



## The Mindfulness and Husband Support Overcome Kim's Suffering In Kim Ji Young Born:1982 Movie (2019)

**Tia Nurhasanah<sup>1</sup>**

[210350011@pertiwi.ac.id](mailto:210350011@pertiwi.ac.id)

*English Literature Department, Faculty of Tourism and Language Universitas Pertiwi*

**Siti Isminarni**

[siti.isminarni@pertiwi.ac.id](mailto:siti.isminarni@pertiwi.ac.id)

*English Literature Department, Faculty of Tourism and Language Universitas Pertiwi*

**Retno Ramadhina**

[retno.ramadhina@pertiwi.ac.id](mailto:retno.ramadhina@pertiwi.ac.id)

*English Literature Department, Faculty of Tourism and Language Universitas Pertiwi*

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**Abstract:** This research discusses the psychological condition experienced by Kim Ji Young and how her husband's role in supporting her mental recovery process. This research uses three theories, namely Cognitive Theory by Aaron T. Beck, Emotional Support Theory by Shelley E. Taylor, and Theory of Personal Growth by Abraham Maslow. The method used is a qualitative descriptive approach, by analyzing several important scenes in the film Kim Ji Young: Born 1982. The results show that Kim experiences great inner pressure because she must carry out many roles at once as a mother, wife, and daughter-in-law, but does not get enough emotional support. This makes Kim feel depressed, confused, and sometimes even feel that she cannot control herself or does not recognize what she is doing. In addition, Kim also often blames herself and imagines bad things that are not necessarily happening. On the other hand, her husband tries to be a good listener, give her space, and keep learning to be better. Although not perfect, he seems to have the intention and effort to grow with Kim. This research shows that in domestic relationships, a sense of security and emotional support is very important so that each of us can develop and be mentally healthy.

**Keywords:** *psychological, emotional support, dual roles, loss of self-control, relationship growth.*

### INTRODUCTION

Literature does not only exist in writing in books, but also through movies, poems, songs, dramas, and others, all of which have a unique power to convey ideas, emotions, and human experiences. The researcher will provide an explanation that supports that literature includes various forms of expression, such as films, novels, songs, and poetry.

Films can be considered as visual literature that combines narrative, character, and aesthetic elements. **Giannetti, L. (2013)** "*Film is a form of narrative that uses images and dialog to convey a story or artistic message*"

The characters in a movie have a huge impact on the storyline, and unique characters, such as inspirational heroes, are often created to increase audience interest.

In this research the writer will take one example of a literary work that is used, namely a film. This film, as a form of modern literature, plays an important role in depicting social conflict through visual and narrative elements.

The writer takes the movie Kim Ji Young: Born 1982 which tells the story of a woman who looks normal from the outside as a housewife. But if you look deeper, it turns out that she has a heavy inner burden. Kim Ji

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<sup>1</sup> Corresponding author

Young experiences hallucinations, where she speaks like another person. These hallucinations arise not because of direct pressure from those closest to her, but rather because of her own inner conflict. As a woman, she feels trapped between two choices: first, she wants to keep working and have a career, or focus on being an ideal housewife.

"Hallucinations are one of the symptoms of mental disorders in which patients experience sensory perception changes: sensing false sensations in the form of sounds, visions, tastes, touches, or smells" (Direja, 2011). Hallucinations can arise when a person can no longer distinguish between sounds coming from their own mind and sounds from outside. In Ji Young's case, the hallucinations appeared as a form of confusion and stress within her. Since she could not be honest about her heart and her choices, she turned to others to talk to. She was not pressured directly by her family or husband, but rather the social standards that were ingrained in her. Because before marriage, she was a career woman so when she became a housewife, she always thought about when she worked, and on the other hand she was also required to fully focus on her role as a wife, daughter, mother and pressure from her mother-in-law, it became a burden for Kim.

The theory used to analyse the hallucination symptoms in this film is the Cognitive Theory of Hallucinations developed by Aaron T. Beck. This theory explains that hallucinations can arise when individuals cannot distinguish between internal thoughts and external reality (Beck, 1976). In Kim Ji Young's case, the hallucinations do not stem from a pure psychotic disorder, but rather as a response to her inner distress or unpreparedness for the roles of wife, daughter, mother, pressure from her mother-in-law and her personal desires.

In this research, the writer chose this topic because the writer is interested in the way this movie shows the psychological side of Kim Ji Young. The writer analysis, "How Kim hallucinations, and husband's support overcome her suffering." The question makes researchers want to know more about how internal pressure can affect a person's mental state. This is very important because many women also feel the same way, but sometimes they don't realize it or even consider it as normal.

