

REFLECTION OF HUMANISTIC AND SOCIAL VALUES IN THE FILM *RIDE YOUR WAVE* FROM THE PERSPECTIVE OF MENTAL HEALTH POLICY

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Abstract

Film functions not only as a medium of entertainment but also as a form of cultural communication capable of conveying moral, social, and health-related values to society. One animated film that embodies strong humanistic messages is *Ride Your Wave*, directed by Masaaki Yuasa. This film portrays the emotional journey of its main character in coping with loss and rediscovering the meaning of life through social relationships. This study aims to analyze the reflection of humanistic and social values in *Ride Your Wave* and examine their relevance to mental health policy. This research employs a qualitative approach using content analysis. The data consist of dialogues, scenes, and character interactions that reflect humanistic and social values related to mental health. Data were collected through observation and documentation by repeatedly watching the film and recording scenes relevant to the research focus. The findings indicate that *Ride Your Wave* represents values such as empathy, sacrifice, social responsibility, and emotional resilience in dealing with loss. Furthermore, the film highlights social values including friendship support, social solidarity, and concern for others, which are closely associated with promotive mental health efforts. The study demonstrates that animated films can serve as educational media to enhance public awareness of the importance of mental health and social support in daily life.

Keywords: Mental Health, Humanistic Values, Social Values, Animated Film, Mental Health Policy

Introduction

Literature is a form of human creative expression that utilizes language as a medium to convey ideas, experiences, and reflections on life realities. In modern cultural studies, literature is not only understood as written text but also as audio-visual media such as film, which can represent social dynamics and societal values (Wiyatmi, 2023).

Advancements in communication technology and the creative industry have expanded literary forms into various visual media, including animated films. Film has the capacity to deliver messages visually and emotionally through a combination of narrative, imagery, sound, and cinematography, thereby offering a more immersive experience compared to other communication media (Pratista, 2022).

Film serves not only as entertainment but also as a medium for conveying social and humanistic values related to societal life. Through narrative structures and character development, films can represent human emotional experiences such as loss, trauma, and psychological recovery processes closely associated with mental health (Santoso & Rahmawati, 2024).

One animated film that explores emotional and social themes is *Ride Your Wave*, directed by Masaaki Yuasa. The film narrates the emotional journey of Hinako, who must cope with the loss of her partner, Minato, and rediscover meaning in life through social support from her surroundings (Nakamura, 2023).

The experience of loss depicted in the film is closely related to mental health issues, which are increasingly emphasized in global health policies. Mental health constitutes a crucial component of public health, influencing psychological well-being, social interaction capabilities, and daily productivity (World Health Organization, 2024).

Within the framework of public health policy, promotive and preventive approaches to mental health are increasingly emphasized to enhance mental health literacy. One effective strategy involves utilizing popular media, such as films, as educational tools capable of reaching broad audiences (Putri & Suryanto, 2023). Based on this background, this study aims to analyze the reflection of humanistic and social values in *Ride Your Wave* and their relevance to strengthening mental health policy in society.

Research Methods

This study employs a qualitative approach using content analysis. A qualitative approach is selected because the study focuses on interpreting meanings embedded in dialogues, scenes, and character interactions within the film (Creswell, 2023).

The object of the study is the animated film *Ride Your Wave*, directed by Masaaki Yuasa. The film was chosen due to its thematic focus on loss, social relationships, and emotional recovery processes relevant to mental health studies (Nakamura, 2023).

The research data consist of dialogues, visual scenes, and social interactions among characters that reflect humanistic and social values related to mental health. Data collection techniques include observation through repeated viewing of the film and documentation by recording relevant scenes aligned with the research focus (Sugiyono, 2023).

Data analysis was conducted through several stages: data reduction, categorization of humanistic and social values, and interpretation of scene meanings from the perspective of mental health and mental health policy (Miles & Huberman, 2023).

Results

The analysis reveals that *Ride Your Wave* represents several humanistic values associated with mental health, including empathy, sacrifice, responsibility, and emotional resilience in coping with loss (Rahmawati & Lestari, 2023).

Empathy is reflected through character interactions that demonstrate concern for others' emotional conditions. Empathy is a crucial aspect of mental health, as it enhances the quality of social relationships and supports individuals in managing emotional stress (Putri & Suryanto, 2023).

In addition to humanistic values, the film also portrays social values such as friendship support, social solidarity, and cooperation. Social support plays a significant role in helping individuals cope with stress and improving psychological well-being (Santoso & Rahmawati, 2024).

