

## CHAPTER 2

### THEORETICAL FRAMEWORK

In the previous chapter, I convey the background of the movies, concepts of the analysis and theories. In this chapter, I am going to elaborate about the concepts and theories that were used to analyze this research. For this chapter the theories are using intrinsic and extrinsic approaches. Intrinsic approach contains characterization, plot, and setting. For an extrinsic approach it contains Sigmund Freud's Psychoanalysis, Collective Subjective and World Views.

Therefore, this chapter tells about a further explanation of the concepts and theories that both have been told within the last chapter, and I will clarify those frameworks of theories

#### 2.1. Intrinsic Approaches

To analyze the characters in this movie, I use several concepts through an intrinsic approach such as characterization, setting, and plot. Each dialogue in this manuscript consists of several meanings that can be used to find out as a form of analysis to identify and describe the motives in this text. I used the concept of James H. Pickering and Jeffrey D. Hoepfer's book entitled "Concise Companion to Literature" and Albertine Minderop's "Characterization Method for Study of Fiction" as the main sources of data collection through an intrinsic approach. These concepts can also be used to analyze the elements of a literary work that will be explained in this chapter.

##### 2.1.1. Characterization

Characterization, is concerned with fundamental character traits and express expectation that the actions of the characters should be plausible, consistent and adequately motivated. Character are consistent generally unrealistic, tells us that real people are full of surprises and tend to demand characters who are capable of surprise us in a convincing way (Pickering and Hoepfer, 1981: 278).

There are 2 methods that the author uses as a guide or technique of telling and showing in writing literary works.

First method is telling, which is done directly by the author, and relies on exposition and direct commentary by the author. The first method is telling, which is done directly by the author and is based on exposition and direct analysis. The indirect method is the other option showing method, which involves the author stepping aside, as it were, to allow characters to examine themselves directly through their dialogue and behavior. Even Though the exposition is concise, most authors use a combination of both. Most authors employ a combination of each, even when the exposition (Pickering and Hoeper, 1981).

#### **2.1.1.1. Showing Methods**

To analyze this movie, I use dramatic methods of showing. Dramatic methods of showing which involve the author, in a way, stepping aside to allow the characters to reveal themselves directly through their dialogues and actions. Much of the burden of character analysis is shifted to the reader, who must infer character based on the evidence provided in the narrative (Pickering and Hoeper, 1981:27-28).

##### **2.1.1.1.1. Characterization through the Dialogue**

Characterization in dialogue is divided into the following categories: what the speaker means, the speaker's identity, the location and situation of the conversation, the identity of the person the speaker is addressing, the quality of the character's mentality, tone of voice, dialect, emphasis, and vocabulary of the characters (Minderop, 2013: 22-23).

##### **2.1.1.1.2. What is Being Said in**

In this case, we must know whether dialogue that will be explained seems to be significant and will impact the events of the story (Pickering and Hoeper 1997: 32).

#### **2.1.1.1.3. The Identity of the Speaker**

Something conveyed by a main character, which in this case is more significant than just a dependent figure, though information given by dependent representatives sometimes can provide important information about main characters. Conversations to minor characters commonly provide important information but also shed some light on the characters of the other characters (Pickering & Hoepfer, 1997: 32).

#### **2.1.1.1.4. The Occasion**

A place or situation of the conversation also can influence a person's character; usually, they will show their character when trying to speak to those closest to people, and then we will understand more about the character of the specific way to see each other speak to others. Moreover, dialogue at night is usually more serious, while conversation during the day is more revealing and consists of more information. (Pickering and Hoepfer 1997: 33).

#### **2.1.1.1.5. The Quality of The Exchange**

The flow of such conversation is significant; it is advantageous if there is some give and take in the conversation. Moreover, since the other is more passive, the conversation will not last long. Characters can also expose their psychological condition through to the rhythm or flow in which they speak (Pickering & Hoepfer, 1997: 33).

#### **2.1.1.1.6. The Speaker's Tone of Voice, Stress, Dialect and Vocabulary**

We can see important character evidence in their voice, stress, dialect, and vocabulary, but only if we analyze and examine it properly and carefully. Moreover, the speaker's voice tone whenever the character speaks to the other can reveal the character's attitude, such as friendly or arrogant (Pickering & Hoepfer, 1997: 33).

### **2.1.1.2. Characterization through Action**

Characterization by action in a play sometimes melancholy realization that while his words are his own, his actions are the actors. (Pickering and Hoepfer 1997: 34).

