

DESIGNING “SUMMER” VISUAL NOVEL GAME AS AN ANGER MANAGEMENT GUIDE FOR INTROVERTED LATE ADOLESCENTS IN INDONESIA

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Abstract: Without proper understanding and the right way to manage it, anger could harm us and others around us. Cases of murder and suicide with this emotion as its motive are the most severe examples. Late adolescents who are still faced with uncontrollable and unpredictable emotions in their adolescence phase are vulnerable to their anger, especially those who are introverted as they feel emotions more intensely, and live in urban areas where human mobility and the pressure of community demands are high. Books about anger are published to help them understand their anger and how to manage it, but this learning media proved ineffective. In this research, both qualitative and quantitative methods will be used to gather data through interviews, observations, literature reviews, and a questionnaire. The gathered data will be analyzed with narrative inquiry, matrix, and descriptive analysis methods. Through this project research, SUMMER is designed. It is a visual novel game that fulfills Indonesian introverted late adolescents' preferences and needs, which will help them better understand their anger and how to manage it.

Keywords: anger management, late adolescents, visual novel

Abstrak: Tanpa pemahaman dan pengelolaan yang tepat, amarah dapat mencelakai diri kita sendiri dan orang lain di sekitar kita. Kasus pembunuhan dan bunuh diri dengan amarah sebagai motif merupakan contoh terburuknya. Remaja akhir yang masih dihadapkan dengan emosi tak terkendali dan terprediksi dari fase keremajaan mereka rentan dengan amarah mereka sendiri, terutama bagi mereka yang memiliki sifat introvert karena mereka merasakan emosi secara lebih intens, dan hidup di daerah perkotaan di mana mobilitas manusia dan tekanan tuntutan masyarakatnya tinggi. Buku mengenai amarah sudah diterbitkan untuk membantu remaja akhir memahami amarah mereka dan cara mengaturnya, tetapi media pembelajaran ini terbukti tidak efektif karena pandangan remaja akhir bahwa buku dengan topik tersebut merupakan bacaan berat tanpa rasa keterhubungan, yang hanya akan membuat mereka bosan. Dalam penelitian ini, metode kualitatif dan kuantitatif akan digunakan dalam mengumpulkan data melalui wawancara, observasi, studi pustaka, dan kuisioner. Data yang terkumpul kemudian dianalisis dengan metode analisis naratif, matriks, dan deskriptif. Melalui penelitian proyek ini, dirancanglah SUMMER. Sebuah permainan visual novel yang memenuhi preferensi dan kebutuhan remaja akhir introvert Indonesia, yang akan membantu mereka lebih memahami amarah mereka dan cara mengelolanya.

Kata kunci: pengaturan amarah, remaja akhir, visual novel

INTRODUCTION

Indonesian late adolescents' inability to control their anger resulted in severe criminal cases and self-harm because of their lack of understanding about the anger they felt and how to manage it (Choirul, 2023; Ginta, 2023; Poskota, 2022; Warsudi, 2022). A report from Kemenpppa (2023) that showed 17,2% out of 8.229 cases of violence in Indonesia from January to 25 May 2023 had late adolescents as the perpetrator; which number KPAI states to be increasing each year (Yunalia & Nurma, 2020) further proved how lacking Indonesian late adolescents' emotional intelligence is, in which anger management being one of them.

Books about anger management have been published to help increase late adolescents' knowledge about their anger and how to manage it. Yet this media is not quite effective for late adolescents who deem them as dull, heavy, and unrelated reads that will only bore them. Instead, they will be interested in educational media that is more fun, relatable, interactive, and engaging. As such, an alternative media must be made to remedy this. One that is made specifically for Indonesian introverted late adolescents in urban areas; who because of their introversion have low psychological well-being (Patricia et al., 2020), tends to keep their emotion to themselves and solve problems on their own without asking for other's help (Umasugi, 2018); live in a busy area that causes them to be exposed to more stressors (Bisht & Sharma, 2021) and is still struggling with controlling their emotions because of the changes they experience; but are more eager to learn about anger to understand themselves better for their future compared to the previous phase of adolescents (Exploring Your Mind, 2019; Garcia, 2023), yet have no clue what to do and where to start because of how used they are to their flawed way of facing their anger.

