Hybrid Moving Image as a Medium for Informing Inner Child Trauma for Young Adult

Ghevira Chaerunnisa* & Hafiz Aziz Ahmad

Faculty of Art and Design, Bandung Institute of Technology,
Jalan Ganesa No. 10, Bandung 40132, Indonesia.
*Email: ghevirachae@gmail.com

Abstract. Childhood experiences, both positive and negative, are stored in memory. They remain in adulthood as one grows up. These experiences are referred to as the inner child, the spirit of children that exists in adults. Evidently, these various experiences create a lasting impact, especially in the way people behave. However, what is concerning are the negative childhood experiences that have not been resolved properly. This condition has a potential to cause inner child trauma that affects negatively in one's adulthood. Therefore, one method that can be employed to inform about this issue is hybrid moving image. Hybrid moving image is a combination of audiovisual media (live action and animation) that still maintains its characteristics. Live action represents things in a realistic way, while animation represents things in an imaginative way. For example, humans and the real world are represented in live action, while the inner child that exists within oneself is represented in animation. This phenomenon of inner child trauma occurs within a person can be displayed concretely. The aim of this research is to examine the potential of hybrid moving images in informing young adults about inner child trauma. With this media, it is expected that young adults increase their awareness and empathy towards inner child trauma that may occur around them. The method employed is literature study and previous research.

Keywords: *hybrid moving image; inner child trauma; young adult.*

1   Introduction

Childhood is often associated with a time of freedom to explore, play, learn, and socialize. Every individual has their own unique experiences stored in their memories that carry into adulthood. Unfortunately, not everyone has a memorable childhood experience. Negative experiences can affect a person's life, and if not resolved properly, can potentially cause wounds or trauma. This condition is known as inner child trauma. According to Sjöblom et al. in [1], the inner child is a psychosynthesis of the entire age range, transitioning from childhood to adulthood, and this developmental age forms a small part of the individual. Traumatic situations can have an impact on children both mentally and physically, and various studies have shown the influence of trauma on brain development. Researches have indicated that the more extreme the trauma

experienced by a child, the higher the risk of developing physical and mental health problems in later life [2].

Inner child trauma can be formed through various factors. Bradshaw in [3] stated that a wounded inner child can be attributed to co-dependence, offender behaviors, narcissistic disorders, trust issues, acting out/acting in behaviors, magical beliefs, intimacy dysfunctions, undisciplined behaviors, addictive behaviors, thought distortions, and emptiness. This statement is supported by data provided by Pratiwi in [4] regarding cases of violence against children in Indonesia. In 2022, a total of 21,241 children were recorded as victims of violence, with forms of violence including physical, psychological, sexual, neglect, human trafficking, and exploitation. According to SIMFONI-PPA in [5] the percentage of child violence cases in Indonesia in 2023 reached 57.1%. This data is relatively higher than that of adults (42.9%). Child violence cases are most prevalent in the province of West Java with 500 victims.

The high number of occurrences of child violence in Indonesia is seriously concerning and leaves a lasting impact on the lives of the victims in the future (adulthood). Adulthood, especially early adulthood, is an early productive phase of human life. It is marked by the transition from adolescence to adulthood, with the age range of 18-25 years [6]. Various problems in emotional, social isolation, commitment, dependency, changes in values, creativity, and adaptation to new lifestyles are often experienced by this group [7]. Based on that statement, young adults need to approach their lives well as they tend to have mature thinking patterns and make decisions on their own. Unresolved childhood issues (such as inner child trauma) may hinder their development during this time. As stated in a study by Kaligis et al. in [8] conducted on 393 respondents aged 16-24 years old, the transitional age is a period at risk for mental health problems. Some participants were aware of how to handle their issues, but not all of them could perform good coping mechanisms. In addition, impulsive reactions become a person's instrument in dealing with hurtful situations (prioritizing impulsive reactions rather than responding in a mature manner) [9].

