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**SEMANTIC FIELD OF STRES AND DEPRESSION ON PSYCHOLOGICAL
KOREAN DRAMA**

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Abstract

Korean dramas with the psychological genre are very popular nowadays. Through this psychological Korean drama genre, people begin to get to know some psychological terms, such as stress and depression. Unfortunately, there are many people who have not been able to interpret these two terms correctly. The aims of this study are to find out how the words stress and depressions influence the audience of psychological Korean dramas and to know the difference of semantic field between the word stress and depression. The method used in this study is a qualitative descriptive method. The steps taken are (1) data collection with interviews, surveys through questionnaires, and readings text in psychological Korean dramas genre; (2) see the relevance between the data available and the semantic field theory; (3) and draw conclusions from the results of the research. This study uses semantic studies by looking at semantic field of the words stress and depression in psychological Korean dramas and how these words influence the audience. The semantic field is part of semantic system which is looking at the meaning of lexical elements that relate to spoken language used in reality. The subject of this study is a psychology Korean drama and psychology Korean drama audience. The results of this study showed that some respondents who watched the Korean drama misinterpret the meaning of stress and depression. Semantic field of the term stress and depression is set semantic field. Set semantic field refers to paradigmatic relationships because words or elements are in the same set and can replace each other. These two words are still in the same set, namely psychic problems. The writers hoped that it can reduce public misunderstanding of the meaning of the words stress and depression

Keywords: *semantic field, stress, depression, psychological Korean drama genre*

1. Introduction

The Korean popular culture wave phenomenon known as the Korean Wave began in the 1990s. Korean popular culture products began to be accepted and popular in Southeast Asia in 2000 till today. Dae Jang Geum television drama is one of the products of popular Korean culture in Southeast Asia (Sugyani, 2014). According to The Jakarta Post in an article titled Korea Wave Cats a Spell in Indonesia in Putri et al (2019) the emergence of various Korean dramas cannot be separated from the popularity of the Korean drama series entitled Winter Sonata. Korean Drama (K-Drama) first aired on Indonesian television is Mother's Sea on March 26, 2002 by Trans TV, and then followed by Endless Love on July 1, 2002 by Indosiar. The airs of Korean dramas on private television in Indonesia is increasing every year (Putri et al., 2019). The Korean Wave in Indonesia in 2002 was marked by the airs of the drama Endless Love (Larasati, 2018). Considering the statement made by Larasati (2018) although Korean drama that premiered in Indonesia is Mother's sea, Endless Love is more popular than the previous one. Korean

drama as one of the products of Korean Wave can be well received in Indonesia as stated by Putri et al (2019). This acceptance is due to the compatibility of cultural values and geographical location, Asian continent (Larasati, 2018). The development of Korean drama (K-Drama) currently offers a wide variety of genres as an alternative for K-Drama lovers. Psychological dramas such as *It's Okay to Not Be Okay*; *Soul Mechanic*; *Kill Me, Heal Me*; and *Dr. Frost* are popular spectator for psychological K-Drama genre lovers.

It's Okay to Not Be Okay received high rating after the airing of the last episode (Cha, n.d.) this data shows the drama ratings according to (2020) *User Rating*. (n.d.)

| | All Ages | <18 | 18-29 | 30-44 | 45+ |
|-----------------|---------------|------------|--------------|--------------|------------|
| All | 8.8 14,226 | 8.1 32 | 8.7 2,125 | 8.5 2,022 | 8.5 646 |
| Males | 8.4 2,579 | 9.2 13 | 8.6 901 | 8.2 930 | 8.4 311 |
| Females | 8.8 2,841 | 6.6 14 | 8.9 1,063 | 8.8 1,026 | 8.7 313 |
| Top 1000 Voters | | US Users | | Non-US Users | |
| 6.7 52 | | 8.7 721 | | 8.5 2,581 | |

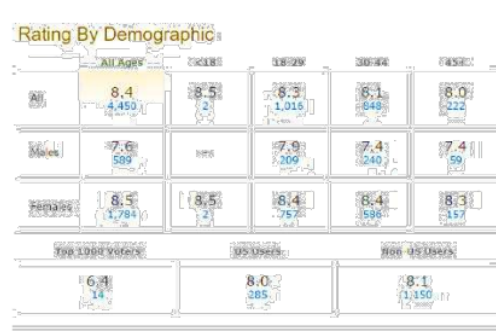
Picture 1. Rating Table (*It's Okay to Not Be Okay* (2020) *User Rating*, n.d.)

