

A FOCALIZATION ANALYSIS OF DONNY DUNN IN BABY

REINDEER (2024)



Intelligentia - Dignitas

AYARA INDI ALIFIA

1209622047

THESIS

A Thesis Submitted to the Universitas Negeri Jakarta to Fulfill One of
the Requirements for the Bachelor's Degree in English Literature

ENGLISH LITERATURE STUDY PROGRAMME

FACULTY OF LANGUAGES AND ARTS

UNIVERSITAS NEGERI JAKARTA

LEMBAR PENGESAHAN

Skripsi ini diajukan oleh:

Nama : Ayara Indi Alifia
No. Registrasi : 1209622047
Program Studi : Sastra Inggris
Fakultas : Bahasa dan Seni
Judul Skripsi : *A Focalization Analysis of Donny Dunn in Baby Reindeer (2024)*

Telah berhasil dipertahankan di hadapan dewan penguji, dan diterima sebagai persyaratan yang diperlukan untuk memperoleh gelar Sarjana Sastra pada Fakultas Bahasa dan Seni Universitas Negeri Jakarta.

Dewan Penguji

Ketua Penguji



Nurbaiti. M. Hum
NIDN. 0022109004

Pembimbing I



Dwi Linda Kusuma, M. Hum
NIP. 198811182019032013

Pembimbing II



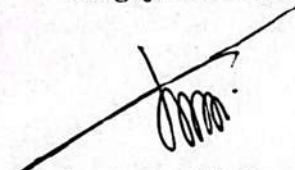
Atikah Ruslianti, M. Hum
NIP. 197203242006042001

Penguji Ahli Materi



Nurul Adha Kumiaty, M. Hum
NIP. 199305292019032021

Penguji Ahli Metodologi



Tessaannisa, M. Hum
NIP. 199301252022032010

Jakarta, 30 Juli 2026

Dekan Fakultas Bahasa dan Seni



Dr. Samudra Setiadi, M.Pd.
NIP. 197710082005011002

LEMBAR PERNYATAAN

Yang bertanda tangan di bawah ini:

Nama : Ayara Indi Alifia
No. Registrasi : 12026170
Program Studi : Sastra Inggris
Fakultas : Bahasa dan Seni
Judul Skripsi : *A Focalization Analysis of Donny Dunn in Baby Reindeer (2024)*

Menyatakan bahwa benar skripsi ini adalah hasil karya saya sendiri. Apabila saya mengutip dari karya orang lain, maka saya mencantumkan sumbernya sesuai dengan ketentuan yang berlaku. Saya bersedia menerima sanksi dari Fakultas Bahasa dan Seni Universitas Negeri Jakarta, apabila saya terbukti melakukan tindakan plagiarisme.

Demikian saya buat pernyataan ini dengan sebenar-benarnya.

Jakarta, 22 Juli 2026



NIM. 1209622047

**LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS**

Sebagai sivitas akademika Universitas Negeri Jakarta, yang bertanda tangan di bawah ini, saya:

Nama : Ayara Indi Alifia
No. Registrasi : 1209622047
Program Studi : Sastra Inggris
Fakultas : Bahasa dan Seni

A Focalization Analysis of Donny Dunn in Baby Reindeer (2024)

Demi pengembangan ilmu pengetahuan, saya menyetujui untuk memberikan kepada Universitas Negeri Jakarta Hak Bebas Royalti (Non-Eksklusif Royalti Free Right) atas karya ilmu saya. Dengan Hak Bebas Royalti Non-Eksklusif ini, Universitas Negeri Jakarta berhak menyimpan, mengalih media/formatkan, mengelolanya dalam bentuk pangkalan data (*database*), mendistribusikannya dan menampilkan/ mempublikasikannya di internet atau media lainnya untuk kepentingan akademis tanpa perlu meminta izin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan sebagai pemilik Hak Cipta. Segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah ini menjadi tanggung jawab saya pribadi.

Demikian pernyataan ini saya buat dengan sebenar-benarnya.