Therefore, an appropriate method of conveying messages of inner child trauma is necessary for young adults. One solution offered in the field of visual communication design is the hybrid moving image. The hybrid moving image is a method of combining different audio-visual media, one of which is the combination of film and animation media. This media has the freedom to explore visual narratives as each element retains its characteristic and there is no tendency to merge like CGI technology. As explained by Piepiórka in [10] the combination of media is closely related to the way of storytelling, as there are differences in the media used to compose narratives and determine their characteristic rules. The dominant narrative in this type of media is the reciprocal confrontation

between the two realities of animation and acting. The elements present in this media (human and inner child) have their own roles and worlds. This is represented by each respective medium present, such as film depicting humans and concrete settings, and animation depicting inner child and imaginary settings (manifestations of childhood experiences). These efforts can help young adults easily understand inner child trauma that only occurs within themselves and realize that this phenomenon can occur in their surrounding environment. Thus, young adults can build empathy towards individuals who have experienced inner child trauma.

In the previous study entitled "The Use of Film-Based Interventions in Adolescent Mental Health Education: A Systematic Review" conducted by Goodwin et al. in [11], the focus is on a literature review that evaluates the use of film-based interventions for adolescent mental health education. Meanwhile, Shafira et al. in [12] titled "The Design of an Educational Book on Inner Child for Adolescents aged 15-24 years as an Effort to Increase Parental Awareness" focuses on providing education to parents to improve their understanding and awareness of inner child in adolescents aged 15-24 years. Therefore, the novelty of this study lies in examining the potential of hybrid moving images in conveying information on inner child trauma through the interaction between humans and their inner child, each with their own world. The media study in this research is within the scope of information delivery, not as a therapeutic medium.

2   Method

The method in this research employs a literature analysis of inner child trauma, young adults, and hybrid moving images, as well as previous researches on related topics. This process is carried out as a reference to obtain the latest understanding regarding the use of hybrid moving images as an informational medium on inner child trauma for young adults aged 18-25 years old.

3   Result and Discussion

3.1.1   Previous Research

Some similar studies are presented in the following table, including:

Table 1 Previous Research

Title	Overview	Method	Findings	Conclusion
"The Use of Film-Based Interventions in Adolescent Mental Health Education: A systematic review" By: Goodwin, J., dkk. (2021)	Intervention-based films have been widely accepted by teenagers as an educational tool, but exploration of their effectiveness in mental health education is still limited. Systematically, this review evaluates the use of intervention-based films for mental health education in teenagers.	Empirical literature review will be conducted through several databases. Bias risk evaluation will be carried out using the Cochrane RoB version 2 tool as a randomized test.	The results found in the adolescent population are as follows: - Film-based interventions can improve mental health literacy - Reduce stigma both within oneself and personally - Improve behavior in seeking help	Interventions through film can be an effective means for teenagers to improve their understanding of mental health, change their attitudes towards seeking help positively, and reduce stigma of mental health. It is recommended that educators utilize films as a part of their educational initiatives to engage teenagers. However, it is important to choose the right type of film in order to achieve the desired results.
"Design of an Educational Book about Inner Child for Adolescents Aged 15-24 Years as an Effort to Increase Parental Awareness" By: Shafira, et al. (2022).	Mental health issues can arise due to environmental factors (family, friendships, or society). This issue is subject to negative labels in society. Parents play a significant role in their child's mental health (inner child), however, negligence and a lack of education in understanding this matter still exist. Therefore, the creation of educational media about inner child is projected to increase understanding and awareness for parents about this issue.	Qualitative methods including observation, interviews, literature review, matrix analysis, and AIDA are employed.	Various triggers, impacts, and preventive efforts related to the negative aspects of inner child in children need to be noticed by parents.	The result of the design is an educational book that serves to increase awareness and improve parents' understanding of the inner child. The application of the concept consists of message, media, creativity, visuals, and the outcome.

From the previous research, the similarity that emerges is the issue regarding mental health among youth. Both studies seek to find a solution to the mental health problems that occur in the public sphere. Meanwhile, some of the differences found are:

Research focus

Goodwin et al. in [11] focuses on a literature review of the effectiveness of film-based interventions on adolescent mental health, while Shafira et al. in [12] focuses on finding solutions to issues related to parents' awareness and understanding of the inner child in adolescents, which becomes the basis for designing an educational book.