This research is important because it not only looks at the aspects of feminism and

patriarchal culture that have been widely discussed, but also delves deeper into the psychological aspects that have not been specifically studied in this film. Previous studies have examined the film Kim Ji Young: Born 1982 from various perspectives. For example, the study titled "*Representasi budaya patriarki di Korea Selatan dalam film Kim Ji Young born 1982*" by Riyadi and Fauziah (2022) highlights symbols of patriarchal culture in Korean society. Then, the study by Kaestiningtyas, Anaziah, and Amalia (2021) titled "*Representasi Gender Inequality dalam Film Kim Ji-Young, Born 1982 (Analisis Wacana Kritis Sara Mills)*" analyzes gender inequality through a critical discourse approach. Isnaini and Khaerunnisa in "*Analisis Kepribadian Kim Ji Young Dalam Budaya Patriarki: Analisis Teori Sigmund Freud Dalam Film 'Kim Ji Young, Born 1982'*" (2023) examine Kim Ji Young's inner conflicts using Freud's psychoanalytic theory. Meanwhile, Amalia and Z. Abidin (2022) in their study titled "*Konfusianisme dalam Film Kim Ji Young Born 1982: Perspektif Semiotika*" discusses the influence of Confucian values in shaping Kim Ji Young's character.

However, studies that specifically address hallucinations and internal pressure based on cognitive theory, as well as how the role of the spouse in this case, the husband contributes to mental recovery, remain very limited. Therefore, this research aims to answer two main questions: How Kim hallucinations, and husband's support overcome her suffering.

The novelty of this research lies in the approach which combines psychological and sociological analysis of hallucination symptoms in the film, particularly within the context of women's roles in modern society. Previous studies have tended to highlight aspects of Gender Inequality Representation, patriarchal culture, and Semiotic Perspectives in this film. However, this study will focus on cognitive psychological aspects and emotional support as triggers and solutions for the internal conflicts experienced by the main character.

Some previous studies regarding this topic have supported this study. The First in an article written by Siti Isminarni (2023) entitled "Revealing Multiple Intelligences and Learning Styles of John Nash in A Beautiful Mind Movie" discusses the types of multiple intelligences and learning styles that the main character John Nash has in dealing with

paranoid schizophrenia. Using a qualitative descriptive method, the results show that Nash has linguistic, logical, intrapersonal, kinesthetics, visual, and musical intelligences, as well as visual, auditory, and kinesthetics learning styles. This research emphasizes the importance of recognizing multiple intelligences to support learning. The similarity with this study is that both use a psychological approach and analyse the main character in the film, but Isminarni's focus is more on intelligence and learning styles, while this study highlights inner conflict and emotional support in the mental recovery process. (Id, 2023)

The second is an article written by Tiya Meliana and Emilia Puspitasari Sugiyanto (2019) entitled "Penerapan Strategi pelaksanaan 1 Pada Klien Skizofrenia Paranoid dengan Gangguan Persepsi Sensori Halusinasi Pendengaran" discusses nursing care efforts in dealing with patients with paranoid schizophrenia who experience auditory hallucinations. This research used descriptive methods and was conducted at Prof. Dr. Soerojo Magelang Mental Hospital. The results of the case study showed that the application of Implementation Strategy 1 was significantly able to reduce hallucination symptoms and improve the patient's ability to control these hallucinations. The similarity with this study lies in the focus on mental disorders in the form of hallucinations, but the difference is that the research by Tiya Meliana emphasizes more on clinical nursing approaches in the medical world, while this study examines hallucination disorders through psychological approaches in film media (Meliana & Sugiyanto, 2019)

Meanwhile, is an article written by Gultom, R.S.L., Priyoto, and Ramadhina, R. (2024) with the title "An Analysis of Elle's Personality As Reflected In Paul Weitz's Film, Grandma (2015)" discusses the personality of the character Elle in the film Grandma. The main focus of this research is to analyze how Elle's personality is reflected in the film, especially through a psychological approach. This research uses a descriptive qualitative method by directly observing the film and classifying relevant scenes and dialog. The theory used comes from the psychological approach, specifically the theory of personality structure (id, ego, and superego). The results of this study show that Elle's behavior is influenced by the id personality structure and is influenced by internal and external factors. The similarity

with this study is that both discuss female characters who have inner conflicts and are influenced by social pressure. The difference lies in the focus of the approach; if this study uses a psychological approach, other studies focus more on feminism and social approaches. (Priyoto & Ramadhina, 2024)

From several previous studies, the author sees that what distinguishes this research is the object raised, namely the movie Kim Ji Young: Born 1982. This movie has not been widely discussed in terms of hallucination symptoms and inner distress experienced by the character. Other studies mostly focus on the issue of feminism, multiple intelligences, or medical treatments for hallucination sufferers. Meanwhile, this research wants to see how social pressure and role conflict in a woman can make hallucinations appear as a form of psychological reaction, and how the role of emotional support from the closest people, especially her husband, can help her recovery process. The author also uses a slightly different approach, which is a combination of Aaron T. Beck's cognitive theory and Shelley E. Taylor's emotional support theory. This research not only looks at the symptoms of hallucinations from a medical or personality perspective, but also tries to illustrate how unprepared she is to have multiple roles. Through the character of Kim Ji Young, who is caught between her personal desires and her role as a mother, wife, and daughter, this research shows that the pressure from within is sometimes more severe than the pressure from others. The hallucinations she experiences are not because she is directly pressured by her family, but rather because she cannot be honest about what she feels and wants. That's where the uniqueness and novelty of this research comes in looking at movies and issues.

