

REPRESENTATION OF EMPTY NEST SYNDROME IN FILM HOW TO MAKEMILLIONS BEFORE GRANDMA DIES

Fatyyah Rahma Azizah¹, Gibbran parthisara²

^{1,2}Faculty of communication Science, Ahmad Dahlan University

Corresponding author, E-mail: fatyyah2000030177@webmail.uad.ac.id, gibbran.prathisara@comm.uad.ac.id

Abstract

This research examines the representation of Empty Nest Syndrome (ENS) in the movie *How to Make Millions Before Grandma Dies*. ENS is a psychological condition experienced by parents when their children leave home to form a new family. Which often has an impact on feelings, loneliness, sadness, and health. Using the data analysis method used in this research is a semiotic analysis model developed by Roland Barthes. This research focuses on the character and storyline focus of parents, children, and grandchildren in the film to identify how the ENS experience is depicted. This research aims to explore the representation of empty nest syndrome and from a psychological point of view, as well as identify and analyze the emotional impact experienced by the characters in the film. The results of the analysis show that the movie not only highlights the emotional impact of ENS on the individuals who experience it, but also depicts the process of adaptation and attempts to find new meaning in life. The movie presents ENS as a complex journey, involving changing roles and relationships between family members, and highlights the importance of social support in coping with the transition. This research contributes to a deeper understanding of the representation of ENS in popular media, as well as offering perspectives on how this theme can be effectively conveyed to a wider audience.

Keywords: *Empty Nest Syndrome, Film Representation, Family Dynamics, Emotional Impact, Semiotic Analysis*

INTRODUCTION

The movie *How to Make Millions Before Grandma Dies* is an interesting medium to study because it provides a unique perspective on Empty Nest Syndrome (ENS) and how the characters deal with changing roles in family life. This study aims to explore the representation of ENS in the film, identify the psychological elements displayed, and analyze how this media is able to convey the experience of ENS to the audience. This research has urgency in providing further understanding of how ENS is portrayed in popular culture and how a psychological perspective can enrich the analysis of film as a form of representation of complex human experiences.

Empty Nest Syndrome is a psychological condition experienced by parents when their children leave home because they have formed a new family. Which often impacts feelings, loneliness, sadness, and health Santrock, J. W. (2018). Interestingly there are sayings such as “Easy and well-paid jobs” as Muisaid to M.

M was inspired by Mui, how her cousin inherited her grandfather's house after taking care of him during his illness, M decided to live with Amah in an attempt to inherit his assets after he died. But living with Amah was not easy. Despite being diagnosed with cancer, she still wakes up at 5am to sell porridge, and constantly berates M for her failures. To make matters worse, M has to compete with her two uncles and mother for

Amah's affection with no guarantee that she will "make millions" when her grandmother dies.

In the movie "How to Make Millions Before Grandma Dies" the character Amah, embodies the complexities of Empty Nest Syndrome as she undergoes a diagnosis of terminal colon cancer and the resulting dynamics with her family. Amah's experience with the syndrome.

In short, Amah's journey in "How to Make Millions Before Grandma Dies" touchingly depicts the emotional landscape of empty nest syndrome, characterized by isolation, evolving relationships, cultural influences, and ultimately, a deeper understanding of love and family legacy.

Parents who experience empty nest syndrome often feel lonely and isolated. Amah, who lives alone in a simple house, experiences deep loneliness. And if parents show maladaptive responses in this phase, then they will feel empty nest syndrome. For example, when Amah sleeps, she has nightmares and is in pain from terminal cancer. The physical health of these parents can be compromised by their feelings of loneliness. In addition, parents who suffer from empty nest syndrome are more likely to face difficulties accepting their child's departure, even if their child leaves for no good reason. Parents may become overwhelmed with grief, which can interfere with the development of both the parent and the child.

