1. INTRODUCTION

1.1. Background of Creative Work

Obsessive-Compulsive Disorder (OCD) is a complex mental health condition that significantly impacts individuals' lives globally, yet remains widely misunderstood. Recognized as a mental health condition characterized by intrusive thoughts and repetitive behaviors, OCD in Indonesia has been the subject of numerous research studies(Supriyanto, (n.d.). However, these studies are primarily case-based, with a notable absence of epidemiological data (Supriyanto, (n.d.). OCD is a chronic disorder characterized by uncontrolled, repetitive thoughts (obsessions) that lead individuals to engage in repetitive behaviors (compulsions) (Mind, 2023). These symptoms can profoundly impact an individual's well-being and ability to function effectively. Despite its prevalence, OCD remains a widely misunderstood condition, often trivialized or dismissed as a mere quirk or personality trait, when in reality, it is a complex and debilitating mental illness that requires proper diagnosis, treatment, and support from healthcare professionals, loved ones, and society at large (Akyurek et al., 2019, p. 13).

In response to the challenges posed by OCD, Cognitive Behavioral Therapy (CBT) has emerged as an effective treatment approach. CBT is an evidence-based psychological intervention for various mental health issues, including depression, anxiety, and substance abuse (American Psychological Association, 2017). Grounded in scientific research, CBT focuses on modifying maladaptive thinking and behavior patterns. The therapy involves recognizing and reevaluating cognitive distortions, understanding behavioral patterns, and developing problem-solving skills, confidence, and coping mechanisms (American Psychological Association, 2017). It also incorporates strategies such as exposure therapy, role-playing, and relaxation techniques. CBT emphasizes collaboration between therapist and patient, aiming to empower individuals to become their own therapists by focusing on current issues and practical solutions to improve their quality of life (American Psychological Association, 2017).

To comprehend the full impact of OCD, it is crucial to understand the daily challenges faced by those living with the disorder. For individuals with OCD, the condition extends beyond a desire for neatness or organization. It manifests as a persistent struggle to control intrusive, negative thoughts, accompanied by an intense fear that failure to perform certain behaviors or rituals precisely will lead to harm or negative consequences (Ramasamy et al., 2013). While individuals with OCD may experience

periods of relative symptom management, there are also times when these intrusive thoughts and repetitive behaviors severely impair daily functioning. The severity of obsessions and compulsions can escalate in response to additional stressors such as life changes, health concerns, financial difficulties, work-related pressures, or relationship issues (Ramasamy et al., 2013). Recognizing the debilitating nature of OCD and seeking professional intervention is essential for effective management of the condition. Overcoming the stigma surrounding mental health and raising awareness about the complexities of OCD is crucial, as it can empower individuals to seek necessary support without fear or shame, ultimately improving their quality of life and fostering a more compassionate and inclusive society (Akyurek et al., 2019, p. 14).

The impact of OCD extends beyond the individual, significantly affecting both familial and romantic relationships. OCD in these contexts creates stress and emotional tension due to persistent compulsive behaviors and obsessive thoughts, which disrupt communication and precipitate conflicts (Dermawan, 2024, pp. 377, 378). Both types of relationships often necessitate adaptation to accommodate the individual's OCD-related needs, potentially limiting daily activities and imposing significant emotional and physical burdens on all parties involved (Dermawan, 2024, pp. 377, 378). It is noteworthy that OCD cases, particularly in Indonesia, are infrequently discussed, underscoring the importance of addressing OCD to increase awareness among the general population (Supriyanto, (n.d.).

To illustrate the real-world impact of OCD, examining specific case studies proves valuable. A study conducted by Risma Amalia in 2019 investigated subject AE, who habitually applied hand sanitizer to the soles of her feet before sleeping, after walking, before wearing shoes, and when her feet felt dry. This behavior originated from an incident where a fish bone pricked her foot, causing swelling and a wound, which led AE to obsessively clean the area with hand sanitizer to prevent contamination. This compulsive behavior significantly disrupted her daily life, causing restlessness at school and frustration when hand sanitizer was unavailable. AE was subsequently diagnosed with obsessive-compulsive behavior and treated using Cognitive Behavior Therapy (CBT) to reduce these behaviors and modify her irrational beliefs (Amalia, 2019).