The ratings obtained by the drama *It's Okay to Not Be Okay* showed that the public acceptance of the drama was quite good. *Soul Mechanic* drama also has a high rating of 7.7 (*Soul Mechanic* (2020) *User Rating*, n. d.) *It's Okay to Not Be Okay* reaches 8.8 (*It's Okay to Not Be Okay* (2020)).

| | All Ages | <18 | 18-29 | 30-44 | 45+ |
|-----------------|--------------|--------------|--------------|--------------|--------------|
| All | 7.8 1,900 | 7.2 15 | 7.4 1,151 | 7.4 1,151 | 8.3 1,151 |
| Males | 7.3 1,151 | 7.2 15 | 7.7 1,151 | 7.4 1,151 | 8.3 1,151 |
| Females | 7.3 1,151 | 7.2 15 | 7.2 1,151 | 7.4 1,151 | 8.3 1,151 |
| Top 1000 Voters | | US Users | | Non-US Users | |
| 6.8 1,151 | | 7.0 1,151 | | 7.0 1,151 | |

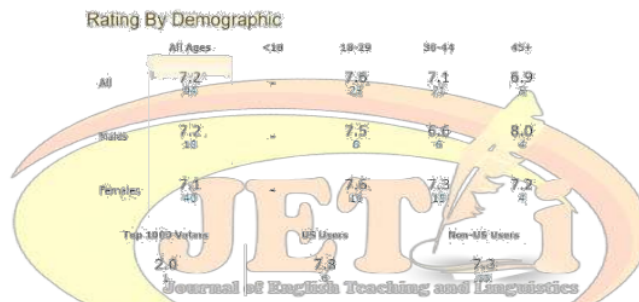
Picture 2. Rating Drama *Soul Mechanic* Table
 (*Soul Mechanic* (2020) *User Rating*, n.d.)

The television drama *Kill Me, Heal Me* also had a good attention to the Korean drama lovers and gained public attention. This is indicated by the remake of the drama *Kill Me, Heal Me* (Danakim5, 2017). This drama got a good rating as showed in the picture 3 below.



Picture 3. Rating Drama *Kill Me, Heal Me* Table
 (*Kill Me, Heal Me* (2015), n.d.)

The drama aired in South Korea in 2015. It was awarded internationally as best drama at the World Fest- Houston International Film Festival in April 2016 (Soejoethi, 2017). Another drama is *Dr. Frost* which is aired from 2014-2015 and got rating 7.3 (*Doctor Frost* (2014-2015), n.d.). This drama also got good rating as showed in Picture 4.



Picture 4. Rating Drama *Dr. Frost*
 (*Doctor Frost* (2014-2015), n.d)

The four psychological dramas above tell the story of people suffering from depression, mental illness, and trauma. The characters in the drama are also told to find their love in the midst of their struggle to face their psychic problems. The end of the story that is sometimes difficult to guess makes the psychology-themed Korean drama get its own attention from the audience. Viewers who watch the psychology-themed Korean drama will indirectly consume psychological-related information through the drama. Another study relates with this topic with [3](#) by Anoprianti (2021). Anoprianti (2021) in her article *Deskripsi Makna Leksem Emosi Dalam Serial Drama Crash Landing on You*. Describe the analysis of the meaning of emotional lexemes in [t3](#) drama and the relationship of meanings of the emotional lexemes. From the result of the research, it can conclude that emotional lexemes in one lexical field can be distinguished from one another, because each lexeme is burdened with different constituent components. This article also analyses the terms that related to emotional feeling but in more specific words, that is stress and depression.

Korean drama as one of the products of popular culture makes people aware with psychological terms. It is able to add to people's insights related to terms in psychology. In addition, it is also able to foster concern for themselves and the society. When we feel or see people around us showing signs of mental health problems, we can reduce the risk and find solutions. Based on data conducted from the viewers of psychological Korean dramas genre, general public sometimes misinterpret psychological terms especially the words stress and depression, they cannot distinguish the difference between stress

and depression. This misconception is caused by the lack of public knowledge about the terrain meaning of the words.

