

# CHAPTER I

## INTRODUCTION

### A. Background of the Research

Films or movies are literary works in the form of audiovisual. The audience can see the characters, creepy and fun scenes, and various genres that are formed in the film. The film combines fiction or non-fiction stories to attract the attention of the audience. Films have several intrinsic elements such as themes, characters, settings, moral values, and points of view. One of the main characters in the film has different characteristics in animating a role; there is a character or behavior, including having a role as a psychological or mental disorder.

Bipolar disorder is a mood disorder characterized by extreme mood swings from excessive to high depression. An important mental health problem that occurs almost all over the world. This is caused by a recurrence from within himself or another. Bipolar disorder can have severe outcome for family, friends, and society. In fact, every normal person has experienced good moods or bad moods, but people who have bipolar disorder have irregular feelings, extreme mood changes where a person has a pattern of feelings that can change drastically like when someone experiencing bipolar disorder will feel very excited when the mood changes to a bad person. [Daniel B. Block, MD](#) (2020, November 02). Bipolar Disorder : Overview. Very well mind. <https://www.verywellmind.com/bipolar-disorder-4157274>.

An example of a related phenomenon that has bipolar disorder is an Indonesian artist named Marshanda.

The phenomenon that occurs in Indonesia is experienced by children and adolescents and even adults who also experience mental illness. In mental illness, there is psychoanalysis which is a unified psychological theory and a change in a person's mental state, or a method of therapy derived from the theory of Sigmund Freud. Psychoanalysis occurs because the brain experiences sudden changes in mood and feelings, a person's thought processes are fickle, excessive feelings, decisions that cannot be made fairly, painful past memories that cause depression.

According to the Global Burden Disease Study (2015) stated that depression is a form of mood balance disorder that often occurs, characterized by complaints of decreased mood such as sadness, gloom, and hopelessness as well as other physical symptoms such as laziness to work, slow to think and often tired. Depression rates begin to occur in children and adolescents at the age of 15.

Early adolescent depression is a serious mental health problem that causes excessive feelings of sadness and loss of interest in activities/performing daily activities. It can affect how teens think, feel and behave, and can cause emotional, functional and physical problems. Although, depression can occur at any time in life, its symptoms may differ between teens and adults.

People of different ages experience depression in different ways. Sometimes, being depressed can interfere with daily work, resulting in lost time

and lower productivity. In some cases, depression can also affect relationships and some health conditions can be chronic or severe. Therefore, it is important to manage the controlled feeling that someone feels sad sometimes is a normal part of life. Sad and upsetting events happen to everyone. If one feels sad or hopeless on a regular basis, one can deal with depression well and if it is not regular it can have an impact on oneself.

In general, depression has several symptoms that can be found in all ages. At the level of the main symptoms of bipolar (manic) is a type I bipolar disorder in which the mood abnormally heightened and hyperactivity such as excessive pleasure, high self-confidence, reduced need for sleep, irritable or overwhelming mood, aggression and excessive anxiety, difficulty concentrating, in severe situations unable to distinguish between reality and imagination, always seeing things for real but only hallucinations.

Other symptoms are hypo manic or manic state is an abnormally state of mind that affects your mood, thought, and behavior. The symptoms that have a mark effect on the environment and social activities such as behaving inappropriately, spending recklessly, talking so fast that it's difficult for others to follow what's being said, unusual irritability, excitement, hostility, aggression, jumping from one subject to an unrelated topic while speaking, taking chances you normally wouldn't because you "feel lucky", and dressing / or behaving flamboyantly.

One of the symptoms of bipolar disorder suffered by Marshanda has had symptoms of bipolar disorder since 2006 such as bursting with emotions of sadness and anger that are published on YouTube. She also felt deep depression, hallucinations, could not sleep. It also harbored deep sadness because of her parents' divorce since she was a child. However, Marshanda has taken medication, accepted the reality of what is happening to her.

Furthermore, bipolar disorder does not only Marshanda, also children where this illness is associated with normal feelings usually but when experiencing that the feelings become excessive and irregular. Bipolar disorder is a very interesting topic to analyze because relates to the major character in the film and the storyline in the film is complicated, funny, and heart-wrenching. Moreover, this films not only heart-wrenching but also a comedy romance genre.

