

The Potential of Korean Drama as Edutainment Media to Improve Mental Health Literacy: Content Analysis of “Daily Dose of Sunshine”

Kinanthi Estu Linadi✉¹⁾, Tuningsih Haryati²⁾

¹ Doctor of Public Health Science Student, Faculty of Public Health, Universitas Indonesia, Depok, West Java Indonesia

² Master of Psychology, Faculty of Psychology, Universitas Indonesia, Depok, West Java Indonesia

✉Email: kinanthi.estu@ui.ac.id

ABSTRACT

Background: Mental health literacy is currently very much needed considering the high rates of psychological issues in Indonesia and the stigma that still exists towards individuals with psychological issues. The emergence of the Korean Wave in Indonesia has made Korean dramas one of the potential media for enhancing mental health literacy. **Objective:** This research aims to analyze the content (characters, setting, visual codes, and key messages) related to mental health that conveyed through the drama “Daily Dose of Sunshine”. **Methods:** This study uses a qualitative method with John Fiske’s semiotic analysis, including analysis at the levels of reality, representation, and ideology. **Results:** The reality analysis focuses on visual elements, display code, dress code, makeup code, how-to-speak code, gesture code, expression code, and environment code that depict the interaction between health workers, mental health clinic patients, and their families. The representation analysis focuses on the dialogue analysis, which contains key messages about mental health. The representation analysis results indicate six key messages conveyed through the dialogue between health workers and individuals with psychological disorders. In the ideology analysis, key mental health messages were found, including the importance of managing stress for mental health; the importance of seeking professional mental health help; the issue of stigma towards people with psychological disorders; the dangers of self-diagnosis; the role of family in supporting the recovery of individuals with psychological disorders; and the notion that anyone can experience psychological disorders. **Conclusion:** From this study, it can be seen that Korean dramas are a form of edutainment media that can disseminate key mental health messages to a broad audience. Therefore, it is hoped that there will be further development of health promotion media in the form of series to promote health issues in Indonesia, particularly regarding mental health and well-being.

Keywords: Daily Dose of Sunshine, edutainment media, Korean drama, mental health

INTRODUCTION

Mental health issues remain a global concern that needs to be addressed. Before the pandemic, around 970 million people worldwide were living with mental disorders. Chronic stress, schizophrenia, depression, bipolar disorder, anxiety disorders, and eating disorders were examples of common mental health issues (WHO, 2022a). In Indonesia, according to the *Riset Kesehatan Dasar (Riskesdas)* 2018 report, 9,8% people aged more than or equal to 15 years experienced emotional mental disorders, and 6,1% people aged more than or equal to 15 years suffered from depression (Ministry of Health of Republic

of Indonesia, 2019). In the latest report of the *Survei Kesehatan Indonesia (SKI)* 2023, the assessment on indicators related to mental health including psychosis disorder, depression, and mental health problems. In the report, it was recorded that the prevalence of households with family members with schizophrenia (having symptoms and having been diagnosed) was 3%, the prevalence of depression in the population aged more than or equal to 15 years was 1.4%, and the prevalence of mental health problems in the population aged more than or equal to 15 years was 2%, where 61% of them had thoughts of suicide (Ministry of Health of Republic of Indonesia, 2024). Furthermore, according

to a report from the World Population Review, around nine million Indonesians suffered from depression, and there was one suicide every hour. Despite Indonesia being the fourth most populous country in the world, with a population of approximately 270 million, there were only about 800 psychiatrists, 450 psychologists, and 48 mental health facilities available in the country. In addition to the limited number of human resources and facilities, accessibility was also being a significant issue in mental health care, as many services were only available in provincial capitals and major cities. Those situations prevented people showing signs or at risk of mental health issues from receiving timely and optimal treatment (Chan, 2019; Ministry of Health, 2021). The high number of mental health disorders was certainly a problem that required serious attention, as mental health was an integral part of every individual's overall well-being and determines their quality of life. There was no health without mental health. An individual with good mental health would be able to manage their life, to build relationships with others, and to have optimal function to fulfill their roles in society (WHO, 2022a).

Public awareness of mental health in Indonesia remains a challenge (Ardi, 2022; Center for Public Mental Health Fakultas Psikologi UGM, 2020; Millenia, 2022). Stigma and discrimination continued to be significant barriers for mental health practitioners. Increasing mental health literacy was essential so that people can become more skilled at recognizing signs of mental health issues and seek appropriate help as soon as possible (Center for Public Mental Health, 2020). Mental health literacy referred to the knowledge and beliefs about psychological disorders that can help individuals recognize, manage, and prevent mental health issues. It was including understanding basic psychological conditions, knowing the options for seeking help and treatment, strategies for dealing with milder problems that can be self-managed, first-aid skills to address mental health crisis and support others experiencing mental disorders, as well as knowledge about the prevention of psychological disorders (Kutcher et al., 2016). Mental health literacy required the media to ensure that

the information provided effectively reaches recipients. The effectiveness of using media was largely determined by the number of senses involved. The more senses that were engaged, the easier it becomes for individuals to understand and absorb the message being conveyed (Jatmika et al., 2019).

The education-entertainment (edutainment) communication strategy could address the needs of media for increasing mental health literacy. If conventional communication and media strategies were considered less interesting and boring, edutainment media could be an alternative media choice that provided entertainment while educating its audience without them realizing it. Edutainment strategy was a sequence of processes of designing and establishing messages that were intentionally delivered on the media with the aim of entertaining and educating the audience about important issues, building positive attitudes towards those important issues, and changing the behavior of its audience. If implemented properly, edutainment media could encourage massive behavioral changes to the emergence of initiatives to advocate for certain issues. At the beginning of its emergence, the edutainment communication strategy was carried out through soap opera programs on radio, television, music, films, and print media (comics, story books, or stories from entertainment figures published in magazines) (Brown & Singhal, 1999; Singhal & Rogers, 1999).

In today's era, there was a phenomenon that has the potential to become an edutainment media containing educational information that could increase public literacy about mental health issues in general, namely through Korean Dramas. Korean dramas were part of the Korean wave, also known as *Hallyu*, a cultural phenomenon that has gained global popularity. The *Hallyu* phenomenon began in the mid-1990s when some South Korean drama and music productions received significant enthusiasm from audiences in Asia (such as Japan and China). A few years later, it expanded and became a worldwide sensation, including drama, K-pop bands (boy bands and girl bands), songs and music, fashion, and even food and culture. Until this day, *hallyu* has grown into the largest and

fastest-developing cultural phenomenon, with a massive impact across the nations, unprecedented in modern history (Effendi et al., 2016; Kim, 2022; Suratmi, 2024). As a country with a very large population, Indonesia is a highly potential target for marketing the Korean Wave. The younger age group, starting from the millennial generation, is the largest segment of the population and is also the most receptive to anything related to the Korean Wave. Not only enjoyed it, the Korean Wave also impacted daily life for many Indonesians. Learning the Korean language, becoming a fan of Korean cuisine, and saving money to attend concerts or visit South Korea as a vacation destination were examples of how significantly the Korean Wave has influenced Indonesian society (Sarajwati, 2020).

