

CHAPTER 2

THEORITICAL FRAMEWORK

In this study, I used an intrinsic and extrinsic approach. The intrinsic approach includes theories/concepts/definitions about characters and characterization, plot, setting and theme. Meanwhile, in the extrinsic approach, I used psychology of literature, and the concept that I use is a reflection of the concept depression and eating disorder.

2.1 Intrinsic approach

To analyze characters in *The Whale* (2022) movie script, I use some concepts through intrinsic approach such as characterization, setting, and plot. I use the theory concept of James H. Pickering and Jeffrey D. Hoepfer. The theory concept will be used to analyze the elements of literary work and will be explained in this chapter.

2.1.1 Character and Characterization

Character and characterization according to Minderop (2013:98) "Character is the quality of reason which can include not only behavior or character, and habits, but also appearance". In a literary work, a character's name is often used to provide ideas or generate ideas, clarify and sharpen the character's of character. The name of a character can be describes the characteristic qualities that differentiate him from other characters and can refer to the character's dominant characteristics. Usage can also contain literary or historical allusions in the form of associations. However, it is not uncommon for ironic use of names to be characterized by inversion (the opposite). In naming this character, not only the visible character of the character, but can also reveal the theme of a work through the reflection of the characterization in the characters. (Pickering and Hoepfer in Minderop, 2013: 8-9)

2.1.2 Point of View

In the book, Minderop *Albertine's Characterization Study Method* (2005), the use of a dramatic or objective point of view in a story is not conveyed by the storyteller but is conveyed by the audience. characters through dialogue. Due to the absence of a storyteller, the story is conveyed through the appearance of the

characters in a literary work in the form of drama. Understanding the story is completely left to the reader

or the audience through the dialogue and actions of the characters. The dramatic point of view does not only contain the dialogues of the characters, but also the presence of the narrator. The true character of the characters can be understood through dialogue between them and this can give rise to different interpretations for readers.

2.1.2.1 Indirect Method (Showing)

The Whale (2022) movie script uses a dramatic and showing point of view. *The showing* (indirect) method shows the author placing himself outside the story by providing opportunities to the characters to show their character through *dialogue* and action (Pickering and Hoepfer, 1981:27).

2.1.2.1.2 Characterization Through Dialogue

a. What is being said

The readers must pay attention to the substance of a dialogue. Is the dialogue something that is too important so that it can develop events in a plot or on the contrary. (Pickering and Hoepfer, 1981 : 32)

b. The Identify of Speaker

Identity is the words conveyed by a person protagonist (central character) who should be considered more important than what the subordinate characters (minor character) say (Pickering and Hoepfer, 1981 : 32-33)

c. The Occasion

Location or situation of the discussion can also affect a person's character, usually they will show their character when talking to people which closest to, and we will know more about the character of the particular way of seeing them talk to the people around them. And also usually

dialogue during the night is more serious and dialogue during the day is more revealing and more information on it (Pickering & Hoyer, 1997: 33).

d. The Quality of Exchanges

The flow of such a conversation is important; it is good if the dialogue includes some give and take. Furthermore, because the other is more passive, the talk will be brief. Characters might also reveal their psychological state by the rhythm or flow with which they speak (Minderop, 2013: 33).

e. The Speaker's Tone of Voice, Emphasis, Dialect, and Vocabulary

The Speaker's Tone of Voice, Emphasis, Dialect, and Vocabulary can help and clarify the character of the characters if the reader is able to observe and pay close attention to them diligently and seriously.

a. Tone of Voice

We can clarify the characters by observing their tone of voice, emphasis, dialect, and vocabulary. Even though the tone of voice is expressed explicitly or implicitly, it can give the reader an idea of the character's character, whether he is confident or shy, as well as when the character converses with other characters (Pickering and Hoyer, 1981:33).

b. Emphasis

Emphasis sound provides an important description of the character because it shows the authenticity of the character's character, it can even reflect the character's education, profession and class from which the character comes (Pickering and Hoyer, 1981:34).

c. Dialect and Vocabulary

Dialect and vocabulary can provide important facts about a character because they both show the authenticity of the characters and can even reveal the character's education, profession and social status (Pickering and Hoyer, 1981:34).

