

# Psychological Well-being Character with Anterograde Amnesia in the Film *Even if This Love Disappears From the World Tonight*

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**Abstract.** Psychological well-being focuses on positive functioning, happiness, and life satisfaction. Various countries have made efforts to raise awareness among the public about the importance of well-being through various media, one of which is film. Therefore, this paper focuses on psychological well-being through the lens of the film *Even if This Love Disappears From the World Tonight*, which matches well with targets in Sustainable Development Goals (SDGs) Goal 3: ensure healthy lives and promote well-being for all at all ages. This study delves into the character of Maori Hino, who grapples with anterograde amnesia, using Carol Ryff's six dimensions of psychological well-being as a framework. This qualitative literary research used the psychology of literature design. The analysis found five dimensions of psychological well-being: self-acceptance, positive relations with others, purpose in life, autonomy, and personal growth. The results of this study concluded that those five dimensions indicate the psychological well-being of Maori Hino. Even though she faces complicated challenges, the support from people around her significantly improves her well-being. These findings highlight the importance of self-acceptance and social support in achieving psychological well-being.

**Keywords:** psychological well-being, anterograde amnesia, film analysis, Carol Ryff, *Even if This Love Disappears From the World Tonight*

## 1 Introduction

Well-being depends not only on material possessions but also on psychological aspects. Psychological well-being focuses on positive functioning, happiness, and life satisfaction [1] and also plays an essential role as an indicator of the balance between the negative and positive impacts of a condition experienced by an individual [2]. As one of the targets of Sustainable Development Goals (SDGs) Goal 3, to ensure healthy lives and promote well-being for all at all ages [3], various countries have made efforts to raise awareness among the public about the importance of well-being through various media, one of which is film.

A film is the product of a reconstruction of reality, capturing the reality and phenomena that evolve in society through various creative processes to produce audio and visual displays that audiences can enjoy [4], and it can convey various messages

to the broader community [5], one of which is about health information. That is why film can be a powerful tool to disseminate health information, promote health, and construct health-related narratives; people often retain information better when presented narratively [6]. Therefore, this paper tries to spread awareness about the importance of well-being through film analysis with a psychological well-being theme.

The mentioned film is a Japanese film entitled *Even if This Love Disappears from the World Tonight*, released in 2022 and directed by Miki Takahiro. This film tells the story of Maori Hino, a young woman who suffers from anterograde amnesia [7]. Anterograde amnesia is a type of amnesia that makes it difficult for sufferers to form new memories that can significantly interfere with daily life [8]. This condition prevents her from forming new memories, and she will forget everything that happens each day when she sleeps. She must rediscover who she is and what has happened daily, relying on a diary she writes every night. This repetitive cycle is a very tiring and emotional process for Maori. Amid her suffering came Toru Kamiya, a young man who still stays with her, even after he learns about Maori's condition.

The difficulties that anterograde amnesia sufferers have to deal with every day affect cognitive function and can lead to a decrease in overall well-being. Sufferers often experience difficulty in daily activities such as working, studying, or social interaction [9]. This condition can also increase the risk of self-destructive behavior or suicidal behavior in sufferers [10]. Therefore, this study aims to reveal the psychological well-being of Maori Hino, who has to deal with difficulties in her everyday life as a sufferer of anterograde amnesia. This research uses Carol Ryff's psychological well-being, which consists of six main dimensions, as the indicators of a meaningful and joyous life in the psychological well-being [11], explained in Methods.

As a relatively new film, *Even if This Love Disappears from the World Tonight* has yet to be used as a research object; no previous research on this film has been found. However, some previous studies about psychological well-being and anterograde amnesia are related to this study. The first concerns patients with anterograde amnesia maintaining a stable sense of self, but their self-perception is stuck in the past [12]. The second is about people maintaining a sense of continuous self despite changes from anterograde amnesia [13]. Therefore, this research can be held accountable for its novelty.

## 2 Methods

This research design uses qualitative methods. Data were collected through dialogues and actions related to the character Maori Hino by watching the film repeatedly and taking notes. Then, based on Ryff's psychological well-being dimensions, the data were analyzed to conclude.

