

CHAPTER 1

INTRODUCTION

1.1. Background of The Research

Psychoanalytic criticism is a literary criticism which uses some of the techniques in psychoanalysis to the interpretation of literature. Peter Barry in his book says that psychoanalytic is a form of literary criticism which uses of the techniques of psychoanalysis in the interpretation of literature" (Barry, 2009: 92). By using psychoanalytic criticism, it can be used to investigate disorders in people's personality, There are many disorders that can be found in psychology's field, One of the disorders that the writer analyses in this study is eating disorder. The Type of eating disorder in this study is Anorexia Nervosa.

Defense mechanism, in psychoanalytic theory, any of a group of mental processes that enables the mind to reach compromise solutions to conflicts that it is unable to resolve. The process is usually unconscious, and the compromise generally involves concealing from oneself internal drives or feelings that threaten to lower self-esteem or provoke anxiety. The concept derives from the psychoanalytic hypothesis that there are forces in the mind that oppose and battle against each other. The term was first used in Sigmund Freud's paper "The Neuro-Psychoses of Defence" (1894).

According to an article by JR Bemporad, eating disorder has become an issue in the world. Historically, eating disorders were a medical rarity prior to World War I, Then, after fashion magazines were introduced, the incidence of anorexia nervosa shot up. Anorexia nervosa itself is an eating disorder that makes people lose more weight than is considered healthy for their age and height (Bemporad, 1997). Person with this disorder may have an intense fear of weight gain, even when they are underweight. During the process of developing individual's personality. there are some factors that may cause individual's personality to be in disorder. However, some Factors during the process of developing individual's personality can be the reason behind the eating disorder.

Anorexia itself is a mental disease, often caused by some sort of trauma, like family issues, mental abuse, sexual abuse or depression. This symptom often begins during the pre-teen or teen years or young adulthood. It is more common in females, but also may be seen in males. The disorder is seen mainly in white women who usually have a goal-oriented in family or personality (Coleman. 1964: 65). Thus, a movie entitled *To The Bone* by Martin Noxon represent the idea of Anorexia itself.

Ellen is a woman who has anorexia, has lost her appetite for food. Ellen often measures the circumference of her hand to make sure that the circumference of her hand does not exceed her grip. Ellen also never finished her meal, only a little of it was consumed and partially regurgitated. In addition, before going to bed, Ellen always does sit-ups to lose calories in her body. Ellen's body was showing bones every day.

Ellen dropped out of school dealing with anorexia or something and returned to her stepmother and father's home after struggling through an inpatient program and failing to make progress. With her absent father who doesn't want to have anything to do with her, Ellen Susan's stepmother (Carrie Preston) meets an anorexia specialist, Dr. William Beckham (Keanu Reeves), Susan who insisted that Ellen should join Dr. William Beckham. Ellen was reluctant to do it at first, but her younger sister changed her mind.

This film is related to my term paper's title which is *The Analysis of Defenses Mechanism from Anorexia Nervosa in Ellen "To The Bone" Movie*. The story of this film portrayed Ellen as one of the main character who experiences suffering from Anorexia Nervosa which is an example of a woman who is too concerned about having an ideal body. And there is pressure from public opinion or views that make us think too much of the body so that it makes us depressed and always tries to have an ideal body. She will think about every calorie or every meal he will vomit later. The trauma of the ideal body is embedded in the psyche of both. This moves their body to refuse intake. This is what makes me interested in analyzing this film.

The reason why this film is important to be discussed as the object of the study because it reveals the psychological aspects Anorexia Nervosa disease

who are too concerned about having an ideal body and conditions can impact a trauma and depression.

Therefore from the explanation above, it makes me considered that it is an interested things to be analyzed.

1.2. Identification of The Problem

Based on the background of the study above, I state that the problem begins Ellen who is too concerned about having an ideal body and is afraid of fat. There is pressure from public opinion or views that make us think too much of the body so that it makes us depressed and always tries to have an ideal body. But after that, he didn't realize that what he was doing was too much. When Ellen wants to eat, she will think about every calorie or every meal he will vomit later.

Furthermore, I identify that Ellen a big role in her trauma of the ideal body is embedded in the psyche of both that lead to emergence of their body to refuse intake.

1.3. Limitation of The Problem

Based on the identification of the problem above, I limit the problem of the research on analysing the theme of my thesis through intrinsic approach, such as characterization, plot and setting, as well as an extrinsic approach which are psychology of literature, the concept of Trauma and Rationalization as Defense Mechanism.