In South Korea, dramas were produced not only for entertainment purposes but also as a medium for promoting culture, cuisine, tourism, technology, and all of their commercial products. They conveyed messages about positive moral values. Some prominent aspects presented in dramas that made Korean dramas so popular with audiences include customary values (such as hard work, enthusiasm, politeness, etc.), ethics, art, fashion, ancestral cultural values (especially in historical or royal-themed dramas), and language (Effendi et al., 2016; I. P. Putri et al., 2019). Korean dramas were also developed with the mission of educating their audiences. Many pieces of information were presented interactively, making Korean dramas an effective and engaging medium for education. Because of this potential, we can find Korean dramas that address social issues such as politics, law, international conflicts, crime, bullying, and health, including mental health (Hamdan & Ismail, 2019).

Mental health has become a social issue that has been quite intensely promoted through Korean dramas in recent years (MacDonald, 2021). Korean dramas have also been widely analyzed for their influence on the determinants of the mental health of their audiences (Longkumer, 2024; Shaji & Gupta, 2024; Ta Park et al., 2019, 2020). However, research analyzing mental health content in Korean dramas is still limited. "Daily Dose of Sunshine" was one of the latest Korean dramas that raised mental health

issues, so there were not many articles that analyzed the content or its influence. This drama, which categorized under the genres of TV drama, Korean drama, and webtoon adaptation, was released in 2023 and consisted of one season with a total of 12 episodes. The story revolved around Jung Da Eun, a psychiatric ward nurse who worked diligently for the recovery of her patients. Although caring for patients with mental disorders presents challenges, Jung Da Eun always strived to give hope in each of her patient, while also taking care of her own mental health (Wulansari & Urfan, 2024). In order to optimally influence its audience about mental health issues, the drama needs to arouse its audience's emotions through characters, settings, dialogues, and other visual codes. Stories, settings, dialogues, and visual codes that are similar or look real to the audience's daily lives are what can increase the audience's emotional involvement so that the message conveyed can be more easily accepted (Grady et al., 2021; Singhal & Rogers, 1999). This research aims to analyze the content (characters, setting, visual codes, and key messages) related to mental health that conveyed through the drama "Daily Dose of Sunshine".

METHODS

This research adopted a qualitative approach using semiotic analysis. In communication studies, various aspects influenced the message delivery process, such as language, imagery, design, and more, all contributing to the meaning-making process from the communicator to the recipient. Semiotics studies visual language and the meaning of signs to uncover meanings within context in the communication process. It helped the recipient develop a deeper understanding of a message, including messages conveyed through film media (Riera, n.d.).

The data collection techniques used in this research are observation and documentation. Observation involved watching and analyzing the series "Daily Dose of Sunshine" on Netflix, while documentation was carried out by taking screenshots of scenes that contain key messages. The data triangulation for this study employed Denzin's (2017) type of triangulation, specifically source

triangulation, which involved searching for literature related to the research topic (Denzin, 2017).

The analysis encompassed aspects such as sentences, images, and gestures that visualize the mental health issues presented in the scenes of the drama. The use of symbols and codes can form the meaning in the audience so that affect the audience's interpretation. With semiotic analysis, it can be identified what symbols and codes are used to convey a certain message, as well as how the message is delivered through the representation of characters, settings, and sentences in the dialogue, so that it is hoped that the audience can interpret the content in the media as expected (Hasna et al., 2023; Wijaya & Utami, 2023; Yudistira et al., 2024). Selected scenes from "Daily Dose of Sunshine" were chosen based on the research objectives and categorized for analysis. Using John Fiske's semiotic theory, the researcher analyzed three levels of signs and meanings in "Daily Dose of Sunshine": the level of reality, the level of representation, and the level of ideology (Arlina & Nuraeni, 2022; Wulansari & Urfan, 2024; Zainiya & Aesthetika, 2022).


RESULTS AND DISCUSSION

There were 12 episodes in the drama "Daily Dose of Sunshine", with the shortest episode lasting 52 minutes (episode 9) and the longest episode lasting 72 minutes (episode 4). The drama told the story of a medical ward nurse named Jung Da Eun, who was transferred to a psychiatric ward. Jung Da Eun must adapt to handling patients in the psychiatric ward, each facing various mental health issues. Despite her best efforts to care for her patients, one particular patient's condition ultimately shook Jung Da Eun's mental state, leading her to experience depression. At that point, Jung Da Eun must fight to regain her mental health. This drama was adapted from a webtoon titled "Morning Comes to Psychiatric Wards" (international title), and each episode addresses various issues faced by patients in the psychiatric ward.

1. Reality Level

There were 10 selected scenes that conveyed messages about mental health awareness. The analysis at the level of reality emphasized a focus on the signs present in the visuals, including display codes, dress codes, makeup codes, speaking and gesture codes, expression codes, and environmental codes (Arlina & Nuraeni, 2022; Wulansari & Urfan, 2024).

Table 1. Analysis of the Reality Level for Selected Scenes with Messages about Mental Health Awareness

Scene and Setting	Code	Explanation
<p>Scene 1 Episode 1 00:01:51- 00:02:10</p>	Visual	
	Display code	Scene 1 showed Da Eun watching a video from a channel called Brainflix, featuring a speaker (who was later revealed in the middle of episode 1 to be a senior doctor at the psychiatric clinic where Da Eun worked) discussing stress. Da Eun watched the video throughout her journey from home to the hospital where she worked, from the moment she was getting ready, leaving the house, and on the bus.
	Dress Code	Da Eun was seen wearing a shirt with a white vest, cream-colored pants, white sneakers, and a small bag slung over her shoulder. Meanwhile, the speaker in the video was dressed in a neat suit,

	complete with a tie.
Make Up Code	Natural skin-tone color.
How to Speak Code	Da Eun appeared to be silent as she focuses on other activities while listening to the video. The speaker's tone in the video was steady and reassuring as they present the discussed material.
Gesture Code	The speaker in the video continually gazed into the camera, as if trying to maintain eye contact with the audience watching. It seemed the speaker was seated in a swivel chair, as his body moves from left to right. Other gestures were not visible because only the head and upper chest were shown. Da Eun's gestures vary as she travels from home to the bus stop.
Expression Code	The speaker in the video appeared calm and confident in delivering the discussed material. Although Da Eun was busy with other activities (talking to her mother, putting on her shoes, running to the bus stop, and getting on the bus), she seemed to make an effort to stay focused on the video she is watching.
Environmental Code	The scene began with the setting of Da Eun's home, then shifted to the bus stop, and finally to the bus. At the bus stop, there were seven people waiting for the bus, including Da Eun. Besides the bus stop conditions, the scene also showed the dim sky as dawn approaches, indicating morning time when people were starting to head to work. Upon entering the bus, which was crowded with passengers, Da Eun continued to watch the video while standing inside the bus.

