

EDITING FOR THE SHORT FILM “BAYANGKU, BAYANGMU”

PENYUNTINGAN UNTUK FILM PENDEK “BAYANGKU, BAYANGMU”

Leandro Tristan Kaban¹, Muchammad Zaenal Al Ansory²,
Yelly Andriani Barlian³

^{1,2,3} *Visual Communication Design, School of Creative Industries, Telkom University, Jl. Telekomunikasi No 1,
Terusan Buah Batu – Bojongsoang, Sukapura, Kec. Dayeuhkolot, Kabupaten Bandung, Jawa Barat, 40257*
amadeoes.kaban@gmail.com, zenalansory@telkomuniversity.ac.id,
yellybarlian@telkomuniversity.ac.id

Abstract : Due to the COVID 19 pandemic, all activities around the world had been halted and people are required to stay inside their houses until further notice. Indonesia, as one of the affected countries, has had setbacks on many sectors especially in the education field. This research is done to analyse and dive into the effect of social isolation due to COVID 19 towards the mental health of students using a cinematic narrative. With the creation and portrayal of the short film “Bayangku, Bayangmu,” it aims to depict how isolated individuals felt during the pandemic era in a cinematic view. The sense of detachment from society and having severe social withdrawal is a phenomenon that many people can relate and interpret differently, hence why many interpretations in the form of moving visual media had been made. This moving visual media artwork is used not only as a platform that gives people perspectives of the phenomenon, but also as a representation of the unheard feelings of a tormented-individuals. With the author involvement in the production of this movie as the editor, author will integrate editing technique, colour grading and sound design into the film to enhance and create a cinematically appealing psychological-drama film about social isolation for audience to watch. Methodologically, qualitative analysis such as observation, questionnaire, interview, literature and visual review are used to gain more insights and knowledge as reference for editing. In conclusion, the main goal of the short film “Bayangku, Bayangmu” is that it can be seen not only through a cinematic view, but also through the mental health aspect which had been represented.

Keywords: mental health, social isolation, pandemic, film, editing

Abstrak : Karena pandemi COVID 19, semua aktivitas di seluruh dunia telah dihentikan dan masyarakat diharuskan untuk tetap berada di dalam rumah sampai pemberitahuan lebih lanjut. Indonesia sebagai salah satu negara terdampak mengalami kemunduran di banyak sektor, terutama di bidang pendidikan. Penelitian ini dilakukan untuk menganalisis dan mendalami pengaruh isolasi sosial akibat COVID 19 terhadap kesehatan mental siswa dengan menggunakan narasi sinematik. Penciptaan dan penggambaran film pendek “Bayangku, Bayangmu” bertujuan untuk menggambarkan bagaimana perasaan

individu yang terisolasi di masa pandemi dalam tampilan sinematik. Rasa keterpisahan dari masyarakat dan penarikan diri dari pergaulan yang parah merupakan sebuah fenomena yang banyak orang bisa kaitkan dan tafsirkan secara berbeda, oleh karena itu banyak penafsiran dalam bentuk media visual bergerak yang dilakukan. Karya seni media visual bergerak ini tidak hanya digunakan sebagai platform yang memberikan perspektif terhadap fenomena tersebut, namun juga sebagai representasi perasaan yang belum pernah terdengar dari seseorang yang tersiksa. Dengan keterlibatan penulis dalam produksi film ini sebagai editor, penulis akan mengintegrasikan teknik pengeditan, penilaian warna, dan desain suara ke dalam film untuk menyempurnakan dan menciptakan film drama psikologis yang menarik secara sinematik tentang isolasi sosial untuk ditonton oleh penonton. Secara metodologis, analisis kualitatif seperti observasi, angket, wawancara, literatur dan tinjauan visual digunakan untuk menambah wawasan dan pengetahuan sebagai acuan dalam penyuntingan. Kesimpulannya, tujuan utama dari film pendek "Bayangku, Bayangmu" ini adalah agar dapat disaksikan tidak hanya melalui tampilan sinematik saja, namun juga melalui aspek kesehatan mental yang dihadirkan.