Amah also experienced strong spiritual influences. She continued to pray and do dhikr, which gave her the spiritual strength to deal with her difficulties. This shows that spiritual beliefs can be an important factor in maintaining optimism and mental strength. Amah kept her spirits up as she had the support of her friends and family despite undergoing the difficult chemotherapy. To undergo chemotherapy, which is an important step in fighting cancer, she is required to consume adequate nutrition and eat properly.

In Romadhoni's research (2018), Singh and Dubey stated that middle-aged men with high emotional intelligence showed lower empty nest syndrome scores than middle-aged women with low emotional intelligence. So it can be concluded that women are more prone to empty nest syndrome. First, mothers have spent twenty years raising their children.

The phenomenon of empty nest syndrome is divided into three transitions, namely when all children still live with their parents, when one child leaves and lives separately from their parents, and when all children live separately from their parents (Bongyoga and Risnawaty, 2021).

This movie teaches about the importance of keeping promises and carrying out responsibilities towards parents or grandmothers, even when they are gone. The most valuable legacy is not objects or money, but memories, shared experiences, and the love given by our loved ones (Formadiksi UM, 2024)

The movie "How to Make Millions Before Grandma Dies" pays close attention to the psychological aspects of family relationships. The movie emphasizes the importance of honesty, love, and responsibility in everyday life with an interesting and surprising storyline. As a result, psychiatric analysis of the movie can provide a better understanding of the social and emotional dynamics that occur in families.

Kusumoputro (BPS, 2006: 2) states that aging is a natural process accompanied by physical, psychological and social decline that interact with each other. The increase in the population of the elderly is followed by various problems for the elderly themselves. The decline in physical, psychological and social conditions leads to a sense of lack of confidence, uselessness, loneliness and even depression (Siti Partini, 2011: 3). Then, loneliness and depression due to the lack of family social support is known in psychological terms as empty nest syndrome.

Several experts have defined empty nest syndrome which strengthens the study of this work. Empty nest syndrome refers to the feelings of distress, sadness and or grief experienced by parents after their children have left home as adults or married. This can occur when children leave for college or marriage (Cushman, 2005).

Siti Partini (2011: 84) also defines the empty nest syndrome as a condition where women become depressed after their last child gets married and leaves home. Like a nest that is now empty, the children leave.

RESEARCH OBJECTIVE

This research aims to analyze how empty nest syndrome is represented in the film *How to Make Millions Before Grandma Dies*, including the characterization and emotional development of the characters who experience this syndrome.

The purpose of this research is also to explore the representation of empty nest syndrome from a psychological perspective, as well as to identify and analyze the emotional impact experienced by the characters in the film. This research aims to provide a deeper understanding of how film can serve as an effective medium of representation in depicting complex psychological issues.

LITERATURE REVIEW

The novel "Family Ties" by Danielle Steel this research uses Freud's theory to analyze the characters in the novel "Family Ties" on 2018-07-19. The results show that the cause of empty nest syndrome is due to the dominant behavior of children (ids) and the effect is parental rejection, which in turn makes children protest against parental decisions. (Sulistiyanti, S. (2018)

The film "Ngeri Ngeri Sedap" directed by Bene Dion Rajagukguk, this research uses

an analysis of the Perception of Empty Nest Syndrome in the Film *Ngeri-Ngeri Sedap* on the Mami Hijab Cycling Club Community. including languishing, loneliness, loss of life purpose, and excessive worry. Quinna Quds Sadza (2024) in her thesis entitled "Perception of Empty Nest Syndrome in *Ngeri-Ngeri Sedap* Film on Mami Hijab Cycling Club Community" states that empty nest syndrome is a psychological condition experienced by parents when their children do not live together, and this film depicts the experience through the character Mak Domu who feels lost and lonely after her children leave. (Sadza, Q. Q. (2024).

Mahareshi Unggul (2022) in the thesis "Empty Nest Syndrome Behavior in Film (Reception Analysis of *Bao* Animated Film)" explains that the animated film *Bao* by Domee Shi depicts empty nest syndrome through a strong emotional narrative. This study used Stuart Hall's reception analysis method and found that the audience's different backgrounds influenced the audience's reception codes, including dominant hegemonic position, negotiated position, and oppositional position.

