

ABSTRAK

Roiyatul Ain. 220531100144. Program Studi Ilmu Komunikasi, Universitas Trunodjoyo Madura. Representasi *Self-Acceptance* Dalam Series Drama *My Liberation Notes*.

Penelitian ini bertujuan untuk menganalisis representasi *self-acceptance* yang dikonstruksikan dalam series drama *My Liberation Notes* melalui identifikasi sistem tanda denotasi, konotasi, dan mitos berdasarkan semiotika Roland Barthes. Pemilihan topik ini didasarkan pada relevansi isu kesehatan mental yang semakin penting di masyarakat, serta kontribusi akademis bagi kajian media dan psikologi, khususnya dalam memahami bagaimana proses *self-acceptance* dikonstruksikan melalui tanda-tanda naratif dan audiovisual dalam sebuah karya populer.

Penelitian ini menggunakan paradigma interpretatif dengan pendekatan kualitatif dan metode analisis semiotika Roland Barthes. Objek penelitian adalah 23 *scene* yang dipetakan pada empat tokoh utama, yaitu Yeom Mi-jeong, Yeom Chang-hee, Yeom Gi-jeong, dan Mr. Gu, dengan mengacu pada sembilan aspek *self-acceptance* menurut Berger (1952) sebagai unit analisis. Peneliti berperan sebagai instrumen utama dalam mengidentifikasi dan menginterpretasikan tanda pada tingkat denotasi, konotasi, dan mitos, dengan tetap mempertimbangkan konteks sosial-budaya Korea Selatan sebagai latar produksi.

Hasil penelitian menunjukkan bahwa pada tingkat denotasi dan konotasi, representasi *self-acceptance* dikonstruksikan melalui pola tiga fase yang konsisten pada keempat tokoh, yaitu *recognition*, *struggle*, dan *resolution*, yang menegaskan bahwa *self-acceptance* merupakan proses bertahap, bukan peristiwa tunggal. Pada tingkat mitos, series drama ini secara konsisten mendekonstruksi mitos kemandirian emosional total serta mitos-mitos lain, seperti *toxic positivity* dan idealisasi maskulinitas stoik. Secara keseluruhan, series drama ini menampilkan *counter-narasi* terhadap stigmatisasi kerentanan emosional, menegaskan bahwa *self-acceptance* yang autentik lahir dari keberanian menunjukkan kerentanan.

Kata Kunci: representasi, *self-acceptance*, semiotika Roland Barthes, *My Liberation Notes*

ABSTRACT

Roiyatul Ain. 220531100144. *Communication Studies Program, Universitas Trunodjoyo Madura. Representation of Self-Acceptance in the Drama Series My Liberation Notes.*

This research aims to analyze the representation of self-acceptance constructed in the drama series My Liberation Notes by identifying the sign systems of denotation, connotation, and myth based on Roland Barthes' semiotics. The selection of this topic is grounded in the increasing relevance of mental health issues in society, as well as its academic contribution to media and psychology studies, particularly in understanding how the process of self-acceptance is constructed through narrative and audiovisual signs in a popular work.

This research employs an interpretive paradigm with a qualitative approach and Roland Barthes' semiotic analysis method. The object of the research consists of 23 scenes mapped across four main characters, namely Yeom Mi-jeong, Yeom Chang-hee, Yeom Gi-jeong, and Mr. Gu, referring to the nine aspects of self-acceptance according to Berger (1952) as the unit of analysis. The researcher serves as the primary instrument in identifying and interpreting signs at the level of denotation, connotation, and myth, while taking into account the South Korean socio-cultural context as the production setting

The results show that at the denotative and connotative levels, the representation of self-acceptance is constructed through a consistent three-phase pattern across the four characters, namely recognition, struggle, and resolution, affirming that self-acceptance is a gradual process rather than a single event. At the mythical level, the series consistently deconstructs the myth of total emotional independence as well as other myths such as toxic positivity and the idealization of stoic masculinity. Overall, the series presents a counter-narrative to the stigmatization of emotional vulnerability, affirming that authentic self-acceptance arises from the courage to show vulnerability rather than the effort to conceal it.

Keywords: representation, self-acceptance, Roland Barthes' semiotics, My Liberation Notes