Kata kunci: kesehatan mental, isolasi sosial, pandemi, film, penyuntingan

INTRODUCTION

Background

The COVID-19 pandemic has shifted face-to-face activities online, creating new routines and significant challenges, especially for youth. Measures like lockdowns and social isolation have disrupted daily life and impacted mental well-being, particularly during adolescence, a crucial period for social and emotional development. Studies by Loades (2020) and Nasrudin (2020) indicate increased stress and anxiety among young people due to these changes.

In response, for the group final project, the author and team will produce a film named "Bayangku, Bayangmu," which will depict the effects of pandemic-induced isolation. This film aims to raise awareness about mental health issues stemming from prolonged isolation. The author will work as the editor for this film production and will showcase techniques in editing, colour grading, and sound design to convey the film's message effectively with the intention of applying editing concepts to create appealing visual and sound design to immerse the audience into the film and creates depth within the cinematic universe of the film while also being able to convey the messages within in a serious matter with

storyline through smooth transition. The psychological drama genre will help engage the audience and highlight the importance of mental health. The challenge for the editor is to maintain a concise yet impactful narrative that captures the essence of social isolation.

THEORITICAL BASIS

Film

Film (cinema) is the original method of cinematography, which comes from the words cinema (movement), tho or fitos (light), and graphe or graph (composition, image, symbolism) which means showing portray development with light. Painting with light usually requires the use of a special tool called a camera. According to Himawan (2008), film dialect consists of audio dialect and visual dialect. Film contains key elements to create more efficient and detailed films. On the other hand, Heiderich (2018) describes cinematography as a work of art that conveys history to the outside world. The cinematography of a film determines how the image is presented. Heiderich said the film's success will allow people to understand what happened without actually hearing the story. Cinematography has several components. Pratista (2008) states that there are at least three similar perspectives regarding cinematography, including camera and film. The same goes for image length as camera and film angles can relate to methods that can be carried out through the camera such as colour, utilize of focal points, speed of movement pictures etc.

Editor

The editor is being responsible on how the end product will look, editor act as decider of picking the results that have been taken by the cameraman for assembly, hence why according to Petrie (2012: 173), from his book "The Art of Watching Film Edition 8", considered the editor role is equal to the director.

Editing

Edit have lots of meaning and definition. It can mean to review, refine, modify, eliminate, or assemble components into a new, acceptable form. Editing is the job of an editor to assemble individual clips of picture and sound into a coherent story (Bowen, 2018). Film editing is a post-production process that involves editing images, combining sound and computer-generated effects, and creating music. (Ansory, 2024).

Sound Design

Associated with post-production, sound designer works together to create combination, mixing and mastering to generate sounds to enhance the action displayed in the film The use of sound is essential in every film as it not only creates explanation and ambience towards every scene, but also as an auditory-stimuli that provoke human perception in a psychological and emotional levels (Bowen, 2018). There are 2 source of sound in sound design namely "Diegetic" and non-"Diegetic" sound (Bowen, 2018). Diegetic sounds include character voices and environmental noises, while non-diegetic sounds, like narrator summaries and background music, enrich the cinematic experience. (Fiardi, 2024)

Colour Grading

"Film looks" is usually pre-determined before filming starts, with the DOP working with colourist from pre-production by doing camera tests to determined the base expectations on how the output of the film colour will look and how the colour can be manipulated and graded in post-production (Arundale & Trieu, 2015). Maintaining consistent skin tones throughout a scene is essential for continuity (Arundale & Trieu, 2015) in film and it is almost impossible to capture images in a way that doesn't require some color correction to allow shots to cut together seamlessly, hence why adjusting in colour grading is done by colour balancing & creative look effects (Arundale & Trieu, 2015), because colour is an essential part in film to not only add depths and richness of a scene, but to also

gives audience pleasure in precepting the visual of the film and to provoke emotions and psychology of human responses towards the colour displayed throughout the screening (Petrie, 2012).