Scene 2
 Episode 1
 00:09:59-
 00:10:19

Visual



Display code	Scene 2 showed Go Yun visiting the psychiatric ward and meeting Dr. Kong, one of the psychiatrists in the ward. Go Yun believed he has OCD (Obsessive-Compulsive Disorder) and intended to seek treatment for his condition. Dr. Kong was seen conducting an examination by asking Go Yun several screening questions.
Dress Code	In this scene, Dr. Kong was seen wearing a striped white shirt, dark brown pants, and a doctor's coat. Meanwhile, Go Yun was dressed in a white t-shirt paired with a blazer and dark blue pants.
Make Up Code	Both Dr. Kong and Go Yun have natural makeup that matched their skin tones.
How to Speak Code	Dr. Kong appeared serious as he listens to what Go Yun was saying, and responded with equal seriousness.
Gesture Code	Dr. Kong maintained eye contact and brought his palms together while listening to Go Yun. Occasionally, he nods as he listens, then spoke while emphasizing his points with hand gestures, concluded his statements by bringing his palms together again.
Expression Code	Scene 2 displayed Dr. Kong's serious expression as he appreciated Go Yun's initiative to seek help from a psychiatrist upon experiencing symptoms of a mental health disorder.
Environmental Code	The scene took place inside Dr. Kong's consultation room. A computer screen was visible for Dr. Kong to conduct a screening of Go Yun's symptoms, along with several posters and decorations that indicate it is a doctor's office.

Scene 3
Episode 1
00:10:25-
00:11:20

Visual



Display code	Similar with 2nd scene.
Dress Code	Similar with 2nd scene.
Make Up Code	Similar with 2nd scene.
How to Speak Code	Go Yun demonstrated to Dr. Kong how he excessively cracked his knuckles and expresses his anxiety when he was unable to do so.
Gesture Code	Go Yun showed Dr. Kong how he cracked all his fingers, including the ones that Dr. Kong considers "no sound".
Expression Code	As Go Yun cracked his fingers, he appeared serious at first, then look relieved. However, he soon seemed anxious and troubled by his excessive habit of cracking his knuckles. Although Go Yun initially concluded that he has OCD, there was a look of uncertainty on his face when he confirmed his symptoms with Dr. Kong.
Environmental Code	Similar with 2nd scene.

Scene 4
Episode 1
00:29:31-
00:30:03

Visual



Display code	In the first episode, bipolar disorder was visualized through the character Oh Ri Na, a patient in her 40s. Ri Na grew up following all her mother's decisions, including in her marriage. This situation has led to Ri Na never having the freedom to make her own choices. Ri Na's mother consulted Dr. Hwang Yeo Hwan because her daughter exhibited symptoms such as difficulty sleeping, unclear speech, and unusual behavior like undressing and dancing. Dr. Yeo Hwan directed her towards a diagnosis of bipolar disorder. Ri Na herself believes she was not ill and wanted to be discharged, but Dr. Yeo Hwan recommended protective hospitalization. During her manic phase, Ri Na displayed aggressive behavior, took off her clothes, and run down the hospital corridors. When the manic
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phase ended, she suddenly began to cry hysterically and uncontrollably.

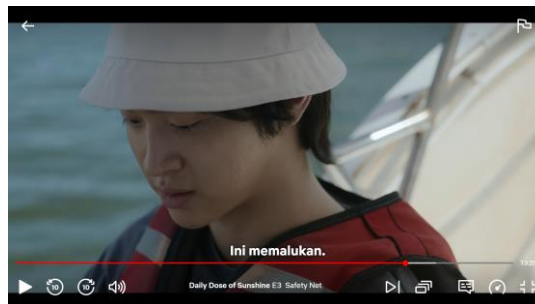
Da Eun encountered Dr. Yeo Hwan at a restaurant. She asked him to explain the symptoms of bipolar disorder that Ri Na was experiencing. Da Eun was wonder as to why someone who was wealthy and seemed to have everything in life, like Ri Na, could experience bipolar disorder.

Dr. Yeo Hwan clarified that anyone can potentially experienced mental health issues, regardless of their wealth or economic status. Mental health problems can affect anyone at any time.

Dress Code	Da Eun wore the same outfit as in 1st scene. Meanwhile, Dr. Yeo Hwan wore a white shirt with light blue and brown stripes, paired with gray pants, without a doctor's coat. The clothing of Da Eun and Dr. Yeo Hwan indicated that they met outside of work hours.
Make Up Code	Both Da Eun and Yeo Hwan were seen wearing natural makeup that matched their skin tones.
How to Speak Code	Dr. Yeo Hwan provided explanations in a firm voice, while Da Eun asked her questions in a confused tone.
Gesture Code	Dr. Yeo Hwan explained with his arms crossed, then shifted his body towards Da Eun when discussing points that needed emphasis. Meanwhile, Da Eun appeared to have both hands placed under the table, but from another angle, it seemed she had placed her hands on the table.
Expression Code	Dr. Yeo Hwan appeared calm and straightforward while providing his explanation, whereas Da Eun, who initially looked confused while asking questions, then seemed to understand Yeo Hwan's explanation.
Environmental Code	In this scene, Da Eun was depicted meeting Dr. Yeo Hwan at night in a café. Although there were several customers in the café, the atmosphere remained conducive for Yeo Hwan to provide explanations to Da Eun.

Scene 5
 Episode 3
 00:48:34-
 00:48:48

Visual



Display code	Yu Chan is Da Eun's close friend. He initially worked at a large company but suddenly decided to quit and manage his family's chicken restaurant. It turned out that the reason Yu Chan quit was due to the panic attacks he experienced. The pressure of work at the big company made Yu Chan unable to handle the overwhelming messages from his boss. He was visualized feeling short of breath, cold sweats, and struggling to breathe as if he were drowning in a pool of water during a panic attack. One night, Yu Chan experienced a panic attack while serving customers at his family's chicken restaurant. When he realized that one of the customers was from the office where he had previously worked, Go Yun, who saw Yu Chan having a panic attack, immediately came to help. The next day, in this scene, Go Yun was depicted talking to Yu Chan about the panic attack he experienced. After Yu Chan explained how his panic attacks started, Go Yun suggested that he seek help, but Yu Chan refused because he felt ashamed of his mental health issue.
Dress Code	Yu Chan was wearing a dark gray T-shirt and a white bucket hat. Go Yun was seen wearing a blue collared shirt. Both of them were wearing life vests.
Make Up Code	Both Yu Chan and Go Yun appeared to be wearing natural makeup

	that matched their skin tones.
How to Speak Code	While explaining his condition, Yu Chan stared ahead and rarely made eye contact with Go Yun. Go Yun tried to establish eye contact by looking at Yu Chan. Yu Chan spoke hesitantly, while Go Yun spoke normally.
Gesture Code	Yu Chan and Go Yun sat side by side in a paddle boat. They paused paddling to engage in conversation.
Expression Code	As he explained his condition, Yu Chan displayed an expression of embarrassment and a desire to cry on his face. Go Yun exhibited an empathetic expression.
Environmental Code	Yu Chan and Go Yun were seen at the lake, talking on a paddle boat during the morning or afternoon. Although the atmosphere at the lake was quite busy with visitors, Yu Chan and Go Yun were still able to speak calmly because it was just the two of them on the paddle boat.