The prevalence of OCD and its impact on relationships underscores the importance of seeking professional help, yet numerous barriers persist. Many individuals with OCD are reluctant to consult psychiatrists or psychologists due to societal stigma; there is a prevalent misconception that seeking

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mental health assistance indicates disability, weakness, or severe mental illness (Simone, 2024). Additionally, comorbid conditions such as depression and anxiety can exacerbate self-doubt and feelings of inferiority (Simone, 2024). While awareness of mental health in Indonesia has increased in recent years, discussions surrounding OCD remain limited, often only gaining prominence when triggered by notable events, such as public figures openly discussing their struggles. For instance, the artist Aliando Syarief publicly disclosed his difficulties with OCD, which necessitated a hiatus from his entertainment career (Angelina & Lestari, 2022). This openness has led to increased self-diagnosis of OCD without professional consultation. Consequently, there is a pressing need for creative works that can raise awareness and encourage individuals to seek professional assessment before their OCD symptoms potentially escalate.

In light of these challenges, there is a growing demand for innovative approaches to raise awareness about OCD and its impacts on relationships. Selecting a widely relatable screenplay topic that explores the current social issue of how Obsessive-Compulsive Disorder can severely impact relationships provides an opportunity for raising public awareness through narrative storytelling. Mental health has emerged as a particularly salient topic in recent years. The objective of this creative work is to both entertain and convey a meaningful message to the audience. The impact of mental health issues is increasingly visible, with the most apparent indicator being the rising incidence of mental disorders. If current lifestyle trends that neglect mental health persist, the consequences will likely be far-reaching, particularly when affecting those in close personal relationships.

The focus on how obsession can have a destructive impact on relationships is particularly relevant given current social trends. This topic was chosen due to the observation that many adolescents tend to normalize inappropriate behavior in dating relationships. This phenomenon may arise due to limited experience, lack of awareness regarding the inappropriate nature of certain actions, or insufficient opportunities to voice concerns (Wahyudi, 2019).

To effectively convey this message, the medium of screenwriting offers unique advantages. In the creation of films or television programs, a screenplay, consisting of dialogue, stage directions, and scene descriptions, serves as an essential form of creative writing that provides an appropriate medium for conveying visual narratives and reaching broad audiences through streaming platforms. The screenplay itself is a written work that may be based on original material, such as ideas from the screenwriter, and primarily comprises dialogue along with descriptions of settings, locations, sets, costumes, and characters

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(Crawford, (n.d.). The screenplay format was selected as it provides a suitable forum for articulating these ideas. Firstly, visual storytelling in a screenplay allows for the conveyance of ideas through dialogue, actions, and visual elements. Secondly, the chosen topic aligns well with the screenplay format, as the potential adaptation into a film could significantly impact viewers. For instance, the protagonist in the screenplay will exhibit hoarding OCD, characterized by self-isolation and difficulty discarding possessions, resulting in the accumulation of refuse over extended periods. OCD-related hoarding has been documented in Indonesia, as evidenced by a case where a woman accumulated waste in her boarding room to such an extent that the property owner was compelled to forcibly enter and discovered extensive refuse accumulation throughout the space (Sumartiningtyas, 2021). The anticipated impact of this portrayal is to foster self-awareness and encourage individuals to seek professional assistance, as those with hoarding OCD may not recognize their condition without external intervention or encouragement to consult mental health professionals.