METHODOLOGY

This research uses a descriptive type of research with a qualitative approach, namely by describing how the representation of empty nest syndrome in the movie *How To Make Millions Before Grandma Dies*.

The data analysis technique used is semiotic data analysis technique according to Roland Barthes involving several systematic steps to decipher the meaning of symbols in a textual, This research also collects data through observation and documentation investigation. To analyze the data, this research uses Roland Barthes' semiotic analysis model, which divides semiotics into three levels: denotation, connotation, and myth.

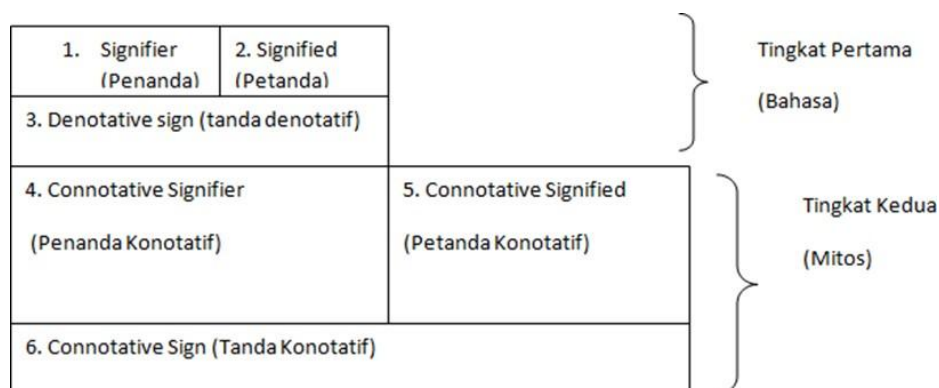


Figure 1. Roland Barthes Map (Sobur, 2013;69)

The figure above is a representation of Roland Barthes' Map of Thought which illustrates the relationship between denotation, connotation, and myth in the process of meaning. This model is adapted from Sobur (2013, p. 69).

In brief, Sobur (2003) says semiotics is a field of study that studies signs. The signs indicated here serve as the tools we use to try to find our way in this world, between humans and with humans. Semiotics, or, according to Barthes, "semiotics", is the study of how people use things. However, Lechte (in Sobur, 2003) states that semiotics is a theory that includes signification and signs.

Only a few scenes from the movie *How to make millions before grandma dies* were researched, and only some of them give meaning or indication about Empty Nest Syndrome from the author's point of view of the scene. The data source of this research comes from the movie *How To Make Millions Before Grandma Dies* directly, as well as from other sources such as journals, books, and articles related to the research subject.

Documentation study of the movie *How To Make Millions Before Grandma Dies*, which is streamed through the Netflix application, is the data collection method used in this research.

RESULTS & DISCUSSION

In the film "How to Make Millions Before Grandma Dies," the character Amah, played by Usha Seamkhum, embodies the complexities of empty nest syndrome as she undergoes a terminal colon cancer diagnosis and the resulting dynamics with her family.

The movie *How to Make Millions Before Grandma Dies* tells a deeply emotional journey about family relationships, responsibility, and character transformation, particularly through the perspective of a grandson named M. It is analyzed using Roland Barthes' semiotic theory. Exploring some of the scenes related to Empty Nest Syndrome in terms of denotation, connotation, and mythical meanings contained in this movie to understand more about the themes and messages to be conveyed.



Source: (Netflix)

Scene 1. Picture/ How To Make Millions Before Grandma Dies

At 1:08:04, there is a scene that shows M and Amah interacting in a very intimate setting. They are talking about their past and shared memories. In the middle of the

conversation, M asks about Empty Nest Syndrome “Amah is lonely? All those years alone?”