The educational alternative media chosen is a visual novel game, a genre of game that focuses on a digital narrative, where the story world and its progression are heavily affected by its players' interactions through their choices (Camingue et al., 2021). Not only for being a more fun, relatable, interactive, and engaging alternative media, visual novel is chosen because it also has a great ability to communicate chronologies of history, cultural facts, or knowledge (Lebowitz & Klug, 2011).

RESEARCH METHOD

In conducting the research for this final project, visual communication research method is used, which combines qualitative and quantitative methods to gather data through a questionnaire, interviews, observation, and literature review. The questionnaire method in this research is done by making a questionnaire containing questions about anger and its management, books about it, and visual novels. This questionnaire which was shared through social media in the form of a Google Form link gained responses from 101 introverted late adolescents who live in Indonesian urban areas. As for the interview method, it is done by interviewing a clinical psychologist, an illustrator, and some introverted late adolescents; which resulted in the exploration of the interviewees' thoughts, personal experiences and concepts, as well as their views and stances (Soewardikoen, 2013), which will help in giving this research empirical data for relatable and precise visual novel design. The observation method in this research is done by observing an introverted late adolescent's interaction and reaction to a visual novel game about mental health. And for the last data-gathering method which is the literature review, is done by reviewing several journals, articles, and books related to the topic or problem of this research. These journals, articles, and books will be obtained in the form of either PDF copy, website, or e-books from Google, Google Scholar, Telkom University Open Library, and or Google Play Books.

All of the data that was gathered from the data-gathering methods mentioned above, will then be analyzed using narrative inquiry, matrix, and descriptive analysis methods. The narrative inquiry method is done by compiling all qualitative data that was obtained, to be understood and interpreted into a chronological narrative. Through analyzing data with this method, unique perspectives from each subject or respondent could be obtained. Along with a deeper understanding of the problem empirically. Data analysis using the matrix analysis will be done by using tables to list the objects. The data of these objects will be listed side by side to be compared, gaining the differences between the details they each have (Soewardikoen, 2019). Through analyzing data with matrix analysis, data about existing visual novel games' details can be obtained as a reference for the one that will be designed

by the writer through this research. And lastly, the descriptive analysis method is used to analyze qualitative data that has been gathered into quantitative data using a statistical technique. The result of this analysis method is graphs generated by the Google Form's system, of the gathered data showing the measure of frequencies from respondents, which helps the writer to determine which option or possibility is the most favorable or the majority, and vice versa.

DISCUSSION AND RESULTS

From the result of all the gathered data analysis, it can be concluded that an alternative media to help Indonesian introverted late adolescents understand their anger and how to manage it better is indeed needed; as it is true most Indonesian introverted late adolescents lack control over their anger— because of the changes around them as well as stressors in urban areas— and of knowledge about its management, which sometimes resulted in severe outbursts that harmed them and other around them; and has little interest in learning about anger management through books.

A visual novel is chosen as the alternative media that will be used to help Indonesian introverted late adolescents better understand their anger and its management, as most of these late adolescents suggest they would like to learn from an interactive narrative game, and most of them are already familiar and has the experience of playing visual novel games. They prefer the visual novel game that will be made to be short in gameplay (1 to 2 hours of game duration); has the genre of horror or mystery, doesn't require large memory space to be played; has great visual, interesting story, and relatable character (designed after their appearance and preference); free-to-play or a one-time pay game; addition of humor to lighten the heaviness of the topic of the game; and doesn't restrict their freedom by adding a type-in answer choice.