Scene 6
Episode 8
00:57:05-
00:57:35

Visual



Display code At the end of episode 1, a visualization of a patient with delusions, Kim Seo Wan, was presented. Seo Wan felt as though he lived in a game world and believed she was a superhero with the powers of fire and ice. When Da Eun responded him, Seo Wan perceived Da Eun as his savior and began calling her "Your Grace the Mediator." Seo Wan believed that only "ambrosia" (the green liquid given by Da Eun) could purify himself. Seo Wan's delusion continued into episode 3, where he claimed to have gained new powers from the "Tower of Failure" and attempted to attack a nursing intern who associated his delusions with the game *Lost Valhalla*. Seo Wan also believed he was a level seven witch who had to save the world.

The scene continued into episode 5, where Seo Wan was found on the hospital roof in a state of fear, feeling that his powers had run out and asking for ambrosia. Da Eun and Dr. Go Yun managed to calm him down and bring him back to his room. In episode 6, the treatment began to restore Seo Wan's awareness. He started to recognize the reality that he was someone who had failed the civil service exam multiple times, which triggered his delusions. Seo Wan began to study again for the civil service exam, but despite being discharged at one point, his delusions flared up again. Ultimately, Seo Wan jumped from the roof of the building and died.

Da Eun, who had been caring for Seo Wan as his nurse, experienced symptoms of depression due to Seo Wan's death. In episode 7, Da Eun was absent from work, and when Yu Chan visited her home, he found that Da Eun had been silent and hadn't eaten since the day before. Da Eun's colleagues also had difficulty to reach her. When she returned to work, Da Eun began to show signs of dissociative amnesia, especially while caring for Jun Gi, a PTSD patient. At the beginning of episode 8, Da Eun started blaming herself for Seo Wan's death. Although she briefly improved by following suggestions to create a daily schedule, her depression resurfaced during karaoke with Yu Chan, where she cried and admitted that she was not okay. Da Eun ultimately decided to take a leave of absence to rest. Her depression worsened, visualized by her constantly sleeping, ignoring

	messages, and refusing to eat despite her mother's encouragement. Yu Chan tried to persuade Da Eun to go out, but she angrily declined. In this scene, Go Yun was shown worrying about Da Eun's condition and invited her to go outside and talk privately. Go Yun suggested that Da Eun seek treatment from a psychiatrist.
Dress Code	Go Yun was seen wearing a white shirt and a black suit. Da Eun was seen wearing a cream-colored long-sleeved shirt and matching loose training pants, along with a dark brown hat.
Make Up Code	Go Yun was seen wearing natural makeup that matched her skin tone, while Da Eun was depicted with pale makeup, looking sick and haggard.
How to Speak Code	Go Yun was seen gazing deeply at Da Eun and maintaining eye contact while reassuring her to seek treatment. He also appeared careful in choosing his words to persuade Da Eun to consider seeing a psychiatrist. Da Eun looked unenthusiastic in responding to Go Yun and seemed to be lacking energy.
Gesture Code	Go Yun tried to make eye contact with Da Eun by leaning his body towards her while speaking. Da Eun sat facing forward, occasionally glancing at Go Yun while she talked.
Expression Code	There was a visible expression of sadness on Go Yun's face as he observed Da Eun's deteriorating condition. Concern was also evident on Go Yun's face when he noticed Da Eun's denial about her situation.
Environmental Code	Go Yun and Da Eun were seen talking on a park bench illuminated by lights at night. It appeared that they were the only two people in the park, creating a calm atmosphere.

Scene 7
 Episode 9
 00:20:28-
 00:20:44

Visual



Display code	At the end of episode 8, Da Eun nearly got hit by a truck while crossing the street with a blank stare, but she was saved by her mother. Continuing into episode 9, Da Eun was depicted as being treated in a mental hospital and undergoing a series of tests. In this scene, Da Eun was shown to be in denial about her condition because, as a psychiatric ward nurse, she felt she knew the symptoms and treatments best for herself. She met with her doctor and asked the doctor to speak to her mother about discharging her. However, the doctor attending to Da Eun explained that he understood she was a nurse, and the depression she was experiencing could happen to anyone, including medical personnel like herself.
Dress Code	Da Eun was seen wearing a patient gown, while her psychiatrist was dressed in a blue shirt and a doctor's coat.
Make Up Code	In this scene, Da Eun appeared with pale makeup, looking sick and haggard, while her psychiatrist had natural makeup that matched her skin tone.
How to Speak Code	Da Eun spoke softly and weakly, while her psychiatrist spoke slowly but clearly and empathetically.
Gesture Code	During the consultation scene, Da Eun placed her hands under the table. She looked at her psychiatrist with glassy, vacant eyes, her lips slightly parted as she listened to the psychiatrist's explanation about her worsening condition. Meanwhile, Da Eun's psychiatrist appeared calm while explaining her situation, placing both hands on the table while maintaining eye contact with Da Eun.

Expression Code	When hearing her psychiatrist's explanation, Da Eun appeared shocked and in disbelief. Meanwhile, Da Eun's psychiatrist looked calm yet firm in providing explanations and responding to Da Eun's denial reaction.
Environmental Code	This scene appeared to take place in a room with white walls and furniture in matching colors, indicating that it was a counseling room. Although it seemed to be morning or afternoon, the lighting in the room was somewhat subdued, with light coming in from a nearby window. Only Da Eun and her psychiatrist were present in the room.

Scene 8
Episode 9
00:26:40-
00:27:17

Visual



Display code	Da Eun's mother saw Go Yun sitting in a restaurant. She approached Go Yun and said that she didn't know what to do to help Da Eun recover. Go Yun replied that Da Eun's mother just needed to respond to whatever Da Eun said, just as Da Eun usually responded to her patients. Go Yun emphasized that family support is the most important thing in helping a patient with depression recover quickly.
Dress Code	Go Yun appeared wearing a white t-shirt with a dark gray collar jacket and light gray pants. Da Eun's mother was seen in a thick brown knitted jacket with a scarf around her neck.
Make Up Code	Both Go Yun and Da Eun's mother appeared natural with skin-toned makeup.
How to Speak Code	Go Yun seemed able to speak calmly in response to Da Eun's mother, while Da Eun's mother appeared sad about her daughter's condition, resulting in a weaker tone of voice.
Gesture Code	While talking to Go Yun, Da Eun's mother placed both hands on her thighs, and Go Yun did the same. Go Yun immediately handed her a tissue when Da Eun's mother began to cry. Go Yun appeared to smile while responding to Da Eun's mother's story.
Expression Code	Da Eun's mother appeared sad, in disbelief, and worried about Da Eun's condition. She also looked confused because she didn't know what to do to help her child. Meanwhile, Go Yun displayed sympathy and empathy as he explained to Da Eun's mother what she could do to assist in Da Eun's recovery. Although Go Yun was also saddened by Da Eun's situation, he seemed to strive to reassure Da Eun's mother to remain optimistic.
Environmental Code	The conversation between Go Yun and Da Eun's mother appeared to take place in a small café. No other customers were shown. The lighting, which was not too bright, conveyed a calm atmosphere in

the café during the night.