2.1.2.1.3 Characterization Through The Actions Of The Characters

Actions and behavior logically constitute psychological and personality development, how the character's character is displayed in his actions (Pickering and Hoper, 1981:34) Besides characterization through their speech, we can also analyze their character through their action. Actions and behaviour logically are a psychological development and personality that show what character of the characters shown in their actions. (Minderop, 2013:38)

2.1.3 Plot

Plot is defined as a deliberately arranged sequence of interrelated events that constitutes the basic narrative structure of a novel or short story. Any event, of course, inevitably involves people, and for this reason, it is almost impossible to discuss the plot separately from the characters. (Pickering and Hoeper, 1981:14)

2.1.3.1 Exposition

Exposition is the initial section where the author provides necessary background information, sets the scene, establishes the situation, and dates the action. It can also introduce characters and conflict, or potential conflict. Exposition can be achieved in one sentence or paragraph, or, in cases some novels, occupying entire chapters or more. (Pickering and Hoeper, 1981: 16)

2.1.3.2 Rising Action

Sometimes referred to as escalating action, breaking the existing balance and introducing underlying or inciting characters and conflicts. The conflict then developed gradually and intensively (Pickering and Hoeper, 1981: 16)

2.1.3.3 Climaks

The climax is the moment where the plot reaches its point of greatest emotional intensity; it is a turning point in the plot, immediately accelerating its resolution. (Pickering and Hoeper, 1981: 17)

2.1.3.4 Falling Action

When the crisis is resolved at its core, the tension begins to subside and the plot moves towards its predetermined conclusion. (Pickering and Hoepfer, 1981:17)

2.1.3.5 Resolution

The final part of the plot is the resolution; it records the outcome of the conflict and establishes some new balance or stability. This resolution is also called a conclusion. (Pickering and Hoepfer, 1981: 17)

2.1.4 Settings

The background of the story or setting is the fulcrum in the story which is a description of the place where the events occur in the story or literary work. setting helps readers visualize the action of the work, and thereby adding credibility and an air of authenticity to the character. In other words, setting helps create and maintain the illusion of life, to provide what we call verisimilitude. However, there are many types of settings in fiction and they function in different ways. (Pickering & Hoepfer, 1981). Background or setting consists of setting as a means of introducing characters, setting as atmosphere, setting as an antagonist, setting as a theme building tool, and setting as a background for events

2.1.4.1 Setting as Background of the Action

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2.1.4.2 Setting as Antagonist

The natural setting can function as a kind of casual agent or antagonist, helping to establish plot conflict and determine the final outcome. antagonist, helps build plot conflict and determines the outcome of events and determines the outcome of the events that occur (Pickering & Hoepfer, 1981).

2.1.4.3 Setting as Means of Creating Appropriate Atmosphere

Many authors manipulate their setting as a means to raise the reader's expectations and establish the circumstances appropriate thoughts for upcoming events (Pickering & Hoepfer, 1981).

2.1.4.4 Setting as a means of revealing character

It is often the way a character views the setting, and the way he or she is reacting to it, will tell the reader more about his character and state of mind. he reacts to it, will tell readers more about the characters and his state of mind character and his state of mind rather than about actual physical setting. (Pickering & Hoepfer, 1981)

2.1.4.5 Setting as Means of Reinforcing the Theme

Settings can also be used as a means to strengthen and clarify the theme of a novel or short story, novel or short stories (Pickering & Hoepfer, 1981)

2.1.5 Theme

Theme is one of those important terms that has very different meanings to different people. For some people, who regard literature primarily as a vehicle for teaching, preaching, spreading a favorite idea, or encouraging some form of correct behavior, a theme may mean a moral or lesson that can be extrapolated from the work. (Pickering and Hoepfer, 1981: 61).

2.2 Extrinsic approach

In *The Whale* (2022) movie script by Samuel D. Hunter, in this research uses an extrinsic psychology approach using Freud's theory to analyze the main character in movie script which is analyzed through elaborating the concepts of depression and eating disorder.