Analysis		Analysis Table	
Unit	Denotation	Conotation	Myth
1:08:04	In this scene, Empty Nest Syndrome is not only depicted through dialog, but also through visual elements such as the simple home environment and emotional conversations. The movie not only shows family relationships, but also touches on the changing roles in modern families and how parents, like Amah, are often left waiting and longing for attention from their children or grandchildren.	<p>This conversation hints at feelings of emptiness and loneliness from Amah, who may be experiencing Empty Nest Syndrome, an emotional condition where parents feel isolated after their children leave home. The house, which looks worn out and full of old things, depicts nostalgia and stagnation, a metaphor for Amah's life, which may not have changed much since her children or grandchildren grew up and left home.</p> <p>The presence of young men may signify the moral obligation of the younger generation to return to care for their</p>	<p>The myth of the ideal family in Asian cultures expects children to continue caring for parents in their old age. However, modernity and busy lives are taking the younger generation further away from this tradition, causing parents to experience feelings of alienation.</p> <p>Empty Nest Syndrome here symbolizes the social change that when children leave home, parents often no longer feel as needed or valued as they once did, reinforcing the myth that old age is synonymous with loneliness and waiting. The movie seems to question the myth of happiness in old</p>

		<p>parents or grandmothers, even if the busyness of life means they are rarely present. The question of loneliness is emotionally charged, not just asking for an answer, but reflecting on the changing roles in family life.</p>	<p>age, where loneliness is a reality that is often ignored by society and the next generation.</p>
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Source: (Netflix)

Scene 2. Picture/ How To Make Millions Before Grandma Dies

Analysis		Analysis Table	
Unit	Denotation	Conotation	Myth
1:26:30	In this scene, we see Amah lying in a dream and in pain, with written dialog that reads “Come and take me with you. I am in great pain.” This implies that the person is in pain, perhaps physically or emotionally, begging amah's parents to come and help her.	<p>This scene can depict an amah feeling very lonely, stressed and abandoned, which can be likened to the “empty nest syndrome.” This syndrome often occurs in parents after their children leave home, leaving a feeling of emptiness, emotional distress and loss of purpose.</p> <p>The scene suggests that amah may be missing the presence of others who have left or forsaken her, and is in pain from both the loneliness and the stage 4 bowel cancer.</p>	Myth in this context could refer to the societal view of “empty nest syndrome” as an inevitable difficult time for parents. This scene reinforces the myth that when children leave home, parents will inevitably feel lonely and helpless, trapped in a deep sense of loss, although this is not always the case for everyone.



Source: (Netflix)

Scene 3. Picture/ How To Make Millions Before Grandma Dies

Analysis		Analysis Table	
Unit	Denotation	Conotation	Myth
1:34:57	<p>A mother is lying on the sofa quietly, while her child is sitting next to her. Both look comfortable in a warm and familiar atmosphere. The sentence that appears, "Finally I understand," shows the moment of understanding that occurs between them towards amah.</p> <p>With the incident that is happening to her, namely an amah, the biological mother of the mother who is lying down as well as an amah for M who has been living alone and feeling lonely since her biological amah moved out of the house and already had their own families.</p> <p>M's biological mother feels empty nest syndrome when her son is busy looking after amah to replace his mother.</p>	<p>In this context, the connotation implies a feeling of emotional conflict experienced by M's biological mother. She is between two generations on the one hand, she feels responsible for her elderly and lonely mother (amah), while on the other hand, she has to accept the fact that her child, M, is now focusing on taking care of her grandmother, taking over the role that she previously held. Her feelings of loneliness and exclusion reflect empty nest syndrome, even though her son has not actually left home.</p> <p>This scene illustrates an emotional imbalance because the attention that was once given to M's biological mother has now shifted to amah, making the mother feel neglected. This sense of loneliness is connotative of feelings of loss of control and emotional dependence associated with the loss of intimacy between parents and children.</p>	<p>The myths that arise from this situation relate to empty nest syndrome and cross-generational responsibilities. There is a common belief that when a child starts caring for an older generation (such as their grandmother), the role of the parent becomes increasingly irrelevant, creating the impression that the birth mother feels neglected or abandoned.</p> <p>This myth reinforces the stereotype that over time, a mother who has sacrificed a lot for her child will feel a sense of loss when the child starts living his or her own life, even when the situation changes towards caring for another family member. Here, M's biological mother may feel trapped in the myth that the relationship between mother and child will never be the same again once the child starts taking on new responsibilities - a misconception that often magnifies feelings of empty nest syndrome.</p>



