

CHAPTER 1

INTRODUCTION

1.1 Background of The Problem

Depression is a mood disorder or prolonged emotional condition that colors mental processes (thinking, feeling and behaving) in a person's daily life, which is characterized by ongoing feelings of sadness, disappointment, regret and despair which have a negative impact on thoughts, actions, feelings and mental health of a person (Rice PL in Dirgayunita, 2016). According to Unicef Indonesia depression can occur as a reaction to an experienced events, and memories, such as abuse, violence, separation, the death of person someone love, or others problem who effect someone that could experienced depression after being stressed for a long time (Unicef, 2023).

Eating disorder is a mental health condition, disorder or behavior towards food that can have an negative impact on physical, mental, emotional health, the function of a person's daily life and body shape. Those who experienced it usually used food to overcome and express the feelings that someone felt such as sadness, desprete, stress, sorrow, guilty and other problems, that make someone eats too little (*Anorexia*) or too much (*Binge – eating disorder*) which can give an negative impact in physical health on the body and mental health that characterized by unhealthy and unnatural eating patterns .

The Whale (2022) movie script, written by Samuel D. Hunter and directed by Darren Arnosfky, tells about Charlie, an online writer who has depression because he lost his boyfriend by committing suicide. The impact of his depression caused Charlie to eat uncontrollably and become obese, with a body weight of 600 pounds or 272 kilograms, which impacted his daily activity. Therefore, he has to teach with an offline camera every day, for his students are not disgusted and scared to see his body condition. Charlie lives alone after being divorced and separated from his wife and children, Mary and Ellie. The divorced reason is because Charlie has a relationship with one of his male students, Alan. However, Alan ended his life by committing suicide, which

caused Charlie experienced prolonged depression and eating disorders by venting his feelings of sadness and trauma by eating a lot with large portions (*binge eating disorders*) and always eating unhealthy foods such as pizza, fried chicken, and chocolate. After parting ways with his wife and children Mary and Ellie, Ellie became a loner, naughty, and rude person with Charlie, her friends, and other people. Therefore, Charlie wanted to fix Ellie and Charlie's relationship by helping Ellie write her essay assignments and giving all the money that he had left for Ellie, because with his physical condition and obesity disease, Charlie knows that he doesn't have much time left to live.

The condition that Charlie experienced about the divorce and separation of his wife and child, plus also losing the person that he loved, Alan, made Charlie lose control and become greedy and overeat toward foods to vent and express his feelings of sorrow, despair, and guilt for all the events that Charlie has experienced. This condition showed that in this movie script there is a psychological issue about depression and eating disorder that could happen and be experienced by people of all ages, both young and old, who could experience depression by diverting their feelings of sadness and depression with eating, because they think that eating can help them forget about all complicated feelings for a moment and only focus on the taste of the food they eat, even though food is just a distraction to get rid of and forget about problems such as stress, trauma, and depression that Charlie experienced in *The Whale* (2022) movie script.

By looking at the psychological issues in *The Whale* (2022) movie script, there is a problem in this research about how depression and eating disorder are experienced by the character Charlie, who overcomes his depression by eating large amounts (Binge eating disorder) to vent his sadness, sorrow, despair, and guilt for the loss of the person he loved, Alan. The divorce from his wife made Charlie and his child not on good terms, and because of all the problems that he felt that packed into the depression, he took all of that emotional outburst by eating, which made him obese with a body weight that reached 600 pounds or 272 kilograms, which impacted his mental health and his activities.

1.2 Identification of Problem

Based on the background of the problem in *The Whale* (2022) movie script above, I would like to reveal about the mental health disorder depression and an eating disorder for Charlie as the main character in *The Whale* movie script. Charlie, who has an eating disorder due to the depression he experienced from Charlie's boyfriend, Alan, who ended his life by committing suicide and left a deep traumatic mark on Charlie that caused he has a prolonged depression. Therefore, my assumption of the theme in this movie script is depression and eating disorders which will be examined through literary elements and an intrinsic approach and using an extrinsic approach with the theory of literary psychology.

1.3 Limitation of The Problem

To limit the problems and theories I used, I stick to the title and assumptions of depression and eating disorder in *The Whale* movie script by Samuel D. Hunter. Based on the identification of the problem above, I limit the research problem to studies: Depression and eating disorder by Charlie as the main characters, the theories and concepts I used are through a literary approach, method of showing point of view, character, plot and setting. Through a psychological approach, and using the concept of depression and eating disorder.

1.4 Formulation of The Problem

Based on the limitation of the problem above, I formulate the problem as follows:

1. How is the “dramatic” point of view being used to analyze the characterization of the characters?
2. How is the theme of the movie script reflected through intrinsic and extrinsic approaches?
3. How is the concepts of depression and eating disorder reflected in *The Whale* (2022) movie script?

1.5 Objective of The Problem

Based on the formulation of the problem above, the purpose of this research is to answer that the theme of this movie script is to use a reflection of the concept of depression and eating disorder in The Whale (2022) movie script by Samuel D. Hunter. To achieve the goal, the following research steps were carried out:

1. To explain that dramatic point of view can be used in characterization of the characters
2. To analyze that the concepts of depression and eating disorder can be used to analyze the theme of The Whale (2022) movie script.
3. To elaborate that The Whale (2022) movie script can be analyzed through intrinsic and extrinsic approaches

1.6 Benefit of The Research

In this research has benefits in both theoretical and practical that related to topic depression and eating disorder. This research expected to helpful for people or students who are interested and want to study and develop further research that has related topic in this research which is depression and eating disorder, and hopefully by writing this research people, teachers, or students who read this research can be more aware about mental health conditions such as depression and eating disorder, and for readers and people who got mental problem that related to this topic, I expect that the research will be able to help and solve understanding the issue, and how to deal with those problem issues.

1.7 Systematic Organization of The Research

In accordance to the title of the research above, the order of the presentation is written as follow:

CHAPTER 1: INTRODUCTION, it consist of the Background of the Problems, Identification of the Problems, the Limitation of the Problems, the Objective of the Problems, Benefit of the Research, and the Systematic Organization of the Research.

CHAPTER 2: THEORITICAL FRAMEWORK, It consist of theoretical approach, intrinsic approach, extrinsic approach, and previous related studies.

CHAPTER 3: RESEARCH METHOD, it consist of time and location, research approach and method, research object and data, data collection technique, and data analysis technique.

CHAPTER 4: DEPRESSION AND EATING DISORDER IN THE WHALE (2022) MOVIE SCRIPT BY SAMUEL D. HUNTER it consist of analysis using A.Reflection of the concept of depression through characterization, plot, setting B. Reflection of the concept of Eating disordr through characterization, plot, setting C. The theme of this movie script is Depression and Eating disorder.

CHAPTER 5: CONCLUSION, it consist of the references, scheme of research, and curriculum vitae.