The potential reach and impact of this creative work are amplified by current trends in media consumption. The viewership of Video-on-Demand (VOD) platforms in Indonesia has experienced steady growth since the onset of the COVID-19 pandemic. Survey data indicates that VOD platforms have become the preferred entertainment medium for the Indonesian population, with 89 percent of respondents reporting use of VOD platforms more than once per week, and 38 percent accessing these platforms daily (Wardani, 2022). This trend reflects a significant shift in consumer behavior, suggesting that VOD platforms will continue to dominate the entertainment landscape in the foreseeable future.

To effectively engage the audience while conveying the important message about OCD and its impact on relationships, the screenplay will utilize the romantic suspense genre. Romantic suspense is a genre that combines elements of romance and suspense, with the plot driven equally by the threat of danger and the promise of romantic development. It typically involves a mystery or suspense storyline while developing a love story in the context of a high-stakes situation (Claire, (n.d.). The romance genre encompasses storytelling that focuses on love and romantic relationships between characters, typically including themes of passion, intimacy, and emotional connection (*About the Romance Genre*, (n.d.). Conversely, the suspense genre is characterized by its focus on creating intense anticipation, uncertainty, and anxiety in the audience, often through thrilling and unpredictable plot developments (DeGuzman, 2022). This creative work aims to increase awareness about OCD in the context of relationships. The narrative will commence with the introduction of the protagonist, Ethan, as he embarks on his first

romantic relationship with Ophelia. As their relationship progresses, several atypical challenges will emerge, distinct from those commonly encountered in typical dating relationships. Tension will escalate as the characters engage in conflicts, and Ethan grapples with his internal struggles. The intention is to portray a relationship that, while founded on love, encounters significant obstacles. Additionally, the work seeks to convey an essential message to the audience regarding the importance of understanding one's mental health status prior to entering a romantic relationship.

The narrative of the screenplay will center on complex and compelling characters, exploring the intricate dynamics of their relationship as impacted by OCD. The screenplay will trace the journey of Ethan, a physically attractive young man who, despite his outward appeal, contends with hidden internal struggles. Unbeknownst to many, Ethan grapples with the challenges of Obsessive-Compulsive Disorder (OCD), a condition that has progressively worsened over time. Ethan finds himself in a seemingly idyllic relationship with Ophelia, a naive and empathetic young woman who discovers solace and security in their nascent romance. As Ophelia's first romantic partner, Ethan becomes her emotional sanctuary, providing a sense of comfort and stability previously unknown to her. However, beneath the facade of the perfect couple they present on campus, Ethan harbors a concealed obsession with Ophelia. In his efforts to maintain the illusion of an ideal relationship, he strives to conceal his aberrant behavior, going to great lengths to ensure that Ophelia remains unaware of the extent of his psychological distress. Nevertheless, as is often the case, that which is hidden will inevitably come to light. The script thus aims to explore the complex interplay between love, personal struggles, and the profound impact of mental health on romantic relationships.

1.2.   Statement of the Problem

I aim to explore how OCD in a person can negatively impact relationships, while also exploring how a person with OCD can manage and mitigate the condition.

Specifically, in this creative work, I would like to explore:

1. How Ethan's OCD affects his relationship with his girlfriend.
2. How cognitive-behavioral techniques aid Ethan in managing and recovering from OCD.

1.3. Purpose of the Creative Work

I wanted to show how Ethan's OCD can ruin his relationship with his girlfriends and also demonstrate the effectiveness of Cognitive Behavioral Therapy (CBT) in his recovery process. Specifically, through this creative work, I would like to show:

1. Ethan's Obsessive-Compulsive Disorder (OCD), characterized by aggressive obsessions and a compulsion for symmetry or exactness significantly damages his relationship with his girlfriend.
2. Through guided Cognitive Behavioral Therapy sessions with Dr. Gunawan, focusing on restructuring thoughts, regulating emotions, and modifying compulsive behaviors, Ethan recovered from OCD.