Message Concept

From the conclusion and purpose of the discussion above, a message concept for the visual novel that is made is decided. Which is a visual novel alternative to books about anger

management is present for introverted late adolescents in Indonesia, which will help guide them in understanding their anger and how to manage it better through a more fun, interactive, engaging, and relatable narrative accompanied by atmospheric visuals.

From the message above, three keywords can be used to summarize its concept. These keywords are **play** (the game), **feel** (the narrative and illustration), and lastly, **manage** (the anger).

Creative Concept

The creative concept of this visual novel came from introverted late adolescents' experience with their anger, which can bring them to either destruction or thrive. In constructing this concept, anger and introverted adolescents who experienced this emotion were symbolized as summer and sunflower. Summer is known as the season of heat, where heat symbolizes anger or wrath. This term (summer) is well suited to represent uncontrollable and unpredictable anger in the late adolescent phase. Sunflower, on the other hand, is used because it is well-known as a summer flower. Sunflowers, just like introverted late adolescents, if they could manage the heat of summer, or anger in their phase well, they can bloom beautifully. But if not, the heat will burn them as well as the other sunflowers in the entire sunflower field, like a widespread summer fire.

With this concept formed as its creative concept, a title for the visual novel is decided, which will be "SUMMER". A visual novel with fun, interactive, engaging, and relatable narrative as well as atmospheric visuals, to help guide introverted late adolescents in understanding their anger and how to manage it better.

To convey this creative concept, as well as the message of "SUMMER", a tagline or catchphrase (what to say) for it is formulated as seen in the figure below:

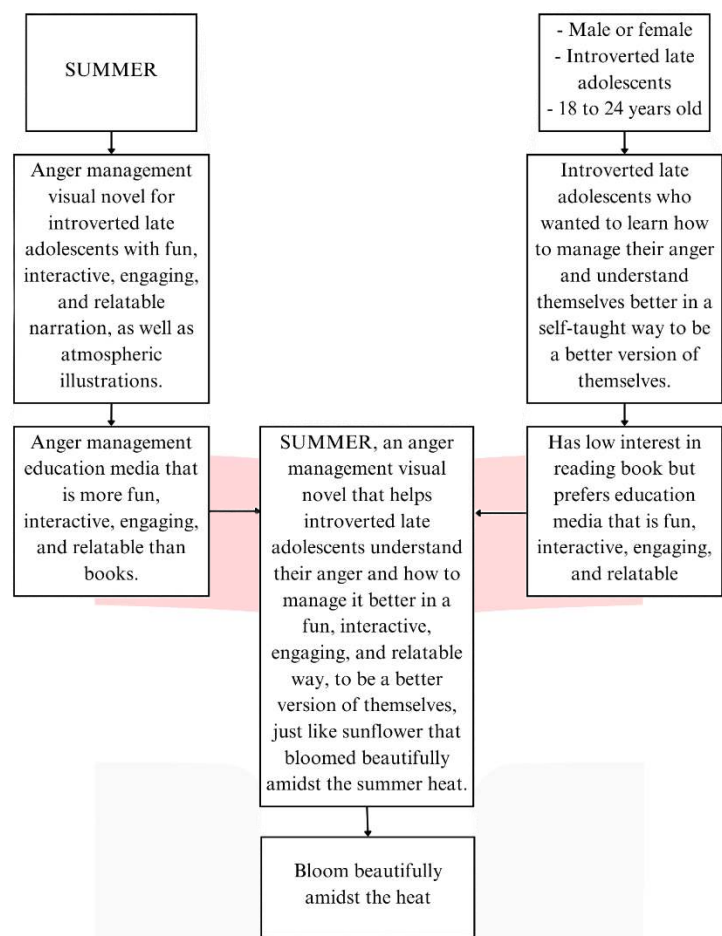


Figure 1. What to say flow chart
Source: personal documentation

Media Concept

The media that will be used to implement the design that will be made is in the form of a visual novel prototype also known as a demo, which will only cover a small part of its complete content. In most cases, visual novel demos use the prologue of their narration.