DATA & DATA RESULTS ANALYSIS

Research Method

Methods used for data collection of the paper will be using qualitative method as research reference consisting of literature review, survey & questionnaire, interview, visual review and observation. Qualitative method approaches had been used to research value depth of meaning and people's subjective experiences and their meaning-making processes. These approaches allow us to build a robust understanding of a topic, unpacking the meanings people ascribe to their lives—to activities, situations, circumstances, people, and objects aiming at generating meaningful and producing rich, descriptive data. (Leavy, 2017).

Survey & Questionnaire

This questionnaire asked people about social isolation during the pandemic and how it effects their life. From the results, we can see that most respondent stays at home as 95.1% of them implemented the self-isolation protocol during Covid-19. We can see from other results that due to the self-isolation protocol, stress level of respondents takes up more than 90% of the percentages, being categorized with 58.6% of respondents having high-stress level, 31.1% having normal stress level and 7% having very high level of stress while respondents whom experienced a low level of stress are only on the 2% for low levels and 1.2% for very low levels. Many habits and activities also changed, with changes of sleep patterns during Covid-19 lockdown taking up 52.9% of respondents feedback, difficulty in concentration during self-isolation period

taking up 54.1% of respondents feedback, and physical productivity during self-isolation period having a decline as the “not active” category stands at 62.7% from the respondent feedback. Changes can also be seen from the way 80.3% of respondents experienced changes in the way they do their work or study after lockdown. From the mental health standpoint, mental health of respondents also become an issue as the feeling of loneliness (52%) and feeling of sadness/wanting to cry (47.5%) takes up the majority of the feedback percentages. But due to the isolation-protocol, up to 50% of respondents handled their mental issue all by themselves and only 40.6% asked for help from others. Because of this, 54.5% respondents stated that their relationships with the people closest to them took a nose-dive and started to stray further away due to the isolation-protocol, with 59.3% of respondents having difficulties in returning to social routine after the lockdown and 42.2% of respondents felt more comfortable being alone, while 23.4% of respondents having trouble socializing. Due to the difficulties in making connection with others, we can see that people are trying to find ways to make connection with others. Hence why the most easy and accessible way to make it is through the use of the internet (93%), with most respondents having high period time on social media with only 1.2% not using social media to connect with others. From that, we can see that to entertain themselves and visualize that connectivity, the form of entertainment that most respondent did during the self-isolation is by watching movies. But we can also conclude that because of this unhealthy amount of usability and dependency towards the internet, we can see that 50% of respondents having experienced some sort of sensation of hallucination about imaginary scenarios. So as we can see, the effects of self-isolation protocol on people mental health and daily/social routine really took a significant impact towards their life and even after the lockdown, the effects still lingers and leave a big impact in their way of living their life further on.

Interview

An interview with profesional from the industry/expert of editing Noverel. From the interview with Noverel, author can conclude that from the perspective of a colorist that the job of a post-production specialist doesn't only starts when filming is wrap, but also during pre-production and production for example, a colorist needs to be involved from the start of pre-production on creating and helping suggest the colour concept on how the film will go to be able to apply the right colour scheme for the messages in the film to be delivered clearly and in accordance to the flow of the film mood. Suggestions from Noverel on creating the right colour scheme for a drama psychological film is with the use of a cold colour palette of purple, blue and green with a lower exposure to create a cold and dark colour scheme. The use of cold colour palette is often connected with the psychology of loneliness, sadness and depression.