2.2.1 Psychology

Psychology comes from the Greek words *Psyche* which means *soul* and *logos* which means science, which if interpreted means the science of the soul, or the science that investigates and studies human behavior. Literary psychology is a mixture of psychology and literature. Studying literary psychology is actually the same as studying humans from the inside. The aspect of the word "*deep*" which is often subjective makes literary researchers consider it heavy. In fact, studying literary psychology is very beautiful and fun because we can understand the depth of human beings which are very broad and unpredictable (Endaswara in Minderop, 2010).

According to Aras, there is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches (Aras, 2015)

Freud stated that the human mind is more influenced by the subconscious (subconscious mind) than the conscious mind (conscious mind). He described that the human mind is like an iceberg, the largest part of which is below sea level and cannot be captured by the senses. He said a person's life is filled with various stresses and conflicts; to relieve this pressure and conflict, humans gather in the subconscious. Freud was convinced that a person's behavior is often influenced by the subconscious which tries to reveal itself, and the behavior it carries out without realizing it. (Freud in Minderop, 2010:13).

It is also stated that psychology can be described as "the science that systematically studies and attempts to explain observable behavior and its

relationship to the unseen mental processes that go on inside the organism and to external events in the environment” (Kagan & Havemann in Aras, 2015)

2.2.2 Psychology In Literature

The meaning of psychology in literature is explained by Wellek and Warren as follows: “By ‘psychology of literature’, we may mean the psychological study of the writer, as type and as individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or, finally, the effects of literature upon its readers (audience psychology)” (Wallek and Warren in Aras, 2015)

literary psychology is the study of literary works that are believed to reflect psychological processes and activities. the important thing to understand is the extent of the author's psychological involvement and the author's ability to present fictional characters involved with mental problems. (Endaswara in Minderop, 2010)

According to Ratna, literary psychology is understanding the psychological aspects contained in a work through understanding the characters, for example, people can understand the changes, contradictions, and other deviations that occur in society, especially those related to psyche, there are three ways to understand the relationship between psychology and literature: 1) understanding the psychological elements of the author as a writer 2) understanding the psychological elements of the fictional characters in literary works 3) understanding the psychological elements of the readers, basically literary psychology pays attention to the psychological problems of the fictional characters contained in literary works (Ratna in Minderop, 2010).

2.2.3 The Concept of Depression and Eating Disorder

2.2.3.1 Depression

Depression is a feeling or mood condition characterized by sorrow, hopelessness, and despair, as well as biological or somatic symptoms such as anorexia, constipation, and cold sweating. Depression is expected if it occurs in certain situations and is mild and short. If the depression occurs outside the normal and continues, then the depression is considered abnormal (Atkinson in Minderop, 2010).

According to Tirto Jiwo, depression is a annoyance of psychology or mood that is marked by were characterized by excessive sadness, depressed, discouraged, feeling worthless, felt life was empty and there is no hope, thoughts centered on the failures and mistakes themselves or accuse themselves. Jiwo stated that depression is a psychological annoyance or mood that is characterized by excessive sadness, depression, discouragement, feeling worthless, feeling life is empty, and no hope. People's thoughts with depression center on their failures and mistakes or accused themselves words, into this window, and often accompanied envy and suicidal thoughts. Depression affects the behavior, way of thinking, and emotions of the person who has it. Depression can disrupt regular activities and make someone believe that life is pointless (Jiwo in Alfaridzi, 2022).

In this research by according and focusing to the issue of depression in The Whale (2022) movie script by Samuel D. Hunter that experianced by the main character Charlie in The movie, there is type a of depreesion that Charlie experianced which is sorrow and despair because of the losing person that Charlie love, Alan, and the problems with his familiy which is his daughter and his wife that he divorced because he choose Alan. All the problems that Charlie experianced and become packed into the depression

2.2.3.1.1 Sorrow

According to Nesse in Lauwerijssen, sorrow or Sadness is primarily associated with sickness, social rejection, loss of a friend or lover, loss of

status, loss of resources, or death of a child (Nesse in Lauwerijssen ,2008). Sadness or sorrow is associated with the loss of something important or valuable, the intensity of sadness depends on the value, usually extreme sadness when losing a loved one. deep sadness can also be due to the loss of a very valuable possession that results in disappointment or regret (Minderop, 2018).

