

# CHAPTER I

## INTRODUCTION

### A. Background of the Research

In recent years, suicide has been a very popular tragedy in the entire world. World Health Organization (<https://who.int>) record that over seven hundred thousand people in the world take their own life, and much more present suicide attempt. This is a tragedy that affects families, communities, and entire countries. In 2019, suicide is the most cause of death among fifteen to twenty-nine-year-olds globally. Suicidal mostly happened to young people. The reason is common because of the inability to deal with life stresses like relationship breaks up, financial problems, chronic pain, mental illness, and many various depressions from a quarter-life crisis. In addition, experiencing conflict, abuse, loss, and discrimination are the environmental cause that is strongly associated with suicidal behavior.

According to Spencer (2020, p. 317) There are many mental health problem that caused by depression or childhood trauma. For example, Bipolar disorder, PTSD(Post Traumatic Stresses), etc. Bipolar disorder, often known as manic–depressive disorder, is characterized by mood swings ranging from exuberant euphoria to severe sadness. External events appear to have no bearing on the cycles. The person may display excessive excitement or silliness during the euphoric, or manic, phase, and jokes may be taken too far. And PTSD can be identified by a fast heart beat rate, anxiety and helplessness

feelings that are caused by traumatic experience. Besides, Spencer (2020, p. 314) stated in the different pages that experiences such as natural or human-made disaster, a threat or assault, or witnessing death can be can be a strong cause. These kinds of mental illness is not a psychological disorder that cannot be prevented or cured.

Mental illness and depression are the suicidal cause that has their prevention by the help of the right person or expert in psychology for consultation or therapy. There is a stigma in society that people with this condition often commit suicide than seek the right help they need. But it is not always easy for someone who has this mental problem to get the right help. The prevention of this has been addressed but because of the lack of awareness of the communities, and the taboo to openly talking about it are the main obstacle.

Raising community awareness is one of the effective ways to help people with a condition to get the help they need. It can be done in a various way such as, being more aware of the condition of the people around us, maintain meaningful social connections, making or sharing media advertisements about mental health or suicide prevention, and many other media shares on every platform.

Lately, the movie industry as one of the media platforms started to make a breakthrough by raising community awareness about preventing suicide and helping people with the mental condition to get help by making a lot of movies about mental health. Through these literary works, the movie

industry slips educational and motivational quotes into the scenes and raises a fund that can be used to help communities or organizations that help people with a mental health conditions.

Movie, a motion picture made by a group of people who play their parts. From the actors who play the characters in the movie, the cameraman who recorded the movie, the director who directed the whole process, and many others. It is produced by recording images of the actors using cameras under the direction of a director at the set of movie-making or usually called a studio, but sometimes they record the movie in the real environment or in outdoor places to get a more realistic sense of the images.

There are a couple of instruments that include in the making of a movie which is similar to a play or dance such as scripts, sets, costume, etc. In order to these instruments, the movie felt more alive. If one of these instruments is missing, then the movie cannot be completed because every instrument is very important. Each instrument has its crew to work in that division, such as the setting crew for the sets and the wardrobe crew for the costume.

Everyone doing their best in their division to make a very good movie. Moreover, for the director, producer, and scriptwriters, making the movie accompanied by adding a moral message to the story was an important thing. It gives more quality for the audience or people to enjoy. For many years and centuries of quality development, the movie has given so many advantages to the society such as information and lesson about, morals, culture, social problems, etc.

Moral can be found as a good message from the story to be learned about. People can differentiate a good message from the bad one if they are meant to look for the morals of the story. From culture, it can be found shared attitudes, behavior, and other practices that picturized and characterized a group of people or community. Social problems are the condition that some people in a community view as being undesirable. Additionally, information about a problem that affects many, even all members of an organization or society. consider the problems that seem controversial to moral values.

A movie made for people to consume through the director's conception. As a result, people will explore further into the literature to learn more about the past, current, and future. The term "past" refers to a period of time that has already passed. Then, it would be a beneficial opportunity for humans to easily understand. The present is a particular moment that lies halfway between the past and the future. People are aware of the time and conditions that are correlated with events that are specifically interpreted. Also, details about something that hasn't happened through future information. It may be the greatest source of inspiration for art, music, technology, and other fields.

Characters in the movie have a role in the story. Since psychology is a field of science that studies human behavior, it can be used to evaluate the characters. Psychology holds the belief that physical circumstances, psychological consistency, and the surrounding environment are the primary determinants of human behavior and personality patterns. By employing a psychological approach, the researcher may attribute to literary work that

frequently mentions literary psychology. There are four possible understandings of the sections of psychology and literary work. The first step is to gain an understanding of the writer's psychology as a form and an entity. The second is to learn about the creative process. The third aspect is the style of research and psychological principles used in literary work. Lastly, understands the literary impact on readers. The researcher prefers the third definition because it is acceptable in the literary region, according to the four explanations above and because it is about the psychological principles used in literary work which occur in emotion.