Jakarta, 22 Juli 2026


Ayara Indi Alifia
NIM. 1209622047



KEMENTERIAN PENDIDIKAN TINGGI, SAINS DAN TEKNOLOGI
UNIVERSITAS NEGERI JAKARTA
PERPUSTAKAAN DAN KEARSIPAN

Jalan Rawamangun Muka Jakarta 13220

Telepon/Faksimili: 021-4894221

Laman: lib.unj.ac.id

**LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS**

Sebagai sivitas akademika Universitas Negeri Jakarta, yang bertanda tangan di bawah ini, saya:

Nama : Ayara Indi Alifia

NIM : 1209622047

Fakultas/Prodi : Bahasa dan Seni / Sastra Inggris

Alamat email : indialifia@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan dan Kearsipan Universitas Negeri Jakarta, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah:

☒ Skripsi ☐ Tesis ☐ Disertasi ☐ Lain-lain (.....)

yang berjudul :

A Focalization Analysis of Donny Dunn in Baby Reindeer

Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan dan Kearsipan Universitas Negeri Jakarta berhak menyimpan, mengalihmediakan, mengelolanya dalam bentuk pangkalan data (*database*), mendistribusikannya, dan menampilkan/mempublikasikannya di internet atau media lain secara **fulltext** untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan Universitas Negeri Jakarta, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini saya buat dengan sebenarnya.

Jakarta, 12 Agustus 2026

Penulis

(Ayara Indi Alifia)

ACKNOWLEDGEMENT

First and foremost, I would like to express my deepest, most profound gratitude to the most important person in this entire journey, Myself. The completion of this thesis is also a testament to the support of my inner circle, whom I graciously acknowledge:

1. The Almighty God, Allah SWT, for bestowing upon me the continuous blessings, wisdom, and strength to fulfill my destiny and complete this academic milestone.
2. My wonderful parents, Ranggi Muchnar and Widya Kartikarini, the founders of my greatness, who have granted me endless support in prayers, materials, and invaluable advice. May my undeniable success and future achievements bring everlasting honor to our family.
3. My siblings, Araya and Rifa, who may or may not have been helpful in most circumstances, but whose presence in my life is at least acknowledged.
4. Grup Situnonggeng, my legendary high school friends. Thank you for providing the absolute best distractions and enduring my chaotic energy since day one. We really made it out of high school alive.
5. Calista Trissya, my high school bestie who stuck around until now. Thank you for witnessing my growth and choosing to stay in the presence of my greatness for all these years.
6. Annisa Fauziah, or as I affectionately call her, Paw. Thank you for the emotional support and for always being the soft spot in my otherwise fiercely independent journey.
7. Big thanks to Grup Cumlaude Nadia, Dewi, Jea, Tadzki, and Salma. We survived the deadlines, shared the academic pain, and reached the top together!
8. This thesis wouldn't be possible without the incredible souls in Departemen Mikat. Deepest gratitude to Jacklyn (a.k.a. my savior and honorary 3rd thesis advisor, haha!). To Rey, thanks for the words of comfort that magically doubled as panic-inducers. To Rafif, my partner-in-crime, cheers to surviving the stress and graduating together. Lastly, a massive thank you to my favorite juniors Nana, Samuel, Aufa, Andra, Imbi, and Najwa.

9. BEMP family, my favorite organization mates, for giving me a stage to lead, grow, and stress out collectively. You all made my university life infinitely more colorful.

Lastly, to everyone whose names I couldn't possibly fit into this page, thank you for your prayers and support. But above all, once again, shout out to me for actually finishing this thesis.



ABSTRAK

Alifia, Ayara Indi, 2026. A Focalization Analysis of Donny Dunn in *Baby Reindeer* (2024).

Thesis: Jakarta, Program Studi Sastra Inggris, Fakultas Bahasa dan Seni, Universitas Negeri Jakarta.