Similar Artwork Analysis

The author had done research and analysis from 3 different film with similar genre, namely *Joker* (2019), *Dalam Dunia Maya* (2024), and *Positif* (2021). Each of the 3 film is used as reference for editing, sound design and colour grading concepts for the author final project. For the concept editing on the film, designer will apply the 5 editing types which consist of *the action edit*, *the screen position edit*, *the form edit*, *the concept edit*, dan *the combined edit*. Author will also apply transitions like cut and fade while also implementing other more detailed editing cut such as J Cut, L Cut, Montage Cut etc for more immersive editing. For the sound design concepts, authir will add on all sound design types from production and post-production, non-diegetic and diegetic sound, for the final project sound design concept. For the colour grading concept, author will create a natural colour pallete for the visual colour of the film to gain a natural look throughout the film.

Location Observation Analysis

Author observe 3 places that will served as the production set, which is Rumah Alden (Komplek Samara Regency, Jalan Semara Indah I No 27, Desa Lengkong, Bojongsoang), Flyover Pasupati (Jl. Prof. Dr. Mochtar Kusumaatmadja), and Bunker Batujajar(Cimahi). From the observation, author can conclude that the 3 filming sets that the author had observed each has it's own challenges. Starting from lighting to outside sound that may affect the raw file during the post-production process. With the indoor filming sets, writer will have to create the right sound ambience during post-production and for outdoor scene, writer will have to work on the sound from the set and the natural lighting from sun to create the right exposure for the film.

CONCEPT & DESIGN

Message Concept

For the message concept of "Bayangku, Bayangmu", the author wanted to conveyed the feeling of loneliness because of self-isolation due to the pandemic and how this feeling of loneliness can affect an individual mind and perception towards his surroundings. The concept will be realized through the creation of a fictional short film with a drama-psychological genre that tells the story of a man loneliness and how his loneliness became a manifestation of an individual that haunts him. The film will take place during the covid isolation era where due to the governments regulation of having to self-isolate, the main character will fell more and more into depression which then led to his broken mind taking control of him.

Editing Concept

For the editing concept for the film "Bayangku, Bayangmu", after the author had before finished reviewing and dissecting the 3 distinct films on the chapter before, the author intended to create a dark and peculiar visual take

towards the feeling of loneliness. The author and his team had a vision on creating a visualization on how this whole thing felt like a fever-dream and isn't real.



Various editing technique and theory will be applied. To start, author will apply the 5 types of editing which consist of the action edit, the screen position edit, the form edit, the concept edit, and the combined edit to create a compelling narrative on the storytelling of the film. The use of these 5 types of editing is to create a narrative through the use of transitions in between scenes. The main transitions that editor will used is consist of cut, fade and dissolve while also implementing other more detailed editing cut such as J Cut, L Cut, Montage Cut etc for specific scenes and smoother continuity. For the sound design concepts, author will add on all sound design types from production sound (diegetic) and post-production sound (non-diegetic sound), with diegetic sound will be consisting of sounds captured using shooting equipment like dialogue, ambience and wild sounds. For the non-diegetic sound, author will create and mix sound on audio editing software to create sound effects to for details of action in scene and to also set the mood of specific scene. For the colour grading concept, writer will create a natural colour pallete for the visual colour of the film to gain a natural look throughout the film. Author will also create a colour concept which will be used as transitional device to create a differentiation between the past and the present. The use of colour will also be detrimental on setting the mood of specific scenes, The duration of this film will be about 30 minutes more or less with a cinematic aspect ratio of 16:9 or 1. 7:1.


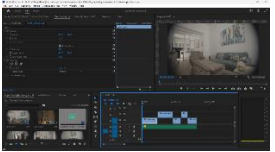

Film Timeline & Results

The process of filmmaking for the short film "Bayangku, Bayangmu" starts from pre-production, production and post-production. Funded from our own pocket, author and the director creates this short-film from scratch, from just an idea written on a piece of paper to the final cut of the full movie. Before starting to create the short film, the author and director first done researches to gain data

that are sufficiency and valid to depict the phenomenon of self-isolation as accurate as possible. The pre-production phase started, where it is the part where the filmmaker starts from brainstorming/concepting, script writing, director's statement, timeline creation, budgeting, property management, casting call, reading, and rehearsal. After all preparations are ready, production of the short film "Bayangku, Bayangmu" started where the visualization of the script is being created. Post-production started when production had finished, where editor and director will work together connecting pieces of footage into a fully finished audio-visual storyline.



