that, he stopped bothering Rahel. He kept the security control well guarding the show, so inappropriate actions of the assembly did not happened during the show.

Rahel was relieved. But before she could have enough rest from the harassment, the storm came back again. There was a celebration for the movie success on Saturday night. Rahel had no intention to come to the celebration, but Adi forced her to come.
“I need to rest, Mas. I don’t think I’m in a good condition for it,” said Rahel. “Are you kidding me, Rahel? Who is the main cast of your movie? That beagle? Or me?” said Adi in an irritated tone. He was pointing to Baby who was sleeping on Rahel’s lap.

“This is important, Rahel. I do not care how you are feeling now. Just get ready. Your stylist is waiting. No more words.” Adi left the room as he took his phone out from his pocket and called someone.

In front of Rahel was her stylist, Mbak Junee. She smiled at Rahel with a beauty case on her right hand. “Let’s make you the prettiest woman in the party, Mbak Rahel. I have picked up some of the best dresses for you,” she said. Her smile was sincere. It made Rahel’s heart softened.

“Okay, I’ll get Baby to her room first. I won’t be long, Mbak Junee,” Rahel carried Baby in her arms, stood up, and smiled at Mbak Junee before she walked to Baby’s room.

From: Adi

I will not hear any excuses from you. Come to the invitation. The driver will pick you up.

I had spent five minutes staring at Mas Adi’s text. He wanted me to go to the party invitation with someone from the government. It was because of the movie.

I went to a similar invitation just three days ago and last week. It was terrible. The invitation was actually an invitation to accompany the superior to dance and drink in a private karaoke room. There were at least three woman who had to fill their glasses with beer and sometimes even feed them snacks. It was the most disgusting thing I had ever involved.

Mas Adi did not want me to miss the invitations, because the invitations were a bridge for Mas Adi’s success. He said it was also for my goodness sake. They paid a good money for every karaoke times that I joined.

“You just have to smile, sing, and dance for them!”
That was what Mas Adi said to me when I received the invitation for the first time. I was upset to everyone that time. If it was not because Fire Forest in December, I would not be fully exposed like this. The movie was great, but it would be different now since everyone can access the movie in the web by now. People could watch the movie without being censored or cut like in the theatre. This was everything that I did not want. The invitations were because of the movie, too. I was sure of it.

I sighed and texted Mbak Junee to come to my house. I did not think I have enough energy to put on makeup by myself. Lately, I asked for other people’s help for almost everything that I needed to do. I hired a house cleaner for cooking, cleaning, and laundry. I normally did that myself because I had never been too busy or too tired. Now it seemed to be very impossible for me to do all of that by myself.

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“Rahel Amara, I heard from that you do not touch any drink when you do your job,” said Mr. Prasetyo while pouring whiskey to an empty glass. He was one of the ministry members. He was with three of his friends and five women who came to entertain them.

Everyone looked at Rahel who was sitting on the corner of the sofa with her sexy red dress. Adi made her wore that earlier. “Why? Alcohol is not that bad. You have to try, Rahel,” he said again. His face was already red from drinking too much.

“I don’t like the taste of alcohol, Sir,” said Rahel politely with a faint smile.

“But you have to try it tonight, or I won’t pay you,” Mr. Prasetyo smirked. Everyone else encouraged her to drink. She panicked thinking that Adi would be mad if she did not get the money.

“It seems like you can’t refuse now. Drink,” Mr. Prasetyo walked to her and gave her the glass of whiskey earlier. Rahel hesitated for a while, but she took the glass with a trembling hand then chugged on it.
The alcohol burnt her throat. She grabbed a mineral water, but the other person snapped it from her hands. “Hey, you will lose the sensation if you drink water,” he said. Mr. Prasetyo laughed and sat next to Rahel.

For the next hours, Mr. Prasetyo forced Rahel to drink more and more. When Rahel was drunk, he smirked and wrapped his arms on Rahel’s hips. “It seems like you have to sleep now. What about staying for the night with me tonight? My men will tell your driver to go home. I’ll take care of you,” said Mr. Prasetyo with his eyes on every curve of Rahel’s body.

“No, Sir. I can’t, I have to go home now,” Rahel tried so hard to stand up. Her head was spinning around and her body was very hot. “Why do you have to go home? It is more comfortable in my room,” Mr. Prasetyo pulled Rahel’s hand, but Rahel put his hand away. “Screw you!”

