

CHAPTER I

INTRODUCTION

A. Background of the Research

In everyday life, anxiety can be caused by a variety of factors such as social inequality, the environment, or stage fright, so on and it can affect anyone, including children, teenagers, the elderly, adults, rich and poor, famous people, ordinary people, male, female, or even animals. A reaction to burdened, threatening, or stressed thoughts that result in feelings of worry, fear, and nervousness about something uncertain is called anxiety. According to numerous cases, such as the fear of failing to get good test results, the fear of discrimination because of being a minority, and the Apprehension of failing a job interview. Anxiety is a condition that occurs regularly and at specific events. However, if it progresses to something more serious and interferes with daily activities, it is classified as a disorder.

The general term for a condition in which a person has a discrepancy, disorder, or obstacle in life is called a disorder. The disorder can have an impact on a person's mood, personality, and mindset in the context of psychology. Situations from mood swings, difficulty thinking clearly, and a person's personality that was originally cheerful to grumpy are the effects of the disorder. It also is defined medically as a disorder that, if severe enough, can progress into a mental illness. As stated on the MedlinePlus (<https://medlineplus.gov>), the disorder can take several types, such as: bipolar disorder, eating disorder,

obsessive compulsive disorder (OCD), anxiety disorder, and other disorders are examples of commonly recognized disorders.

The Recovery Village (<https://www.therecoveryvillage.com>), stated that 3.6% or over 264 million individuals worldwide suffer from an anxiety disorder. Suicidal ideation is a symptom of anxiety disorder, which is caused by mental illness that causes excessive anxiety and trauma. According to research conducted by *Pusat Penelitian dan Pengembangan Kesehatan Kemenkes (kemkes.go.id)*, at least 47% of Indonesians attempt suicide due to anxiety disorders. Anxiety disorders can be identified as a sign of an external threat to the mind. Anxiety disorders are also a type of disorder that many people suffer from and can be caused by one's environment or genetics. The most common physical symptoms of anxiety disorder are a racing heart, sweating, shaking, and shortness of breath. It can also cause limited interactions with others, difficulty sleeping, and difficulty performing daily activities.

For supporting the direction of this research, Sigmund Freud's (1923) psychoanalysis is an appropriate approach to discussing anxiety disorders. The writer uses a psychoanalytic approach from the book *A General Introduction to Psychoanalysis* to examine Princess Diana's mental state, in which, in psychoanalysis which discusses Freud's anxiety, anxiety is caused by the deposition of a libido, which means someone whose desires are not fulfilled will suffer anxiety.

The character of Princess Diana in *The Crown*: fourth season was chosen because it depicts the behavior that is associated with anxiety disorder. The

writer has chosen anxiety disorder in the character of Princess Diana based on its relation to the environment and the character's behavior. Princess Diana in *The Crown*: fourth season series is also a representation of how anyone can suffer from an anxiety disorder because it does not consider humans from any perspective, race, gender, or position.

The film, as a literary media, primarily depicts concepts intended as spectacles from various groups. The film can show the audience the purpose, ideas, and moral messages that can be seen, the storyline, the acting of the actors, the properties used, and the techniques used by the crew to take the cut scenes. Films are usually between one and three hours long. However, there are some types of films that are only thirty to sixty minutes long and are known as serial films or series.

As described in the literature, films, or series usually have themes and issues that can be seen such as gender equality, the environment, propaganda, stereotypes, and matters related to mental health problems. One of the series that has issues or themes that discuss mental health is *The Crown*: fourth season (2020). *The Crown*: fourth season (2020), directed by Peter Morgan, who also directed *The Queen* (2006), *The Other Boleyn Girl* (2008), *Bohemian Rhapsody* (2018), etc. This series is based on the lives of the British royal family. *The Crown*: fourth season (2020) received a Rotten Tomatoes rating of 95% and accolades such as The Norman Felton Award for outstanding producer of episodic television. In this research, the writer examines the life and events of Princess Diana (played by Emma Corrin), the ex-wife of Prince Charles (played

by Josh O'Connor), known as Princess of Wales or Lady Diana from 1981 to 1997. However, this film focuses on Diana Spencer's beginnings as a member of the royal family after becoming Prince Charles' fiancée and then experiencing household problems and competition with other royal members, which resulted in her experiencing mental problems such as anxiety disorder.