Emotions that a person expresses are certainly influenced by their psychological condition. Emotion has been a lot of theorizing subject and all theories with emotional aspects. Some theories are concerned with evolution and development, some are concerned about survival, and the rest focus and are concerned with both. And one of the stories that are still famous until now is James-Lange's Theory of Emotion. The psychological approach that the researcher does, is using James-Lange's "Theory of Emotion". This theory is first proposed by James 1884 [JAM 84], an American psychologist. And then, independently developed by Lange 1885 [LAN 85], a Danish psychologist. Based on Pelachaud (2012, p. 40). William James was the first one among other psychologists who delineate the imperative role of emotional experience. For him, "The bodily changes follow directly the perception of the exciting fact and that of the feeling of the same changes as they occur is the emotion" (James, 1884). One year after James's works on this topic were

published, independently, Carl Lange published his article. Stating the same views about the importance of physiological mechanisms of emotion; physical is the immediate and primary cause of emotions in which bodily changes, and physiological processes. Object-emotionally is occurred. Even it is just a small change in the order of events, this proposition modifies the face of the psychology field. Many studies have shown how the body makes corresponding changes and induce emotion. This theory can be illustrated like this. A son sees her mom walking into the room bringing the Christmas presents for him. He begins to grin, his heartbeat went a little faster and he ran toward her. The emotion of excitement in this illustration is represented through the bodily changes in the son. Another illustration could be, that a woman walking down the alley at late night hears a footstep behind her. She looks back and sees a large man following her. And then she began to run, her breathing become more rapid, her eyes become wider, and adrenaline rushed through her veins. The emotion of fear in this situation is represented through the bodily changes in the woman.

The researcher, otherwise, used a psychological approach to see the main character. Psychological criticism considers a piece of literature to be a window into the Character's mind and personality. Psychological critics believe that literary works are inextricably related to the mental and emotional characteristics of their characters. There are several reasons for the author to employ its theory. Here, the researcher discovered the random emotion of the character Theodore Finch, which could be the research's main

focus. His reaction, which is linked to the emotion, may be intriguing to examine. In the movie, for example in minutes 02: 37, when Theodore joined Violet on the edge of the bridge and started realizing that the distance between river and bridge is very high. His reaction was a positive emotion which is shock and excitement. When he first looks down at the river, he is started shaking and makes a sound of excitement. The bodily change that happened in Theodore represents the emotion. Through this and another example, the researcher believes that this is a good object to analyze. And maybe with a little rambling psychological approach, should be good to investigate the character's emotion.

The object of this research is a Netflix movie release in 2020. "*All The Bright Places*" is a movie about two teenagers who live unhappily in a small Indiana town. Theodore Finch is a loner who secretly has a mental illness which is Bipolar disorder and Violet Markey who's the one that suffers and tries so hard to deal with survivor guilt because of the accident that took her sister's life. Theodore is trying to help Violet not commit suicide and not feel guilty about the loss of her sister. Their relationship starts when they become a partner in a school project until they become even closer to each other. Theodore success to make Violet happy and not feel guilty again. But the mental illness that Theodore suffers makes everything goes upside-down. In the end, Theodore is the one who suicide. Because of the mental illness that the main characters suffer, and the character's experiences that

support the characterization, the researcher is attracted to investigate Theodore Finch's emotions during the conflict of the movie.

## **B. Question and Scope of the Research**

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

- a. How does Theodore Finch as the main character experience the emotions depicted in the movie until he commits suicide?
- b. How did Theodore Finch as the main character deal with his bipolar disorder?

### **2. Scope of the Research**

Based on the background above, the researcher will limit the focus only on doing a psychological approach by analyzing Theodore Finch's emotion as the main character of the "*All The Bright Places*" movie, by using James-Lange's Theory of Emotion.

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

### **1. The Objectives of the Research**

- a. To find and understand how Theodore Finch experienced the emotion described in this movie considering his mental condition.
- b. To know how Theodore Finch deals with his Bipolar Disorders

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

- a. This research is dedicated as the requirement for fulfillment of undergraduate study in the English literature study program.

- b. This research is made with the hope that it will help students and researchers, in case they need a reference to studying or doing a further research about how someone experienced an emotion. Especially in literary works.
- c. Moreover, to society at large, throughout this research hopefully can spread awareness about mental illness and prevent suicide in communities.

#### **D. Operational Definition**

In this research the researcher uses the theory of emotion to analyze main character emotion experienced. The theory of emotion as researcher has synthesized from experts, refers to a result of someone's psychological reaction to the situation that he/she experienced. It starts with corresponding body changes through the situation and then induces the emotion. Or in a simple explanation, it is the changes in the body of someone, like their emotion after experiencing an event or situation.

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

In chapter I, the researcher introduced the background of the research, defined the question and scope of the research, explained the objective and significance of the research, described the operational definition used in the research, and outlined the systematization of the research.

In chapter II, a short explanation about what is element of fiction, psychology, psychology of emotion, emotion, psychological disorders, and

figure to mise-en scene was provided along with the preliminary analysis from the object of the research. And also, the previous research that are relevant to this research were shown.

In chapter III, a description of the method of the research was provided, along with the procedure of the research, technique of data collection, technique of data analysis, and data sources used in this research.

In chapter IV, the data found in this research are described, analyzed, and interpreted.

In chapter V, the researcher gave a conclusion based on the analysis done in the fourth chapter and gave suggestion related to the significance of the research along with suggestion on further research of character emotion analysis

