

**ANXIETY AND DEPRESSION LEADS TO DEATH INSTINCT  
ON NETFLIX SERIES: *I AM NOT OKAY WITH THIS* (2020)  
MOVIE SCRIPT  
TERM PAPER**



By

**Dea Amelia**

**2020130001**

**ENGLISH LANGUAGE AND CULTURE DEPARTMENT  
FACULTY OF LANGUAGE AND CULTURE  
DARMA PERSADA UNIVERSITY  
JAKARTA  
2024**

**ANXIETY AND DEPRESSION LEADS TO DEATH INSTINCT  
ON NETFLIX SERIES: *I AM NOT OKAY WITH THIS* (2020)  
MOVIE SCRIPT  
TERM PAPER**

Submitted in part-fulfillment of requirements for obtaining  
*Sarjana Linguistik* (S.Li.) degree



By

**Dea Amelia**

**2020130001**

**ENGLISH LANGUAGE AND CULTURE DEPARTMENT  
FACULTY OF LANGUAGE AND CULTURE  
DARMA PERSADA UNIVERSITY  
JAKARTA  
2024**

## 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 of referenced have been stated correctly.

Jakarta, January 10<sup>th</sup>, 2024

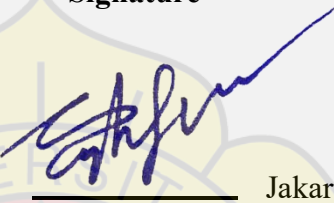
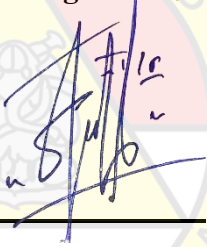



**(Dea Amelia)**



## LETTER OF APPROVAL

On recommendation of respective Supervisor, Academic Advisor, and Head of the Department, the term paper submitted by Dea Amelia entitled “Anxiety and Depression Leads to Death Instinct on Netflix Series: *I am Not Okay With This* (2020) Movie Script” has been approved and forwarded to the English Language and Culture Department, Darma Persada University, for final evaluation before the thesis defense for obtaining *Sarjana Linguistik* (S.Li.) degree to the respective candidate.

Supervisor	Signature	Date
(Syarif Hidayat, S.S., M.Hum.)	 _____	Jakarta, January 10 <sup>th</sup> , 2024
Head of English Language and Culture Department	Signature	Date
(Dr. Yoga Pratama, S.S., M.Pd.)	 _____	Jakarta, January 10 <sup>th</sup> , 2024
Academic Advisor	Signature	Date
(Dr. Yoga Pratama, S.S., M.Pd.)	 _____	Jakarta, January 10 <sup>th</sup> , 2024
Name	: Dea Amelia	
Student Number	: 2020130001	

## TERM PAPER VALIDATION

On February 1<sup>st</sup>, 2024, the term paper has been academically tested and defended in front of

### THE BOARD OF EXAMINERS

Ones of whom sit as follow

Advisor

:  .....

Syarif Hidayat, S.S., M.Hum.

Examiner

:  .....

Dra. Karina Adinda S., M.A.


Head Board of Examiners

:  .....

Agustinus Hariyana, S.S., M.Si.

Legally validated in Jakarta on February 13<sup>th</sup>, 2024

Head of English Language and  
Culture Department

 .....

Dr. Yoga Pratama, S.S., M.Pd.

Dean of Faculty of  
Language and Culture

 .....

Prof. Dr. Eng. Benyamin Kusumoputro,  
M.Eng.

## ACKNOWLEDGEMENT

My most profound gratitude goes to Allah SWT for the endless blessings given to me, finally I could complete this term paper as planned, which entitled “Anxiety and Depression Leads to Death Instinct on Netflix Series: *I am Not Okay With This* (2020) Movie Script”. This term paper is submitted to the English Language and Culture Department, Darma Persada University, as a partial fulfillment of the requirements for obtaining the Strata One (S-1) degree.