From the informants interviewed in the study, they showed concern for those had symptoms of problems in their mental health. They also mentioned some of the terms in psychology they had heard from Korean dramas. These terms include psychopathy, BPD, anxiety, bipolar disorder, depression, and stress. Although the Korean dramas lovers had new information about some psychological term, this condition also had negative impact. Based on data conducted by to the viewers of psychological Korean dramas genre, general public sometimes misinterpret psychological terms especially the words stress and depression, they cannot distinguish the difference between stress and depression. This misconception is caused by the lack of public knowledge about the semantics meaning of the words. To make people understand the right definitions of some psychological terms, it is not only the responsibility of psychologists or psychiatrists, but also for linguist. It is necessary to conduct an in-depth study so that public perception, interpretation, and understanding of the words stress and depression contained in Korean dramas with psychology can be reduced. This research will discuss the difference meaning of the word stress and depression contained in a Korean drama based in semantics field theory.

Kridalaksana in Chaer (2013), said that semantics field is part of the semantic system of language. The system describes part of a particular field of culture or reality of the universe which is realized by a set of lexical elements whose meanings are related (Chaer, 2013). According to (Wijana, 2015) semantics is the realm of meaning owned by lexical items. It can be concluded that semantics field is part of a semantic system that explains the realm of meaning that is owned by each lexical item or part of semantics that describe lexical items that still have the same realm of meaning. An example of a semantics field is the word animal which refers to specific subject such as chickens, ducks, birds, and geese. The four names of these animals are in relations through similar meanings or through a conceptual point of view namely animals or more precisely poultry animals. Another example is color names such as pink, purple, red, and magenta. The theory of semantic field first conducted in the 1930s by Prof. Jost Trier.

The semantic field can be divided into two types, namely colocation semantic field and set semantic field. The colocation semantic field is a field of meaning that indicates the syntagmatic relationship between the lexical items that are still in the same environment. The set semantic field is a field of meaning that indicates a paradigmatic relationship between lexical items which can replace each other. Semantic field has a great role in giving the definition for each lexical item. Semantic field becomes a very important thing to know, especially for the language that is used every day. Semantic field makes people understand the meaning of a specific lexical item so that people can distinguish it from other lexical items. Sometimes one lexical item almost has similar meaning and still in the same semantic field. It makes people think that the lexical items have same function. Other people will make same mistakes in interpreting these lexical points because they have heard others interpret that lexical item. Sooner or later the concept of meaning becomes shifted from the actual meaning that is different considered to the same meaning, or even confused understanding.

2. Literature Review

This study will discuss about semantic field of words stress and depression interpreted by the respondent who watched psychological Korean dramas. The study of popular culture, especially Korean pop, was also conducted by other researchers who have an interest in popular culture. Asnaningrum and Supriyadi studied the drama Reply 1988 by looking at the aspects of togetherness formed in the drama. Research drama Reply 1988 revealed that togetherness has several types for example, togetherness in family, neighborliness, and togetherness with peers. In addition, the drama Reply 1988 is a critique of modern Korean society that is undergoing a change in the direction of individualists and materialists (Asnaningrum & Supriyadi, 2017).

Another researcher who also took material objects of Korean dramas, Gogali (2016) which revealed the Korean strategy of popularizing Korean culture through Saranghae drama, I love You. In the drama Saranghae, I love You there is a Namsan tower, a tourist icon of love padlocks. The fashion used by actors Jae Hyun and Ayu is an icon of Korean cultural trends also seen in the drama (Gogali, 2016). In

addition, research found what is the influence of Korean dramas on the audience. Another research is Devarani (2020) who revealed the cinderella's complex tendencies arising from the intensity of watching Romantic-themed Korean dramas (Devarani, 2020). Another study that also has the same diversity is the influence of watching Korean dramas is Apsari, et al (2016). Apsari (2016) said that the influence of modeling behavior on teenage Korean drama fans has a negative impact. When the fans imitating the actor behavior, they will decline of self-image (Apsari et al., 2016). Based on some of studies that have been presented above, research focuses more on the influence of Korean dramas to the people who watched it. The content in dramas represent Korean society, it is also a marketing strategy to represent Korean culture through dramas. Korean drama also related to modeling behaviors that have a relationship to the self-image of teen drama fans.