Scene 9
 Episode 10
 00:30:55-
 00:32:08

Visual



Display code	In episode 9, the mental disorder schizophrenia experienced by Song Ae Sin, the sister of the Head Nurse at the mental health clinic where Da Eun worked, was visualized. A patient complained about Ae Sin, stating that she did not sleep at night and only stood in her room, causing a bad smell. The healthcare workers at the mental health clinic were depicted discussing Ae Sin's deteriorating condition. It turned out that Ae Sin struggled to swallow her large medication pills. The scene explained that it was not easy to manage the treatment of a family member with schizophrenia, especially when they also had to work. Schizophrenia patients required constant supervision, which could become a burden for their families. The scene continued toward the end of episode 9, where Ae Sin was escorted by a nurse to undergo an electroencephalogram (EEG) test. She had to remove her hat to undergo the test, and Ae Sin was visualized as anxious, fearful, and resistant when the nurses attempted to take off her hat. Suddenly, the Head Nurse arrived, and Ae Sin became calm. The visualization of Ae Sin's schizophrenia continued into episode 10. The Head Nurse reassured Ae Sin, helped her remove her hat, and conducted the EEG test, as well as assisted her in washing her hair. Ae Sin initially complied, although she still appeared tense. Ultimately, however, she refused to wash her hair and began to resist. In this scene, the Head Nurse was shown moving houses with Ae Sin. She tried to explain Ae Sin's condition to the surrounding residents. However, the nearby residents expressed concern about Ae Sin's presence, fearing that she might harm them. The Head Nurse attempted to clarify that Ae Sin was not a dangerous criminal.
Dress Code	The Head Nurse was seen wearing a brown turtleneck and a thick army green jacket.
Make Up Code	The Head Nurse was seen with natural makeup that matched her skin tone.
How to Speak Code	The Head Nurse tried to reassure the residents as best as she could by explaining her sister's condition and that she was a mental health professional. The Head Nurse assured them that her sister would not disturb the residents.
Gesture Code	While trying to reassure the neighboring residents, the Head Nurse was seen holding a consent form for the residents regarding her and Ae Sin's move to the area. Despite facing rejection, the Head Nurse attempted to remain composed and explained Ae Sin's condition as calmly as possible.
Expression Code	The Head Nurse's face showed expressions of sadness and disappointment as the surrounding neighbors expressed concern about Ae Sin's presence.
Environmental Code	This scene took place in front of a neighbor's apartment door, set in the morning to early afternoon. Only the Head Nurse and one neighbor were visible in this scene.

Scene 10
Episode 11
00:41:37-
00:42:00

Visual



Display code	In episodes 10-11, Da Eun's condition was depicted as having improved. She regularly took her medication and returned to work after being treated for her depression. However, a family member of a patient discovered that Da Eun had previously been treated at another hospital for depression. This triggered panic among the families of all the patients in the psychiatric ward. They then protested and requested a meeting with the hospital management. During the meeting between the families and the hospital, the Head Nurse of the psychiatric ward stated that no one wished to experience mental illness. Da Eun, the patients, and their families certainly did not want themselves or their loved ones to suffer from mental health issues. The Head Nurse also emphasized that mental disorders were unpredictable illnesses that could affect anyone.
Dress Code	The Head Nurse appeared wearing a black top and pants suit with a nurse's jacket.
Make Up Code	The Head Nurse was seen with natural makeup that matched her skin tone.
How to Speak Code	The Head Nurse appeared assertive and emphasized that mental disorders could be experienced by anyone.
Gesture Code	The Head Nurse spoke while standing and looked into the eyes of all the family members who were protesting against Da Eun.
Expression Code	There were expressions of anger and disappointment visible on the Head Nurse's face. There was also a look of sadness as she imagined her sister and other patients with mental disorders.
Environmental Code	This scene takes place in a hospital meeting room.

Based on the Table 1, it could be seen that the scenes containing key messages about mental health awareness were conveyed through dialogues spoken by the characters who were healthcare professionals: 4 psychiatrists, 1 colorectal surgeon, and 1 Head Nurse of the psychiatric ward. The reality depicted in this drama revolved around the dynamics

of healthcare services in the psychiatric ward, the interactions between patients and the healthcare professionals, as well as the lives of patients and healthcare workers in the psychiatric ward. The makeup used in these scenes was natural and skin-toned, except for Da Eun's pale makeup, which illustrated her depressive condition. The costumes worn in these

scenes included doctor's coats, nurse's uniforms, and patient attire during the hospital scenes. For the scenes outside the hospital, the characters were seen wearing neutral-colored costumes like white, black, gray, brown, and blue. Bright and striking colors were not evident in the selected scenes. The majority of the drama's scenes were set in the hospital, featuring various scenes of consultations, physical examinations, and various testing activities, complete with elements like isolation rooms, counseling rooms, group therapy rooms, the hospital cafeteria, and even a ping-pong table. Additionally, some scenes had backgrounds outside the hospital, such as in restaurants, offices, schools, homes, and buses, corresponding to the

backgrounds of the patients portrayed. It was clearly implied that this drama raised issues related to mental health. The expressions conveyed by the healthcare professional characters were often straightforward, calm, clear, sympathetic, empathetic, and convincing while delivering key mental health awareness messages. In contrast, Yu Chan and Da Eun's experiences with mental illness were often depicted with expressions of shame, denial, disbelief, and lethargy.

2. Representation Level

At the representation level, the analysis focused on dialogues that contained key messages about mental health awareness.

Table 2. Analysis of Representation Level on Dialogues with Messages about Mental Health Awareness in Selected

Scene	Character Who Speaks	Dialogue Contained Messages about Mental Health Awareness (Translated Dialogue in Indonesia)
Scene 1 Episode 1 00:01:51-00:02:10	Dokter senior poli kesehatan jiwa (dalam video yang ditonton Da Eun)	<i>"Kita sering menganggap bahwa penyakit mental berasal dari faktor sosial, biologis, dan psikologis. Namun, dikatakan bahwa akar dari semua penyakit adalah stres. Jadi, mengelola stres itu baik untuk kesehatan mental."</i> Translation: "We often assume that mental illness arises from social, biological, and psychological factors. However, it is said that the root of all illnesses is stress. So, managing stress is good for mental health."
Scene 2 Episode 1 00:09:59-00:10:19	dr. Kong (Go Yun's psychiatrist)	<i>"Masih banyak yang memandang aneh orang yang datang ke psikiater. Tetapi saat kau memutuskan untuk datang, bisa dibilang sudah sembuh. Yang penting saat ini adalah tekadmu untuk sembuh, dan tekadku sebagai dokter untuk menyembuhkanmu."</i> Translation: "Many people still view it strangely when people go to a psychiatrist. But when you decide to come, you could say that you are already on the path to recovery. What matters now is your determination to heal and my determination as a doctor to help you."
Scene 3 Episode 1 00:10:25-00:11:20	dr. Go Yun	<i>"Ini selalu kulakukan. Jika tidak, aku tidak tenang, dan rasanya seperti sembelit. Ini benar OCD kan?"</i> Translation: "I always do this. If I don't, I feel restless, and it feels like constipation. This is really OCD, right?"
Scene 4 Episode 1 00:29:31-00:30:03	dr. Seo Hwan	<i>"Apa harta melimpah melindungi dari penyakit mental, dan kekurangan menyebabkan penyakit mental?"</i> Translation: "Does abundant wealth protect against mental