### **2.1.2. Plot**

A plot is a storyline that contains a sequence of events that are connected through the cause and effect of events that lead to the occurrence of other events (Stanton, 1965: 14).

#### **2.1.2.1. Exposition**

The exposition is the section at the start of the story in which the author gives background information, introduces the cast, begin the characterization, and initiates the action. The situation at the outset play usually gives important clues to its direction and meaning. (Pickering and Hoepfer 1981: 269-270)

#### **2.1.2.2. Complication**

The complication introduces and develops the conflict. It commences when one or more of the main characters become aware of difficulty when their relationships begin to change (Pickering and Hoepfer 1981: 270).

#### **2.1.2.3. Crisis**

The crisis, also identified as the moment of peak emotional intensity and usually involve a decision, a decisive action, or an open conflict between protagonist and antagonist (Pickering and Hoepfer 1981: 271).

#### **2.1.2.4. Falling Action**

The falling action of the plays results from the protagonist's loss of control and a final catastrophe often appears inevitable. (Pickering and Hoepfer 1981: 272).

### **2.1.2.5. Resolution**

The resolution includes some unexpected twist in the plot. Twist cuts sharply through all difficulties and allows the play to end on a happy ending. The resolution often contains a clear statement of the theme and a full reevaluation of character (Pickering and Hoeper 1981: 273).

I can conclude from Pickering and Hoeper ideas regarding plot that plot is the chain of connected events that comprise narrative. It refers to what happens in reality and is one of the major pillars of storytelling. The story will be incomplete and feel empty whether it lacks a plot.

### **2.1.3. Setting**

Setting is the identifier of the surroundings whereby the story takes place, including the social situation, time, location, and weather. Setting is a term that includes both the surroundings that frames the action or the time of day or year, climactic condition, and historical period in which the action happens. Setting could represent five functions: it can represent as the background for the action, as an antagonist, as a means of creating appropriate atmosphere, as a means of revealing character, and as a means of reinforcing theme (Pickering and Hoeper 1997: 37).

#### **2.1.3.1. Setting as Background of The Action**

They require a kind of setting or background, even if it is as simple as a theatre stage. Setting could include costume, manners, events, and institutions that are related to a specific time and place as a background for action (Pickering & Hoeper, 1981: 38-39).

#### **2.1.3.2. Setting as an Antagonist**

Setting also can work properly as a type of person or antagonist, supporting in the improvement of a conflict and trying to influence the result of the story's (Pickering and Hoeper 1997: 39).

### **2.1.3.3. Setting as Means of Revealing Character**

Many authors use setting to stimulate the reader's expectations, and an author can use setting to simplify and reveal character by making setting a metaphoric or symbolic extension of character (Pickering & Hoeper, 1997: 41).

### **2.1.3.4. Setting as Means of Creating Appropriate Atmosphere**

Many authors manipulate their settings to stimulate the reader's expectations and to establish an effective mindset for events to comply (Pickering and Hoeper, 1981: 40).

### **2.1.3.5. Setting as Reinforcing of Theme**

Setting can also be used to validate and clarify a novel's or short story's theme (Pickering and Hoeper, 1981: 42).

## **2.1.4. Theme**

The term "theme" is one of those critical terms that implies different things to different people. To those who consider literature being a part of education, preaching, or going to spread a favorite idea, a theme may refer to a moral or lesson that can be taken from the work (Pickering and Hoeper 1981: 61).

## **2.2. Extrinsic Approaches**

After explaining intrinsic approach above, this chapter different with previous one. I am going to explain about extrinsic approach. In this research I use concepts of psychology of literature approach used theory Anxiety and Defense Mechanism by Sigmund Freud through, rationalization and denial to analyze the main character in this movie.

### **2.2.1. Psychology**

Psychology may best given by Professor Ladd, by states of consciousness are meant such things as sensations, desires, emotions, cognitions, reasoning, decisions, and volitions. Their explanation include the study of causes, conditions, and immediate consequences. Psychology is to be treated as a natural

science, most thinkers have a faith that there is Science of all things and until that all is known, no one thing can be completely known (Psychology, 1920: 1).

Psychology can be defined generally as the discipline concerned with behavior and mental processes and how they are affected by an organism's physical state, mental state, and external environment (Wade, Carole, 2006: 4).

Psychology, according to the American Psychological Association's, is the scientific study of the mind and behavior. According to <https://dictionary.apa.org/psychology>, the term "psychology" is derived from greek Words "psyche" (life) and "logos". Many people do believe that psychology is one of the most important fields of research in humanity's civilization. Psychology can be applied to a wide variety fields of study, including literature, economics, health, and sports.