I would like to present my gratitude towards all parties who have guided and supported me in finishing this term paper. My gratitude is presented to those who have given their contribution in completion of this term paper. I would like to express my deep gratitude to:

1. My other half, my Mama, Siti Maskuroh, who has raised me with her infinite love and affection. If reincarnation and different time of numbers truly exist, I will gladly come back to life just to be your daughter again. May you always be under the protection of Allah SWT.
2. Prof. Dr. Eng. Benyamin Kusumoputro, M.Eng., Dean of Language and Culture Faculty.
3. Dr. Yoga Pratama, S.S., M.Pd., Head of English Language and Culture Department, for helping me study sincerely in this campus and also helping with all matters.
4. Syarif Hidayat, S.S., M.Hum., as my Supervisor who has guided and helped me patiently to complete my final term paper with the important information and clear instruction.
5. Dr. Yoga Pratama, S.S., M.Pd., as The Academic Advisor who always be there for me if I have college related problem and teaching me from the beginning of the semester to the end.
6. Agustinus Hariyana, S.S., M.Si., as The Head of Board Examiner and Dra. Karina Adinda Sulaeman, M.A., as The Examiner who have provided input and advice for my term paper to be better.

7. The lecturers of Darma Persada University especially to the lecturers of English Language and Culture Department who have been the best lecturers, and have given me a lot of valuable experience and knowledge.
8. My close friend, Azza for giving me advice and encouragement. I will cherish every moment we both struggled for our own degrees together. Thank you, Za. As per today, keep growing up!
9. To my relatives and friends, who I cannot mention one by one, thank you for supporting and encouraging me.
10. Kendrick Lamar, Zayn, Harry Styles, Rini, Hozier, Fujii Kaze, Coldplay, Frank Ocean, Dean, Thee Sacred Souls, Childish Gambino, Tamino Amir, and DPR Live. I am eternally thankful for their songs that kept me entertained while I worked on this term paper.
11. Last but not least, Dea Amelia, the writer of this term paper. Thank you for not giving up and choosing to stand tall even though you were in the deepest pitch-black hole and everything seems like falling apart. Well done, D. Just so you know that I'm proud of you, I always do. Thank you for trying to be the best version of yourself every day. Please do not lose your faith until the end.

Finally, I realize that this term paper is far from being perfect. Therefore, I would be grateful accepting my constructive comments and suggestions for the betterment of this term paper.

Jakarta, January 10<sup>th</sup>, 2024

Writer,



**(Dea Amelia)**

# ANXIETY AND DEPRESSION LEADS TO DEATH INSTINCT ON NETFLIX SERIES: *I AM NOT OKAY WITH THIS* (2020) MOVIE SCRIPT

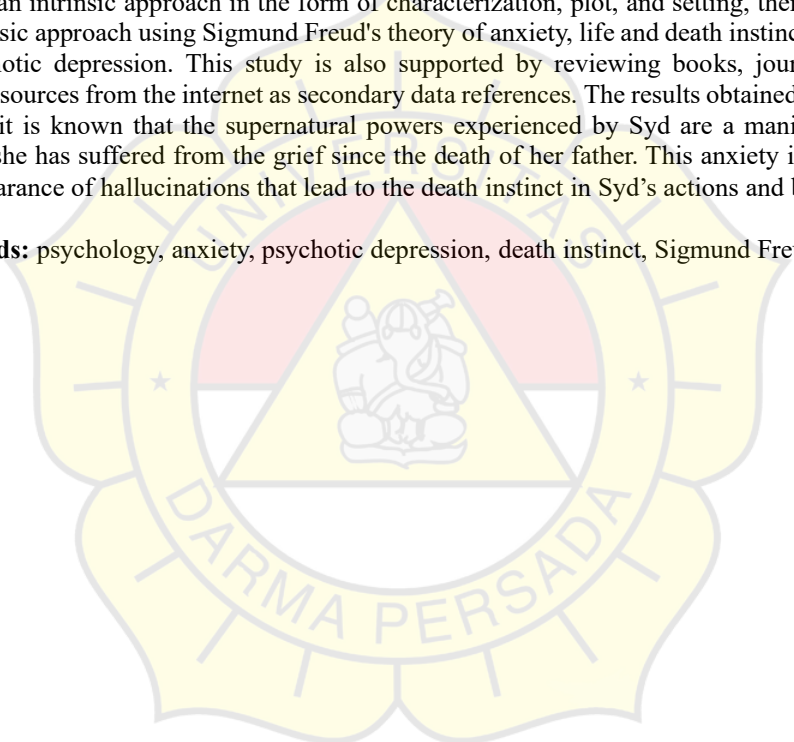
Dea Amelia

[seishundesu@gmail.com](mailto:seishundesu@gmail.com)