Besides people interest in Korean drama, they also have an interest in digital comics because it is easy to access. According to research conducted by Hasanah (Hasanah, 2021), through digital comics with English text, students can improve their English language skills. It was shown by Hasanah that students are able to retell well the message contained in the story, draw characters in the story, and more fluent and interactive in Speaking foreign Language. Similarly, watching drama can be seen from the negative and positive side, especially for adolescents such as research related to modeling behavior conducted by (Apsari et al., 2016)

3. Research Method

The methods used in this study is qualitative descriptive method. This method is an effective method to be used in this study because this study discusses social phenomena that occur in society, especially among viewers of psychological Korean dramas. Qualitative method used in language research because it's able to produce in-depth results in description of speech, writing, or behavior. It can be observed in a certain scope viewed from a comprehensive point of view. this method is more sensitive, and good in adapted to many patterns faced (Moelong, 2000). Therefore, this method is used to examine problems, phenomena, or social interactions that occur. Information provided by informants becomes a very important component because from the information we can found the "meaning" of the words stress and depression interpreted by them. The self-diagnose articles, especially on psychological Korean drama fans, became an interesting topic nowadays. This is related to the existence of Korean dramas in Indonesian society.

The data collected by conducting in-person interviews, recording from speakers, and sharing questions or questionnaires with speakers. The information that has been obtained will certainly be described to get the results. In this study researchers conducted interviews in person to the audience or lovers of Korean dramas. The informant then be referred to as informants. Data collection was also conducted by sharing questionnaires containing questions related to the dramas. This questionnaire aims to know how the informants interpreted the words stress and depression. The interview was conducted to listen directly to how informant implementing the meaning of both words in their lives. Data from the informant is needed to know how far the informant knows the difference between the words stress and depression. The data that has been collected from the informants is then analyzed by semantic field theory. The analysis was conducted by looking at how the Korean dramas affect Korean drama fans in interpreting the words stress and depression that arise through the drama.

4. Results and Discussion

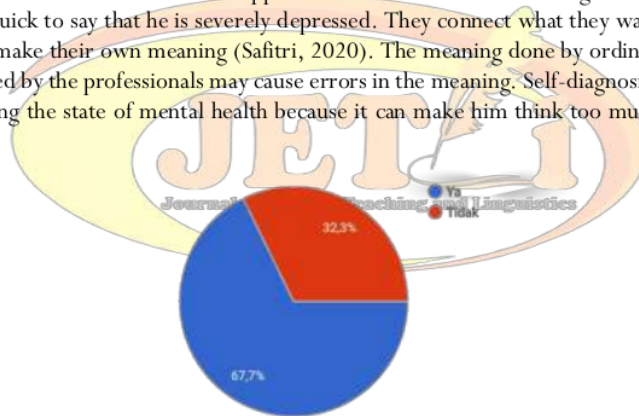
Indonesian people have high interest in Korean dramas as stated by Putri et al., (2019). Teenagers, adults, and even young mothers love him. The stories raised in Korean drama relatable for everyday life in the community. In addition, because the geographical location of Indonesia with Korea which is both in Asia (Larasati, 2018). Korean drama Soul Mechanic or Fix You aired in May 2020. The drama became one of the dramas watched with enthusiasm from the Indonesian drama lovers, especially young people. This drama tells the story of a psychiatrist and his patients who have various mental problems caused by what happened in their past. This drama explains a lot about some of the problems

around mental health such as depression, anxiety, trauma, borderline personality, and schizophrenia experienced by the characters in the drama.

Public interest in psychological drama also caused by many public figures who speak up about mental health problems. Many social media are now covering mental health issues. Psychological Korean dramas are actually made to teach the audiences of drama about how to deal with life's problems, how to achieve happiness in life, and how individuals should care for each other. Hopefully, the drama is also made the audience become more concerned about the mental health of themselves and those around them. As written in the Kumparan that some Korean dramas that carry mental health have a positive message to the audience. The drama delivers the message to the audience to think that it does not matter if he/ she is not perfect (Review, 2020).