Sorrow or sadness according to Scherer and Wallbott in Lauwerijssen combined these situations in more gross categories. They found that the antecedents of sadness, from high to low prevalence, are: relationships, birth/death, body/mind centred, good/bad news, permanent separation, achievement, temporary separation, social institutions and interactions with strangers. The two most common eliciting situations are problems with relationships, particularly the ending of relationships (in many cases by death), and body-related issues, such as illness and bad news (Scherer & Wallbott in Lauwerijssen, 2008).

2.2.3.1.2 Despair

Despair, according to Erikson, refers to looking back on life with feelings of regret, shame, or disappointment. The characteristics of despair include: (1). Bitterness, (2) regret (3), reflecting on mistakes (4) feeling that life is a waste (5) feeling unproductive (6) depression (7) hopelessness. The onset of the hopelessness stage is often triggered by life events such as retirement, loss of a spouse, loss of friends and acquaintances, facing terminal illness and other changes to key life roles. and other changes to major life roles. (Kendra Cherry, MEd, 2018)

2.2.3.2 Eating Disorder

Eating disorder is an abnormal eating behavior with smaller portions (*Anorexia Nervosa*) and larger portions (*Binge - eating disorder*), that often triggered by mental psychic such as stress, trauma, and depression so that eating disorder sufferers vent their feelings. by eating abnormal eating portions that are not normal/common like people in general.

Stress can trigger eating disorders because when someone is under stress, they will feel reluctant to eat or on the contrary, they eat more and more. Eating disorder is a complex eating behavior disorder and can have an effect on physical or mental health or both (Lestari in Qalbya et al, 2017) Eating disorders, such as anorexia nervosa, bulimia nervosa, and binge eating disorder are a very severe form of deviation in behavior or eating habits. This resulted in food consumption and absorption changes, and causes physical and health problems psychosocial (Fairburn in Handadri & Pradhana, 2017).

Eating disorders are a symptom of abnormal eating patterns. Eating disorders are defined as abnormalities that occur in a person's eating habits caused by the person's concerns. There is three types of eating disorders according to DSM-5, there are anorexia nervosa, Bulimia nervosa and binge eating disorder. (Noe, Kusuma & Rahayu, 2019).

In the definition and explanation about eating disorder above, it is concluded there is three types of eating disorders which is are *anorexia nervosa*, *bulimia nervosa* and *binge - eating disorder (BED)*

a) Anorexia nervosa

Anorexia nervosa is an eating disorder in someone who is afraid of gaining weight and has an obsession with an ideal body so that sufferers have a fear of eating, therefore they refuse to eat and continue to be in a state of hunger (self-starvation). According to Fairburn, anorexia nervosa is an eating disorder that makes someone obsessed with small weight so they are willing to starve or even excessive exercise (Garrow in Noe et al, 2019)

b) Bullimia Nervosa

Bulimia nervosa is an eating disorder that causes people to consume large amounts of food at once (binge) and then expels food by vomiting (purge). According to Fairburn bulimia nervosa is an eating disorder in somone that makes vomiting any food that they has consumed to maintain body weight so as not to change (Garrow in Noe et al, 2019).

c) **Binge – Eating Disorder**

Binge Eating Disorder (BED) is a diagnosis of eating disorder that is eating disorder which is defined as an episode of eating a larger quantity (binge eating) than what most people can eat in the same period of time or conditions followed by a feeling of loss of control during the process the process of eating and repeating it over a short period of time (Goutama, 2016). Fairburn stated that binge - eating disorder is a disorder or abnormal eating pattern disorder where a person eats with a very large amount of food in a limited amount of time, compared that is eaten by people in general (Garrow in Noe et al, 2019).

Binge eating has three effects of eating food faster than the initial habit, eating food until very full and feeling uncomfortable, when not hungry, eating very large portions of food, tending to eat food alone due to feelings of shame about the amount of food consumed and feelings of self-hatred, depression and feelings of guilt after eating. (Wulandari, 2023)

Psychological factors such as stress and depression can also cause over - eating which is also called binge eating disorder is a form of behavior and eating where the sufferer seems to lose control of appetite. as a result of uncontrolled appetite in sufferers usually always results in obesity (Alfita, 2011).