Source: (Netflix)

Scene 4. Picture/ How To Make Millions Before Grandma Dies

Analysis	Analysis Table		
Unit	Denotation	Conotation	Myth
1:39:27	<p>This image shows an elderly person (amah) sitting on a rattan chair, smiling while holding a cellphone and reminiscing about playing effects on her cellphone together.</p> <p>The room is filled with household items such as pillows, thermoses, water bottles and other utensils, with a pink mosquito net hanging in the center of the room. The background shows a pile of items and furniture in a simple room.</p>	<p>This scene depicts the happiness and memories of playing with a cell phone with a cute effect with M, the simplicity of an elderly person, who may have just enjoyed a moment.</p> <p>The crowded room gives the impression of a life full of memories and attachments to old objects, symbolizing nostalgia and an emotional connection to the past. Happy expressions while using technology and humorous effects also suggest an attempt to stay relevant and connected despite old age. With the conditions before entering nursing home life</p>	<p>It's a common myth that older people have difficulty adapting to modern technology, but this scene breaks that notion. Amah is seen enjoying using the phone with the various funny effects available on the app, suggesting that inter-generational relationships can be fostered even through digital media.</p> <p>The old objects and claustrophobic room may represent the idea that life in old age is about nostalgia and attachment to memories, as if they have to hold on to the past before facing big changes, such as entering a nursing home.</p> <p>If this scene takes place just before amah enters the nursing home, there is a myth that nursing homes are considered the end of freedom or social connectedness. However, the smile on amah's face implies that happiness does not always depend on where you live, but on the quality of relationships that can be maintained through technology and memories with family.</p>



Source: (Netflix)

Scene 5. Picture/ How To Make Millions Before Grandma Dies

Analysis		Analysis Table	
Unit	Denotation	Conotation	Myth
1:39:45	<p>Amah was sitting alone in the livingroom of her lonely-looking house. Her face looked glum, and she gazed around the house that was once full of memories, where she had lived for many years. The sunlight coming in through the window creates long shadows on the floor, adding to the sense of quiet. On the table, there were some documents for the sale of the house that looked neatly organized, indicating that this house would be sold soon. The belongings in the house had begun to be packed away, making the room seem empty and hollow.</p> <p>Amah slowly stood up and walked with a slight limp towards one corner of the house. She rubbed the family photos still hanging on the wall, her eyes glazed</p>	<p>The inheritance owned by Amah's grandmother can be interpreted as a symbol of love and care that should be more important than possessions. M's emotions, which were initially selfish but turned into caring because of her grandmother's affection, show criticism of modern materialism. M's relationship with her grandmother shows how important family ties are in one's life.</p> <p>This scene gives the impression that amah misses M and also enjoys the remaining time at home, because seeing the condition of the house that has been sold by amah's biological son, soei, and amah will live in a nursing home..</p>	<p>More broadly, this scene reveals myths about the way society views the elderly. In many cultures, the elderly are often perceived as people who are no longer productive and are then separated from active social life, such as being moved to a nursing home. This is a form of myth that reinforces the notion that older people are no longer relevant in modern life. Amah's exile is a representation of this myth that the lives of the elderly, regardless of their history and contributions, are closed with isolation and separation from family and community.</p> <p>Thus, through Roland Barthes' perspective, the scene not only shows an old woman's moment of loneliness, but also reinforces cultural myths about old age, memory, and alienation in the context of</p>

	<p>over, as if reminiscing about the past she would soon be leaving behind. In silence, she sat back down, folding her hands in her lap, staring blankly ahead, as if accepting the fact that she would soon be moving into a nursing home.</p> <p>Meanwhile, M was elsewhere, monitoring the situation through the CCTV she had installed at home. The monitor in front of M shows Amah sitting silently, looking so small and lonely in the silence of the house. M's face showed a mixed expression of guilt and concern.</p>		modern society.
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Source: (Netflix)