Method

The study by Goodwin et al. in [11] is conducted through a systematic review of literature and conducting a risk evaluation for bias. Meanwhile, the study by Shafira et al. in [12] is conducted qualitatively, including observations, interviews, literature studies, matrix analysis, and AIDA.

Output

Goodwin et al. in [11] come to three written review results, while the results found by Shafira et al. [12] are applied to an educational book (product).

3.1.2   Inner Child Trauma and Young Adult

Every adult who has reached adulthood experiences a period where he or she has an opportunity to learn about new things, play, explore, and socialize with the outside world. These experiences leave a lasting impression on memories and shape the presence of the child's soul called the inner child. Chapple in [2] explains that the inner child is a term in psychology that describes the nature and behavior of humans, resembling that of children (both positive and negative), portrayed as a sub-personality that exists within oneself. The inner child can be interpreted as a reflection of an individual's childhood with both positive and negative experiences [1]. From these various statements, it can be concluded that the inner child is the child's soul present within adults. This is rooted from various events that occur in childhood (both positive and negative). This collection of events is stored in memory and has the potential to shape an individual's behavior in adulthood.

The inner child phenomenon reflects childhood experiences that are remembered throughout life and influence the behavior of adults. Participants describe positive experiences as feelings of safety, love, and support, while negative experiences evoke feelings of loneliness, fear, and sadness [1]. It's worth noting that negative childhood experiences can potentially have negative impacts in the future, one of which is inner child trauma. As cited in [13], there are three common ways that cause discomfort in children, namely physical neglect (lack or violation of child safety and care rights), emotional neglect (failure to show attention to children's emotional needs), and psychological neglect (failure to listen, guide, and interact with children). The impact caused is quite diverse. Bradshaw in [3] summarizes them in the acronym "Contaminate" for the takeover of the wounded inner child in human life, including co-dependence, offender behaviors, narcissistic disorders, trust issues, acting out/acting in behaviors, magical beliefs, intimacy dysfunctions, undisciplined behaviors, addictive behaviors, thought distortions, and emptiness.

The negative impact of inner child trauma has to be restored before it worsens. Indirectly, the essence of loss and pain in the inner child seeks to be restored [9]. Therefore, Bradshaw in [3] introduced efforts to restore the inner child, which consist of:

- Championing: involving the process of returning to the developmental stage and resolving unresolved experiences. When adults understand and meet the needs of the wounded stage, they can champion the wounded inner child.
- Reclaiming: becoming a new parent to oneself because the wounded inner child longs for a protective figure.

Therefore, this phenomenon requires effective communication to the target audience with the potential to prevent similar incidents from happening. One group of said audience is young adults. Young adults have ambitions to prove themselves as independent individuals, and the various experiences they go through serve as lessons to build resilience and responsibility [14]. One of the characteristics of adulthood is marked by social growth (the feeling of sympathy towards other individuals) [7]. With their potential, it is expected that young adults can cultivate awareness and empathy towards inner child trauma that may occur around them. Furthermore, they can serve as a support system that embraces individuals with inner child trauma. Support systems have various benefits, such as helping to deal with difficult situations, avoiding stress, increasing motivation, and improving physical and mental health [15].

3.1.3   Hybrid Moving Image

Moving audiovisual media comprise various types of media including films, animations, motion graphics, and others. In its application, this media has its own purpose and function as a message delivery. Kim in [16] also explains that the term moving image refers to a wider group of moving images than traditional images. Therefore, with the wide coverage of the moving image group, this media has great exploration opportunities. One of them is hybrid moving image media. This media also has various definitions and perspectives. Hybrid media in films or television series can generally be recognized by combining animation and live action, where this combination is perceived as animation clearly separated from live action [17]. Meanwhile, Kim in [16] explains the hybrid moving image as a composition of images that are not pure with the characteristics of the involvement of material, technical, and aesthetic components of motion media (film, video, and digital).