## ABSTRACT

This study aims to analyze a movie script from the Netflix series entitled *I am Not Okay With This* written by Jonathan Entwistle and Christy Hall which was adapted from a comic book by Charles Forsman with the same title. This study focuses on discussing the psychological aspects experienced by Sydney Novak as the main character. This study uses a qualitative approach and is presented with a descriptive method. The data collection techniques used include literature review, observation, and note-taking method. The object of the research used is the *I am Not Okay With This* movie script through an intrinsic approach in the form of characterization, plot, and setting, then linking it with an extrinsic approach using Sigmund Freud's theory of anxiety, life and death instinct and the theory of psychotic depression. This study is also supported by reviewing books, journals, and other research sources from the internet as secondary data references. The results obtained from this study are that it is known that the supernatural powers experienced by Syd are a manifestation of the anxiety she has suffered from the grief since the death of her father. This anxiety is also related to the appearance of hallucinations that lead to the death instinct in Syd's actions and behaviors.

**Keywords:** psychology, anxiety, psychotic depression, death instinct, Sigmund Freud.





**KECEMASAN DAN DEPRESI MENYEBABKAN NALURI KEMATIAN  
DALAM NASKAH FILM SERIAL NETFLIX: I AM NOT OKAY WITH THIS  
(2020)**

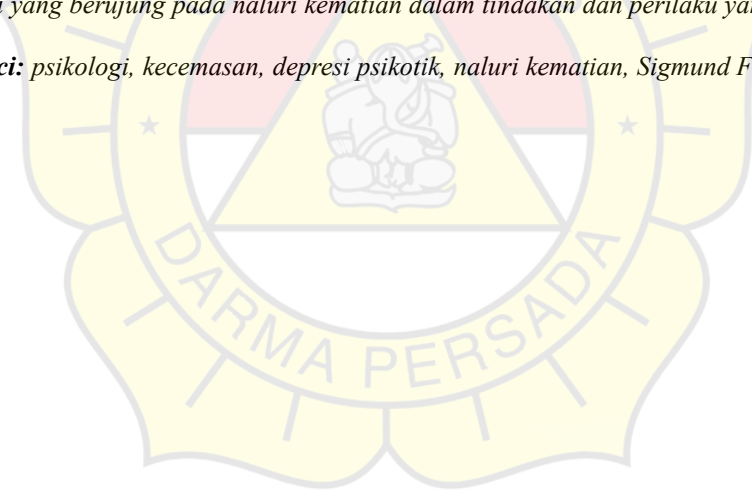
Dea Amelia

[seishundesu@gmail.com](mailto:seishundesu@gmail.com)

**ABSTRAK**

*Penelitian ini bertujuan untuk menganalisis sebuah naskah film dari serial Netflix berjudul I am Not Okay With This yang ditulis oleh Jonathan Entwistle dan Christy Hall yang diadaptasi dari buku komik karya Charles Forsman dengan judul yang sama. Penelitian ini berfokus untuk membahas aspek-aspek psikologi yang dialami oleh Sydney Novak sebagai karakter utama. Penelitian ini menggunakan pendekatan kualitatif dan disajikan dengan metode deskriptif. Teknik pengumpulan data yang digunakan meliputi metode kajian pustaka, observasi, dan pencatatan. Objek penelitian yang digunakan adalah naskah film I am Not Okay With This melalui pendekatan intrinsik berupa karakterisasi, plot, dan setting, lalu mengaitkannya dengan pendekatan ekstrinsik menggunakan teori kecemasan, naluri hidup dan kematian oleh Sigmund Freud serta teori depresi psikotik. Penelitian ini juga didukung dengan mengulas buku, jurnal, dan sumber penelitian lain dari internet sebagai referensi data sekunder. Hasil yang diperoleh dari penelitian ini adalah diketahui bahwa kekuatan supranatural yang dialami Syd adalah perwujudan dari kecemasan yang ia derita akibat kesedihan sejak kematian ayahnya. Kecemasan ini juga memiliki kaitan dengan munculnya halusinasi yang berujung pada naluri kematian dalam tindakan dan perilaku yang Syd ambil.*