To achieve the purpose of this research, the author uses the theoretical approaches of **Psychology** and **Sociology**. Psychology is used to see how Kim as the first character is not ready to have a dual role. Through Kim's character she is trapped between her personal desires and her role as a mother, wife, daughter, and pressure from her mother-in-law. While Sociology, to see how Kim's husband became one of Kim's supporters in this situation or became a support system for Kim.

#### **Psychology**

According to Clark and Miller(1970), "*Psikologi adalah studi ilmiah tentang*

*perilaku. Perilaku yang dapat diamati seperti gerak tangan, cara berpikir dan perubahan kejiwaan dan proses yang hanya dapat diartikan sebagai pikiran dan mimpi".* Psychology is the scientific study of behavior. Observable behavior includes hand movements, ways of thinking, and psychological changes, as well as processes that can only be interpreted as thoughts and dreams. (Iai et al., 2016) Psychology is the study of how humans think, feel and behave in everyday life. Through these theories, we can find out why people can feel stressed, anxious, sad for long periods of time, and even experience mental disorders such as hallucinations or depression. These things usually do not come suddenly, but rather due to an accumulation of thoughts, either from within, such as feeling like a failure, confused about the direction of life, or feeling useless, or from outside, for example due to pressure from family, work, or social demands.

#### **Cognitive Theory by Aaron T. Beck's**

In the 1960s, Aaron Beck developed cognitive behavior therapy (CBT) or cognitive therapy. Since then, it has been extensively researched and found to be effective in a large number of outcome studies for some psychiatric disorders, including depression, anxiety disorders, eating disorders, substance abuse, and personality disorders. (Chand, Kuckel, & Huecker, 2023) Cognitive-Behavioural Theory (CBT) is a highly effective and widely used psychotherapeutic approach to address a range of mental health issues, including anxiety, depression, and post-traumatic stress disorder (PTSD). Known for its focus on the relationship between thoughts, feelings and behaviours, CBT aims to help individuals understand and change their thought patterns and actions.

#### **Hallucinations**

which is a false perception or assumption that something exists and is real when in reality it is just a delusion.

##### **1. Distortion in Information Processing**

In this theory, a person's brain misinterprets their own thoughts as outside voices. In some scenes, Kim Ji Young speaks as if she is someone else, such as her late grandmother or her own mother. This can be seen as a form of "mild hallucination or dissociation", where her repressed mind voices her grievances and sense of injustice. Kim Ji Young is unaware that she is speaking like someone else as her own thoughts and emotions are "captured" by her

brain as outside voices. The explanation of distortion in information processing leading to hallucinations is drawn from Beck & Rector's cognitive model of hallucinations, which discusses externalizing bias, faulty reality testing, and misattribution of inner speech as external voices (Beck & Rector, 2003).

#### **Cognitive Distortions**

Cognitive distortions are symptoms characterized by irrational or exaggerated thought patterns that reinforce negative beliefs and emotions. Examples of cognitive distortions include dwelling on negativity, overgeneralizing, exaggerating a situation, or characterizing something as good or bad.

##### **1. Overgeneralization**

Overgeneralization is the process of "drawing a general conclusion about their ability, performance, or worth on the basis of a single incident". For example, if you get rejected once when applying for a job, then you immediately think, "I'll never be able to work anywhere." Even though it's just one experience, it's immediately assumed to apply forever. This kind of mindset makes a person quickly give up and feel that everything will always be bad, even though this is not necessarily the case.

##### **2. Personalization (Self-Blame)**

Personalization describes "the patient's proclivity to relate external events to himself when there is no basis for making such a connection. For example, when a mother feels that her child is sick because she is a bad mother, even though a child's illness can be caused by many things. This way of thinking makes a person feel guilty all the time and adds unnecessary mental stress. (Whalley, 2019)

#### **Sociological**

Sociological perspective is defined as: seeing the general in the particular (Berger, 1963). This tells us that sociologists look for general patterns in the behavior of particular people. It is true that every individual is unique but society shapes the lives of people in various categories very differently. You will begin to see the world sociologically when you start realizing how the general categories into which we fall shape our particular life experiences. (WorldSupporter. n.d). The focus of sociology is to understand, analyse and explain social events, interactions, patterns and provide

explanations for the reasons why events happen as they do. To do this, sociologists employ theories. A sociological theory therefore refers to a set of concepts that explains different aspects of social interactions as well as reality and creates propositions that are testable about the society.