1.4. Significance of the Creative Work

Many young individuals tend to normalize inappropriate behavior within dating relationships. This phenomenon may arise due to their limited experience, a lack of awareness regarding the wrongful nature of such actions, or an absence of avenues to voice their concerns. The harmful consequences of this trend for the victims can manifest in more severe forms, including mental health repercussions, becoming trapped in revenge pornography, and even suicide attempts. After viewing this screenplay, the younger generation may develop a heightened awareness of the importance of not normalizing relationships with partners who have unhealthy mental conditions. They could also recognize their right to disengage from such harmful relationships. Ultimately, they can gain insight into the impact of OCD on relationships and will remind each other to seek immediate psychological or medical assistance in addressing these issues.

This creative work would help young people, especially those in a relationship based on obsession. To begin, it will share the story of Ethan, who became obsessed with Ophelia, and his OCD ruined his relationship; it is all illustrated through Ethan's behavior. Then, we will follow Ethan's journey as he recovers from his OCD. This creative work hopes that young couples can avoid letting obsession ruin their relationships and immediately seek help from a psychologist or psychiatrist and other medical assistance to overcome obsessions in the relationship.

Considering the two issues discussed above, I hope my creative work can benefit a broad audience, both men and women between the ages of 16 and 30, especially those in a relationship. At this stage in life, many may fall victim to the obsession often associated with love. This leads to the hope that this creative work can give young couples the courage to save their relationship, which is based on

obsession, by seeking help from a psychologist or psychiatrist. Not only that but there is great hope that couples can become more aware of the existence of obsession in relationships so that obsession does not significantly impact them in the future. Those who have experienced a quarter-life crisis or are over 25 years old, those who tend to need a place to chat, and couples who are expected to last until marriage are more susceptible to accepting their partner as they are without seeing the partner's true nature, which can have negative impacts such as physical violence and crime by making threats against the victim. Hopefully, couples out there will be more careful choosing a partner and not rush into a relationship. It is all about making more thoughtful and safer choices.

Furthermore, this work serves as a platform to give voice to unheard victims who lack the courage to take action but yearn for respect and love. They are caught in limbo between love and obsession with their partners. Through this, it aims to make young people in Indonesia more aware and cautious before diving into a relationship and more determined to break free from toxic patterns. This work will also significantly impact the surrounding environment, where people will be more sensitive to the behavior of their friends or family who may not be able to ask for help directly but need help. This creative effort also has the potential to significantly impact the broader community, fostering greater sensitivity toward the behavior of friends and family who may be silently struggling and in need of help.

In addition to its relevance to individuals in relationships, this creative work also has the potential to be deeply appreciated by parents, thereby expanding its relevance to a broader audience. The hope is that parents can be more observant of their children's behavior and in accepting their child's partner so that unwanted situations do not occur. It is an appeal for parents not to take their children lightly when expressing concerns about their partner's character or treatment. Additionally, parents should be more aware of their children's mental health and not underestimate or even compare situations.

Despite the rise in news stories about violence, threats, revenge porn, and more, not many seem to be turning these critical issues into cinematic narratives. However, one Indonesian film raises this issue, namely Like & Share (Noer, 2022). This film was quite popular when it was shown; therefore, screenplays with this issue can attract the interest of many people and make them sensitive to their surroundings, especially friends, acquaintances, or family members (Usmanda, 2022). Young Indonesians can find joy and valuable lessons from this scenario, which they can apply daily. It is about making a positive impact and raising awareness through storytelling.

1.5.   Theory and Methodology

1.5.1.   Theory

The central theme of the screenplay revolves around OCD, a prominent mental disorder, and its connection to the field of psychology. Obsessive-Compulsive Disorder, previously known as scrupulosity before the 20th century, is a mental health condition characterized by the presence of distressing thoughts along with the compulsion to engage in repetitive behaviors or mental acts to alleviate the anxiety associated with these thoughts (Salkovskis, 1985). Dr. Paul Salkovskis is a renowned clinical psychologist known for his expertise in cognitive-behavioral therapy (CBT) and the treatment of anxiety disorders, particularly OCD. Salkovskis proposed that obsession is disturbing and causes distress because it relates in some way to something that the person values very highly. These behaviors consume extensive time, disrupt routines, and may lead to social isolation. It is crucial to acknowledge that OCD symptoms vary among individuals in terms of type and severity (Salkovskis, 1985).