1.4. Formulation of The Problem

Based on the limitation of the problem above, the problem in this film can be formulated to prove Defense Mechanims that Lead to Characteristic on Ellen in To The Bone Movie become the assumption of this research. Therefore, the problems in this research are formulated as follows:

1. What are the methods of characterization to be used in the movie To The Bone?
2. What are plot and background in the movie To The Bone?

3. What are the defense mechanism that is described in the movie?
4. What is the theme of this research?

1.5. Objective of The Research

Based on the formulation of the problem above, the purpose of this research is to prove the existence of Rationalization as Defense Mechanism in Ellen movie *To The Bone*. To achieve this goal, the researcher did several research stages as follows:

1. To analyze the characterization used telling and showing can be used to study the character
2. To analyze the plot and background can support the theme.
3. To prove that defense mechanism impact can be used as a support in the psychology of literature.
4. To prove that my assumption about this film is the use of defense mechanisms on the main character.

1.6. Method of The Research

In this research, I use qualitative research method through descriptive writing in analyzing the story. Qualitative research method is a method of research that has a purpose to understand the phenomenon which is experienced by the subject of the research such as behaviour, perception, motivation, action, etc. The research is holistically made using a description in the form of words and language at the specific natural context. (Moleong, 2005: 6).

Based on the definitions of qualitative research above, this part present and discusses the research method, which contains the unit of analysis data, research instrument, technique of analysis data and data analysis.

1. The Unit of Analysis Data

The unit that is analyzed in this research is *To The Bone* Movie by Martin Noxon as the main source, and supported by several references, such as books and articles from internet that related to the study as a second source, associated with theory and concept.

2. Research Instrument

In collecting data, the writer uses herself as the instrument who tries to analyze accurately the phenomena relating with the research question reveals in this research.

3. Technique of Analysis Data

The technique which is used in analyzing the data is descriptive analysis, the step of descriptive analysis are: (1) Watching the movie repeatedly, (2) Identifying the character that will be analyzed, (3) Taking notes of important thing both of primary and secondary data source, (4) Reading some related books and articles from internet to find out the theory, data and information needed. (5) Classifying and determining the relevant data.

4. Data Analysis

After collecting the data, the writer conducts the analysis as the following steps: (1) Analyzing the intrinsic elements of the movie, such as characterization, plot, and background (2) Analyzing Ellen's defense mechanism in the form Anorexia. The analysis is describing of trauma and rationalization as defense mechanism Ellen (3) Giving the conclusion based on the result of the analysis.

1.7. Benefit of The Research

Based on methods of the research above, this research is expected can accepted by readers, especially for the English Language and Culture Department students. Hopefully, this research encourage the students to study more about literature and gives some information which is concerning the movie through intrinsic and extrinsic approaches. The most important thing is the students will get more knowledge which they can analyze the movie by psychological perspective about related topic. This research is useful because it is written through different perspective using qualitative approach. It is expected that the result of this research can prove something new for further research and understood by the reader.

1.8. Systematic Organization of The Research

In accordance to the title of the research above, the order of the presentation is written as follows:

CHAPTER I : INTRODUCTION

It consists of 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 : FRAMEWORKS OF THEORIES

It consists of Literature Review, such as previous findings. Intrinsic approaches, such as characterization, plot and setting. And extrinsic approaches, which are psychological theory, trauma and defense mechanism of rationalization

CHAPTER III : THE FILM TO THE BONE THROUGH INTRINSIC APPROACH

It consists of point of view, characterization of the characters, plot, and background. The concepts above appear in the number of sub-chapters.

CHAPTER IV : THE ANALYSIS OF DEFENSE MECHANISM FROM ANOREXIA NERVOSA IN ELLEN *TO THE BONE* MOVIE SCRIPT THROUGH EXTRINSIC APPROACH

It consists of a brief explanation of this chapter's content, analysis of anorexia of Ellen that lead to emergence of trauma and rationalization as defense mechanism characteristic through intrinsic elements. The concepts above must appear in the number of sub-chapters.

CHAPTER 5 : CONCLUSION

It consists of an evaluation from the previous chapters and the implication of the evaluated result. The chapters above are followed by references, scheme of the research, research poster, curriculum vitae, and other required attachment.