To support the visual novel demo that will be produced, supporting media will also be created. They will be in the form of promotional media (banner, signage, and flyers.), communication media (social media posts), and joining conventions or events (with its necessities such as merchandise, standee, and promotional media.)

In planning and deciding the media to communicate “SUMMER”’s message, an analysis of target audience behavior through the AISAS model (consisting of attention, interest, search, action, and share) is done, which can be seen in the table below:

Table 1. AISAS model media planning

AISAS	Description	Media
Attention	Attracting target audience's attention to "SUMMER" and creating awareness of an existence of a visual novel about anger management that can help guide them in understanding their anger and how to manage it better.	1. Game, comic, or anime convention or events 2. Instagram advertisement 3. Signage 4. Flyer 5. Banner
Interest	After creating awareness, target audience will have interest for "SUMMER". This interest is achieved through "SUMMER"'s attractive and atmospheric illustrations and visuals, its relatable and engaging narrative, its topic of everyday life, and their need of learning and entertainment at the time.	1. Game, comic, or anime convention or events 2. Instagram advertisement 3. Signage 4. Flyer 5. Banner
Search	Having an interest in "SUMMER", target audiences will search more information about the game.	1. Steam store page
Action	Target audience who are satisfied with their search result will decide to download and play "SUMMER".	1. Steam store page 2. Game demo
Share	After experiencing the gameplay of "SUMMER", satisfied target audience will share their experience to others.	1. Game streamer gameplay videos 2. Player game experience or review share

Source: personal documentation

Game Design Concept

There are four basic elements that need to be prepared in designing a game; these elements are technology, mechanism, aesthetics, and story (Wirayudha & Aditya, 2019). The concept for each of these elements in "SUMMER" can be seen in the figure below:

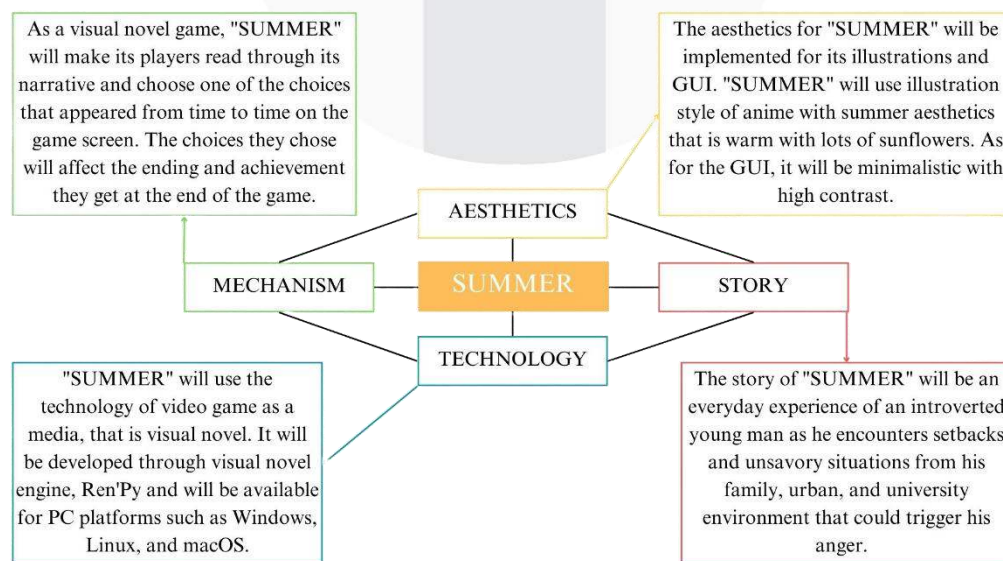


Figure 2. Game design concept
Source: personal documentation

“SUMMER”’s player position in the game mechanism and story will not be as the main character of the story, but rather an entity inside the main character’s mind that will help him choose what action to take and things to say. As such, the main character’s personality doesn’t affect the player, because the player plays as themself.