Cognitive Behavioral Therapy (CBT) employs a structured approach to treatment that focuses on altering maladaptive thinking and behavioral patterns (Salkovskis, 1985). For example, the protagonist with Obsessive-Compulsive Disorder (OCD) who exhibit a need for symmetry compulsion, the therapeutic process typically commences with the therapist assisting the patient in recognizing distorted cognitions, such as the belief that objects must be perfectly symmetrical to avert negative outcomes. The protagonist then reevaluates these thoughts in light of reality, gaining an understanding of their irrational nature. The therapist and protagonist collaboratively develop problem-solving skills and build confidence in the patient's coping abilities. An example activity outside therapy sessions includes exposure and response prevention (ERP), whereby the patient intentionally creates asymmetry in their environment (e.g., slightly misaligning books on a shelf) and resists the compulsion to correct it. Over time, this practice aids the patient in tolerating the discomfort and diminishing the compulsion. Homework assignments, such as maintaining a journal of these experiences and their outcomes, facilitate the patient's progression towards becoming their own therapist, emphasizing current life challenges rather than past difficulties. This methodology, reinforced by both in-session and out-of-session exercises, enables the patient to develop coping skills that foster enduring change (Salkovskis, 1985).

1.5.1.1. Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder (OCD) is a common long-lasting disorder characterized by uncontrolled and repetitive thoughts (obsessions). OCD obsessions and normal obsessions differ in terms of frequency, intensity, and discomfort. People with OCD perceive and interpret their thoughts much more deeply than ordinary people. According to them, the obsession does not "just go away." This obsession disorder causes a person experiencing it to engage in repetitive behaviors (compulsions). Compulsion is a repetitive behaviors (e.g., hand washing, hair arranging/combing, and checking) or mental acts (e.g., praying, counting, repeating words silently which the person feels driven to perform in response to an obsession or according to rules that must be applied rigidly/in a specific order) (Dermawan, 2024, p. 376, 382). OCD is an anxiety disorder characterized by an excessive preoccupation with recurring thoughts and the performance of repetitive behaviors, which consume a substantial amount of time (exceeding one hour per day) and result in significant distress or functional impairment. If left untreated, it can interfere with work, social, and personal relationships, and cause feelings of distress/negative pressure (Dermawan, 2024, p. 383)

Furthermore, there are several factors that can trigger the onset of OCD. First, genetics; individuals with close relatives such as parents or siblings who have OCD are at a higher risk of experiencing this condition (Cleveland Clinic, 2022, par. 8). Second, brain changes; there are differences in the frontal cortex and subcortical structures of the brain in people with OCD (Cleveland Clinic, 2022, par. 8). Third, PANDAS syndrome, which stands for "pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections." It describes a group of conditions that can affect children who have had strep infections, such as strep throat or scarlet fever (Cleveland Clinic, 2022, par. 8). Lastly, childhood trauma; some studies show a connection between childhood trauma such as abuse or neglect and the development of OCD (Cleveland Clinic, 2022, par. 8).

Obsessive-Compulsive Disorder is characterized by the presence of obsessions (intrusive and distressing thoughts) and compulsions (repetitive behaviors). According to Darmawan, M. A. (2024), the symptoms of OCD are not caused by the physiological effects of drugs or other medical conditions. The disorder also cannot be fully explained by the symptoms of other mental disorders such as anxiety disorders, body dysmorphic disorder, hoarding disorder, trichotillomania, excoriation, stereotypic movements, eating disorders, substance addictions, illness anxiety, paraphilias, impulse control disorders, depression, psychotic disorders, or autism spectrum disorders (pp. 383, 384). Nonetheless, there exist several common types of OCD, namely Aggressive Obsessions, Contamination Obsessions, Sexual

