

CHAPTER I

INTRODUCTION

A. Background of the Research

In all its beauty, love has become the strongest force in human life. Happiness cannot be described by words, gives deep meaning to our lives, and bonds us with the people we love. Behind this beauty, there is the possibility of a more serious problem, especially when love turns into an obsession that cannot be avoided. This emotional power cannot be separated from its influence on mental health.

Mental health is an important aspect of human well-being that includes conditions and disorders such as depression, anxiety, bipolar disorder, and obsessive-compulsive disorder. While OCD is generally considered a separate and distinct disorder from obsessive love disorder, obsessive love disorder can be a specific form of OCD that focuses on obsession with a loved one. The way that people function on a daily basis can be significantly impacted by these mental health issues.

Obsessive-compulsive disorder (OCD) is a disorder characterized by obsessions, compulsions, or both. Compulsions are repetitive behaviors or mental acts that are performed in response to obsessions or according to rigid rules and are intended to reduce anxiety or prevent the feared (American Psychiatric Association [APA], 2013). Compulsions are actions performed in response to obsessions, while obsessions are intrusive and unwanted thoughts that appear repeatedly in a person's mind.

Triggers of OCD in love conditions can come from a variety of factors, such as past trauma, insecurities in relationships, or an underlying mental health problem. Conditions like OCD in love relationships can affect mental health and the quality of relationships. Although Obsessive Love Disorder (OLD) is not listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM). Obsessive Love Disorder (OLD) is a type of obsessive-compulsive disorder (OCD) which refers to a condition in which a person becomes obsessed with the person they love.

Love and mental health becomes more complex in the case of obsessive-love disorder (OLD). OLD is when someone experiences an unhealthy obsession with someone, often to a detrimental degree. They may think constantly about the person, be excessively jealous, or even do unhealthy things to get the person's attention or feelings. When someone experiences obsessive love, feelings tend to be unstable and can be a danger to themselves and others.

Freud's psychoanalysis theory suggests that Obsessive Love Disorder (OLD) shares similarities with the concept of the unconscious mind. The unconscious mind contains repressed desires, fears, and traumatic experiences that influence our conscious thoughts and actions. Additionally, we know that introduced the id, ego, and superego as the three components of the human psyche. This perspective helps understand how unconscious desires manifest in obsessive behaviors, impacting mental health and relationships.

Connecting this to literature reveals that many literary works explore the complexities of human emotions and behaviors. Characters in literature, much

like individuals with obsessive love disorder, may grapple with intense desires, conflicting impulses, and unresolved traumas. Through literature, insights into the human condition are gained, and reflections on personal experiences are made possible. This psychoanalytic and literature offers a rich exploration of the depths of human psychology and the intricacies of conditions.

Literature can be a source of entertainment, inspiration, insight, and can challenge our beliefs and perceptions. Overall, literature is a rich and complex field that offers something for everyone. Whether you enjoy classic literature or contemporary works, there is always something new to discover and appreciate. According to Klarer's, the introduction of literature can be broader and more comprehensive. Literature is no longer only seen as an individual work but as the biggest one (Klarer, 2004).

Literature refers to written works such as novels, poetry, drama, and essays that are considered to have artistic or intellectual value. For thousands of years, literature, spanning a variety of genres and styles, has been an important part of human culture. Literature, from epic poetry and classic drama to contemporary novels and short stories, has inspired, educated, and opened the eyes of readers around the world. Literature helps us understand many things about life and humanity. Although literature has long been praised for its enormous influence on culture and society, it is important to remember that films also have significant cultural and artistic value. Just like literature, film offers a variety of storytelling techniques and visual narratives that captivate audiences around the world.

Now, film has also become a popular art form to convey stories and ideas. In film, the use of visual and audio technology allows the creation of fantasy worlds and highly detailed representations of reality. Although literature and film may seem different, they have many similarities. Both literature and film have strong characters, plots, themes and messages, using artistic elements such as dialogue, images, music and sound to create an artistic experience for the audience or reader. In this case, film can be considered a form of visual literature. In discussions about film and literature, often talk about film adaptations of literary works, where films are adapted from novels, short stories or dramas. Some film adaptations have even become extraordinary works of art and have succeeded in bringing the stories and characters from literary works into a visually pleasing appearance beautiful and interesting.

Films have an impact on the audience. Even though it has been dramatized, this film still depicts the real world. Therefore, when you see a film with the theme of mental illness, after watching it, you can imagine what it would be like if you were in that position. Then ask whether you have ever had that experience or whether people around you have experienced it. Thus, films are very important in conveying messages to their audiences, and films have a certain impact on the audience. In the end, after watching, the audience will be affected by their effects on psychology and society. Films and television series are both visual media; both have quite significant differences. Films are usually longer than 60 minutes and their purpose is to be shown on cinemas or television, while series consist of several episodes and their purpose is to be

broadcast on television or streaming platforms. In terms of genre, movies and television series can also belong to the same genre.

It refers to the categorization of narrative films based on the stories they tell and the ways they tell them. Each genre has characteristics and rules that differentiate it from other genres. Genre is often used in the film and television series industry to determine the target audience and generate profits. Action, adventure, comedy, crime, drama, fantasy, horror, musicals, romance, science fiction, and thrillers are some of the popular genres. Each genre offers a unique experience for different audiences. For example, action films feature amazing fights and scenes, while horror films contain scary and sinister elements. Genre is very important because it can help us understand and assess the quality of a film.