		illness, and does lack lead to mental illness?"
		<p><i>"Orang datang ke psikiater saat kekebalan mental melemah. Sama saja dengan pasien patah tulang yang datang ke ahli ortopedi. Karena siapapun bisa menjadi lemah kapan saja."</i></p> <p>Translation: "People come to psychiatrists when their mental resilience weakens. It's the same as a patient with a broken bone going to an orthopedic specialist. Because anyone can become weak at any time."</p>
Scene 5 Episode 3 00:48:34-00:48:48	Yu Chan	<p><i>"Ah. Ini memalukan. Bukan tubuhku yang sakit, tetapi mentalku. Aku terlihat seperti orang lemah, yang tidak bisa mengendalikan pikiranku."</i></p> <p>Translation: "Ah. This is embarrassing. It's not my body that's sick, but my mind. I look like a weak person who can't control my thoughts."</p>
Scene 6 Episode 8 00:57:05-00:57:35	dr. Go Yun	<p><i>"Berobatlah ke psikiater."</i></p> <p>Translation: "See a psychiatrist."</p> <p><i>"Kau sedang sakit sekarang. Depresi memang sulit disadari, jadi perlu bantuan orang di sekitarmu."</i></p> <p>Translation: "You are sick right now. Depression is indeed hard to recognize, so you need help from those around you."</p> <p><i>"Perawat tak bisa merawat diri sendiri."</i></p> <p>Translation: "Nurses can't take care of themselves."</p>
Scene 7 Episode 9 00:20:28-00:20:44	dr. Ji An (Da Eun's psychiatrist)	<p><i>"Aku tahu bahwa kau adalah perawat."</i></p> <p>Translation: "I know that you are a nurse."</p> <p><i>"Ini bisa terjadi pada siapa saja, namun para tenaga medis sering kesulitan mendiagnosis diri dengan objektif."</i></p> <p>Translation: "This can happen to anyone, but medical professionals often struggle to diagnose themselves objectively."</p>
Scene 8 Episode 9 00:26:40-00:27:17	dr. Go Yun	<p><i>"Jangan memikirkan apa yang harus Ibu lakukan. Ibu hanya perlu menanggapi perkataannya."</i></p> <p>Translation: "Don't think about what you should do, Mom. You just need to respond to what he said."</p> <p><i>"Kata teman dokterku, dukungan keluarga adalah yang terpenting. Jangan mengkritiknya, percaya bahwa ia akan sembuh, tunggu dan dukunglah sampai akhir."</i></p> <p>Translation: "My doctor friend said that family support is the most important thing. Don't criticize him, believe that he will recover, wait and support him until the end."</p>
Scene 9 Episode 10	Head Nurse	<i>"Tetapi, adikku bukan penjahat."</i>

00:30:55-00:32:08

Translation:

“But my sister is not a criminal.”

Scene 10

Head Nurse

Episode 11

00:41:37-00:42:00

“Seperti itulah gangguan mental. Ini penyakit yang tidak bisa diprediksi, dan dapat menimpa siapapun, kapanpun, dimanapun. Jangan kira hanya kalian yang tidak akan sakit.”

Translation:

“That’s how mental disorders are. It’s an unpredictable illness that can affect anyone, anytime, anywhere. Don’t think that it’s only you who won’t get sick.”

Based on Table 2, the key messages of mental health were implied through conversational dialogues between health workers and the audience watching the video, between health workers and people with mental disorders, and between health workers and the general public (neighbors around the apartment and the patient's family).

3. Ideology Level

In addition to visualizing various mental health disorders, “Daily Dose of Sunshine” was also filled with key messages about mental health awareness, which can be implied in scenes 1-10. A key message is a short sentence that emphasizes the main point of information. According to health communication theory, key messages are designed to help the audience understand and remember the main point of the conveyed information. Key messages are usually brief to make them easy to remember, persuasive, focused on a specific topic, consistent, and repeated. They also build a framework that helps the audience interpret the information by providing emphasis and clarity (CDC, 2018; Robinson et al., n.d.). Here are the key messages that were found:

1. The Importance of Managing Stress for Mental Health

The first key message was found in scene 1, which emphasized *the importance of managing stress for our mental health*. This key message was derived from a scene in the first episode where Da Eun watched a video from a speaker (a senior psychiatrist at the hospital where Da Eun worked). The WHO defined stress as a condition or state in which an individual experienced

difficult situations that led to feelings of anxiety and mental tension (WHO, 2023). Stress could be experienced by anyone, including both adults and children. There are various factors that can trigger stress, such as work pressure, academic burdens, economic difficulties, family issues, bullying, and communication problems (Fan, 2023). Just like the dialogue in the drama, the WHO also mentioned that stress can affect the condition of the body and mind. Low levels of stress are considered beneficial as they can help individuals become more productive in their daily lives. However, accumulated stress that is not managed properly, often referred to as chronic stress, can trigger health problems, both physical and mental (American Psychological Association, 2022; WHO, 2023). Individuals who experience prolonged stress and have difficulty managing it may exhibit symptoms such as fatigue, difficulty concentrating, and unexplained irritability. If left unaddressed, this can lead to health issues such as digestive disorders, headaches, heart attacks, high blood pressure, strokes, obesity due to weight gain, and immune system disorders. Unmanaged stress can also encourage individuals to engage in unhealthy habits, such as overeating sweets, smoking, drinking alcohol, and using drugs (American Psychological Association, 2022; Mohler-Kuo et al., 2021). To minimize health problems arising from stress, effective stress management skills

are essential. Research shows that stress management skills positively contribute to an individual's health status (Alborzkouh et al., 2015; Fteiha & Awwad, 2020; WHO, 2023).

2. The Importance of Seeking Professional Mental Health Help

The second key message emphasizes *the importance of consulting a psychiatrist when experiencing symptoms of mental disorders*, which is highlighted through dialogue in scene 2 and scene 6.