### **Emotional Support Theory by Shelley E. Taylor (1983)**

Taylor's emotional support theory underscores the importance of social support, especially emotional support, in influencing a person's well-being and mental health. Emotional support can help individuals to feel supported, listened to and understood, thereby reducing stress and feelings of loneliness, as well as increasing self-confidence and self-esteem.

#### **Providing Love and Affection**

In domestic life, this means that a husband shows that he loves his spouse, not just through words but also through simple actions - such as hugging, paying attention when she is tired, or simply saying thank you. According to Taylor, this affection can reduce the level of stress hormones, making one feel more secure and happy.

#### **Being a Good Listener**

Taylor emphasizes that when someone is facing a problem, being genuinely listened to can be very comforting. Husbands who are willing to listen to their wives' complaints without immediately judging or interrupting, help their wives feel valued and understood. This strengthens the emotional bond between the two.

#### **Offering Encouragement**

Doxa refers to the set of fundamental beliefs and values that are taken for granted and appear as self-evident within a particular field or society. Doxa shapes what is considered natural or normal, reinforcing the existing power structures and social norms within a field. (Taylor, 1983)

### **Theory of Personal Growth by Abraham Maslow**

Abraham Maslow's theory, particularly regarding personal growth, focuses on the concept of a hierarchy of human needs. According to Abraham Maslow, everyone has a need to grow and become the best version of themselves (his name: self-actualization). In marriage, a husband is not only a life partner, but also a partner who supports his wife's personal growth process. Maslow believed that

these needs are similar to instincts and play a major role in motivating behaviour (Cherry, 2024)

### **Fulfilment of Basic Needs**

Fulfilment of physiological, security, and social needs is an important foundation for personal growth. Without basic needs being met, it is difficult for individuals to focus on self-development.

### **Continue to Improve Yourself (Self-Improvement)**

Maslow also emphasized that everyone should continue to improve themselves. A husband who continues to learn, introspect, and correct mistakes will make the relationship healthier.

### **Being a Role Model**

A thriving husband can be an example to his family. He doesn't have to be perfect, but willing to learn and have a good attitude: honest, responsible, polite, and purposeful.

From several sub-theories in the psychological approach, the author only chooses five sub-theories that are relevant and visible in the movie *Kim Ji Young: Born 1982*, namely hallucination theory, Cognitive Distortion and Self-Monitoring Theory From Christopher Frith (1992). But for the sub-theories of Cognitive Distortions (Overgeneralization, Personalization (Self-Blame)) I only took 2 sub-theories as proof. While in the sociological approach, the author chooses three main theories from several existing theories, namely Emotional Support Theory by Shelley E. Taylor and Personal Growth Theory by Abraham Maslow. All sub-theories will be analysed in depth and accompanied by evidence in the next explanation.

## **METHOD**

This research uses a qualitative approach that utilizes qualitative data to be analysed descriptively. This approach is suitable for analysing the film *Kim Ji Young: Born 1982*, specifically to answer two main issues: how Ji Young experiences hallucinations, and how her husband's role in dealing with the condition. This method helps the researcher to explain the inner conflict and husband-wife relationship in depth through dialog, scenes, storylines and emotional messages in the film.

The main data comes from the movie *Kim Ji Young: Born 1982* which was analysed through several viewings to get important scenes. The

researcher observed and recorded dialog, character expressions, and key moments that illustrate the symptoms of hallucinations and forms of support from her husband. Secondary data came from journals, articles, and previous research that supported the analysis, including Aaron T. Beck's theory of hallucinations as well as the theory of roles in the family.

With this method, the researcher can explain that Kim hallucinations arise because of her unpreparedness to have a dual role. On the other hand, the role of her husband can also be analysed more deeply as a supporting figure who helps Kim recover through concrete actions such as inviting consultations and taking time off work for family.

### **Procedures**

This research uses qualitative methods to collect data. So, the main data is taken from the movie *Kim Ji Young: Born 1982*. The researcher watched the movie several times to get the important scenes, especially those that show how Kim experiences hallucinations and how her husband always helps and supports his wife. During the viewing, the researcher took notes on the dialogues, scenes in the form of pictures and important moments that were connected to the topic of the theory. Not only that, we also looked for additional information from journals, articles, or other studies that discuss hallucinations (such as Aaron T. Beck's theory) and theories about the role of family members. In this way, the researcher was able to better understand Kim's conflict and see more clearly how her husband's role in her healing process. All the data collected was then analysed descriptively so that the results could be explained more easily and succinctly.