In this study, the writer chose a television series that aired on a well-known streaming platform, namely Netflix, with a psychological thriller genre with romance elements entitled YOU. The psychological thriller drama genre combines strong elements of anxiety and suspense with a focus on character and human psychology but also does not miss the romance vibes. Especially in the relationship between Joe and the woman who is the object of his obsession. We can see how Joe's obsession with the woman develops from mere attraction to something that is very dangerous and threatens the lives of others around her. We can also see how intelligence and technology are used by Joe to monitor the woman and carry out his evil plans, making it even more terrifying.

This film has a psychological aspect as well as a deep and interesting story with extraordinary acting and cinematography. The relationship between films and psychological aspects makes the writer interested in analyzing them. The main discussion of this research is to identify Joe Goldberg's obsession with Beck. In the series "You", the main character Joe Goldberg has signs of obsessive love disorder and often takes harmful actions to maintain his relationship with the object of his love. Some of the factors that trigger Joe to get obsessive love disorder (OLD) are his childhood, losing his father when he was young, and a bad relationship with his mother can influence his obsessive behavior in love relationships.

When people fall in love and really love their partner or are blind because of love, it will be very difficult to differentiate between a healthy relationship and an unhealthy relationship. Unhealthy love or relationships are usually called toxic and tend to be possessive. In this research, the writer used the YOU series as the main object or material. In this study, obsessive love can be said to be the main theme or topic. YOU was released or premiered on Lifetime on September 9, 2018 in the United States and on Netflix internationally, on December 26, 2018. Directed by Erin Feeley and written by Greg Berlanti & Sera Gamble.

The research why the writer chose the topic of obsession from Joe's character is that there are several cases related to obsession in social life or real life that very often occur continuously in society and most of the people are men. Now, we can easily find cases like Joe's on social media platforms such

as Twitter, Instagram, Facebook, TikTok, and other social media platforms. The main character in this series, Joe Goldberg, always looks a normal life like others, as if he does not have any secrets, showing the perfect man. Behind it all, he keeps a lot of secrets, has bad qualities such as possessiveness, temperament, and also being obsessive about his woman objects.

From the explanation above, the writer wants to will be involved in understanding Joe Goldberg's personality, behavior, attitudes, and thoughts. The writer intends to conduct a study of the main character's obsessive love by examining the characteristics, impact and causes of obsessive love disorder in the series.

B. Questions and Scope of the Research

1. Questions of the Research

Based on the background of the study above, the writer decides to identify the research by this specific question:

1. How is Obsessive Love Disorder depicted in the character Joe Goldberg in the *YOU* film?
2. How are the impacts of Obsessive Love Disorder on the main character in the *YOU* film?

2. Scopes of the Research

According to the background of the study above, the writer only focuses on analyzing the character of obsessive love disorder in the

character of Joe Goldberg as the main character in *YOU* series. The theories are: Susan Forward and Craig Buck (2002) and Susan Peabody (2005). By analyzing and classifying we can understand the depicted and impacts of Obsessive Love Disorder within the context of the "YOU" series.

C. Objectives and Significance of the Research

1. Objectives of the Research

The following are the objectives of this research based on the research questions:

1. To investigate the Obsessive Love Disorder depicted in the character Joe Goldberg in the *YOU* film.
2. To examine the impacts of Obsessive Love Disorder on the main character the *YOU* film.

3. Significance of the Research

The writer hopes that this research will be able to convey its significance to readers. The significance is divided into two aspects: theoretically and practically.

Theoretically, the writer hopes that the results of this analysis can be useful for those who are interested in analyzing the same field and providing them with information and hopes the result of this research will help the readers to understand the movie especially based on point of view obsessive

love disorder concept that reflected in the YOU series Netflix about the character of Joe Goldberg's and his obsessive love disorder.

Practically, this study is supposed to give a general picture of the depicted and impacts of obsessive love disorder as they appear in the film YOU. Thus it can educate the public who watch movies as their primary form of enjoyment and offer insight into of this films.

D. Operational Definition

1. Psychology

Psychology is the study of human and animal behavior and mental processes. The discipline encompasses a variety of subfields, including clinical, developmental, social, and cognitive psychology.

2. Obsessive Love Disorder

A person with obsessive love disorder (OLD) has strong, uncontrollable love for another person, frequently coupled with potentially harmful possessive and obsessive behavior.

3. YOU

You is a television series that was first released in 2018, adapted from the novel of the same name by Caroline Kepnes. The series focuses on the character Joe Goldberg, a bookstore manager who falls obsessively and dangerously in love with the women he meets.

E. Systematization of the Research

According to the title of the research above, the order of the presentation is written as follows:

Chapter I Introduction consists of the background of the research, questions and scope of the research, objective and significance of the research, operational definition and systematization of the research.

Chapter II Theoretical Description focuses on definition of Literature, intrinsic approach, extrinsic approach, psychoanalysis, and obsessive love disorder.

Chapter III Methodology of the Research explains the method of the research, the procedure of the research, the technique of the data collection, the technique of the data analysis, and the data source.

Chapter IV Data Analysis shows data description, analysis data, and interpretation.

Chapter V Conclusions and Suggestions bring the conclusion, a summary of the research, and suggestion of the future research.