

CHAPTER 5

CONCLUSION

After analyzing *To The Bone* movie script through the intrinsic approach, which consisting of characterization by showing method, plot, setting, elaborated with analysis through extrinsic approach by using defense mechanism as rationalization and trauma concept, it can be concluded that Ellen in *to the bone* movie by Marti Noxon reflects defense mechanism as rationalization and trauma.

In the characterization, there are three characters that have been analyzed by Pickering & Hooper theory, which are Ellen, Susan, and Dr. Beckham. The major character of this movie, Ellen, has four characters which are Loneliness, Irritability, Worrier and Obsessive. As a Loneliness, she is unable to connect with others or withdrawing from others. As a Irritability, she depression symptoms are shown when she was irritable. As a Worrier, she is very worried about her body getting worse. As a Obsessive, she did a physical examination in Dr. Beckham's room. When undressing the back, Dr. Beckham noticed bruises between Ellen's prominently covered spine. The second character of this movie, Susan, has four characters which are wise, care, perfectionist and outspoken. As a wise, she had just come home from work. she came from the doorway still dressed neatly in a floral shirt, span skirt, and high heels. She also carried a bag in his hand. She put his bag on the sofa and walked over to Ellen and Kelly who were eating at the dining table. As a care, she invited Ellen to talk about her return because of a complaint from the doctor regarding her behavior while in rehabilitation. As a perfectionist, she had just come home from work. she came from the doorway still neatly dressed in a floral shirt, span skirt and high heels. As a outspoken, she visited Dr. Beckham for the first time. Ellen is seen sitting leaning back while the stepmother sits next to Ellen, leaning her body slightly and putting a bag on her lap. The third character of this movie, Dr. Beckham, has four characters which are resolute, wise, fair and brilliant. As a resolute, he examining Ellen's body with a stethoscope. As a wise, he wore a pale green long-sleeved shirt, sitting between Ellen and Ellen's sister, while crossing her legs. As a fair, he has also

planned for other patients to go out of the therapy house and visit somewhere. As a brilliant, he was in the consulting room with Ellen. He was in a well-positioned but relaxed position, while chatting with Ellen.

Furthermore, I use the concept of defense mechanism as rationalization and trauma concept to describe the personality of Ellen. The result of the intrinsic approach that I elaborates with the extrinsic approach are proves that the theme of this movie is The Analysis of Defense Mechanism from Anorexia Nervosa in Ellen To The Bone Movie Script. This is because Ellen as the major character that I analyze reflects her defense mechanism as rationalization and trauma personality in anorexia nervosa.

In this research, the data collected from To The Bone movie, which Ellen as the major character. The analysis is describing the defense mechanism as rationalization traits that Ellen shows as the effect of her anorexia nervosa in the movie. In accordance to the movie, Ellen has serious psychological problems in her life and her mind. There are two parts of result after analyzing the data. There are symptoms of Ellen's defense mechanism as rationalization and Ellen's trauma.

The first result is the symptoms of Ellen's defense mechanism as rationalization. Her defense mechanism as rationalization is Ellen begins to show her actions, speech and look that make of Rationalization everytime she was being told no. Ellen avoids food to limit her body from receiving a lot of calories. She takes into account the calorie content of each food to choose the foods with the lowest calories. She was dubbed the calorie asperger who has the ability to know the calories contained in each food. There are several symptoms found in 's rationalization. Those are selfish, and convince yourself

Second result is the symptoms of Ellen's trauma. Discussing Ellen, I found some psychological problems she has. There are several symptoms found in Ellen's trauma. Those are fear and not confident. Her parents' divorce is the reason Ellen manages her body to get more attention from her parents. She feels neglected by his father and mother who prefer to be with his new family without paying attention to him so that by hurting him, she hopes that his

parents will pay attention to him again. However, this is different from the reality that must be experienced by Ellen, because she was more neglected by her father and her mother had given up on caring for her and kicked her out because she could not see her dying. Ellen who was used to hurting herself by not eating became a habit and her body was getting worse day by day.

The moral values of this research is also be awakened to not having a strict diet, because the world is not only talking about body image but also important to think about personal and mental health.

According to this research, it is potential for the next research to analyze To The Bone movie script through other approaches or concepts. This research also can introduce the student of the English Language and Culture Department about defense mechanism as rationalization and trauma in literary work. This research also can use as a comparison to write a better analysis.