Table 1 Film Project Timeline


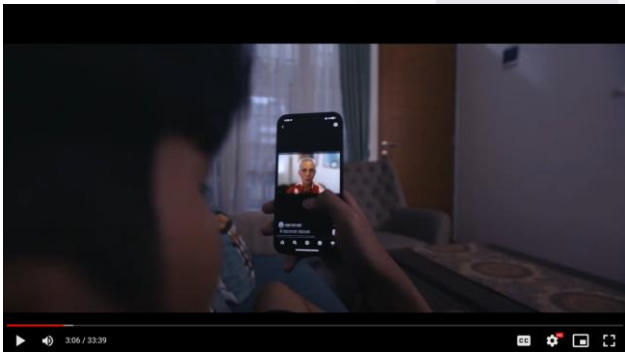
Research Process	Pre-Production	Production	Post-Production
Literature review about editing and self-isolation due to covid to gain concepts of the film and a grasp towards the phenomenon	Script writing and treatment for the short film 	Shooting and offline editing, creating rough cut for the realization of an audio visual of the script 	Sorting the data clapper and audio data
Survey and questionnaire with the public to gain insights	Deck pitching and approval with		Preview shooting results and matching the data audio and clapper.

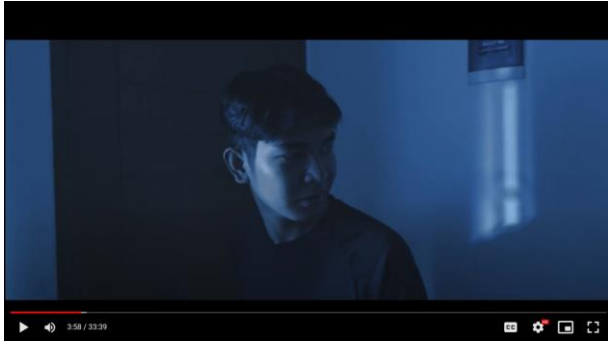

on individuals experience and interpretation of the phenomenon	lecturer/producer		
Interview with individuals for more close-up and personal looks towards the phenomenon	Casting and crew recruitment		Rough cut on and approval from director 
Visual review to get references towards how the editing during post-production will be done	Property and set management for the short film 		Final cut, sound design and colour grading finalization using Premier Pro, Davinci Resolve and PaulStretch.
Observation done by editor and director to gain understanding	Equipment rental, script and schedule finalization, on-set permit.		



on the challenges that may occur during production and post-production			
	Script reading and rehearsal		



Table 2 Film Result

No	Footage	Editing Technique	Description
1		Cut, J-Cut, ambience sound	The film starts with a montage shot of the living room
2		Cut, ambience sound, voice over	Alden had conversation with his brother on the phone

3		VFX, cut, dissolve	Alden receives a text from his friend and the scene cuts to a scene of his chat online. Dissolve is used to create a time skip on the scene to make it feel like it's been a long time
4		Action edit, L cut, cut, change of scene colour	In this scene, Alden is watching news about covid 19 and he had a flashback about his mom, The action edit can be seen at he beginning

			where Alden action of watching his phone changes to 3 different angles.
5		Change of temperature (colour), cut on sound	In this scene, the light suddenly turns to blue and then red. The use of cut on sound is to create a match cut with the specific noise
6		Form edit, cut, ambience sound, dissolve, SFX, montage cut	In this scene, Alden watch a Youtube videos and to create a dynamic cut, editor uses form edit in which when the girl start talking, it cuts into the real video of the girl with an adjusted aspect ration to make it feel like we're watching the Youtube video

			ourselves. SFX is also used to create an usnsettling feeling towards the scene.
7		Cut, score, change of colour	This scene is a flashback of Alden with his mom. Throughout this scene, it has a score sound on the background.
8		Montage cut, score, dissolve, J cut	This is the title screen of the movie. It starts with a chaotic montage cut while having a score sound in the background.
9			