Obsessions, Religious Obsessions, Obsession with the need for symmetry or exactness, Miscellaneous obsession, Cleaning/Washing Compulsions, Checking Compulsions, Repeating Compulsions, and Hoarding (Rahmawati et al., 2019). From these types, I will focus on three: Aggressive Obsessions, Obsession with the need for symmetry or exactness, and Hoarding

Symptoms of Obsessive-Compulsive Disorder

The three types of Obsessive-Compulsive Disorder (OCD) that I will apply are as follows:

1. Aggressive Obsessions: Anxiety arises when one fears harming others, engaging in embarrassing actions, causing harm to others, anticipating potential consequences due to past mistakes, or experiencing fear of heights. Such anxiety may pose a potential threat to others. For instance, when their partner is in tears, person A refrains from undertaking any activity until they ascertain from their partner that they are not the cause of distress. This disposition makes A feel bored and frustrated, as it ultimately necessitates A to acknowledge their misinterpretation of B's behavior.

2. Obsession with the need for symmetry or exactness: Highly attentive to the arrangement of items at home and in public places. Everything must be in its designated place. Deviations from orderliness are viewed as the initial stages of subsequent failures in the process.

3. Hoarding: It feels a solid need to save many items, whether they have monetary value or not, and experiences significant distress when attempting to eliminate them. Individuals with hoarding OCD may worry about losing a fundamental aspect of who they are if they dispose of a particular item. They may also engage in compulsive behaviors related to discarding specific items and believe they must buy things in pairs or face negative consequences.

Concerning my creative work, only described symptoms will be incorporated into this screenplay to show the disturbing and the causes of distress. For example, I will show aggressive obsessions when Ethan continuously argues with his thoughts about hurting Ophelia. However, Ethan will lose out on this thought and accidentally hurt Ophelia and people that are near Ophelia. Next, I will show Obsession with the need for symmetry or exactness will be shown frequently in the "ritual" scenes of Ethan and his father arranging cutlery and Ethan arranging his painting equipment. Lastly, Hoarding will be shown by Ethan locking himself away when depressed and piling up many things in his room without wanting to clean them. Hoarding is the symptom that makes Ethan's parents force him to see a psychiatrist or face being kicked out of the house.

1.5.2. Methodology

I chose to use both primary and secondary research methodologies. For main research, I purchased books and examined various publications on Obsessive-Compulsive Disorder (OCD). For secondary research, I routinely made online searches to learn more about OCD and looked into cases related to it. To get an understanding of the prevalent attitudes regarding OCD in Indonesia, I read articles in which people with OCD described their experiences with societal indifference. It is crucial to highlight that I checked the legitimacy and dependability of all sources before including them in the composition.

I adopted a general-to-specific framework to organize my screenwriting process. Initially, I chose topics that were not only of personal interest but also had significance for society. After that, I determine the genre of my narrative, allowing me to establish a clear direction for presenting the chosen topic realistically, and I articulate the reasoning behind choosing a particular genre as the main channel of my story. Next, I started the creative process by brainstorming many ideas about story elements and various aspects of the premise. After that, I carefully distill the ideas, selecting and typing them logically, constructing the narrative from beginning to end. The next phase involves character development, which includes their role, personality, physical attributes, background, loglines, step outline, pitch, and finally, the synopsis of the screenplay. In the end, I started the actual process of creating the screenplay.

1.6.   Timeline

NO	ACTIVITY	FEB				MARCH				APRIL				MAY				JUNE	
	2nd SEMESTER (2023/2024)																		
1	Revising Chapter 1&2	■																	
2	Making Chapter 3		■	■	■	■													
3	Revising Chapter 3						■	■	■										
4	Progress Report									■									
5	Making Conclusion										■	■							
6	Re-checking and Revising Chapter 1-4												■	■					
7	Preparation for Thesis Defense														■	■	■		
8	Thesis Defense																	■	