Perkembangan serial streaming berbasis pengalaman nyata telah membuat perspektif penceritaan menjadi aspek penting dalam membentuk pemahaman penonton terhadap peristiwa naratif. Penelitian ini mengkaji konstruksi focalisasi melalui tokoh Donny Dunn dalam miniseri Netflix *Baby Reindeer* (2024). Secara khusus, penelitian ini membahas bagaimana focalisasi dibangun melalui protagonis dan bagaimana perspektif tersebut memengaruhi pemahaman penonton terhadap peristiwa dalam narasi. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif-analitis. Kerangka teori utama yang digunakan adalah konsep focalisasi Gérard Genette, didukung oleh semiotika Roland Barthes untuk membaca tanda-tanda audiovisual serta konsep *unreliable narrator* Wayne C. Booth untuk memahami ketidakstabilan posisi Donny sebagai pencerita. Data penelitian terdiri atas adegan-adegan terpilih dalam *Baby Reindeer* yang menampilkan narasi suara, kilas balik, keterlambatan informasi, reaksi tubuh, ekspresi wajah, pemingkakan kamera, pencahayaan, ruang, objek, dan suara. Temuan penelitian menunjukkan bahwa *Baby Reindeer* secara dominan membangun narasinya melalui focalisasi internal Donny Dunn. Penonton tidak menerima cerita sebagai laporan yang netral dan objektif, melainkan melalui ingatan, emosi, rasa malu, trauma, dan penafsiran pribadi Donny. Focalisasi tersebut dibentuk melalui penggunaan narasi suara, kilas balik, reaksi tubuh, keterlambatan informasi, serta tanda-tanda audiovisual seperti email Martha, ruang kreatif Darrien, panggung komedi, arsip pesan suara, dan minuman gratis yang muncul kembali di akhir cerita. Tanda-tanda tersebut memperlihatkan bahwa pengalaman batin Donny tidak hanya diceritakan melalui dialog, tetapi juga divisualisasikan dan diperdengarkan melalui elemen audiovisual. Selain itu, penelitian ini menemukan bahwa perspektif Donny tidak selalu diposisikan sebagai kebenaran mutlak. Kehadiran suara eksternal seperti kritik Teri, respons polisi, bukti digital, dan rekaman Martha mengganggu sudut pandang Donny sehingga penonton diajak untuk bersimpati sekaligus meragukan cara Donny memahami dirinya sendiri dan orang lain. Dengan demikian, focalisasi dalam *Baby Reindeer* tidak hanya berfungsi sebagai teknik penceritaan, tetapi juga sebagai mekanisme yang membentuk simpati, keraguan, penilaian moral, dan ambivalensi etis penonton. Secara keseluruhan, penelitian ini menunjukkan bahwa perspektif naratif dalam serial audiovisual berperan penting dalam mengatur distribusi informasi dan membentuk makna terhadap trauma, stalking, rasa malu, dan keterikatan emosional.

Kata kunci: *fokalisasi, naratologi, Baby Reindeer, Donny Dunn, semiotika audiovisual, unreliable narrator, perspektif naratif.*

ABSTRACT

Alifia, Ayara Indi, 2026. A Focalization Analysis of Donny Dunn in *Baby Reindeer* (2024).

Thesis: Jakarta, English Literature Study Programme, Faculty of Language and Arts, Universitas Negeri Jakarta.

The development of streaming series based on real-life experiences has made storytelling perspective an important aspect in shaping audience understanding of narrative events. This study examines the construction of focalization through Donny Dunn in the Netflix miniseries *Baby Reindeer* (2024). Specifically, this research discusses how focalization is constructed through the protagonist and how this perspective influences the audience's understanding of the events in the narrative. This study uses a qualitative method with a descriptive-analytical approach. The main theoretical framework applied in this research is Gérard Genette's concept of focalization, supported by Roland Barthes' semiotics to examine audiovisual signs and Wayne C. Booth's concept of the unreliable narrator to understand the instability of Donny's position as a narrator. The data of this research consist of selected scenes from *Baby Reindeer* that show voice-over narration, flashbacks, delayed information, bodily reactions, facial expressions, camera framing, lighting, space, objects, and sound. The findings reveal that *Baby Reindeer* dominantly constructs its narrative through Donny Dunn's internal focalization. The audience does not receive the story as a neutral and objective report, but through Donny's memory, emotions, shame, trauma, and personal interpretation. This focalization is constructed through voice-over narration, flashbacks, bodily reactions, delayed information, and audiovisual signs such as Martha's emails, Darrien's creative space, the comedy stage, the voicemail archive, and the free drink that reappears at the end of the story. These signs show that Donny's internal experience is not only narrated through dialogue, but also visualized and made audible through audiovisual elements. In addition, this study finds that Donny's perspective is not always positioned as an absolute truth. The presence of external voices such as Teri's criticism, police responses, digital evidence, and Martha's recordings challenges Donny's point of view and encourages the audience to sympathize with him while also questioning how he understands himself and others. Therefore, focalization in *Baby Reindeer* does not only function as a storytelling technique, but also as a mechanism that shapes the audience's sympathy, doubt, moral judgment, and ethical ambivalence. Overall, this study shows that narrative perspective in audiovisual series plays an important role in regulating the distribution of information and constructing meaning around trauma, stalking, shame, and emotional attachment.

Keywords: *focalization, narratology, Baby Reindeer, Donny Dunn, audiovisual semiotics, unreliable narrator, narrative perspective.*