In scene 2 of the first episode, when Go Yun came to check his OCD condition at the mental health ward, it highlighted that *even though many people still viewed visiting a psychiatrist as unusual, being aware of the need to seek mental health care was a positive step towards recovery*. As a doctor, Go Yun understood the mental disorder he was experiencing, which was why he directly approached the mental health ward for an evaluation. However, the scene also implied that there was still a significant stigma surrounding those who sought mental health care. Due to his profession, Go Yun was portrayed as having excellent mental health literacy. Research indicated a positive relationship between mental health literacy and health-seeking behavior (Caroline et al., 2017; Iswanto & Ayubi, 2023; Y. M. Putri, 2020; Sitanggang & Sudagijono, 2022). The stigma conveyed through the dialogue in scene 2 became one of the biggest obstacles for individuals to seek mental health care (Aguirre Velasco et al., 2020; Al Laham et al., 2020; Devkota et al., 2021; WHO, 2022a).

Cultural factors can also pose challenges for individuals seeking mental health services. For some racial groups, such as those from Asia, mental health issues are often considered taboo. They may feel ashamed if they have a family member with a mental disorder.

Instead of taking their family member to mental health services, they often hide them at home to prevent others from knowing about the condition of the affected family member. Additionally, they may tend to be skeptical about the existence of mental disorders (Augsberger et al., 2015; Devkota et al., 2021). Some community groups from certain cultures associate mental disorders with spiritual matters. They view mental disorders as curses, disturbances from evil spirits, or consequences of straying from God (Jani et al., 2021). The drama "Daily Dose of Sunshine" was set in South Korea, which is also part of Asia and shares similar cultural beliefs. In scene 8, Da Eun's mother was depicted as unsure of how to help expedite Da Eun's recovery. In earlier scenes, Da Eun's mother displayed denial regarding Da Eun's illness, even expressing anger towards Go Yun when he suggested Da Eun to see a psychiatrist. However, after Da Eun's condition worsened to the point of self-harm, Da Eun's mother ultimately decided to take her to the hospital and committed to supporting Da Eun throughout her treatment process.

Other factors that contribute to an individual's decision to seek mental health care from professionals include a lack of qualified mental health service providers (such as psychiatrists and psychologists), the high costs associated with accessing mental health facilities, and insufficient support from close friends and family (Devkota et al., 2021; Kukoyi et al., 2022).

3. The Issue of Stigma Toward Individuals with Psychological Disorders

The key message about *the stigma faced by individuals with psychological disorders* was depicted in scene 9, where the Head Nurse goes around seeking approval from the neighbors to allow her and her sister, who has schizophrenia, to move into the

area. The neighbors in the new apartment complex expressed their objections to Ae Sin's presence, leading many to refuse to sign the approval for her and the Head Nurse to move in. The neighbors held negative stigma toward Ae Sin, believing that her condition could pose a danger to those living nearby. Their actions may stem from a lack of knowledge about mental health. The Head Nurse attempted to explain that she worked in the mental health clinic, assuring them that Ae Sin was in good condition, regularly attending therapy, and consistently taking her medication. The Head Nurse emphasized that Ae Sin's schizophrenia was not a criminal issue, urging the neighbors not to treat her as a criminal.

Examples of stigma that individuals with mental disorders often face include being labeled as "crazy" and being restrained or shackled because they are perceived as a danger to others (Subu et al., 2021; WHO, 2022a). Stigma can trigger feelings of shame and fear in individuals experiencing symptoms of mental health disorders, ultimately leading them to hesitate in seeking mental health services. The shame often felt by those with mental disorders is depicted in scene 5 through the dialogue spoken by Yu Chan. Stigmatization of individuals with mental disorders can not only delay health-seeking behavior but also lead to social isolation, discrimination, and reduced patient compliance with treatment and medication. This, in turn, can significantly decrease the quality of life for those with mental disorders (Ahad et al., 2023).

In addition to improving mental health-seeking behavior, research indicates that good mental health literacy can also reduce stigma toward individuals with mental disorders (Hartini et al., 2018). Mental health literacy can enhance an individual's knowledge about mental health. Research indicates that

understanding mental health contributes to increased awareness of mental health issues and the reduction of stigma toward individuals with mental disorders (Shim et al., 2022). Mental health literacy is defined as an individual's ability to recognize three key aspects: 1) knowledge of the early signs and symptoms of mental disorders before they worsen, 2) understanding the risk factors and causes of mental disorders, as well as knowing how to access mental health services, and 3) awareness of appropriate help-seeking behaviors. A person with sufficient mental health knowledge can understand what to do if they witness or experience mental health issues, including being open to discussing topics that could lead to negative stigma against individuals with mental disorders (Wodong & Utami, 2023).

4. The Danger of Self-Diagnosis

The fourth key message derived from the drama "Daily Dose of Sunshine" was seen in scene 3, which highlighted that *we should not engage in self-diagnosis of mental health symptoms*. Go Yun, who was a doctor, first concludes that he was experiencing OCD before confirming it with a psychiatrist.

What Go Yun does in the drama exemplifies self-diagnosis, or diagnosing one's own mental health condition based on personal knowledge without first consulting a professional. Self-diagnosis is defined as the belief that an individual has a mental disorder without receiving an official diagnosis from a qualified expert (Indrawati, 2023; Tse & Haslam, 2024). Individuals who engage in self-diagnosis will identify the symptoms of mental disorders they perceive or experience, whether those are physical or psychological symptoms, and then compare them with their existing knowledge based on various information they have received (Amrah et al., 2024). The previous scene showed that Go Yun had developed the

habit of cracking his fingers for quite some time but only visited a psychiatrist after feeling disturbed by negative comments on his social media. When he met with the psychiatrist, it was evident in the scene that Go Yun first concluded that he had OCD. As a doctor, he likely had significant exposure to information regarding OCD symptoms, especially since Go Yun had several psychiatrist colleagues, including Yeon Hwan and the psychiatrist who treated Da Eun. The availability of information across various media can indeed contribute to increasing public literacy on mental health issues. Unfortunately, the high public interest in mental health issues also triggers strong assumptions and beliefs about self-diagnosis. Self-diagnosis has now become a common phenomenon, particularly among young people who have access to technology and the internet. The widespread information about mental health in various media, especially on social media, encourages individuals to check their own mental health conditions and draw conclusions without consulting professionals (Amrah et al., 2024; Foulkes & Andrews, 2023). Self-diagnosis can lead to misdiagnosis, resulting in increased severity of mental disorders due to inappropriate treatment. Each individual's mental condition is highly unique, making it inaccurate to engage in self-diagnosis based solely on generalized information available in various media (Indrawati, 2023).

In the scene with Go Yun, we see his ultimately decided to consult a psychiatrist, whereas in Da Eun's case, we observe the opposite when she experienced depression. As a mental health nurse, Da Eun was depicted as being in denial about her depressive condition several times. She believed she understood the symptoms she was experiencing and how to treat them. However, she was reminded in scene 7 that despite her profession as a nurse,

she could not objectively assess her own condition. Research shows that healthcare professionals, particularly those working in psychological fields, tend to have a higher inclination toward self-diagnosis, often believing that their clinical psychology background qualifies them to do so (Ahmed & Stephen, 2017).