The findings further indicate that the emotional recovery process of the main character is influenced by positive social relationships. This highlights that mental health is shaped not only by individual factors but also by social and environmental determinants (World Health Organization, 2024).

Discussion

Ride Your Wave presents an emotional narrative illustrating human experiences in dealing with loss, grief, and psychological recovery. Hinako's experience of loss represents psychological conditions commonly encountered when individuals face emotional trauma. In mental health studies, the loss of a loved one can trigger emotional responses such as profound sadness, confusion, and loss of life meaning, underscoring the importance of mental health within public health policy (World Health Organization, 2024).

Behavioral changes observed in Hinako following Minato's death illustrate how traumatic events can disrupt psychological balance. She experiences decreased life motivation and difficulty in carrying out daily activities. This aligns with mental health research indicating that loss significantly affects social, emotional, and psychological functioning, thereby necessitating adequate psychological support systems (Rahmawati & Lestari, 2023).

The film also emphasizes the importance of social relationships in psychological recovery. Interactions between Hinako and other characters demonstrate that social support—through empathy, presence, and care—plays a vital role in alleviating emotional distress. In mental health contexts, social support serves as a protective factor enhancing resilience (Putri & Suryanto, 2023).

Empathy, as depicted in the film, is essential in fostering healthy social relationships and supporting psychological well-being. Empathetic environments contribute to reduced stress levels and improved mental health outcomes (Santoso & Rahmawati, 2024).

The film further portrays the value of sacrifice through Minato's character as a firefighter, reflecting social responsibility and altruism. Professions oriented toward public service often encounter high emotional burdens, necessitating adequate mental health support (Kementerian Kesehatan RI, 2023).

Additionally, the film illustrates emotional resilience, where Hinako gradually adapts and finds meaning after experiencing trauma. This reflects the concept of psychological resilience, defined as the capacity to adapt to adversity and recover from life challenges (Rahmawati & Lestari, 2023).

Resilience is a key component in mental health policy, which increasingly emphasizes promotive strategies such as mental health education, literacy enhancement, and strengthening social support systems (World Health Organization, 2025).

Social solidarity depicted in the film highlights the importance of collective support in overcoming emotional difficulties. In public health perspectives, social solidarity contributes to creating environments that support psychological well-being (Santoso & Rahmawati, 2024).

Community-based approaches are increasingly emphasized in mental health policy, focusing on societal roles in supporting individuals with mental health issues, reducing stigma, and improving access to services (Putri & Suryanto, 2023).

The symbolic representation of waves in the film serves as a metaphor for the dynamic nature of human emotions. Emotional fluctuations are inherent in life, and the ability to manage them is essential for psychological well-being (Rahmawati & Lestari, 2023).

Popular media such as film plays a strategic role in raising public awareness about mental health issues. Emotional representations in films help normalize experiences of grief and stress, thereby reducing stigma (Putri & Suryanto, 2023).

From a policy perspective, utilizing creative media in mental health promotion is an effective communication strategy. Films can deliver health messages in an emotionally engaging and accessible manner, supporting mental health literacy initiatives (World Health Organization, 2024).

Conclusion

This study demonstrates that *Ride Your Wave* represents various humanistic and social values closely related to mental health. Humanistic values identified include empathy, sacrifice, responsibility, and emotional resilience, while social values encompass friendship support, social solidarity, and concern for others.

From a mental health policy perspective, these values are highly relevant to improving psychological well-being. Social support, empathy, and solidarity are critical in helping individuals cope with emotional stress and enhancing resilience.

The film also illustrates that popular media can function as an effective mental health education tool. Through emotional narratives and strong visual representations, films can raise awareness and foster empathy toward individuals experiencing emotional difficulties.

Thus, integrating creative media such as film into mental health promotion programs represents a promising strategy to support mental health policy and improve public mental health literacy.

Recommendations

Based on the findings, several recommendations are proposed:

1. Governments should enhance community-based mental health education programs to improve literacy and reduce stigma (Kementerian Kesehatan RI, 2023).
2. The utilization of popular media such as film and digital platforms should be optimized as effective tools for mental health promotion (Putri & Suryanto, 2023).
3. Community-based mental health services should be strengthened to improve access to psychological support and counseling (World Health Organization, 2025).
4. Educational institutions should integrate mental health education into curricula to equip younger generations with emotional management skills (Santoso & Rahmawati, 2024).
5. Further research on mental health representation in media should be developed to understand its role in supporting mental health policy (Rahmawati & Lestari, 2023).

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