

**Anxiety Leads To Depression On The Main Character  
In Noah Baumbach Movie Script's  
*“Marriage Story”*  
TERM PAPER**



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2018130065

**STRATA ONE (S-1) OF ENGLISH LANGUAGE AND  
CULTURE DEPARTMEN**

**FACULTY OF LANGUAGE AND CULTURE**

**DARMA PERSADA UNIVERSITY**

**JAKARTA**

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## INTELLECTUAL PROPERTY STATEMENT PAGE

I hereby declare that the term-paper is the result of my own work and not plagiarism of another work, the contents has become my responsibility. All the source of my research and quoted or reference have been stated correctly.

Jakarta, 20 Juli, 2022






(Ariel Pratama Kurniawan)



## LETTER OF APPROVAL

### LETTER OF APPROVAL

On recommendation of respective Supervisor, Academic Advisor, and Head of the Department, the term-paper submitted by Ariel Pratama Kurniawan entitled "*Anxiety Lead To Depression On The Main Character In Noah Baumbach Movie Script's Marriage Story*" has been approved and forwarded to the English Language and Culture Department, Darma Persada University, for final evaluation before the thesis defense for obtaining *SarjanaLinguistik (S.Ii.)* degree to the respective candidate.

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## TERM PAPER VALIDATION

### TERM PAPER VALIDATION

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Dean of Faculty of Letters,



FAKULTAS BAHASA DAN BUDAYA

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**ABSTRACT**

This study aims to analyse movie script's using intrinsic and extrinsic approach. Through intrinsic approach, I analyse the concept of characterization, plot, and setting. Through the extrinsic approaches, it is a psychological approach such as anxiety and depression as the main problems of human psychology in this study. The qualitative research method is used in this study. The data is in the form of literary texts from Marriage Story movie script by Noah Baumbach as the primary source and supported by several literary concepts to connect theories, concepts, and relevant definition as secondary source. The result of this research is as follow. Anxiety is one of the leading causes of depression and leads to self-harm in many people. It is found that in this research that getting rid of anxiety in a person takes a very long time and tough effort. The script of this movie represent a struggle of a person who is trying to be free from anxiety and avoid depression. The conclusion of this study is how we should handle problems in our lives so that they do not turn into severe anxiety and end up becoming depression as a result of our negligence in dealing with anxiety.

*Keywords: Psychology, Anxiety, Depression, Characters, Marriage Story.*





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**ABSTRAK**

Penelitian ini bertujuan untuk menganalisis naskah film dengan menggunakan pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik, saya menganalisis konsep penokohan, plot, dan setting. Melalui pendekatan ekstrinsik, maka pendekatan psikologis seperti kecemasan dan depresi sebagai masalah utama psikologi manusia dalam penelitian ini. Metode penelitian kualitatif digunakan dalam penelitian ini. Data berupa teks sastra dari naskah film Marriage Story oleh Noah Baumbach sebagai sumber utama dan didukung oleh beberapa konsep sastra untuk menghubungkan teori, konsep, dan definisi yang relevan sebagai sumber sekunder. Hasil dari penelitian ini adalah sebagai berikut. Kecemasan adalah salah satu penyebab utama depresi dan menyebabkan banyak orang menyakiti diri sendiri. Ditemukan bahwa dalam penelitian ini bahwa menghilangkan kecemasan pada seseorang membutuhkan waktu yang sangat lama dan usaha yang keras. Naskah film ini mewakili perjuangan seseorang yang berusaha untuk bebas dari kecemasan dan menghindari depresi. Kesimpulan dari penelitian ini adalah bagaimana seharusnya kita menangani masalah dalam hidup kita agar tidak berubah menjadi kecemasan yang parah dan akhirnya menjadi depresi akibat kelalaian kita dalam menghadapi kecemasan.

*Kata Kunci: Psikologi, Kecemasan, Depresi, Karakter, Marriage Story.*

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