

## CHAPTER I

### INTRODUCTION

#### 1.1. Background of the Problem

*To the Bone* is directed and screenwriter by Marti Noxon who's experience struggling against Anorexia Nervosa. Marti Noxon is a Producer and Screenwriter from California. Nicholas Noxon is the father of Martin Noxon in a National Geographic documentary. The beginning of Nixon's career began when he often accompanied Nicholas on trips to shoot documentaries. Noxon has also received several awards and nominations by PGA Awards, Hugo Awards, Prime time Emmy Awards Noxon also directed several films and series one of which is; *To The Bone*, the movie released on January, 22 2017 this movie contains psychological genre.

Story or event that happened in this film about a young woman dealing with Anorexia Nervosa. This movie tells the story of the main character, a 20-year-old girl named Ellen who is battling anorexia Nervosa. Ellen has undergone various treatment programs, and this struggle has put pressure on her family because her condition is not getting better. Ellen used to express images related to her eating disorder on Tumblr as a way to cope with her illness. Ellen's artwork gets fans who turn to her work as an inspiration. This made Ellen quite famous on Tumblr.

However, one of the parents of Ellen's fans sent an explicit photo and a suicide note. Then, blame Ellen for this suicidal act. Hearing this incident, Ellen's Anorexia Nervosa get worst. In the end, Ellen was referred to a treatment facility to treat her illness. However, from time to time there were no significant changes because Ellen do not comply with the existing regulations and resulted in Ellen staying with her eating disorder. Ellen also feel it was futile, and fled to her biological mother's place. After realizing his decision, he returned to the place of the healing facility.

This movie has an unpredictable plot with Ellen as the main character. The movie considers psychological problems about disappointment, anxiety, and denial the reality from the main character, Ellen.

In this research, I am interested in analyzing his movie because it contains psychological problems found in the background of the movie. Through the movie, we can find out the main character, Ellen has disappointment, anxiety and denial are clearly seen in this movie. I will analyze this movie script using intrinsic and extrinsic approaches. The intrinsic approaches consider the concepts of characterization, setting and plot while extrinsic approaches apply the concepts of illness and defense mechanism theory that includes the concepts of disappointment, anxiety and denial.

### **1.2. Identification of the Problem**

Based on the background of the problem above, I identify the problem as follows: in the main character, namely, 20-year-old Ellen, it shows that Ellen is struggling with her family problems

I assume that the theme in this film is inner conflict from the main character Ellen.

### **1.3. Limitation of the Problem**

Based on the identification of the problem above, I limit the problem of the research with theory and concepts as follow:

1. Through an intrinsic approach: characterization by showing method, setting and plot.
2. Through extrinsic approach, psychology of literature, and the concepts of psychology literary approach that is anxiety and defense mechanism of Psychoanalysis by Sigmund Freud.

### **1.4. Formulation of the Problem**

Based on the limitation of the problem above, I formulate the problem as follows: Is it true that the assumption of the theme of this work is "Defense

Mechanism Created by Anorexia Nervosa in Martin Noxon's Film *To The Bone*".

To answer this question I formulated the problem as follows:

1. What are the methods that are used to analyze the characterization in Movie Entitled *To the Bone* by Marti Noxon's?
2. What are the plots and settings that support analyzing the theme in Movie Entitled *To the Bone* by Marti Noxon's?
3. What are the concepts of psychology through disappointment, anxiety and denial?
4. How can the theme of movie script entitled "*To The Bone*" by Marti Noxon's be reinforced by using the intrinsic and extrinsic approach?

### **1.5. Objectives of the Research**

Based on the formulation of the problem above, the purpose of this study is to show that the assumption of the theme of this work is "Inner Conflict in movie script entitled "*To The Bone*" by Marti Noxon's".

To achieve the objectives of this research, the writer did several stages as follows:

1. To analyze the character as to proving the assumption using dramatic showing method
2. To analyze plot and setting in order to support the theme
3. To analyze the theme by using the concepts of psychology of disappointment, anxiety and denial
4. To reinforce the theme by using the intrinsic and extrinsic approach.

### **1.6. Benefits of the Research**

Based on the research objectives above, this research is expected can be accepted by the reader. This research hopefully can be useful and encourage the students to study more about literature and give some information which is concerning the movie's intrinsic and extrinsic approaches because have done with perspective by applying the field of literature which can be seen through movie and the psychological that is defense mechanism concepts by Sigmund Freud.

## 1.7. Systematics Organization of the Research

Based on the explanation above, the systematic presentation of this research is as follows:

CHAPTER I: INTRODUCTION, contains: Background of the Problem, Identification of the Problem, Limitation of the Problem, Formulation of the Problem, Objectives of the Research, Benefit of the Research, and Systematic Organization of the Research.

CHAPTER II: THEORITICAL FRAMEWORK, A. Study research which contains the results of previous research related to the research carried out. B. The theoretical basis which contains the theory that is used the basis for research.

CHAPTER III: RESEARCH METHODS, contains: Time and Location, Research Approaches and Method, Research Objects and Data, Data Collection Technique, and Data Analysis Technique.

CHAPTER IV: RESULT AND DISCUSSION, In this chapter, I describe the reflection of anorexia nervosa found in the “To The Bone” movie script. I analyze what causes anorexia nervosa in the character that has an impact on the psychology of the character.

CHAPTER V: CONCLUSION, contains an evaluation of the previous chapters and the implications of the research results. The conclusion of the study is open because it is possible that this conclusion can be continued with further research.