If the characteristics of each medium are described, Kim (2016) states that live-action images are based on the connection between the camera lens and the reality in front of it. While animation is a frame-by-frame technique that should be visible along with its significant stylistic procedures, not to create the illusion of reality. It can be concluded that the hybrid moving image is a moving audiovisual media that combines live action elements with animation that includes material, technical, and aesthetic aspects. The emergence of this phenomenon is not a new one. Besides traditional animation that gained popularity since the 1960s, the phenomenon of media hybridization also experienced a revival [17]. Examples of similar media are Mary Poppins (1964), Space Jam (1996), Alvin and The Chipmunks (2007), and Garfield: The Movie (2004).

The presence of hybrid moving image media has its own purpose that depends on the context of its creation. The purpose of hybrid media consists of a desire to experiment, to break the stereotype of "The Sterility of Animation," and the opportunity to express ideas from the limitations of certain media [17]. Among various media, hybrid moving images have a strong reason to exist. Piepiórka in [10] suggests that the emphasis on the difference between animation and live action is the main factor in the presence of this media, despite the presence of digital images that blur the boundaries between live-action shots and computer animation. Therefore, the purpose of the presence of this media is to explore and realize ideas that cannot be done in the real world, through various available techniques. In addition, maintaining the identity of each medium (animation and live action) without reality fusion like CGI is the main characteristic of hybrid moving images.

Furthermore, [10] reveals the role of hybrid moving images in conveying narratives, specifically:
- Building space and time in films.
- The focus is the relationship of cause and effect, parallel elements, and other narrative strategies.
- Both elements share principles in reality and build a world inhabited by both humans and animations.
- Depicting non-real and transcendent elements in animation.
- Creating a story by utilizing spatial relationships that bring about confrontations between interior and exterior.

Moving image media also has the potential to captivate viewers' attention (entering the world within the film), which is referred to as narrative transportation. Narrative transportation refers to the attention, imagery, and feelings that are adapted so that an individual enters the narrative world. Efforts to transform the narrative world in changing behavior consist of reducing rejection, connecting with characters, mental imagery, emotional relationships, and story structure [18]. However, it's important to note that there are several impacts that can arise from these efforts. Green in [18] states that creators need to pay attention to conveying unwanted messages (for example, in the field of health) to prevent stories that overly influence individuals who are not actually related to their own situation.

3.1.4 The Potential of Hybrid Moving Images as an Informational Medium on Inner Child Trauma

If related to the issue of inner child trauma, hybrid moving images can provide one of the solutions to disseminate information and increase awareness among young adults. The elements present are live action representing humans and animation representing the inner child. Each element maintains its identity and does not merge so that it can be recognized. The difference between the live action and animation elements creates a space where the real world is inhabited by humans and the inner child resides within, as well as a timeline that moves both forward and backward, resulting in cause-and-effect relationships between events. These negative events from childhood can have an impact on the adult's life in the present. Additionally, because it raises sensitive topics, the communication strategy employed is expected to be serious and implicit in order that young adults can understand the meaning behind the message conveyed and avoid triggering negative emotions. Imaginative visualization can be applied to depict events that only occur within the self concretely.

4   Conclusion

The high number of child violence cases in Indonesia is seriously concerning and has the potential to leave a lasting impact that affects adulthood. One form of this is inner child trauma. Therefore, information related to inner child trauma needs to be conveyed to raise awareness of this issue that may occur in the surrounding environment. Young adults are chosen as the target audience because they have the ability to prevent similar incidents from happening and to use their various experiences as lessons to build resilience and social growth, as well as to feel empathy towards other individuals. Their participation can become a support system for individuals who are experiencing issues related to inner child trauma.

The hybrid moving image media is presented as one of the solutions to convey the issue of inner child trauma. The involvement of elements such as live action and animation can illustrate phenomena that occur within the oneself through imaginative visualization. This media can create different spaces (real and mental world) and timelines (forward and backward) that are interconnected and form cause-and-effect relationships in the form of childhood experiences that lead to trauma in adulthood. Narrative transportation can also be built to make the audience more attentive to the message conveyed, so that awareness of inner child trauma can be raised. However, it is important to remember that communication about sensitive topics is supposed to be serious and implicit to avoid triggering negative emotions.

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