**Kata kunci:** psikologi, kecemasan, depresi psikotik, naluri kematian, Sigmund Freud.



## TABLE OF CONTENTS

<b>INTELLECTUAL PROPERTY STATEMENT PAGE.....</b>	<b>ii</b>
<b>LETTER OF APPROVAL.....</b>	<b>iii</b>
<b>TERM PAPER VALIDATION .....</b>	<b>iv</b>
<b>ACKNOWLEDGEMENT .....</b>	<b>v</b>
<b>ABSTRACT .....</b>	<b>vii</b>
<b>ABSTRAK.....</b>	<b>viii</b>
<b>TABLE OF CONTENTS.....</b>	<b>ix</b>
<b>CHAPTER 1: INTRODUCTION.....</b>	<b>1</b>
1.1 Background of the Problem.....	1
1.2 Identification of the Problem.....	2
1.3 Limitation of the Problem.....	3
1.4 Formulation of the Problem.....	3
1.5 Objective of the Research.....	3
1.6 Benefit of the Research.....	4
1.7 Systematic Organization of the Research.....	4
<b>CHAPTER 2: THEORETICAL FRAMEWORK .....</b>	<b>6</b>
2.1 Intrinsic Approach .....	6
2.1.1 Characterization.....	6
2.1.2 Plot.....	8
2.1.3 Setting .....	10
2.2 Extrinsic Approach .....	12
2.2.1 Psychology .....	12
2.2.2 Psychology of Literature.....	12
2.2.3 Anxiety.....	13
2.2.4 Psychotic Depression.....	14
2.2.5 Instincts .....	14
2.3 Previous Related Study.....	15
<b>CHAPTER 3: RESEARCH METHOD .....</b>	<b>17</b>
3.1 Time and Location .....	17
3.2 Research Approach and Method.....	17

3.3 Research Object and Data.....	18
3.4 Data Collection Technique.....	18
3.5 Data Analysis Technique .....	19
<b>CHAPTER 4: ANXIETY AND DEPRESSION LEADS TO DEATH INSTINCT ON NETFLIX SERIES: <i>I AM NOT OKAY WITH THIS</i> (2020) MOVIE SCRIPT .....</b>	<b>21</b>
4.1 Anxiety in <i>I am Not Okay With This</i> Movie Script.....	21
4.1.1 Anxiety of Sydney in Character and Characterization .....	21
4.1.2 Anxiety in Plot.....	34
4.1.3 Anxiety in Setting .....	38
4.2 Psychotic Depression in <i>I am Not Okay With This</i> Movie Script.....	44
4.2.1 Hallucinations of Sydney in Character and Characterization.....	44
4.2.2 Hallucinations in Plot.....	47
4.2.3 Hallucinations in Setting.....	50
4.3 Life Instinct in <i>I am Not Okay With This</i> Movie Script.....	52
4.3.1 Life Instinct of Sydney in Character and Characterization.....	52
4.3.2 Life Instinct in Plot.....	56
4.3.3 Life Instinct in Setting .....	58
4.4 Death Instinct in <i>I am Not Okay With This</i> Movie Script.....	58
4.4.1 Death Instinct of Sydney in Character and Characterization.....	58
4.4.2 Death Instinct in Plot .....	60
4.4.3 Death Instinct in Setting.....	61
<b>CHAPTER 5: CONCLUSION .....</b>	<b>62</b>
<b>REFERENCES.....</b>	<b>64</b>
<b>APPENDIX 1: SCHEME OF THE RESEARCH .....</b>	<b>66</b>
<b>APPENDIX 2: POSTER OF THE RESEARCH .....</b>	<b>67</b>
<b>APPENDIX 3: PRESENTATION SLIDES .....</b>	<b>68</b>
<b>APPENDIX 4: TOEIC CERTIFICATE .....</b>	<b>70</b>
<b>APPENDIX 5: CERTIFICATES.....</b>	<b>71</b>
<b>APPENDIX 6: TERM PAPER COUNSELLING FORM.....</b>	<b>73</b>
<b>APPENDIX 7: TURNITIN RESULT .....</b>	<b>76</b>
<b>APPENDIX 8: CURRICULUM VITAE .....</b>	<b>77</b>