

## **CHAPTER 1 INTRODUCTION**

### **1.1 Background of the Problem**

Being a mother is something that every woman will experience, and being a good mother and wife is not an easy matter, especially if a mother has to take care of the household, take care of her husband, get pregnant, give birth, and take care of children. McDaniels (2004) states that when one chooses the position of mother, one chooses to give a large percentage of one's life to the process of producing, guiding, and managing others' lives. Things related to being a mother, mothers as a collective group, and to the qualities attributed to mothers refer to the term motherhood (O'Reilly, 2010, p. 571).

Pregnancy has a huge emotional meaning for every woman. According to Susanti (Susanti, 2008) in her book, Pregnancy will bring some changes to a woman, such as physical changes, changes in her psychological condition, and emotional changes. Pregnancy is a challenge, a turning point in family life, and is usually accompanied by stress and anxiety whether the pregnancy is expected or not. Even after giving birth, a woman will still go through new adjustments with her baby, no matter how many children she has given birth to. not infrequently a mother will experience postpartum depression.

A depressive episode in the first weeks or months after giving birth is typically characterized by changes in sleep and appetite, low mood, loss of interest or pleasure, irritability, feelings of low self-worth, and sometimes suicide. Anxiety in the period right before or after birth is also extremely common and can be part of postpartum depression or exist without depressive symptoms (Lauren M. Osborne, 2018). Retrieved from Susanti (2008) according to Orr & Miller (1997), women with unwanted pregnancies will experience an increase in depression, stress, decrease support from the father, and decreased satisfaction in their life.

Anxiety that often occurs in mothers is reflected in the character of Marlo in the Tully movie. Tully has some lessons that can be learned by the viewers, we can learn from the character of Marlo. The theme in this movie is about the woman's

struggling from postpartum and the problem of the family and raising her children which makes her have anxiety and it leads to her act of having a defense mechanism.

Marlo is a suburbanite wife from New York who is ready to give birth to her third kid. Ron, her husband, is a kind and dedicated worker, but he is still unaware of the pressures that being a mother places on his wife. Marlo's affluent brother hires a nighttime nanny named Tully to help his sister with the burden once the child is delivered. Even while she is initially hesitant, Marlo soon comes to appreciate everything Tully does and develops a special relationship with her new, life-saving companion.

According to the summary above, using Marlo's character that having anxiety as the main perspective in this research, I will analyze and present the evidence about the issues to be discussed, and this research will analyze through the intrinsic and extrinsic approaches. The reason for analyzing this research is because it contains psychological problems found in the background of the movie and the purpose of this research is hoping to be useful for all the people who read it and to make people aware of the importance of mental health, especially for mothers who have just given birth and are aware of the struggle to become a mother in parenthood.

## **1.2 Identification of the Problem**

Based on the background of the problem described above, I arranged the identification based on a Tully movie script, afterward, I observed the problem and I identify the problem with the main character in a movie titled *Tully* directed by Jason Reitman and Diablo Cody and find that the main character problem is anxiety that leads to defense mechanism. Her name is Marlo and what she feels is exhausting from the problems that occurred in her life, such as taking care of two small children who are growing up, in which the second child named Jonah is a child with special needs. Meanwhile, she has just given birth to her third baby born and she is very tired of taking care of the newborn and the lack of rest and neglect of her husband in helping with

household chores, that she also has to work to help the household economy so that she feels anxiety for that condition which unknowingly leads to defense mechanism.

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

Based on the identification of the problem in the main character of Tully movie, I limit this research by applying the concept through an intrinsic approach such as characterization through telling and showing method, plot, and setting, as well as through the extrinsic approach which is the psychoanalytic perspective that focused on defense mechanism

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

Based on the limitation of the problem above, this research is intended to analyze the problem in the main character based on the Tully movie script by Jason Reitman and Diablo Cody. I formulate the focus of this research on these matters:

1. What is the characterization through showing method in Tully Movie Script?
2. What is the plot and setting of this movie script?
3. What is the reflection of Anxiety and Defense Mechanism in Tully's movie script?
4. What is the theme of Diablo Cody's movie titled Tully by using intrinsic and extrinsic approaches?

### **1.5 Objective of the Research**

Based on the formulation of the problems above, the objectives of this research are as follows:

1. To analyze the characterization, plot, and setting in Tully's Movie script
2. To analyze the action and dialogue that represent the problem of the main character in Tully's movie script
3. To analyze Anxiety and Defense mechanism in Tully's movie script
4. To analyze the theme of Tully movie by using an intrinsic and extrinsic approach

## **1.6 Benefit of the Research**

By conducting this research, the author hopes that this research will provide benefits for people who read it, especially for mothers and parents. This research can be used as a reference in studying about psychoanalysis perspective especially anxiety after postpartum.

It is expected that it can help educate and increase awareness of mental health, especially for mothers who have just given birth, they need help and attention in times of fatigue, no matter how small the attention that has been given to mothers, it means a lot to them so that they remain sane and enthusiastic in carrying out activities and taking care of children, husbands, and households.

## **1.7 Systematic Organization of the Problem**

By the title of the research above, the order of the research presentation is written as follows:

### **CHAPTER 1: INTRODUCTION**

It consists of the Background of the Problems, Identification of the Problems, Limitations of the Problems, Formulation of the Problems, Objective of the Problems, Methods of the Research, Benefit of the Research, and Systematic of the Research.

### **CHAPTER 2: FRAMEWORK OF THE THEORIES**

It consists of intrinsic and extrinsic approaches, the intrinsic approach includes characterization, plot, and setting. The extrinsic approach includes a definition of psychoanalysis theory and a defense mechanism

### **CHAPTER 3: RESEARCH METHOD**

This chapter consists of the research methods, the data collection, and the data analysis technique that I use for analyzing this research

#### **CHAPTER 4: MOVIE SCRIPT TULLY THROUGH INTRINSIC AND EXTRINSIC APPROACH**

It consists of a brief explanation of this chapter's content, an analysis of the main character through intrinsic and extrinsic approaches such as defense mechanism

#### **CHAPTER 5: CONCLUSION**

It consists of an evaluation from the previous chapters and the implication of the evaluated result.