### **Data analysis**

After all the data was collected, the researchers analyzed it by explaining it in detail and linking it to relevant theories. First, the researcher examined the dialogues and scenes in the film that exhibited signs of psychological distress, then linked them to Aaron T. Beck's Cognitive Theory. For example, when Kim Ji Young was confused because she couldn't remember having drunk beer, even though there was a beer can nearby, this could be associated with Frith's self-monitoring error theory. This means that Kim is struggling to distinguish between her own thoughts and reality, as if her thoughts are no longer in sync with what is

happening outside. Second, the researcher also observed how her husband behaved. His actions, such as offering to take time off work so that Kim can focus on herself, are considered a form of emotional support. This is in line with Shelley E. Taylor's theory, which states that even simple forms of support like this can make someone feel calmer, loved, and not alone. Third, the researchers linked Kim's condition to Abraham Maslow's theory of basic human needs. From several scenes, it was clear that Kim did not feel safe, was not being heard, and was not fully accepted by those closest to her. Since her basic needs were not being met, it was only natural that she was unable to grow and become the best version of herself.

From all this analysis, researchers conclude that the pressure Kim experiences stems from her unpreparedness to handle dual roles and the constant accumulation of emotional stress. However, on the other hand, her husband's support—though imperfect—plays a crucial role in helping Kim emerge from this situation and gradually recover mentally.

## **FINDINGS AND DISCUSSION**

It talks about how Kim experienced hallucinations and how her husband played a big role in her recovery process. In the movie *Kim Ji Young: Born 1982*, Kim often acted as if she was someone else, showing that she was under a lot of mental stress. At first, she doesn't have the space to talk, but as time goes on, she realizes that she needs help. Her husband not only listened, but also actively asked Kim to seek counseling, help look after her son and take time off work for the family. This support helped Kim to slowly recover from social pressure and the burden of her dual role as a woman.

### **Hallucination**

#### **1. Distortion in Information Processing**

The Distortion in Information Processing theory says that a person's brain misinterprets their own thoughts as outside voices. In this case, Kim Ji Young was unaware that she was talking like someone else (i.e. her mother or grandmother), as her emotions and hidden thoughts came out spontaneously, and were perceived by herself as not her.

The scene clearly occurs at 00:11:42. When the daughter, husband, and granddaughter of the mother-in-law came, the mother-in-law suddenly told Kim Ji Young to make Jeon and

get plates, spoons, and chopsticks. The daughter said, "Mom, I can do it," but the mother-in-law said, "You don't have to, let Kim do it." Then she told Kim, "You're tired, take a rest." But not long after, Kim suddenly said something strange.

Kim: *Mother-in-law. I really want to rest, let me go home. Isn't that how it should be? My mom must want to see her daughter happy at the festival, right? I want to see my daughter too. Mother-in-law: What's this kid saying.*

Kim: *Because your daughter is here and let my daughter go. You should take care of the family and go. How sad is my family?*

Father-in-law: *Mrs. Ah-Young, what are you doing?*

Kim : *Dad, I'm also a daughter.*

In this section, it can be seen that Kim is not speaking as herself, but as if it is the voice of her own mother or Kim's grandmother. This is reinforced by the phrase "*I want to see my daughter too*" and the word "*my daughter*" which indirectly suggests that she is speaking from another person's perspective. She doesn't say "*my daughter*," but "*my daughter*" which indirectly suggests that she is acting as her mother. This shows that she is assuming the role of someone else rather than herself.

This proof is further strengthened by the second sentence as well where Kim says "*Let my daughter go*".

This means that Kim no longer refers to herself as me, but refers to herself as "*my daughter*", which means she is in the position of a mother who is defending her daughter. This is a sign of dissociation or distortion in information processing, where her mind processes deep emotions and inner distress by taking the point of view of another person, in this case her mother.

At the end Kim says to her father with the phrase "*Dad, I'm also a daughter*" this shows an important part that further strengthens that Kim Ji Young is experiencing a distortion in her.

The second proof is at minute 0:38:38. The scene occurs when Kim wakes up at night and Jung Dae-hyung is sleeping on the sofa. Then her husband woke up because he saw Kim drinking a canned drink and this conversation will be the second evidence.

Jung Dae-Hyun: *Are you drinking? Are you angry? Are you afraid of how to drink? It seems like you're angry. I'm sorry.*

Kim Ji Young: *Hey, Jung Dae-Hyun. Ji Young has been suffering recently. Even though she's been weaned, her body is a little weak. But she's very anxious. Talk to her more. Good, thank you.*

Jung Dae-Hyun: *Ji Young*

In this part, it seems that Kim isn't speaking as himself, but he seems to be speaking from the perspective of 'Kim' who is actually himself but perceived as someone else. This can be seen from the sentence "*Ji Young has been suffering recently*" which is actually talking to herself but feels like talking about someone else, this is a clear sign that her mind is chaotic and divided reinforced by the sentences "*her body is a little weak*" and "*but she is very anxious*" which are all mentioned by talking to someone else. So, it's like she's two different people, one who talks to Jung Dae-Hyun and one who she talks to.