Some people have misunderstanding of the meaning stress and depression. This misunderstanding must be straightened out considering the impact has had quite a lot for society. When Korean fans watch Korean dramas, there is a tendency for the audience to match what the characters in the drama feel with how they feel (Safitri, 2020). From some of the informants that the researchers interviewed, the informants showed this tendency. Some call themselves depressed as shown by the characters in Korean dramas they watch. Some of them said that they are psychopaths because they feel the similarities of what the main character shows.

People who watched Psychological Korean Drama said that they feel increasingly stressed after he feels he is the same as the character in the drama. This is evident from several informants who have watched a Psychology Korean drama. The more he entered the drama, the more he felt to be a character in the drama. He looked back at what had happened and how he had been feeling all along. There are also people who are quick to say that he is severely depressed. They connect what they watch with what they feel. Then, they make their own meaning (Safitri, 2020). The meaning done by ordinary people without being accompanied by the professionals may cause errors in the meaning. Self-diagnosis can even have the effect of worsening the state of mental health because it can make him think too much about it (Safitri, 2020).



Picture 5. Diagram of Audience knowledge of the differences between stress and depression before watching drama

Total 32, 2 % people watching a Psychological Korean drama do not understand the difference between stress and depression, meanwhile, 67.7% of informants knew the difference of the words before watching. However, there are still some informants who misinterpret stress and depression after he watches a psychology-themed Korean drama. Indeed, there are those who understand that both words are two different terms after he watched the drama. some of them said that stress and depression are only limited to a person's inability to control emotions, changing moods, and anxiety disorders. There are also informants who say that both have the same definition. Many people do not know what is the different of some psychological term although they are use the term frequently. It is also showed in the dialog of Korean Drama.



Picture 6. Dialog in Korean Drama Fix you (Hyun-Ki, 2020b)



Picture 7. Performance of an actress in Fix You Drama

Korean drama Fix You tells the story of a beautiful young actress named Han Woo Joo. She was depressed because he had been dumped by his parents. In addition, her depression worsened her career. The career she had been building had to be destroyed. She has unstable emotions. She is often abandoned and considered crazy by those around her. The picture above contains dialogue from characters who are depressed. She considers himself a madman. The character thinks so because the people around her think it's crazy. Actually, the character is not crazy, she has depression that causes her to have a mental illness. The picture is part of an episode in the drama Fix You that depicts the feelings of fear and pain felt by the depressed character Han Woo Joo. At first glance, depression can be interpreted as madness, anxiety or fear, and pain. This raw meaning that can cause a deviation of meaning from the words stress and depression depicted in a Korean drama themed psychology.

Table 1. Semantic Field of Stress and Depression

| Psychological Problems | | | | | | |
|------------------------|----------|-----------|------------|-----------|----------------|------------------|
| Stress | + normal | + anxiety | - Longterm | + relapse | + self-healing | - Mental illness |
| Depression | - normal | + anxiety | + Longterm | + relapse | - Self-healing | + Mental illness |

Refers to the definition of stress and depression in the KBBI dictionary and the explanation of several sources in terms of mental health that describes the two words, then the component semantic field of the two words can be divided as written in the table above. In the table above the classification or distinction between the meaning of stress and depression can be seen from the normal or not, the feeling of anxiety, the length or absence of the period of time the person feels it, the possibility to relapse, how it is handled, and including to mental illness or not. From the table above, it can be seen that it turns out that stress and depression have different meanings even though it seems the meanings have something in common.

The results of the interviews showed that the they began to recognize terms related to psychology. At first, they don't know exactly how depressed people are. After he watched the Korean Drama Fix You, he began to get to know how depressed people are and what are the effects of depression. But there was a mistake in capturing the meaning he got. When asked about what is told in the drama and what the characters experience in the drama, he can only answer that the story is about people who are

depressed and the character shows characteristics have bipolar disorder but actually the drama does not tell people who have bipolar disorder. The drama tells the story of people who have severe depression. Although in the drama there are characters who suffer from mental illness such as BPD (borderline personality disorder), schizophrenia, psychosomatic, and others, but the core of this story is more telling of a collection of people who have major depression. Some are depressed because she breaks with his lover, then she thinks there is an insect in her body, a ball player who fails to make him despair, a child who is always pressured by parents, an artist who often gets neglect from parents and people around him, and much more. That is, the informant's understanding of the meaning of expression is only limited to what the characters in the drama show.

