

## CHAPTER 5

### CONCLUSION

From the result of analysis done with both intrinsic and extrinsic approach in the movie script *I am Not Okay With This* by Jonathan Entwistle and Christy Hall, I discover three issues of psychological disorders in Syd as the main character, such as anxiety, psychotic depression, life and death instinct which elaborated from each sort of approach. The issues raised by this research are all connected to the intrinsic features such as characterization, plot, and setting.

The extrinsic approach in analyzing anxiety uses Sigmund Freud's theory which is divided into three types of anxiety: realistic, neurotic, and moral. The symptoms of psychotic depression experienced by Syd is also characterized by hallucinations. The life and death instinct described also use Sigmund Freud's theory which is then divided into; *libido* in the life instinct, and the death-wish and suicide in the death instinct. Each depiction of the type of mental disorder and its impact can be seen in the movie script in the form of utterance and narration.

Syd's supernatural powers are a manifestation of her anxiety. Her kinetic powers are directly connected to her mental state; when she has a panic attack or slips into depressive anxiety, the world around her reacts. Her superpowers are a physical, real-world manifestation of her deteriorating mental health and anger issues.

When she bottled up anxiety to the point where, as the expression goes, she literally felt like exploding, she released a burst of supernatural energy that caused everything around her to explode and shatter. Whenever she relapsed, she would calm herself down with a kind of mantra for herself when having a panic attack. Syd's supernatural outbursts were not really supernatural aside from the literal damage they caused, they were like panic attacks. When she feels it erupting in her mind, she just needs to isolate herself, shut herself away and breathe.

The study also found that due to the severity of Syd's anxiety disorder, it developed into hallucinations which are symptoms of psychotic depression. These hallucinations also caused Syd to eventually commit suicide, which can be seen from the dialogue and actions Syd took in the previous chapter. In some parts, the

life instinct is also constantly present in Syd's mind, but it does not really save her and instead her death instinct is much stronger and in the end it is what makes her take her own life.

After analyzing this movie script, it can be concluded that this proves that there is a relationship between anxiety, psychotic depression that leads to the death instinct that appears in the main character Sydney Novak which affects the behavior and actions she takes. In this study, it was also found that the biggest factor that caused her to experience this severe mental disorder was due to the trauma caused by the incident of her father's death who also committed suicide in the past.

As a result, this research has presented knowledge about the psychological approach to the concepts of anxiety, psychotic depression, and instincts in literary works; it is hoped that this research can enrich knowledge or be used as a comparison to previous studies. Moreover, the movie script of *I am Not Okay With This*, which has been researched using the literary psychology approach, can be researched again for future research using other branches of literary study such as the literary sociology approach using the theory of social institutions.