In this research will discuss and elaborate more deeply on the binge eating disorder that occurs in the main character Charlie from The Whale movie script by Samuel D. Hunter who experienced BED (*Binge – eating disorder*) due to depression left by his boyfriend Alan by suicide.

2.2.3.2.1 Stress

Stress is defined as a person's physical, mental, and emotional reaction to a certain stimuli, often known as a "stressor." Stress is our bodies' way of responding to any type of demand. An agent or stimulus that creates stress is referred to as a stressor. Noises, disagreeable people, a speeding car, a job, finances, and family difficulties are some of the stressors. Any

situation might cause stress. The feeling is first affected by stress, which leads to psychological disorders. Anxiety, distracting anxiety, excessive worry, changes in sleep patterns, impatience, anger, sadness, intolerance, thoughts of harming oneself or others, palpitation, stress headache, and internal pressure are all early signs of stress. Headaches, severe fatigue, nausea and vomiting, diarrhoea, tachycardia, chest discomfort, elevated blood pressure, flushing or disorientation, shortness of breath, restlessness, choking sensation, or hyperventilation are some of the other symptoms (Mahalakshmi et al, 2022)

Feng (1992) and Volpe (2000) also stated in Trivedi & Bhargava, defined stressor as anything that challenges an individual's adaptability or stimulates an individual's body or mentality. Stress can be caused by environmental factors, psychological factors, biological factors, and social factors (Trivedi & Bhargava, 2018)

2.2.3.2.2 Trauma

Cavanagh, in the Mental Health Channel, defines trauma as an extraordinary event, which causes wounds or feelings of pain: but it is also often interpreted as an injury or feeling of "severe" pain due to an "extraordinary" event that befalls someone, directly or indirectly. indirect, both physical and psychological injuries or a combination of both. The severity of an event will be felt differently by each person, so that the influence of the event on behavior is also different between one person and another (Cavanagh in Hatta, 2016).

Rohmad Sarman also states in Hatta, trauma comes from the Greek word "tramatos" which means injury from an external source. outside. But the word trauma can also hurt from internal sources namely emotional, spiritual and physical wounds caused by circumstances that threaten a person's circumstances that threaten one's self (Sarman in Hatta, 2016)

2.3 Previous Related Studies

This research focused in depression that caused eating disorder in the main character Charlie in *The Whale* (2022) movie script by Samuel D. Based on the research and the topic i used. There are other related study that analyze same topic, depression and eating disorder with diffrent theory

The first related study is "Depression Leads To Death Instinct In A Star Is Born Movie Script" written by Alfaridzi (2022), from Darma Persada University, the result of this research analysis is that depression is one of the leading causes of the death instinct and leads to suicide in many people and takes a very long time and a tough effort to get rid of depression.

The second related study is "Inner Conflict In The Movie Script Entitled To The Bone By Martin Noxon" written by Cyntia (2021), from Darma Persada University, the result in her research analysis are the main factor that caused Ellen's inner conflict was trauma by the divorce of her parents that impact her that have to dealing and battling with Anorexia Nervosa an illnes eating disorder (people who eat too little).

The third related study is "Effects of Depression on The Life of The Main Character In *Her* Movie Script By Spike Jonze" written by Sintami et al (2022) from Maharaswati University Denpasar, the result in this research are there five effects of depression taking place on the life of the main character, Theodore, namely (1) self-blame, (2) low self-esteem, (3) loss of appetite, (4) trouble concentrating, and (5) insomnia. That can triggered Theodore's helplessness due to his divorce that he makes him difficult to move on and the surrounding environment that frequently mocks him.

Based one all previous research above, The diffrent between the research above and in this research is in the object and topic analysis, in this research i used *The Whale* (2022) movie script by Samuel D. Hunter for the analysis. I used *The Whale* movie script and analyzed the study that have not been researched before which is eating disorder in movie script, by presenting the topics that raised issues about depression and eating disorder that contains an analysis eating disorder namely *binge - eating disorder* with the focus on the main character Charlie in *The Whale* (2022) movie script.