Another informant also had a misunderstanding in interpreting the meaning of depression in Korean dramas he watched. He said he was depressed at the time because of job and his girlfriend. The feeling of distress that he experienced was only a night. He can also still live his daily life normally so it cannot be classified as depressed. He also felt like a psychopath. He had indeed watched a Korean drama that tells about someone who has a psychopathic soul. At that time, he felt himself also had a psychopathic soul. He said that he not easily feels sad and low empathy. He began to feel like a psychopath. The writer found that the informant has variety of definitions and meanings of various words such as stress and depression. Some of them said that both have similar understandings, some said that both are an anxiety, and some do not even know the difference between the two terms.

People are now starting to know a little about terms in the field of psychology such as stress and depression. If this knowledge is not balanced with good and correct literacy it will lead to wrong perception in society. When the audiences watched Korean dramas, they will think that what is watched also against them. The audience may experience a variety of psychiatric situations. They can make the drama as a reference in developing his identity and matching himself with the characters in Korean dramas. But, they has its own impression and meaning of the information contained in the Korean drama. The impression and meaning that appears in each audience may be different. Stress and depression are thought to have the same understanding and have the same symptoms. Informants mentioned the similarity of symptoms between stress and depression. They also couldn't explain specifically what stress and depression were. They know both terms. However, there is still confusion understanding the meaning of the two words. There are several factors that cause different impressions and different meanings in each audience. These factors include who is watching, what is experienced when watching, the reason the audience chooses the Korean drama, and how the audience responds to it (Wiyatmi, 2011).

Table 2. How informant interpreting the terms Stress and Depression

| Terms relate with stress and depression according to Korean Drama fans | Normal | Anxiety | Long term | Relapse | Self-healing | Mental illness | semantic field |
|---|--------|---------|-----------|---------|--------------|----------------|----------------|
| <i>beban pikiran</i> / burden of thought | + | + | - | + | + | - | stress |
| <i>memendam masalah</i> / Bottled up emotions | + | + | - | + | + | - | stress |
| <i>emosi</i> / emotions | + | + | - | + | + | + | depression |
| <i>jahat</i> / evil | - | + | + | + | - | + | depression |
| <i>menindas</i> / oppress | - | + | + | + | - | + | depression |
| <i>keterpurukan</i> / despaired | - | + | + | + | - | + | depression |
| <i>kesedihan</i> / sadness | + | + | - | + | + | - | stress |
| broken home | - | + | + | + | - | + | depression |

| | | | | | | | |
|--|---|---|---|---|---|---|------------|
| <i>terbawa suasana/</i> get carried away | + | + | - | + | + | - | stress |
| <i>ditinggalkan/</i> abandoned | - | + | + | + | - | + | depression |
| problem pribadi/ personal problems | + | + | - | + | + | - | stress |
| <i>stres/</i> stress | + | + | - | + | + | - | stress |
| <i>banyak tugas/</i> a lot of tasks | + | + | - | + | + | - | stress |
| <i>nilai buruk/</i> bad grades | + | + | - | + | + | - | stress |
| <i>masalah pekerjaan/</i> work problems | + | + | - | + | + | - | stress |

Table 2 showed that the audience of Psychological Korean Drama thought stress and depression is related with some emotional feelings like sadness, oppress, depressed, bad feelings when they got bad grades etc. But, actually those emotional feelings have different symptoms and different meaning. There is a change in the meaning of the words stress and depression understood by the people. According to semantic theory by Chaer (2013), there are at least nine causes of changes in meaning. These causes are (1) the development of science and technology, (2) social and cultural developments, (3) differences in the semantic field, (4) the existence of associations, (5) the exchange of sensory responses, (6) differences in responses, (7) the shortening, (8) grammatical processes, and (9) the development of terms. Based on the nine causes of the change in meaning that have been proposed by Chaer, there are four causal factors that support people's misconceptions about the meaning of the words stress and depression. These four causal factors have a relationship between each other. These four factors include the development of science and technology; social and cultural development; differences in responses; and the development of the term (Chaer, 2013).