This sentence shows a disturbance in her thought process, where her mind 'captures' her own feelings and condition as an external voice, rather than as her own thoughts. This is called distortion in information processing which is part of the theory of mild hallucination or dissociation. So, overall, this dialogue shows that Kim Ji Young has a distortion in information processing, where her mind makes it seem as if she is 'talking to someone else' about herself, indicating that she is experiencing mild hallucinations.

This scene occurs at 1:22:46, when Kim's mother comes to visit Kim after learning about her son's mental state from Kim's mother-in-law. Kim's mother shows her full support to Kim and says that she will move out of the house to take care of her grandson, so that Kim can go back to work. But just as Kim's mom is about to leave, Ji Young suddenly says something strange - she calls her own mother "Mi-sook" and speaks like a mother to her child. The words Ji Young said were.

Kim Ji Young: *Mi-sook, don't do that. You work to support your siblings. Every time you give your mother your salary, you look tired and weak, and it breaks my heart. My kind daughter, when you hurt your hand at work, I was so devastated. I'm sorry I didn't comfort you or thank you at that time, Mi-sook. Forgive me. Ji-young will be okay. You raised her to be a strong child.*

Mi-sook: *My poor daughter, my precious daughter, my beloved daughter. Dae-hyun? What happened to him? How did Ji-young*

*end up like this? Ji-young... Don't, Ji-young. Mother begs you, don't.*

From this, it can be clearly seen that Ji Young is not speaking as herself, but as if she's her grandmother. This suggests that Ji Young is experiencing a mild form of hallucination or dissociation, where her repressed thoughts and long-held hurt suddenly come out in an unusual way.

When Kim talks like this, it's like she's feeling the pain that she's been harbouring for so long and it's not just her own feelings, but also the wounds from her mother and grandmother in the past. Kim doesn't realize that she is talking like someone else, and this shows a form of distortion in the way her brain processes information. In other words, the heartache and trauma that she has been harbouring comes out not as her own confession, but through another person, her grandmother.

To strengthen the evidence we can take from Christopher Frith, in certain mental disorders such as major depression, PTSD, or personality disorders, the brain sometimes cannot process or "record" events consciously. This is called dissociation. People in this state actually experience something physically, but their brain "disconnects" their memory or consciousness from the event. As a result, they seem to not know, forget, or be confused about what they actually did.

We can see from the scene where Kim asked her husband if he drank beer last night and he said no. Even though it did happen, it's just that Kim didn't know. Even though it did happen, it's just that Kim doesn't remember what she did so she answered like this.

Kim Ji Young: *Really? But there's a beer can next to my head. I can taste it in my mouth. Why don't I remember?*

Jung Dae-hyun: *In that case, go see a psychiatrist today, okay?*

Kim Ji Young: *Alright, I'll go.*

In the scene where Kim does not remember drinking beer, even though there is physical evidence in the form of a beer can near her head, and she says "I can taste it in my mouth", this shows that she is experiencing a loss of control over herself. He is confused and unable to remember his own actions, as if they were done by someone else.

According to Frith (1992), this is related to a disturbance in self-monitoring, which is one's ability to recognize thoughts and actions as

one's own. When this process is disrupted, a person may perceive that their actions come from outside themselves, when in fact they come from themselves.

Kim Ji Young's line "Why don't I remember?" is evidence that she is beginning to doubt her own perceptions, and suggests that her mind is in such a distressed state that she cannot recognize her actions as her own. This characterizes the distortion of information processing and loss of self-control described by Frith.

## **Cognitive Distortions**

### **1. Overgeneralization**

Here we can see an example of cognitive distortion, which is called overgeneralization. So, overgeneralization is a negative mindset where someone draws big conclusions from just one or two experiences. For example, because they failed or struggled once, they immediately think that all similar things in the future will also fail or be difficult.

Unnie: *Try calling the team leader.*

Kim Ji Young: *Me?*

Unnie: *Yes, you go back to work.*

Kim Ji Young: *I can't. Even working part-time sometimes, I'm already worried that it's hard to work.*

Unnie: *Okay, don't go to work. Raise Ah-Young well. That's great too.*

In this part, we can clearly see that Kim Ji Young is feeling unable to return to work, even though Unnie only suggested contacting the former team leader when Kim was working. But Kim's immediate response was "I can't. Even part-time, I'm afraid it's hard to go to work". This is a clear example of overgeneralization.