Aside from having the style of anime illustration with the aesthetic of high-contrast minimalistic for the GUI layout, “SUMMER”’s GUI will also have the style of an ADV visual novel interface.

Results

From the concepts decided above, a series of designing and developing processes were conducted and were completed into a narration development, visual design, and visual novel production results as follows:

Table 2. Results			
Narration Development Result			
SUMMER’s Script			
			
Visual Design Results			
Backgrounds			
			
			





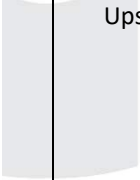
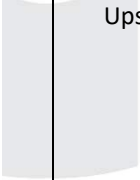
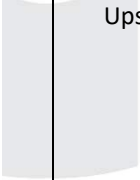
Characters

Helianthus

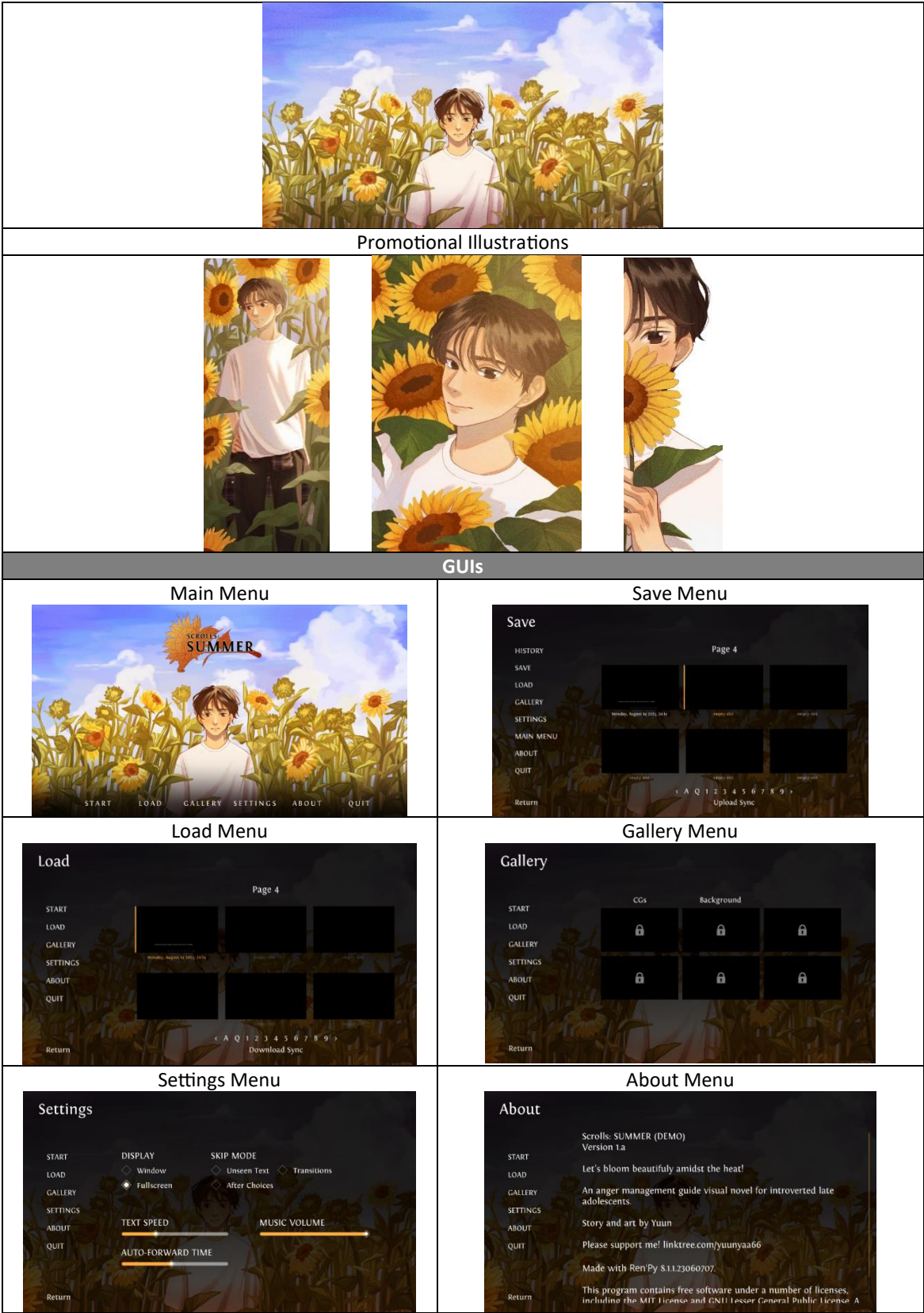


Emotion	Illustration	Emotion	Illustration
Neutral		Upset	
Surprised		Smile	
Sigh		Serious	

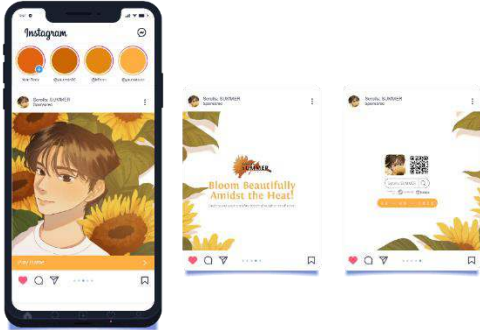
	Sad		Rage		
	Laugh		Happy		
	Eyeball		Dark		
	Bitter		Angry		
Dianthus					
					
	Emotion	Illustration	Emotion	Illustration	

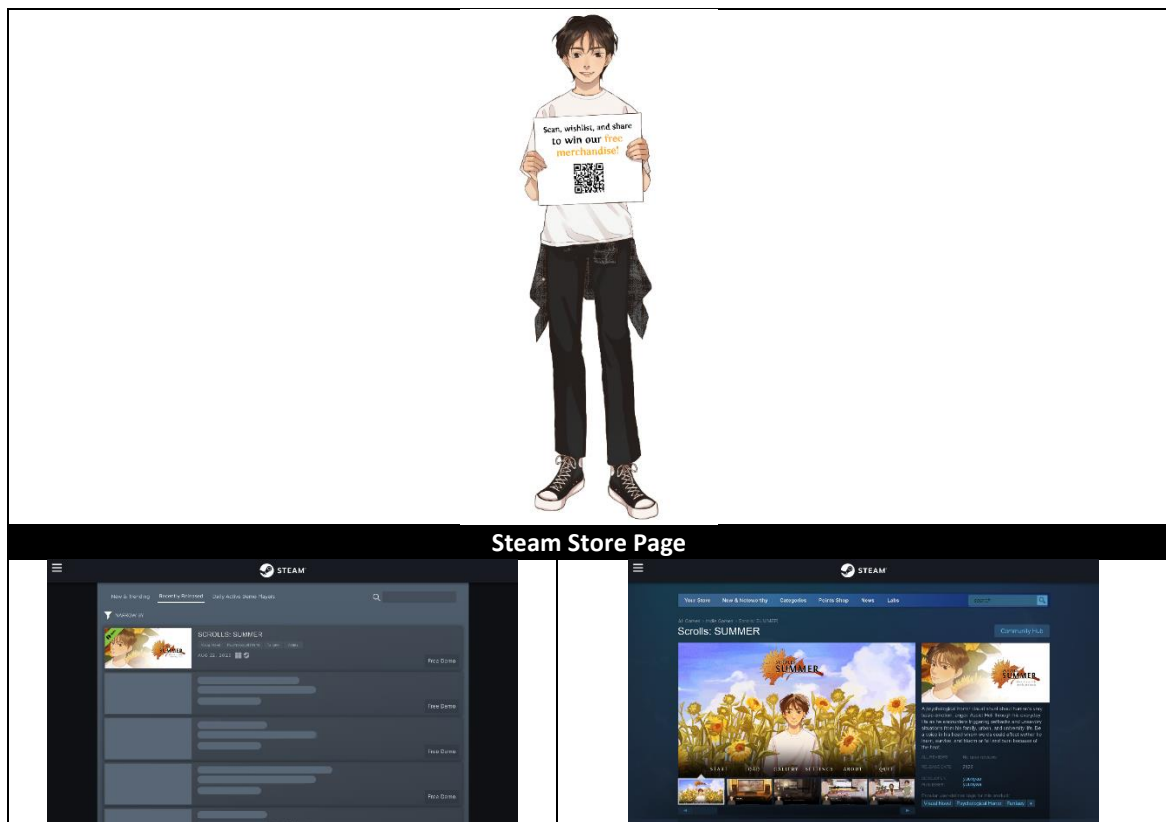
	Neutral		Smile																				
	Surprised		Worried																				
Mom																							
																							