Scene 5. Picture/ How To Make Millions Before Grandma Dies

Analysis		Analysis Table	
Unit	Denotation	Conotation	Myth
1:43:07	<p>This scene conveys a strong message of regret, compassion and the importance of emotional attachment within the family. M's idea to bring Amah home reflects the personal and social struggle of maintaining a balance between personal needs and responsibilities to parents.</p> <p>The picture shows M sitting on the edge of the bed, talking to Amah who is lying weak. The environment looks simple, like a private room in a nursing home or home, with everyday items on the shelves.</p> <p>The line in the subtitles, "Qi chou- mu, Amah," suggests an emotional conversation between them, with memories of when Amah once taunted M with this line.</p>	<p>Empty Nest Syndrome amah may feel lonely or no longer needed, especially after her children have grown up and are living their own lives.</p> <p>When M comes to visit Amah, she feels guilty about Amah's condition in the nursing home and doesn't want to leave her there. This highlights a sense of regret or a desire to make amends for past mistakes.</p> <p>Feelings of Compassion and Emotional Attachment M's dialog and gestures suggest compassion and an intention to bring Amah home so they can live together. This shows the importance of family relationships and a child's sense of responsibility to parents.</p> <p>Parental Alienation The nursing home symbolizes social alienation for parents who have been abandoned by their families. This illustrates the complex emotional dynamics between parents and children in modern life..</p>	<p>The Ideal Family Myth In many cultures, especially in Asia, there is a belief that parents should stay with their children as they age. This myth reinforces the idea that sending parents to a nursing home could be considered a moral failure or disrespect.</p> <p>The Child's Role as Redeemer, M depicts a child who realizes his or her responsibility and wants to make things right. This reflects the cultural expectation that children should take care of their parents in old age, no matter how complicated their relationship is.</p> <p>Nursing homes as places of cultural isolation, nursing homes are often seen as places that signify the end of life or the failure of family relationships, rather than simply places of care.</p>

Results show that the amah-like parents in this study were very understanding of their condition and the “empty nest”, or empty nest, phase they were experiencing. They have the ability to understand and accept changes in life, such as leaving behind independent children.

Mindfulness psychoeducation helps parents find new meaning in their lives and incorporate mindfulness techniques into their daily routines, for example, Amah fills her void by selling porridge on the side of the road near the train tracks. Amah is also not only dependent on others but can also implement these interventions independently, which helps amah live a calmer and more meaningful life.

In the movie “How to Make Millions Before Grandma Dies” the character Amah, embodies the complexities of Empty Nest Syndrome as she undergoes a diagnosis of terminal colon cancer and the resulting dynamics with her family. Amah's experience with the syndrome. Isolation and Neglect Amah's children are largely preoccupied with their own lives, which causes her to feel isolated and neglected. This reflects a common aspect of empty nest syndrome, where elderly parents may feel abandoned after their children move away or become less involved in their lives.

A change in the relationship that initially, M, Amah's grandson, was motivated by self-interest in trying to secure his inheritance. However, as he spent time with Amah, their relationship changed from mere convenience to genuine affection. This transformation highlights how meaningful relationships can develop even in challenging situations, countering the loneliness often associated with Empty Nest Syndrome.

The film's cultural context explores gender dynamics and family obligations in Thai culture, where traditional views often prioritize sons over daughters. Amah's

preference for her sons exacerbates her feelings of neglect as they fail to provide her with the care she needs during her illness. This cultural background adds depth to her experience of Empty Nest Syndrome, illustrating how societal norms can affect family relationships. (Low, Tasha. (2023)

Emotional growth throughout the movie, Amah shows resilience and wisdom despite her troubled health. Her ability to forge a deeper bond with M serves as a moving reminder of the potential for emotional growth and healing in family dynamics, even in the face of adversity.

