

**AN ANALYSIS ANXIETY LEADS TO SELF-DESTRUCTION
IN THE MAIN CHARACTER OF MOVIE SCRIPT
WHIPLASH 2014 BY DAMIEN CHAZELE**

TERM PAPER



By

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2020130041

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

JAKARTA

2024

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



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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 of referenced have been stated correctly.

Jakarta, January 31th, 2024





Hikmatun Azizah




LETTER OF APPROVAL

On recommendation of respective Supervisor, Academic Advisor, and Head of the Department, the term paper submitted by Hikmatun Azizah entitled “Anxiety Leads to Self Destruction on *Whiplash* (2014) 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.

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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, February 5th2024

Writer,



Hikmatun Azizah

ANXIETY LEADS TO SELF- DESTRUCTION ON *WHIPLASH* (2014) MOVIE SCRIPT

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ABSTRACT

In the current day and age, numerous stories about adolescent of anxiety leads to self-destruction behavior in a variety of literature, particularly in movie scripts, because they are contemporary text dramas with characters that can be examined using literary psychology. This study focuses on the analysis of how the extrinsic and intrinsic that is used in the *Whiplash* (2014) movie. Thus, the aim shows that this movie script is a reflection of the concept of anxiety disorders that result in self-destruction in Damien Chazelle's *Whiplash* movie script. This research used a descriptive qualitative method. The data collection techniques used identifying the purposefully selected sites, indicating the type or types of data to be collected, including data collection types that go beyond typical observations. The object of the research used is *Whiplash* (2014) movie script. This movie script focuses through an intrinsic approach in the form of characterization, plot, and setting, then linking it with an extrinsic approach using Feist and Feist's theory of anxiety and Self-destruction by Nock's theory. 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 is known by anxiety and self-destruction serves as a compelling reflection of the risks of fixation and the significance of balancing in Andrew's life. His fixation with perfectionism and dread of failure drives him to the point of physical and emotional fatigue, leading in self-destruction conduct and psychological consequences such as worry.

Keywords: psychology, anxiety, self-destruction, literature analysis, Feist and Feist theory.

**KECEMASAN MENYEBABKAN PENGHANCURAN DIRI DALAM NASKAH FILM
WHIPLASH (2014)**

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ABSTRAK

Di zaman sekarang ini, banyak cerita tentang kecemasan remaja mengarah pada perilaku penghancuran diri dalam berbagai literatur, terutama dalam naskah film, karena mereka adalah drama teks kontemporer dengan karakter yang dapat diperiksa menggunakan psikologi sastra. Penelitian ini berfokus pada analisis bagaimana ekstrinsik dan intrinsik yang digunakan dalam film Whiplash (2014). Dengan demikian, tujuannya menunjukkan bahwa naskah film ini adalah cerminan dari konsep gangguan kecemasan yang mengakibatkan penghancuran diri dalam naskah film Whiplash karya Damien Chazelle. Penelitian ini menggunakan metode kualitatif deskriptif. Teknik pengumpulan data yang digunakan untuk mengidentifikasi situs yang sengaja dipilih, menunjukkan jenis atau tipe data yang akan dikumpulkan, termasuk jenis pengumpulan data yang melampaui pengamatan biasa. Objek penelitian yang digunakan adalah naskah film Whiplash (2014). Naskah film ini berfokus melalui pendekatan intrinsik berupa penokohan, plot, dan latar, kemudian menghubungkannya dengan pendekatan ekstrinsik menggunakan teori kecemasan Feist dan Feist dengan teori Nock. Penelitian ini juga didukung dengan mengkaji buku, jurnal, dan sumber penelitian lainnya dari internet sebagai referensi data sekunder. Hasil penelitian menunjukkan bahwa Andrew diketahui memiliki fiksasi perfeksionisme dan ketakutan akan kegagalan, yang mendorongnya ke titik kelelahan fisik dan emosional, yang mengarah pada perilaku penghancuran diri dan konsekuensi psikologis seperti kekhawatiran.

Kata kunci: *psikologi, kecemasan, penghancuran diri, analisis literature, Teori Feist and Feist.*

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