<table><tr><th>Emotion</th><th colspan="2">Illustration</th><th>Emotion</th><th colspan="2">Illustration</th></tr><tr><td>Neutral</td><td></td><td></td><td>Upset</td><td></td><td></td></tr><tr><td>Smile</td><td></td><td></td><td>Surprised</td><td></td><td></td></tr></table>						Emotion	Illustration		Emotion	Illustration		Neutral			Upset			Smile			Surprised		
Emotion	Illustration		Emotion	Illustration																			
Neutral			Upset																				
Smile			Surprised																				

	Worried		Laugh														
NPCs																	
																	
<table><tr><th>Emotion</th><th>Illustration</th><th>Emotion</th><th>Illustration</th></tr><tr><td>Smile</td><td></td><td>Smile</td><td></td></tr><tr><td>Worried</td><td></td><td>Worried</td><td></td></tr></table>						Emotion	Illustration	Emotion	Illustration	Smile		Smile		Worried		Worried	
Emotion	Illustration	Emotion	Illustration														
Smile		Smile															
Worried		Worried															
CG and Other Illustrations																	
CG																	
																	
Title Page Illustration																	



History Menu	Confirmation Prompt
Title Logo	Icon
Visual Novel Production Result	
Input Option	Choice Option
Gameplay	SUMMER Demo
Supporting Media Results	
Promotional Media	
Long Banner	Poster

X-Banner		Flyer	
			
Communication Media			
Instagram Advertisement			
			
Convention or Event			
Merchandise			
Bookmark		Pouch	
			
Keychain and Sticker			
			
Standee			



Source: personal documentation

System Evaluation

From the beta testing that was done with two introverted late adolescents as the players, reactions and feedbacks were gained. They praised the narration being easy for them to understand and the illustration suitable to their preference. The narration that was presented feels really close and relatable to them, as it portrays everyday life that they themselves experienced. The way the events were told and the emotions of the character presented, helped them immerse in the story which successfully influence their own emotion, especially anger. They said the game was really interactive, the knowledge about anger management that was present in it can be grasped by them efficiently.

Although many positive feedbacks were given, they also convey their suggestion to better the demo, which are correction of some typos found and the insensitive cursor to click some buttons in the game. One of the players also added it would be great to enable the game for mobile platforms too.

All in all, the beta tester players are looking forward and eager to play the game when the full version is released.

CONCLUSION

An alternative education media in the form of visual novel that appeals late adolescents in Indonesia, especially the introverted ones, is made. A visual novel with the title "SUMMER" that has a fun, engaging, interactive, and relatable narration as well as atmospheric illustration to convey anger management education and emotion effectively.

"SUMMER" is designed according to the result of data analysis that was conducted, customizing it to fit the preferences and needs of introverted late adolescents that lives in Indonesia's urban area. The game demo is successfully completed with its beta test version gaining positive feedback from chosen introverted late adolescents who are very much looking forward to its completed version to learn and understand more about their anger.

It is greatly hoped that "SUMMER" could successfully guide introverted late adolescents in Indonesia to better understand their anger and how to manage it upon its official full-game launch.

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