The film entitled "*Silver Lining Playbook*" was directed by David O. Russel in 2012, an adaptation of Matthew Quick's novel "*The Silver Lining Playbook*". This film tells the story of Pat (Bradley Cooper) who is suffering from bipolar disorder sent to a mental hospital. Besides that, Pat was separated from his wife as Nikki, because Pat beat his wife's affair until he almost died. Then, a friend of Pat's named Ronnie, Ronnie invites Pat to dinner at his house.

During the dinner, Pat meets Tiffany (Tiffany Maxwell), Ronnie's sister-in-law who also suffers from depression, was fired from her job after her husband died. Tiffany is a widow whose husband died in an accident and she is also a dancer. From the major character, Pat and Tiffany have mental

disorder or bipolar disorder where Pat is too emotional to beat his ex-wife's affair and Tiffany suffers from severe depression because of her husband's accident. Their relationship was not normal until they finally decided to cure their bipolar disorder through dancing.

The reason of writers choose the title for this research because wanted to know more about mental illnesses, such as bipolar disorder where the feelings experience drastic mood changes, how these bipolar symptoms can occur. In this conclusion, the writers want to analyze how bipolar disorder is suffered by the major characters, namely Pat and Tiffany.

## **B. Questions and Scopes of the Research**

### **1. Question of the Research**

Based on the background explanation above, the writers make some questions in this research as follows:

- a. What symptoms of bipolar disorder did Pat experience in the *Silver Lining Playbook*?
- b. What causes of bipolar disorder are found in the major character?
- c. How does the main character deal with bipolar disorder?

### **2. Scopes of the Research**

The scope of this research focuses on the analysis of the major character in the film "*Silver Lining Playbook*" to analyze the symptoms, the causes, and the deal with of bipolar disorder. The writer uses Caponigro & Lee theory for symptoms of bipolar disorder, the theory of Plotnik and

Koyyoundjian for causes, and the last, Berk the theory of deal with of bipolar disorder.

## **C. Objective and Significance of the Research**

### **1. Objective of the Research**

Based on the question research above, the writer can found to the objective of this research as follows:

- a. To analyze Pat symptoms in the Silver Lining Playbook.
- b. To describe the causes of bipolar disorder that occurs in the major character.
- c. To find out the main character of overcoming bipolar disorder.

### **2. Significance of the Research**

The significance of this research is that the writer hopes to provide more benefits for readers and students. Theoretically, the purpose of this research is increasing the reader's knowledge to know the psychology terms in mental illness such as bipolar disorder. Practically, some researcher and reader can learn more and understanding about mental illness, the kinds of symptoms, can identify the causes that will occur in mental illness, and how to treat mental illness.

## D. Operational Definition

The writer will explain the meaning of the terms one by one to be used in this research, through this following:

### 1. Bipolar Disorder

Mental illness that causes people has excessive feelings or mood swing. Bipolar disorder has two types, namely bipolar I disorder is characterized by mania or high feelings where people experience high emotional increase, excited, euphoric, irritable, and full of energy while Bipolar II disorder or hypomania is characterized by feeling very excited, talking more, hard focus and concentrate.

### 2. Character

The people, animal, or figure represented in the literary work. That character displays action, speaks dialogue, or changes the story line. There are two types of character is the major character (protagonist and antagonist) while the minor character consists of static, dynamic, flat and round.

### 3. Film

Motion picture or combined with audiovisual form that is used for the audience to provide experiences through communicating ideas, stories, perceptions in the film story.

### 4. Abnormal Psychology

The branch of psychology that studies unusual pattern of behavior, emotions, and thoughts.

### 5. Mental Disorder

A condition that affects people thoughts, feelings, moods and behavior.

#### **E. Systematization of the Research**

Systematization of the research is to show that the paper is well organized and systematic. The writing of this research consists of five chapters as follow:

Chapter I Introduction describes about background of the research, questions and scopes of the research, objective and significance of the research, operational definition, and systematization of the research.

Chapter II Theoretical Description will present the definition of Character, movie, psychology, psychoanalysis, and bipolar disorder.

Chapter III Research Methodology gives about method of the research, procedure of the research, technique of data collection, technique of data analysis, source of the data primary and secondary data.

Chapter IV Findings and Discussion explain about data description, data analysis, and interpretation of the Research Findings.

Chapter V Conclusion and Suggestion the writers provide conclusion of the research and suggestion of the research.