Which means Kim draws big conclusions from just one or two experiences. Because she felt scared when working part-time, she now immediately thinks that she can't do any job. In fact, it's not necessarily that every job will be difficult for her. But because she's stuck in an overly negative mindset, she ends up feeling stuck and chooses not to try at all.

## **Emotional Support**

### **Providing Love and Affection**

According to Shelley E. Taylor, emotional support is really important for our mental health. But it doesn't have to be something big or fancy. Small but sincere things, such as being hugged, listened to, cared for, or just saying



"thank you", can make your heart calm. Especially if we feel loved, valued, and not alone, we are stronger to deal with problems, and stress can be reduced. In the scene around the 1:17:00 mark, we can clearly see how Jung Dae-hyun shows his full support for his wife Kim. When Kim starts questioning whether she can work again, Dae-hyun doesn't hesitate to offer a solution: he's ready to take a year-long parental leave to take care of their child.

Jung Dae-hyun: *Should I take parental leave?*

Kim Ji Young: *Oppa?*

Jung Dae-Hyun: *I will take care of Ah-Young for one year while I return to work. Is there a solution for that? Next year, she will adapt as well. Everything is raised like this, I can go to elementary school in a flash.*

Kim Ji Young: *Can Oppa's company grant parental leave?*

Jung Dae-hyun: *Since there's a system in place, we should make good use of it. Don't worry, do what you want to do. I'll also use this opportunity to read books. Learn a little more.*

Kim: *Oppa.*

Jung Dae-hyun: *Right, do you love me more now? I've become more handsome, haven't I?*

Kim Ji Young: *Ah-Young, Mom can go to work now. Tell Mom to stay motivated! Good job.*

The line "*I will take care of Ah-Young for one year...*" shows that Kim's husband, Jung Dae-hyun, really supports her through actions, not just words. In Shelley E. Taylor's Emotional Support theory, things like this are really important because it makes people feel less alone when they're stressed or depressed. When Dae-hyun offered to take care of the child for a year, it indirectly helped Kim to have the time and opportunity to pursue what she wants again, like work. It also shows that he's loving, caring, and willing to share the responsibility, which definitely makes Kim feel stronger, more energized, and valued in their relationship.

Jung Dae-hyun's line "*Do you love me now?*" may sound like a joke, but it actually has a deeper meaning. Through these words, Dae-hyun is building intimacy and emotional closeness with Ji Young in a light and warm atmosphere.

The sentence "*Mom can go to work now. Tell Mom to stay motivated*" shows that Kim feels stronger and more confident after

receiving support from her husband. The words illustrate the change in Kim's mood from hesitant and stressful, to more enthusiastic because she feels supported. This is in line with Shelley E. Taylor's Emotional Support theory, which states that emotional support can help a person feel understood, less alone, and more prepared to face challenges. In this case, the encouragement from her husband gave Kim new strength to step up and live her role, both as a mother and as a woman with her own choices.

### Being a Good Listener

This sentence shows that Jung Dae-hyun really listens to Ji Young's feelings and anxiety. He doesn't immediately cut or refute, but instead gives a calming and empathetic response.

Jung Dae-hyun: *Since there's a system in place, we should make good use of it. Don't worry, do what you want to do. I'll also use this opportunity to read books. Learn a little more.*

Kim: *Oppa.*

"*Don't worry...*" is an example of Jung Dae-hyun's concern for Kim. Although it sounds simple, these words can make Kim feel calmer and less alone in facing difficult situations. According to Shelley E. Taylor's Emotional Support theory, words like this can help reduce stress and make your heart feel calmer. When Dae-hyun says this, it's a sign that he's ready to stand by Ji Young's side and support her in whatever she chooses, so she feels more understood and cared for.

The phrase "*Do what you want to do.*" shows that Jung Dae-hyun truly believes and supports whatever his wife decides. He gives Kim the freedom to choose the life path she wants, without force or obstruction. This is a sign that Dae-hyun understands and has great empathy for his wife. In Shelley E. Taylor's emotional support theory, this kind of attitude is very important because it makes someone feel valued and in control of their own choices. With such support, Kim can be more confident in herself and feel that someone is fully on her side.

The line "*I'll also use this opportunity*" shows that Jung Dae-hyun is trying to balance the situation and not make Kim feel guilty for wanting to go back to work. By saying that, Dae-hyun gives the impression that he also has positive goals and activities during his time off,

so he's not just sacrificing for his wife. This is an indirect form of emotional support as it makes Kim feel more relieved and less burdened.