Ryff's first dimension is *self-acceptance*: a positive acknowledgment and acceptance of various aspects of oneself, including good and bad qualities and positive feelings about one's past. The second is *positive relations with others*: warm, satisfying, and trusting relationships with others; concern for the welfare of others; capacity for strong empathy, compassion, and intimacy; understanding the relationship of give and take. The third is *purpose in life*: possessing goals and direction, a sense of meaning in both present and past life experiences, and holding beliefs that provide purpose and meaning to life's goals and objectives. The fourth is *autonomy*: self-determination and freedom, the ability to resist social pressure to think and act in a certain way, regulate behavior internally, and evaluate oneself based on personal standards. The fifth is *personal growth*: a feeling of continuous development and the sense that one is growing and evolving; openness to new experiences; realizing one's potential and perceiving self-improvement and changes in one's behavior over time; changes that reflect greater self-awareness and effectiveness. The last one is *environmental mastery*: a sense of mastery and competence in managing the environment, controlling various external activities, effectively using surrounding opportunities, and choosing or creating contexts suitable to personal needs and values [14].

### **3 Result and Discussion**

Five dimensions of psychological well-being were discovered, including self-acceptance, positive relations with others, purpose in life, autonomy, and personal growth, as discussed below.

#### **3.1 Self-acceptance**

Maori acknowledges her illness to herself the next day through her journal. The journal proves that Maori accepts and confronts her current condition in a constructive manner, which is by writing down her daily activities (01:45-02:03). Maori also comes to terms with her past (29:48-29:56). From these events, it can be understood that Maori has a positive attitude towards herself and can accept the condition or feelings she is experiencing. She does not avoid or deny her feelings of loss, but instead, she is willing to confront them with courage and resilience. These actions align with Ryff's theory of psychological well-being. Maori's ability to face her condition and past reflects this aspect of psychological well-being, demonstrating her resilience and strength in fully accepting herself.

#### **3.2 Positive Relations with Others**

Maori shows good relationships with her closest friends, Izumi Wataya and Toru Kamiya. Maori expresses that when she is with Toru, her heart feels warm and does not feel pain (36:10-36:15). What she feels reflects a deep emotional connection and a sense of comfort and safety in Toru's presence. On the other hand, Toru also enjoys spending time with her, indicating mutual satisfaction in their relationship (42:16-

42:18). This enjoyment suggests a reciprocal, give-and-take dynamic essential for positive relations.

When it comes to Izumi, Maori's mother suggests that Izumi is a trustworthy and loyal friend (28:17-28:51). This indicates a deep trust between Maori, her mother, and Izumi, as only a few people are aware of Maori's condition. These interactions align with Ryff's dimension of positive relations with others. Maori's connections with Toru and Izumi reflect these qualities, showcasing her ability to form deep and meaningful relationships despite the obstacles that challenge her.

### **3.3 Purpose in Life**

Maori's commitment to not be selfish demonstrates her purpose in life, which is becoming a compassionate individual who prioritizes the needs of others (01:23:55-01:24:05 and 1:50:13-1:50:24). Despite experiencing anterograde amnesia, Maori hopes not to forget that Toru becomes the direction and meaning in her life (1:52:49-1:53:07), reflecting that her relationship with Toru has deep meaning for her. She believes Toru's existence and relationship with her have invaluable value, which remains in her even if her memory is limited. These events align with Ryff's concept of purpose in life. Maori's dedication to caring for others and her profound connection with Toru exemplify her pursuit of purpose and meaning despite her battle with memory loss.

### **3.4 Autonomy**

Despite being aware of her memory disorder, Maori pursues her dreams and interests by enrolling in the art university (1:53:40-1:54:00). This decision illustrates Maori's autonomy, her ability to determine her path and exercise freedom in the face of challenges, and her capacity to resist social pressures or obstacles that might otherwise dictate her choices. It resonates with Ryff's theory; Maori's decision to pursue her education despite challenges exemplifies her autonomy and determination to shape her life according to her values and goals.

### **3.5 Personal Growth**

Although Maori does not remember the previous day, her drawing ability is improving (01:17:32-01:17:36), which indicates that she knows her development in a skill or specific aspect. Acknowledging her growth in drawing skills also reflects her realization of potential and self-improvement. This situation aligns with Ryff's theory that Maori's ability to recognize her development indicates greater self-awareness and effectiveness, as she can assess her abilities and track her progress.

## 4 Conclusion

Five of the six dimensions in Ryff's psychological well-being theory are clearly shown in Maori Hino. They are self-acceptance, positive relations with others, purpose in life, autonomy, and personal growth. Those five dimensions enable her to continue her life well even though she suffers from anterograde amnesia. However, since the story in this film focuses more on Maori's personal and emotional relationships with other people rather than on her inability to do outdoor activities freely, the dimension of environmental mastery must be clearly shown in Maori. Based on these findings, it can be concluded that although Maori faces hardships, the support from the closest people around her significantly improves her well-being. These findings highlight the importance of self-acceptance and social support in achieving psychological well-being for every person.

### Acknowledgment

We thank the Faculty of Humanities, Diponegoro University, for funding and supporting this research project.

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