When the meaning of the information contained in the psychology-themed Korean drama is not appropriate, it can cause errors in the meaning of the information. This occurs in the meaning of stress and depression among the community. Both are often confused or even considered the same. People can easily say that they are depressed. They are facing stress because of their work. They quickly said they were depressed based on the Korean dramas they watched. For example, when they cry or every time they come home from work and feel tired, they said that they are depressed because they watched scenes in Korean dramas where the depressed character cries at the door when they come home from work. It is the same as what they are experienced. They think that it's natural to feel that they are feeling depressed. Society's mistake in interpreting the word stress and depression can also cause people to diagnose themselves of having mental illness. In fact, to diagnose yourself whether you really have a mental illness needs to be a professional such as a psychologist, psychiatrist, or doctor.

Language has a close aspect to the psychic. These psychiatric elements are inner consciousness, thoughts, associations, and experiences (Osgood and Sebeok in Sudaryat 2008). According to (Language, 2012), stress has meaning as a mental and emotional disorder or disorder caused by outside factors. In the field of health stress has a more specific meaning that is a reaction that arises when a person faces a threat, pressure, or a change (Katyusha, 2021). Meanwhile, depression in KBBI has the meaning of a mental disorder in a person characterized by degenerate feelings (such as somber, sad, depressed feelings (Language, 2012). In mental health science, stress is the body's response when faced with a pressure or threat. Meanwhile, depression has the meaning of mood disorders that have signs of deep feelings of sadness and loss of care. Depression belongs to mental illness (Katyusha, 2021). The above understanding cannot be immediately interpreted raw. For example, when feeling sad, someone immediately said that he must be depressed. But the sadness that is felt can still be said to be reasonable. What distinguishes the meaning between stress and depression? To be able to interpret it correctly, pay attention to the semantic field of stress and depression table below.

The words stress and depression are still in the same field of meaning, namely psychic problems. Stress and depression can be said to be the set semantic meaning. At first, both of them do describe feelings of sadness and distress. However, both have different meanings. Stress is a natural thing that almost everyone has experienced. The state of stress is usually felt in everyone's daily life under certain conditions. For example, when everyone has a lot of tasks, a lot of work piling up, not having money at the end of the month, fighting with someone, or when you think too hard about the future. Stress has levels below depression. That is, depression is a person's psychic state worse than stress. As showed on the table above, there are at least some aspects that make stress and depression different. Unlike stress, depression is not a natural condition. Depression is more indicative of anxiety or it can also be in the form of sadness for a longer time than stress. Stress is only experienced for a while. For example, a few days, a week, or a few months only. Depression can be felt by a person for many years or for the rest of his life. A person who is depressed can feel a deep depression of sadness, hopelessness, feelings of guilt, and feeling himself insignificant. When it becomes severe, depression can recur at any time so it cannot be handled alone or requires help from professionals such as psychologists, psychiatrists, or doctors because it is classified as a mental illness. While stress can still be handled independently by doing meditation or self-healing.

5. Conclusion

Based on the research it can be concluded that stress and depression have different meanings even though they have almost the same characteristic. Basically, stress and depression are both psychological problems. The difference between the two lies in the time period, level of reasonableness, and handling that must be given. Watching a psychological Korean drama from various media has many benefits. Moreover, the purpose of making a story is to educate the audience or readers how to deal with a problem and how to achieve the true happiness of life. However, the positive goals that the story maker expects can be negative when the reader or audience does not compensate for what he or she gets from the story with good and true literacy. The audience can be wrong in interpreting the meaning of the words stress and depression. This error in meaning also resulted from a wrong interpretation. Incorrect meaning of the terms stress and depression may cause the person not able to determine what treatment or what steps they should take. This looks trivial but turns out to have a great impact on a psychological health. When they already know the correct meaning of stress and depression, everyone can be aware of the symptoms they felt. Thus, the people can take the right healing for themselves.

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