Mr. Prasetyo’s face changed. He was upset by Rahel’s behavior. He stood up and took an empty bottle. “What did you say? How dare you, bitch! You are nothing more than a whore, you are not talking to me like that. Apologize!” he yelled at Rahel. Everyone stopped what they were doing and watched what was happening in front of them. No one was dare to say a word.

Rahel was out of mind because of the alcohol. She scoffed and turned her back from Mr. Prasetyo. “I’m going home, Sir. I don’t care if you don’t pay me,” she said while walking to the door.

Two steps to the door and she felt a hard hit on her head, then she fell to the floor unconscious. Mr. Prasetyo hit her head with the bottle on his right hand and sent her to darkness.

The bitter smell of medicine and alcohol filled my lung as soon as the consciousness hit me. Slowly I opened my eyes and looked up at white ceiling, I was in a hospital room and it was very quiet. I felt a very great pain on my head as soon as I tried to move my body. I bit my lips because of the pain on my head and I could not speak, as I was very weak. I looked around and saw Mas Adi sitting on the sofa with a phone on his hands. He was the only one in the room. I tried to remember what happened last night, but I could not remember a thing. Suddenly, I felt very guilty upon myself as I remembered that last night I drank alcohol. I should not have taken
it from Mr. Prasetyo. If I went home, I would not end up in the white room everyone hates. It feels like the room imprisoned me inside that it made me feel anxious.


“Oh, you woke up?” said Adi who was walking to Rahel’s bed. He looked a little bit worried. “Did you remember what happened last night?” asked him. Rahel did not answer him because she was confused.

“Mr. Prasetyo made you drink alcohol—and hit you on the head with a bottle made of glass. Your driver contacted a police and it was all over the news by now. I also have contacted a lawyer for you. Now, get a nice rest. The doctor said it wasn’t a major wound, so you can go home a week from now.”

Months after the incident, the police decided to arrest Mr. Prasetyo because Rahel’s case was not the only case where he abused women and used the prostitution’s service. Rahel was then not allowed to come to the invitations again. The public despised her, saying that she didn’t deserve all the popularity because she was just a whore. On the other side, Rahel’s case with Mr. Prasetyo was a huge punch on Adi’s face. He felt guilty as he was the one who arranged the meeting with Mr. Prasetyo. Because of that, Rahel was dying in hospital.

Ever since that incident, Adi stopped making Rahel do extra jobs for extra money. He knew he should stop by that time or something worse would happen.


“Baby, do you want your foods?” I looked at Baby who was sitting beside her bowl while looking at me. She barked as if she said yes. I smiled and stood up from my bed. Suddenly, I felt a great pain on my head and I ran to my bathroom to vomit. It had happened almost every two days since last month. I was busy with my roadshow, and when I got home, I always felt a great pain in my head that makes me want to vomit.

“I must be very tired, Baby. Here, eat your food without me. I need to get a nice rest,” soon after the pain went away, I filled Baby’s bowl and laid down on my bed to sleep. I was very exhausted that night.
It was a Friday night’s show when Rahel forced herself to show up on stage even if she was not feeling well. She took a vitamin before the stage to maintain her energy. She was worried if she cancels the stage, everyone would feel unhappy, so she tried her best to act as if she was fine.

In the middle of the show, Rahel felt her head was very painful. She squeezed the mic stand in front of her and she bit her lips. It was not just pain, but her vision also became blur. She could not see anything and stopped singing because she was panicked. She was scared to death because she did not know what was going on. The crowd felt Rahel’s panic attack.

Rahel tried to walk and find someone to help her. The music crew realized there was something wrong. The bassist approached Rahel and took her hand. “Mbak Rahel, are you sick?” he asked with a worried tone. However, before he could hear her answer, Rahel’s fell on the stage. That night was even darker than the day when Mr. Prasetyo hit her. Everything was pitch black for Rahel. She was then taken to the hospital.

When she woke up from a long dark sleep, the nurse told her that it was already two days she had been in the hospital. When the doctor met her, she felt like she got a punch on her chest. She heard the most heartbreaking news. She was diagnosed with cerebral hemorrhage. Forty percent of her brain was already infected. That was because she kept the pain all alone and did not get help as soon as she felt the pain on her head almost six month ago. The area of bleeding grew bigger rapidly because it was triggered by the alcohol she had with Mr. Prasetyo.

