

CHAPTER 1

INTRODUCTION

1.1 Background of the Problem

A movie script is a written text that provides the foundation for a movie production. A movie script typically includes not just the dialogue said by the characters, but also a description of the action that will take place. The movements, actions, facial expressions, and conversations of the characters are also described here (Collins, 2005). Movie scripts can be taken from novels or theatrical plays, or they can be created from scratch by screenwriters or their partners (Collins, 2005). Psychology is an issue that is frequently raised in a movie script, it is concerned with human behavior and its causes.

In psychology, there is one of the mental disorders called anxiety. Anxiety is an emotion characterized by worry and symptoms of somatic tension in which a person anticipates impending danger, doom, or misfortune. The physique often memorizes itself to deal with the threat, with muscle tension, quickened breathing, and a faster heartbeat. Anxiety is considered a future-oriented and long-lasting response that is broadly focused on a diffuse threat (American Psychological Association, 2015).

According to the explanation above, it is clear that psychology and literature are closely related because they both investigate humans from various angles, including life, feelings, thoughts, reactions, fears, losses, hatred, anxiety, desires, passions, conflicts, and so on. These observations are then shown through the expression of characters and plots, showing how people act, think, and interpret life and events to produce representative entertainment. Both fields of social sciences investigate human behavior and are interconnected. An author's literary work depicts the inner world of humanity in all of its facets (Ayesha Dar, 2022).

I am Not Okay With This is a seven-episode Netflix series directed by Jonathan Entwistle about the mental health of the main character Sydney Novak. She has suffered a mental disorder since her father died by suicide due to PTSD and depression. The trauma of her father's death still looms over her head; she still sees him around her, especially when she is at her lowest moments of sorrow. Sadly, her

mother is unaware of Syd's deteriorating mental health, and she always tells her that her father killed himself because of what she is going through right now. Ever since her father's death, she soon found out that she had supernatural powers that she was completely unaware of. Syd did not fully understand what exactly these powers were or how best to use them, but she knew that she could cause physical damage to anyone else just by thinking about them. Whenever her emotions reached a certain level, they spilled out in a mess of telekinetic energy such as cracking walls, knocking down traffic signs, and could cause someone to suddenly have a nosebleed.

After being diagnosed with anxiety disorders, she gradually acquired a more serious mental disorder known as hallucinations, which is one of the symptoms of psychotic depression. The serious psychological disorders she suffered from eventually led her to commit suicide, which is part of the death instinct. Syd's life instinct was present at certain points, but it was insufficient to save her because the death instinct was more dominant.

The reason why I chose to research this topic is because I am interested by the psychological issues raised in *I am Not Okay With This* (2020) series, which has become very related to the condition of mental disorders suffered by most people, especially teenagers. Through this research, I intend to raise important messages related to psychology and literary approaches with the focus of the theory is anxiety and depression which has an impact on death instinct. With the aim, this research can provide another perspective that mental health disorders are no longer something that is considered trivial and can give the worst effects if not immediately treated properly.

1.2 Identification of the Problem

Based on the background, I identify the problem with the Syd's character who is known having anxiety and depression triggered by the trauma of her father's suicide, struggling through the awkwardness of high school, family drama, and an unrequited crush on her best friend while trying to control her own budding superpowers. These are the things that cause panic attacks and lack of control over herself. As well as the relationship between the kinetic powers that suddenly

appeared since she was diagnosed with a mental disorder. I assume that the theme raised in this series is anxiety and depression that leads to death instinct.

1.3 Limitation of the Problem

Based on the identification of the problem above, I limit the problem of this research through an intrinsic and extrinsic approach. The intrinsic approach is limited to the study of characters, plot, setting, and theme. The extrinsic approach is limited to using the concept of anxiety, depression, and death instinct.

1.4 Formulation of the Problem

Based on the phenomena and problems that have been explained regarding anxiety, depression, and death instinct experienced by Syd in *I am Not Okay With This* (2020) series, I decided to formulate three research questions which will be discussed in the results and discussion chapter which are classified as follows:

1. How are the anxiety, depression, and death instinct reflected on the main character and characteristic in *I am Not Okay With This* (2020) movie script?
2. How are the anxiety, depression, and death instinct reflected through plot in *I am Not Okay With This* (2020) movie script?
3. How are the concept of anxiety, depression, and death instinct reflected through setting in *I am Not Okay With This* (2020) movie script?

1.5 Objective of the Research

Based on the formulation of the problem above, the purpose of this research is to show that the theme of this movie is the concept of anxiety and depression leads to death instinct in *I am Not Okay With This* (2020) series. To achieve this goal, the following stages of research were carried out.

1. To analyze how are the anxiety, depression, and death instinct reflected on the main character and characteristic in *I am Not Okay With This* (2020) movie script.
2. To analyze how are the anxiety, depression, and death instinct reflected through plot in *I am Not Okay With This* (2020) movie script.
3. To analyze the concept of anxiety and depression leads to death instinct through setting in *I am Not Okay With This* (2020) movie script.

1.6 Benefit of the Research

This research is expected to be useful for those interested in deepening their knowledge of literature in psychology, especially about of anxiety, depression, and death instinct to the past and its treatment of society. This research may be useful for those who are interested in analyzing literary works using the concept of anxiety and depression leads to death instinct.

1.7 Systematic Organization of the Research

In according to the title of the research above, the systematics of this research organization are written as follows:

CHAPTER 1 : INTRODUCTION

This chapter consists of research layout phases, such as problem background, problem identification, problem limitation, problem formulation, research objectives, research benefits, and systematic research organization.

CHAPTER 2 : THEORETICAL FRAMEWORK

This chapter consists of theoretical studies of experts used is following the research title and to analyze research data, which are as follows: anxiety, psychotic depression, and life and death instinct theory. I also included previous related studies.

CHAPTER 3 : RESEARCH METHOD

This chapter contains time and location, research approaches and methods, research objects and data, data collection techniques and data analysis techniques. The approach used in this research is qualitative with descriptive research as a research method taken from *I am Not Okay With This* (2020) movie script.

CHAPTER 4 : ANXIETY AND DEPRESSION LEADS TO DEATH INSTINCT ON NETFLIX SERIES: *I AM NOT OKAY WITH THIS* (2020) MOVIE SCRIPT

This chapter consist of analyze of anxiety, psychotic depression and death instinct in *I am Not Okay With This*

(2020) series obtained from intrinsic approach characterization, plot, and setting.

CHAPTER 5 : CONCLUSION

This chapter contains the conclusions from the research results of anxiety and depression leads to death instinct in *I am Not Okay With This* (2020) series.