Legacy and Reflection the film culminates in M's realization that true wealth lies not in material inheritance, but in the relationships and memories shared with loved ones. This shift in perspective underscores the importance of cherishing time spent with family members, especially as they age and face health challenges.

Film as a medium of representation has the advantage of portraying complex emotional experiences, such as Empty Nest Syndrome, in a way that can be understood by a wide audience. Films can provide an in-depth look at how individuals and families deal with these changes, while offering a more intimate view of experiences that may be difficult to understand solely through scientific texts.

According to McKee (1997), “film can act as a mirror reflecting the complexities of human experience, allowing audiences to engage with psychological phenomena in a relatable and impactful way.” Therefore, research into the representation of Empty Nest Syndrome in film is relevant, as it can help us understand the emotional and psychological impact of this syndrome in a more comprehensive way.

“Through heartfelt storytelling and nuanced characters, *How to Make Millions Before Grandma Dies* delves into the emotional rollercoaster of Empty Nest Syndrome, capturing the struggle, adaptation,

and rediscovery of purpose in life's next chapter."

CONCLUSION

This study aims to analyze the representation of Empty Nest Syndrome (ENS) in the film *How to Make Millions Before Grandma Dies*. Using Roland Barthes' semiotic analysis method, this research focuses on the characters and family dynamics in the movie to identify how the experience of Empty Nest Syndrome is portrayed.

The results of the analysis show that the movie not only highlights the emotional impact of Empty Nest Syndrome on individuals who experience it, but also depicts the process of adaptation and the search for new meaning in life. The film depicts Empty Nest Syndrome as a complex journey involving changing roles and relationships between family members, and emphasizes the importance of social support in dealing with the transition.

This research provides a deeper understanding of the representation of Empty Nest Syndrome in popular media and offers a psychological perspective to enrich the analysis of film as a form of representation of complex human experiences. This conclusion shows that the movie *How to Make Millions Before Grandma Dies* is effective in depicting complex psychological issues through systematic semiotic analysis.

The movie "How to Make Millions Before Grandma Dies" provides a nuanced view of familial relationships and connects meaningfully with the concept of empty nest syndrome. The plot revolves around a young man named M, who is initially not very close to his terminally ill grandmother Amah. However, his motivations change when he tries to take care of her mainly to get an inheritance only to find that their time together develops into a genuine friendship.

This narrative reflects some of the

emotional dynamics that are at the core of empty nest syndrome, albeit in an inverted format. In cases of this syndrome, parents struggle with loneliness after their children move out. Here, however, the loneliness is reciprocal as both Amah and M feel isolated in different ways. Amah's loneliness stems from her illness and aging, while M feels adrift in her personal life, struggling with her career as a streamer and disconnected from her own mother. This dynamic echoes how both generations can suffer from a sense of emotional displacement and crave connection, especially when dealing with life transitions or the absence of meaningful family ties.

The film also subtly critiques society's attitudes towards parenting and family obligations. M's shift from a transactional mindset - caring for Amah to secure her inheritance - to more meaningful bonds suggests that relationships based solely on convenience or obligation will not suffice in the long run. This reflects the real-life challenges for families affected by empty nest syndrome, where adult children often feel confused in balancing independence and maintaining a relationship with their aging parents.

Ultimately, the movie presents caregiving as more than just an obligation - it becomes a way to rediscover emotional closeness. Both M and Amah find value in each other's presence, underscoring the importance of friendship, especially as life approaches its final stages. This storyline offers a poignant reminder that overcoming loneliness for either aging parents or younger adults who have no connection with others requires a concerted effort and mutual understanding, not just closeness or material concerns.

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This writing cannot be separated from various

sources that are relevant and useful in developing ideas and analysis. The references include books, scientific journals, and movies that provide insights related to developmental psychology, mindfulness, and the dynamics of elderly life in facing the “empty nest” phase. The author also refers to the movie *How to Make Millions Before Grandma Dies* as inspiration to relate the research findings to the real-life context of the elderly in the digital era.

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