When the doctor asked if she wanted a surgery for that, she refused politely. She would rather spend her days resting from the entertainment world than getting a surgery that only has fifty percent chance of survival. It was the day where she had to give up on her dream.

Nothing could harm me again. There’s nothing to be worried about. I have to let go of my past. I have to focus on what’s left. I need to do good deeds.

Rahel spent her days in the hospital room by repeating those words in her head. She told herself not to be dwelled in the past. She forgave everyone and everything that had hurt her in
the past. When she got home from the hospital, she finally felt better. She could do her hobbies again and interacted with her surrounding well.

Three weeks after she came out from hospital, she went to the bank to get all of her savings and asked her driver to drive her to orphanages and cancer community to give charity. She was aware that her illness would leave her a short time to live, so she did what she could to be useful to others.

Her actions caught media’s attention. It made her name rose up again in the social media. She was seen as a pretentious person who did charity just for clearing up her name from the scandal she was involved eight months ago. However, Mas Adi helped her to get into a television show where she would be given time to tell her story. This was because Mas Adi felt guilty of his past mistakes to Rahel. He was one of the reasons why Rahel could not live up her dream as she could in the past.

“I was always happy to help others. There were the times where I could not help others. The time where I lost in a black hole. However, God helped me to get out from that black hole. Even if then, I have to bear this illness, at least I could be useful to others just as what human was designed for.”

Rahel’s words moved people’s heart and the hatred she received had decreased ever since.

The park was not crowded in this evening when I went back from a charity. I took Baby out for a walk because I knew she was bored to be in her room all day. The park was not far from my house. We walked there while enjoying the cool air of the evening.

“How about meat for dinner? I will order us beef stew. Tonight would be a special night for us,” I looked at Baby who was walking in front of me. She did not answer me because she was excited. I had not been taking her out for a month because I was busy with the charity. I giggled seeing Baby who would normally answer me, but today she was too happy that she could not hear me.
When we arrived at the park, there was almost nobody there. It was perfect. Baby could enjoy the park for herself. Normally, if there were other dogs, they would bother her, so she would stay near me instead of running around. I took off her leash and let her roaming free to explore the park. “Go on, Baby. Have fun,” I smiled and petted her head before she ran to her favorite spot.

After an hour of exploring, I called Baby and we went home. It was almost eight in the evening. I was excited for dinner. Baby loved beef so much and I could not wait to see her licking the plate clean.

Very few vehicles passed the street on our way home. It must due to the dinner time. I hummed a song I liked while matching my walking pace to Baby when suddenly a pair of strong lights spotted me followed by chaotic sound of a car horn. I just stood frozen. My legs were cemented on the street. That time I knew that it would be my last night. I froze on my spot while Baby ran away scared. The last thing I remembered was the blinding light of the car then I went with darkness again.

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“Rahel Amara died on an accident last night. A car hit her when she was on the way to her house after walking her dog to the park, a witness stated. The driver was not in a sober state and was arrested for driving under influence of alcohol. Rahel was known as a dangdut singer who gave up on her dream shortly after she was diagnosed with cerebral hemorrhage and spent the rest of her live to do a lot of good deeds and charity. She is a wonderful woman with a beautiful heart as she is loved very much by the society.”

Some people were watching the news from the public television in the railway station. Everyone was mourning of the loss, especially those who had known Rahel either from the television or from the real life. They had lost a very impactful woman who stayed strong even until the end of her live. She had inspired many people with cancer and cerebral hemorrhage for keep on living their lives and be kind to others. She was loved. The nation won’t forget her kindness and greatness. She would be in people’s heart.
Reflective Paper

According to The American Psychiatric Association (APA), mental illnesses are health conditions where there are changes in emotion, thinking or behavior. Those are linked with distress and problems functioning in social, work or family activities. There are many mental illnesses. According to talkspace.com on 2018; Depression, Anxiety, Bipolar, Schizophrenia, and Dementia are the most common mental illness.

Marina Marcus in her paper stated that depression is a mental illness that presents with depressed mood, loss of interest or pleasure, decreased energy, low self-worth, disturbed sleep or appetite, and poor concentration. It has become the most common mental illness in the world. At least, 350 million people are affected with depression, (WHO, 2012). In their health survey on 2011 which was conducted in 17 countries, there is at least one in every 20 people was affected by depression. It has moved World Health Organization to move in raising people’s awareness about depression.