TABLE OF CONTENTS

LEMBAR PENGESAHAN.....	i
LEMBAR PERNYATAAN.....	ii
LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI.....	iii
LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS.....	iv
ABSTRAK.....	v
ABSTRACT.....	vi
ACKNOWLEDGEMENT.....	vii
TABLE OF CONTENTS.....	ix
LIST OF TABLES.....	xi
LIST OF FIGURES.....	xii
CHAPTER I.....	1
1.1. Background of the Study.....	1
1.2. Research Question(s).....	7
1.3. Purpose(s) of the Study.....	7
1.4. Scope and Limitations of the Study.....	7
1.5. Significance of the Study.....	8
1.6. State of the Art.....	8
CHAPTER II.....	15
2.1. Narratology.....	15
2.2. Narrative Voice and Focalization.....	17
2.3. Unreliable Narrator.....	21
2.4. Internal Focalization.....	25
2.5. External Focalization.....	29
2.6. Semiotics in Audiovisual Narrative.....	31
2.7. Previous Studies.....	34
2.8. Synopsis of Baby Reindeer.....	38
2.9. Theoretical Framework.....	42
Figure 2.9. Theoretical Framework of this Research.....	42
CHAPTER III.....	43
3.1. Research Design.....	43
3.2. Data Source and Data.....	44
3.2.1. Data Source.....	44
3.2.2. Data.....	45
3.3. Data Collecting Procedure.....	46
Table 3.3.1. Data Classification of Focalization in Baby Reindeer (2024) Table.....	47
Table 3.3.2. Data Semiotic Analysis of Audiovisual Signs in Baby	

Reindeer (2024) Table.....	48
3.4. Data Analyzing Procedure.....	48
CHAPTER IV.....	51
4.1. Findings.....	51
4.1.1. Findings Based on Appendix 1: Data Classification of Focalization..	51
4.1.2. Findings Based on Appendix 2: Semiotic Analysis of Audiovisual Signs.....	54
4.1.3. Relationship between Appendix 1 and Appendix 2.....	58
4.2. Discussions.....	60
4.2.1. Donny Dunn as the Main Focalizer.....	60
Figure 1: Donny at the police station (Episode 1; 00:00:29).....	62
Figure 2: The free cup of tea as the first sign of pity and attachment (Episode 1; 00:02:29).....	64
Figure 3: Martha's repeated emails as signs of digital intrusion (Episode 1; 00:09:50).....	65
Figure 4: The conviction article as delayed evidence (Episode 1; 00:28:44).....	66
4.2.2. Delayed Information and Traumatic Flashback.....	67
Figure 5: Darrien's creative space as a sign of opportunity and exploitation (Episode 4; 00:20:26).....	69
4.2.3. The Body as a Site of Internal Focalization.....	71
Figure 6: Donny's bodily panic when Martha corners him (Episode 2; 00:24:50).....	72
4.2.4. Audiovisual Signs and the Construction of Meaning.....	74
Figure 7: Donny's stage confession as the collapse of performance (00:23:56).....	75
Figure 8: The voicemail archive as evidence, obsession, and emotional dependence (Episode 7; 00:10:40).....	77
4.2.5. External Voices and the Disruption of Donny's Perspective.....	78
Figure 9: Teri confrontation (Episode 6; 00:10:50).....	79
Figure 10: Baby reindeer explanation (Episode 7; 00:26:23).....	81
4.2.6. Implied Viewer Position and Ethical Ambivalence.....	82
Figure 11: The final free drink as a circular sign that mirrors the first encounter (Episode 7; 00:28:29).....	84
CHAPTER V.....	87
5.1. Conclusion.....	87
5.2. Suggestion.....	91
BIBLIOGRAPHY.....	94
APPENDICES.....	99
AUTHOR'S BIOGRAPHY.....	147

LIST OF TABLES

Table 3.3.1. Data Classification of Focalization in Baby Reindeer (2024)	
Table.....	56
Table 3.3.2. Data Semiotic Analysis of Audiovisual Signs in Baby Reindeer (2024)	
Table.....	56



LIST OF FIGURES

Figure 2.9. Theoretical Framework of this Research.....	42
Figure 1: Donny at the police station (Episode 1; 00:00:29).....	66
Figure 2: The free cup of tea as the first sign of pity and attachment (Episode 1; 00:02:29).....	67
Figure 3: Martha's repeated emails as signs of digital intrusion (Episode 1; 00:09:50).....	68
Figure 4: The conviction article as delayed evidence (Episode 1; 00:28:44).....	69
Figure 5: Darrien's creative space as a sign of opportunity and exploitation (Episode 4; 00:20:26).....	71
Figure 6: Donny's bodily panic when Martha corners him (Episode 2; 00:24:50).....	73
Figure 7: Donny's stage confession as the collapse of performance (00:23:56).....	76
Figure 8: The voicemail archive as evidence, obsession, and emotional dependence (Episode 7; 00:10:40).....	77
Figure 9: Teri confrontation (Episode 6; 00:10:50).....	79
Figure 10: Baby reindeer explanation (Episode 7; 00:26:23).....	80
Figure 11: The final free drink as a circular sign that mirrors the first encounter (Episode 7; 00:28:29).....	82