Moskowitz and Orgel, psychology is an empirical science based on objective and experimental investigation, it's focus on behavior, it's purpose, is to provide on understanding of the mechanism of human activity and adaptation so that might improve himself Walgito (2005).

Psychology is a term that describes the analysis of where the human cognitive brain functions happenings. Psychology is an analytical science that studies mental processes and cognitive structures to be able to understand human behavior such as emotions, attitudes, thoughts and feelings towards someone Richard Mayer (1981).

### **2.2.2. Psychology of Literature**

Psychology of literature, means to explore literary problems and behavior, will refer to other arts. People sometimes speak of "psychological criticism" which is literary criticism using a formal psychology to analyze the writing or reading or content of literary texts. However, the field defines the explicit use of a formal psychology, and the psychology that literary critics most commonly use is psychoanalytic psychology (Holland, 1989: 28).

Psychology and literature has deep connection in human life. Both deals with human behaviors, expression, thought and motivation. Kartono describes psychology as the science human of human behavior (Kartono, 1980: 94)

According to (Ratna, 2004: 350), “Literary Psychology is an important text analysis in analyzing a literary work by working from the psychological point of view of the literary work, both from the elements of the author, character, and reader. By focusing on the characters, it will be able to analyze the inner conflicts contained in literary works. In general it can be concluded that the relationship between literature and psychology. That is, by examining a literary work through a literary psychology approach, we have indirectly discussed psychology because the world of literature cannot be separated from the psychological values that may be implied in the literary work so closely that it merges and gives birth to a new science called “Literary Psychology considering the relevance and the role of psychological studies”. That is, psychology also plays a role in this.

#### **2.2.2.1. Disappointment**

Disappointment is experience closely linked to other negative emotions and when the chosen option turns out to be worse than expected. The relevance of disappointment for decision making are consistent with those in emotion. As actual emotion, affective response, anticipation of future emotion can be regarded as the primary source of decisions Frijda (1994).

Disappointment has been defined as “nonachievement of an expected outcome” or as a “psychological reaction to an outcome that does not match up to expectations” (Bells, 1985: 1).

Disappointment is more intense having invested more effort in vain to attain the desire outcome. Disappointment showed that the experience of disappointment (as compared to regret) involves feeling powerlessness, a tendency to do nothing and to get away from situation, and wanting to do nothing (Djik, 1988: 130).



In this movie Ellen character have disappointment because of family problems. That in fact, her mother is lesbians then her father know it. Because of that her father decided to divorce.

#### **2.2.2.2. Neurotic Anxiety**

Generalized Anxiety Disorder (GAD) is the anxiety disorder that we have learner the most in recent year, particularly in terms of treatment. More accurate diagnosis and treatment in primary care is critical because this disorder is most often in primary care is critical because this disorder most often seen in the general medical setting. It is usually comorbid with other conditions and a recent study suggested that it complicates perhaps as many of all psychiatric and medical conditions (Ballenger, 2003: 28).

According on article Tanja Jovanovic, Ph.D. Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations, according to Albertine Minderop's book *Psikologi Sastra*. Threats consist of physical, psychological, and other pressures, which all leads to the growth of anxiety. Worries, anxiety, and misery will surround this condition at any capacity (Minderop, 2016: 28).

Cognitive anxiety and neurotic anxiety are 2 different types of anxiety. When a person feels threatened by their environment, objective anxiety is a reasonable response, whereas neurotic anxiety arises from the conflict of its unconsciousness. It tries to compensate for this issue, usually by using defense mechanisms Stangor & Walinga (2014).

In this movie, anxiety experienced by Ellen's character is Neurotic Anxiety. The use of neurotic anxiety implies that we are dealing with a single entity. In fact, it is preferable to think of disorder, because by a variety of biosocial factor, that are grouped under the heading of neurotic disorders.

Neurotic anxiety is term used to describe anxious and uncomfortable feelings that arise when a person does not feel in control of themselves or their circumstances. Neurotic anxiety often leads to defensiveness and rigid

patterns of behavior aimed at resolving inner conflicts and restoring a sense of control (Martin, 1971: 3).

Based on previous analysis, I suppose anxiety is a term for personality traits that cause an individual to feel physically and emotionally worried as a response of unpleasant feelings or situations that affect many people.

### **2.2.2.3. Denial**

Denial refers to a mental operation which attention is withdrawn from external stimuli that, if recognized, would cause psychological pain or upset. The concept of denial was expanded include of internal stimuli, accompanied by a covering over which substituted for the painful thought. Denial is also be expressed through “enacted daydreams”, the satisfactions of which may replace the disappointments of reality (Cramer, 1991: 36-38).