As depicted in scene 7, Da Eun felt that she possessed enough knowledge and experience in handling patients to understand the symptoms of her mental disorder. However, as conveyed through the key message in the dialogue of scene 7, no one can objectively assess their own mental condition, including healthcare professionals. Self-diagnosis has cognitive, affective, and behavioral effects on those who engage in it. Cognitively, a person who self-diagnoses may experience confusion regarding their own condition (Ahmed & Stephen, 2017). In scene 7, Da Eun appeared to be confused about her own memories. She believed that she had allowed herself to be hit by a vehicle, but she did not truly feel that she wanted to die because she had only done it once. In reality, Da Eun actually had a desire to die, as she continued to let herself cross busy roads without any intention of stopping. Affective-wise, a person who engages in self-diagnosis may experience feelings of distress. The scenes depicting Da Eun's depression illustrated her awareness of the strange changes within herself, as she lacked the energy to do anything. She also recognized that these changes made her mother sad and angry, yet Da Eun felt incapable of doing anything about it. When hospitalized with other patients in the mental health ward, Da Eun felt tormented because she was usually the one caring for patients, but now she had to be a patient herself and undergo various treatments for her mental disorder. Da Eun worried about how she would continue her work

if she had ever been treated as a mental health patient. This aligns with research indicating that individuals who engage in self-diagnosis often worry that their mental health disorders may negatively impact their future (Ahmed & Stephen, 2017). Behaviorally, individuals who possess good knowledge of mental health and engage in self-diagnosis are more likely to exhibit negative behaviors, such as denial, rejecting treatment, and refusing to follow recommendations during therapy (Ahmed & Stephen, 2017). This is consistent with the portrayal throughout episode 7, where Da Eun is depicted as not taking her medication and refusing to participate in group therapy. Therefore, no one, including healthcare professionals or individuals with a background in psychology, is advised to engage in self-diagnosis; they should seek assistance from a professional psychiatrist to treat their mental health disorders.

5. The Role of Family in Supporting the Recovery of People with Psychological Disorders

In scene 8, the key message was conveyed *that support from close ones, especially family, was the most important factor in the recovery process of individuals with mental disorders*. Families also needed to have faith and belief that their family members could recover. An important example of family support in the treatment of mental disorders was also shown in the scene depicting Oh Ri Na's bipolar case. Oh Ri Na's mother eventually agreed to listen to Ri Na's feelings and no longer forced her own choices. This helped Ri Na's condition gradually improve. Research confirmed that support from the surrounding environment indeed contributed to positive changes in individuals with mental disorders. For most people, having a family member with a mental disorder was not an easy situation. In the drama "Daily Dose of

Sunshine, the mothers of Oh Ri Na and Da Eun, as well as the Head Nurse of the Mental Health Ward, were depicted as struggling to care for their families. In reality, the mental disorders experienced by family members could impose a financial burden on the entire family. Not only did it create mental strain, but there were also psychological burdens if the families of patients faced stigma and discrimination from the surrounding community. This was what made it difficult for families to provide full support to their members experiencing mental disorders (WHO, 2022a).

Those with supportive families receive assistance in accessing mental health services. The process of treating mental disorders is long and exhausting for both patients and their families. Therefore, the presence of family throughout the treatment process can enhance the motivation and commitment of patients to recover as soon as possible (Esponda et al., 2022). Without the support of those around them, individuals with mental disorders can potentially experience worsening conditions that become more difficult to treat, which may lead to self-harm, death, or disability (Canadian Mental Health Association, 2021).

6. Everyone can Experience Psychological Disorders

The next key message regarding mental health awareness can be found in scenes 4 and 10, which imply *that mental disorders can happen to anyone, anytime, and anywhere*, so we should never think that we are immune to them. Scene 4 portrayed Oh Ri Na as a woman who has lived a comfortable life, always received the best since childhood into adulthood. Scene 10 depicted Da Eun as a professional nurse in the mental health clinic. Both Ri Na and Da Eun seem unlikely candidates for experiencing mental disorders given their respective

circumstances. They also exhibited denial about the mental health issues they faces, believed that it was impossible for them to be affected.

Just like physical health, mental health refers to our well-being in terms of emotions, feelings, thoughts, relationships with others, and our ability to manage life through various situations. Not all mental disorders lead to mental illness. Many people believe that mental disorders only affect those with low intelligence or weak faith. In reality, mental disorders and mental illness can occur in anyone, regardless of their level of education, income, religion, race, culture, or other social status. Mental disorders can be triggered by a variety of factors, ranging from singular events to complex issues. In addition to extreme conditions such as poverty and natural disasters, other contributing factors may include environmental influences, personal personality traits, and traumatic experiences in childhood or adulthood (Canadian Mental Health Association, 2021; WHO, 2022b).

In the drama, Da Eun and a nursing intern who have both recovered from their mental illness were depicted returning to work as nurses in the mental health clinic. This portrayal was supported by research indicating that individuals who have experienced mental illness can be classified as 'recovered' by professionals based on standardized criteria, provided they receive appropriate therapy and demonstrate positive changes. Patients with a history of mental disorders and mental illness, along with their families and those around them, need not worry, as many individuals with a history of mental illness have been able to achieve recovery. Those who have received mental health care will undergo periodic evaluations. If they no longer experience symptoms over a certain period, they can be declared 'not sick' again (Slade & Longden, 2015).

Individuals with a history of mental disorders and mental illness can still make positive contributions to their surrounding environment once they have recovered and are accepted back by those around them. Stigmatizing them and harboring concerns about their condition can actually diminish their productivity and increase the risk of relapse (Brouwers, 2020; Whitley & Denise Campbell, 2014). Furthermore, gaining acceptance, including returning to work, is a fundamental human right for every individual, including those who have recovered. Discriminating against or even firing individuals who have overcome mental illness is a practice that violates human rights (WHO, 2022a).

CONCLUSION

The drama "Daily Dose of Sunshine" addressed mental health issues in every episode. The visualization of various types of mental disorders presented in episodes 1-12, along with the key messages embedded in the narrative dialogues of selected scenes, provides educational information for its viewers. An analysis of reality level, representation, and ideology based on John Fiske's theory reveals that visual codes, display codes, dress codes, makeup codes, speech and gesture codes, expression codes, and environment codes in this drama illustrate the lives of people with mental disorders, including their feelings and experiences, as well as those of their families during the treatment process.

The representation analysis focused on the dialogue narratives that contain key messages about mental health awareness. The results show six key messages across ten selected scenes, conveyed through the dialogues of healthcare professionals and individuals with mental disorders. The ideological analysis identifies key mental health messages, including stress management, mental health-seeking behavior, the presence of stigma and discrimination, the dangers of self-diagnosis, and the importance of support from those around individuals with mental disorders.

"Daily Dose of Sunshine" can serve as an edutainment medium to promote

mental health issues, including both treatment and prevention. Since it is broadcasted on various digital streaming platforms, the drama can reach a large audience, enabling effective dissemination of educational information about mental health. This research aims to assist mental health practitioners in finding media that visualizes mental health topics, help health promotion media producers consider the series as a contemporary medium for effective mental health promotion, and guide the public in selecting programs that provide beneficial information about mental health while remaining entertaining.

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