The Crown: fourth season has a story that can portray several events, lives, and environments that affect the psychology of the main character, so the writer is interested in researching the psychological aspects of this series. Because of this, the writer is focused on anxiety disorder as an object of the research and is also interested in anxiety disorder. *The Crown*: fourth season featured a psychological study on Princess Diana's anxiety disorder. Based on this explanation, the writer raises the title Anxiety Disorder of Princess Diana in *The Crown* Fourth Season; a Psychological Study.

B. Questions and Scope of the Research

1. Questions of the Research

- a. What are the kinds of anxiety disorders in Princess Diana's psyche?
- b. How did Princess Diana deal with anxiety disorders?

2. Scope of the Research

The scope of the research focuses on the character of Princess Diana in the television series "*The Crown*: fourth season" to investigate the types, causes, and defense mechanisms of anxiety disorder based on Sigmund Freud's (1923) theory developed by Jess Feist (2006) to examine

the types of anxiety disorder and Lilienfeld's (2006) theory to find out the types of defense mechanisms that exist in Princess Diana's psyche.

C. Objective and Significance of the Research

1. Objective of the Research

In the research questions above, the objectives of the research will be explained as well as possible below:

- a. To identify the kinds of anxiety disorders in Princess Diana's psyche.
- b. To discover the way Princess Diana deals with anxiety disorders.

2. Significance of the Research

The writer hopes that this research has many benefits that can be taken. The benefits that can be taken here consist of theoretical and practical.

Theoretically, the writer hopes that this research can provide contributions and benefits for other writers, or students in developing and researching the field of psychology in mental illnesses such as anxiety disorder.

Practically, the writer hopes that this research can help develop readers' abilities and knowledge about mental illness, its kinds, and its causes. The writer wants this research to be very useful for anyone, student, or for the writer herself. Therefore, not only knowing the basics or introduction, but also understanding many things about anxiety disorder and realizing the importance of mental health.

D. Operational Definitions

The following are some of the terms included in the discussion and explanation as below:

1. Anxiety Disorder

Anxiety disorder is a mental disorder that can affect anyone. It is also caused by genetics and the environment, resulting in trauma, difficult-to-control anxiety, abnormal fear, difficulty concentrating, etc.

2. Character

Character is an essential component of any literary work, particularly film. Characters are usually people or animals with good or bad personalities, actions, and behaviors. Characters can be rounded, flat, dynamic, or static depending on their depth, development, and consistency throughout the story.

3. Psychological

Everything related to thoughts and behaviors is referred to as psychological, including the mental, feelings, and attitudes of humans, animals, plants, and other objects.

E. Systematization of the Research

Systematics in this research is intended to be able to know that this research is well organized in an orderly manner. This research is organized into five chapters as follows:

Chapter I is introduction. This chapter consists of background of the research, Questions and Scope of the Research, Objective and Significance of the Research, Operational Definitions, Systematization of the Research.

Chapter II is theoretical description. This chapter focuses on explanations and definitions of a conceptual of film, the conceptual of anxiety disorder, and research of the relevance.

Chapter III is methodology of the research. This chapter interprets the description of the methodology of research, sources of data, techniques for analyzing and collecting data, steps of analyzing data.

Chapter IV is data analysis. This chapter covers the description of the data in the series, analysis of the data found in the series, and the interpretation of the data.

Chapter V is conclusion and suggestions. This chapter presents the conclusion and suggestion. The writer draws conclusions based on all the results described above and provides relevant suggestions from relevant research.