The failure of infant to respond the stimuli that are clearly present may be the result of attention of the external world. Due to the functioning of the “stimulus barrier”, or some combination of these two. The stimulus barrier as defined by Freud (1920), refers to an innate protective mechanism, present in most infants (Cramer, 1991: 44).

From the beginning has called “the prototype of all defense” namely the capacity to fall asleep when overwhelmed with excessive stimulation. The near-total withdrawal of attention from the outside world that occurs in sleep (Spitz, 1957: 76)

According to an article entitled Fleming’s Defense Mechanism In Stephen Crane’s *The Red Badge of Courage* by Adam Anshori, Denial is an outright refusal to admit or recognize that something has occurred or is currently occurring. In denial, a person do not want to accept his or her real situation. Sometimes, denial can be accepted as a short term defense.

In some cases, denial can endanger a person when he/ she never sufficiently faces the real situation. Denial functions to protect the ego from things that the individual cannot cope with Anshori (2011).

Denial is an outright refusal to admit or recognize that something has occurred or is currently occurring. People living with drug or alcohol addiction often deny that they have a problem, while victims of traumatic events may deny that the event ever occurred K. Macdonald & ML. Thomas (2016).

Denial can involve a flat out rejection of the existence of a fact or reality. In other cases, it might involve admitting that something is true, but minimizing its importance. Sometimes people will accept reality and the seriousness of the fact, but they will deny their own responsibility and instead blame other people or other outside forces Male (2014).

### 2.3. Literature Review

This study focuses on the inner conflict through disappointment, neurotic anxiety, and denial in movie script entitled *To the Bone* by Marti Noxon's. There are other related studies which also analyze this film. In order to conduct this study, I use theories around characterization, psychology literature approaches, through disappointment, neurotic anxiety, and denial concepts.

Researchers conducted studies on several journals, both nationally and internationally, namely:

1. "Anorexia Nervosa as Defense Mechanism in *To the Bone* (2017). Written by (*Felicya Elisabeth, 2018*) from the University of Indonesia, whose research results are Anorexia is described as the experience of Ellen's character as a defense mechanism which is believed that the cause of Anorexia Nervosa is due to psychological problems not biological.
2. "Ellen's Anorexia in *To the Bone* Movie (2017)". Written by (*Elsa Lubianti etc., 2020*) from Jenderal Soedirman University, the result of the research is that internal factors make Ellen feel stressed, feel lonely, and depressed, then another factor is the divorce of her parents. Divorce that makes communication between his parents deteriorate. Thus, from these factors, Ellen lacked

affection, lacked attention, felt isolated, and made Ellen's self-esteem suffer which resulted in Ellen experiencing Anorexia Nervosa.

3. "The Anorexia Nervosa Disorder that Reflected in To the Bone Film by Martin Noxon". Written by *Putri (2021)* from Jambi State Islamic University, whose research is to examine abnormalities in Anorexia Nervosa that cause a person to have a very small or below normal body as a result of a deviant diet? The result is that the factor that causes Ellen to experience Anorexia Nervosa is a psychological factor.

The difference between this research and previous research is in the object and the main focus of the object analysis this research uses To The Bone Movie as the primary source and in this research, I focus on analyzing Ellen's Anorexia Nervosa that affected his psychological because of anxiety and eating disorder in the form as Defense mechanism of repression, rationalization, and denial.

The analysis is describing the Defense Mechanism characteristic that Ellen shows as the effect of her Anorexia Nervosa in To The Bone movie.. Analyzing the character from literary works is important to determine the behavior and actions they take, by using theory within *Psikologi Sastra: Karya Sastra, Metode, Teori, dan Contoh Kasus by Albertine Minderop*. To further understand the explicit and implicit aspects of the character, this book will help this research to understand the characters within the movie.

I also use Psychology of Literature theory for this research, to analyze the psychology situation within the film and how the psychology within the film is affected by the character's actions. After the psychology of literature approach, I also use theory of defense mechanisms such as repression, rationalization, and denial, to analyze this film. The book I use is *Psikologi Sastra* by Albertine Minderop, to further understand the theory.

This research also uses some theories from corresponding journals: (1) *Kajian Psikologi Sastra dan Nilai Karakter Novel 9 Dari Nadira Karya Leila S. Chudori by Lina Suprpto, Andayani, Budi Waluyo* ( Sebelas Maret University) to understand more about the definition of psychology of literature.