

ABSTRAK

Fadhlikha Widjajono Putri. 210531100163. Ilmu Komunikasi. Paradoks Perawat Psikiatri Dalam Praktik Komunikasi Terapeutik : Analisis Semiotika Roland Barthes Pada Drama Korea *Daily Dose Of Sunshine*.

Penelitian ini bertujuan untuk menganalisis representasi paradoks tenaga kesehatan mental dalam praktik komunikasi terapeutik pada drama Korea *Daily Dose of Sunshine*. Penelitian ini menggunakan pendekatan kualitatif dengan metode analisis semiotika Roland Barthes yang mencakup makna denotasi, konotasi, dan mitos. Data penelitian diperoleh melalui analisis adegan dan dialog yang merepresentasikan tahapan komunikasi terapeutik, yaitu pra-interaksi, orientasi, tahap kerja, dan terminasi, dengan teknik pengumpulan data berupa observasi visual terhadap tayangan drama serta studi pustaka yang relevan. Hasil penelitian menunjukkan bahwa *Daily Dose of Sunshine* merepresentasikan komunikasi terapeutik sebagai proses yang berlangsung secara profesional namun sarat dengan tekanan emosional. Perawat digambarkan tetap menjalankan peran komunikasi terapeutik pada setiap tahap meskipun menghadapi tuntutan kerja yang tinggi, kelelahan emosional, dan tekanan psikologis. Paradoks tenaga kesehatan mental terlihat dari kontradiksi antara tuntutan profesionalisme dan kondisi emosional perawat yang rentan. Penelitian ini menegaskan bahwa praktik komunikasi terapeutik tidak terlepas dari dinamika emosional tenaga kesehatan mental.

Kata kunci: Komunikasi Terapeutik, Perawat Psikiatri, Semiotika Roland Barthes, *Daily Dose of Sunshine*

ABSTRACT

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The Paradox Of Psychiatric Nurses In Therapeutic Communication Practice: A
Semiotic Analysis Of Roland Barthes In The Korean Drama Daily Dose Of
Sunshine.

This study aims to analyze the paradoxical representation of mental health professionals in therapeutic communication practices in the Korean drama "Daily Dose of Sunshine." This study used a qualitative approach with Roland Barthes's semiotic analysis method, which encompasses denotative meaning, connotative meaning, and myth. Data were obtained through analysis of scenes and dialogues representing the stages of therapeutic communication: pre-interaction, orientation, working stage, and termination. Data collection techniques included visual observation of the drama and relevant literature review. The results show that "Daily Dose of Sunshine" depicts therapeutic communication as a professional process yet fraught with emotional stress. Nurses are depicted as continuing to carry out their therapeutic communication roles at every stage despite facing high work demands, emotional exhaustion, and psychological distress. The paradox of mental health professionals is evident in the contradiction between the demands of professionalism and the nurses' vulnerable emotional state. This study confirms that therapeutic communication practices are inseparable from the emotional dynamics of mental health professionals.

Keywords: Therapeutic Communication, Psychiatric Nurses, Roland Barthes's Semiotics, "Daily Dose of Sunshine"