		<p>The screen position edit, cut on action, J cut</p>	<p>This is a dialogue scene between Suki and Alden. This scene uses the screen position edit where the conversation is being held from 2 angle, which is the mastershot and close ups to direct viewer eyes towards the subject.</p>
10		<p>SFX, match cut</p>	<p>This is a scene where the scene changes from normal to red. The match cut used is to signifies a changes in the atmosphere, but in a similar not the same type of situation.</p>
11		<p>Score, SFX</p>	<p>This is the scene where Alden and Suki had a big fight.</p>

	<div></div>		<p>Throughout the scene, music score can be heard and at the beginning, a SFX of a heartbeat can be heard echoing throughout the scene.</p>
12	<div></div>	Score, Cut	<p>This is the final scene of the film. It only has score sound in the background for the viewer to be able to look at the scene while specifically listening to the sound to be able to convey the feeling towards the shot shown from the song.</p>

CONCLUSION

The COVID-19 pandemic has caused major transformations in global social life, including among young people. The impact due to lockdowns and cancellation of social events have forced young active people to isolate themselves from their friends and limiting their social interaction with other people. Due to the length of this limitations, many people have lost the ability to reconnect with other people, causing damage to their mental and emotional well-being. Hence making them having a hard time integrating themselves back into society when the restrictions have been lift up. To be able to tell this story to young people, author and his team contribute in the making of a visual media in the form of a short film as an effective medium for conveying emotional and social messages to young people. As the editor for the production of the film “Bayangku, Bayangmu”, the author wanted to created a story that people can relate, enjoy and emotional attached to, creating a film that felt close to home as many of us are significantly impacted by this phenomenon. In creating this short film, author wanted to show how powerful a message can be with the use of editing techniques. With the use transitions and editing to create a story with a smooth continuity, with the use of color grading to enhance a scene and sets the mood of the film, and last but not least, the use of sound design to create intense atmosphere. Author hopes that from this movie, people who watched this can felt represented and their feelings being justified because it's not only them that felt this due to social isolation, but also many others suffer the same phenomenon. Author also hoped that this movie can raise awareness on how this phenomenon happens to many people and is still lingering in many people to this day. From the editor standpoint, author hoped that this can led people to be able to know how the work of an editor can truly impact and gives out powerful message for a film.

REFERENCES

Ansory, M. Z. A & Adi, A. E (2024). Impact of radicalism and terrorism through social media among youth in the Film The Lone Wolf Next Door. ISSN 2684-9259. Vol 6 : 43

Arundale, S & Trieu, T. (2015). Modern post workflows and techniques for digital filmmakers. MA: Focal Press

Bailey, C. A. (2007). A guide to qualitative field research. Thousand Oaks, CA: Pine Forge Press.

Bowen, C. J. (2018). Grammar of the edit fourth edition. New York: Routledge

Leavy, P. (2017). Research design quantitative, qualitative, mixed-methods, arts-based and community-based participatory research approaches. New York: The Guilford Press.

Courtet, Philippe, et al. "Keep socially (but not physically) connected and carry on: preventing suicide in the age of COVID-19." *The Journal of clinical psychiatry* 81.3 (2020): 15527.

Loades ME, Chatburn E, Higson-Sweeney N, Reynolds S, Shafran R, Brigden A, Linney C, McManus MN, Borwick C, Crawley E. Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19. *J Am Acad Child Adolesc Psychiatry*. 2020 Nov;59(11):1218-1239.e3. doi: 10.1016/j.jaac.2020.05.009. Epub 2020 Jun 3. PMID: 32504808; PMCID: PMC7267797.