### **Theory of Personal Growth**

#### **Fulfilment of Basic Needs**

In domestic life, Maslow said that husband and wife are not just life partners, but must also support each other so that each can develop into the best version of themselves. However, people will not be able to develop if their basic needs are not met, such as not feeling safe, emotionally calm, or not feeling supported by those closest to them. If you still feel alone, depressed, or not understood, it will be difficult for you to move forward and develop yourself, let alone pursue your dreams or personal goals.

We can see it in the scene at 1:31:53. This scene occurs when Kim and her husband are talking about a problem where Kim told her in-laws that she would work, but her in-laws forbade her to work again on the grounds that men's salaries are greater than the income if Kim works. So Kim told her husband that she would cancel her return to work at Chairman Kim's company.

Jung Dae-hyun: *Ji Young. That's not true. I don't mind taking maternity leave. I already said that for your sake.*

Kim Ji Young: *Stop saying it for my sake. I honestly don't believe it. You, mom, and my family are all the same. They all share the war with me.*

Jung Dae-hyun: *Calm yourself down and listen well. I've asked you to try seeing a psychiatrist. You're... a little sick right now.*

In this scene, it really looks like Kim feels alone and depressed. This shows that her emotional safety has not been met. Her husband says "I don't mind taking maternity leave. I already said that for your sake" He wanted to help, and had even asked Kim to see a psychiatrist, but for Kim, it wasn't something that made her feel calmer. Instead, it became a new burden. It was a sign that the support around her wasn't meeting her emotional needs.

When she says, "*They all share the war to me*" it's not just an angry sentence. It's the voice of someone who's mentally exhausted, feels misunderstood, and lonely despite being surrounded by people. This is very much in line with the social needs in Maslow's theory: the need to feel accepted, loved and supported emotionally has not been met.

Well, this is where Maslow's theory is suitable to explain Kim's situation. In Maslow's theory, before a person can develop or pursue dreams (actualization), they must feel safe, supported, and loved. This is the main principle of Maslow's hierarchy of needs: basic needs first, then growth.

Because the basic things that Kim needs are not fulfilled, such as security and support. So, even though her husband had good intentions and suggested a psychiatrist, Kim couldn't accept it right away. Because, inside, she still feels at war with the people closest to her.

### **Continue to Improve Yourself (Self-Improvement)**

Maslow emphasized that everyone, including in the role of a life partner, must continue to learn, introspect, and correct mistakes. In the context of marriage, husbands are not only tasked with earning a living or being the head of the family, but also being a growth partner who supports their partner's personal development.

A husband who continues to improve himself not only helps himself grow, but also creates a safer and more comfortable household atmosphere for his wife. A healthy relationship is not just about love, but also about commitment to grow together emotionally, mentally and physically. In the scene where Ji Young asks her husband at 1:18:30, there is one sentence that illustrates the real form of self-improvement.

Kim Ji Young: *Can Oppa's company grant parental leave?*

Jung Dae-hyun: *Since there's a system in place, we should make good use of it. Don't worry, do what you want to do. I'll also use this opportunity to read books. Learn a little more.*

Kim: *Oppa.*

This sentence "*I'll also use this opportunity to read books. Learn a little more*". is a tangible form of Maslow's self-improvement attitude. It shows that Dae-hyun is not just showing passive support, but actively modelling that he too is willing to learn and grow, even in simple situations like utilizing free time to read.

### **CONCLUSION**

This research discusses how the pressures of life and the dual roles lived by Kim in the movie *Kim Ji Young: Born 1982* makes her experience psychological disorders such as hallucinations. Kim was originally a career

woman, but had to quit her job and become a full-time housewife. This is where her inner conflict arises. On the one hand, she wants to keep growing and have a life outside the home, but on the other hand, she is also required to fulfil the roles of wife, mother, daughter, and daughter-in-law. Kim's unpreparedness to fulfil all these roles simultaneously is the main trigger for hallucinations, as described in Aaron T. Beck's cognitive theory. Known for its focus on the relationship between thoughts, feelings and behaviours, CBT aims to help individuals understand and change their thought and action patterns. The hallucinations appeared as Kim's subconscious way of expressing her repressed desires.

In this process, Kim Ji Young's husband plays an important role as the main supporter. Although initially passive, Dae Hyun eventually realized his wife's condition and started to become more active. He invited Kim to consult a psychologist and was even willing to take time off work to help take care of the house. The husband's role as an emotional support provider is very helpful in Ji Young's recovery process, as described in Emotional Support Theory by Shelley E. Taylor (1983) and Theory of Personal Growth by Abraham Maslow.

In conclusion, this movie not only depicts a woman's personal problems, but also shows how important spousal support is in dealing with mental distress due to women's unpreparedness to have multiple roles. The research also shows that the struggle to be oneself and heal from mental distress is greatly influenced by one's immediate environment, especially one's spouse. Kim Ji Young is a living example of how one can rise slowly when given the space and support to choose their own path.

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