Depression in society

Marina stated that depression is a significant contributor to the global burden of disease and affects people in all communities across the world. This means depression can affect anyone, anywhere, and at any times. Depression in some level or severity can lead to suicide. There are 3000 suicide deaths every day, which means there are one million loss every year because of depression. (WHO, 2012)

From the data above, we could see that people are not completely aware about what depression is and how to handle it. One of the famous quotes from Henry Wadsworth Longfellow is “Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.” This quote depicted how society perceived someone with depression. People don’t take people with depression seriously because the cause of depression may be something that is unexpected. According to Ava in her book “100 Questions and Answers about Depression”, the cause of depression can’t be easily defined. Sometimes, depression is also heritable. Thus, people often simply assumed that depression is a sadness. Sometimes, people will also think that depression is an exaggeration.
That assumption often make people afraid to show or tell people that they are struggling with depression. However, the coping up mechanism for depression is actually accessible.

“Unlike many largescale international problems, a solution for depression is at hand.” (Marina M., 2012)

According to Dr. Jo Borril in his book entitled “All About Depression”, there are some simple treatments for mild to moderate depression. One of the treatments is “Social Support”. People with depression should have someone to talk to, who is willing to help and support them. “Taking Control”. Someone with depression should find a situation where he could feel that he has control over his life; and stopped feeling hopeless. If someone is too afraid to share about the depression he has, it is possible to handle depression by himself.

In writing the story, I relied on the library study more than the interview. I read a lot of books and paper about depression. It helped me a lot during the writing process, as I could understand the behavioral patterns of someone with depression. On the process of writing, I found two unexpected things that turned out to be important. The first one is Twitter Thread, which is a longer version of a tweet. Twitter is one of the most used social media nowadays. Through my Twitter account, I found some twitter thread about depression. This helped me to find out more about how depression affect people in the recent times. The second one is Billie Eilish. She is a 17-year-old singer who is struggling with depression. During her interview with Vanity Fair, she talked about her pressure being a singer, which led her to depression. There is also a Youtube video by Zeino entitled “Why Billie Eilish is Always Sad”. In his video, he put some cut videos from Billie’s interview when she talked about her depression. Those videos helped me to understand what depression like for a singer.

The main difficulty in writing the story is dangdut as a theme of the story. I have never been interested in dangdut before. Therefore, writing a story about dangdut was very challenging for me. I had to do a lot of searching about what is saweran and how people behave during the saweran. In my story, there are two point of views. I had to switch point of views on my storyboards. I used first point of view when the main character was alone and the third point of view when she was with other people. Sometimes, I would find it difficult if I couldn’t write more in a storyboard as it is limited by the point of view.
The portrayal of the situation through the story

My story is about a dangdut singer named Rahel Amara, who had just begin her career in dangdut. She had her own roadshows and every shows ended with saweran. At her roadshow in Jepara, she had to do an encore stage where she was touched by three men in saweran. At the same day, she met a movie director who seemed to be interested to put Rahel in his movie called Fire Forest in December and recommended her to come to the audition.

After the audition, Rahel realized that she was tricked into an adult movie. She couldn’t find a way to resign from the movie and forced by her boss to finish the filming. During the filming, Rahel was affected with depression. The movie was a big success for Rahel’s career. However, she had to come to some karaoke rooms to entertain government members as she was exposed as a sensual person through the movie. It led her to a scandal where she got hit with a bottle and rushed to the hospital.

On one of her shows, she collapsed on the stage and later on was diagnosed with cerebral hemorrhage by the doctor. She had to give up on her dream as she only had a short time to live after that day. She spent her days in her hospital room trying to get out from depression. After she felt better, she spent her days on charities and talk shows, which gave people who suffered from the same illness motivations and encouragement.

Her inspirational actions stopped when a car hit her and sent her to a forever rest. She stayed in people’s heart and remembered as an inspirational public figure.

Conclusion

My story depicts how people, especially a dangdut singer struggle with depression from a certain standard that is created by the society. Sometimes people are afraid to tell others about depression because the society is still unaware about it. When someone couldn’t get the social support that they need to overcome depression, they could overcome it in another way. One of the way is to take control over their life and to stop feeling hopeless about everything.
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