

CHAPTER 1

INTRODUCTION

1.1 Background of The Problem

Julia Cox is an American screenwriter for film and television who is known for her ability to write biographical stories and character-based dramas. For the film “Nyad” release in 2023, and the movie script was written in 2022 Cox adapted the true story of Diana Nyad from Nyad’s own memoir “Find a Way,” and conducted extensive research by reading news reports and meeting Diana Nyad and Bonnie Stoll in person. Before writing Nyad, Julia Cox had worked primarily in the world of television scriptwriting. In the process of writing Nyad, Cox emphasized the importance of building a strong story structure and choosing the right point of view so that the true story is not just a series of events, but also touches on emotional themes, such as friendship and the search for the meaning of life in adulthood. Cox is also known for her ability to filter a large amount of biographical material into a sharp narrative that focuses on the essence of the character. She admits that writing a biopic like Nyad is a challenge in itself because she has to choose important moments and leave out many other details for the sake of story density. The film Nyad itself is Cox’s debut as a screenwriter for a feature film that has received international attention, after previously writing mostly for television series (Kalfrin,2024).

The movie script “Nyad” (2022), based on the true story of Diana Nyad, presents a compelling case study in this context. According to Stamm (2022), a movie script is a structured text that contains all narrative and visual elements of a film, including character dialogues, actions, and scene directions. Through these scripts, audiences can understand a character’s thoughts, emotions, and motivations. When analysis through Maslow’s theory, movie script characters can reveal how human needs shape their decisions, behaviours, and psychological development.

At the age of 64, Nyad achieves the remarkable feat of swimming from Cuba to Florida without a shark cage. Her most audacious dream to swim from Havana, Cuba, to Key West, Florida, a gruelling 110-mile journey across open ocean originates in her twenties. After several failed attempts in her youth, Nyad steps away from marathon swimming and builds a successful career as a sports journalist. Yet the dream of conquering the Cuba–Florida swim never leaves her.

Decades later, at the age of 60, Nyad feels a powerful urge to return to the water. For her, this is more than a physical challenge it is a quest for meaning, a way to prove to herself and to the world that age is not a barrier to greatness. Between 2011 and 2013, she makes four more attempts to complete the crossing. Each time, she faces harrowing obstacles: violent storms, dangerous swarms of jellyfish, and the sheer exhaustion of swimming for days without rest. The world watches as she battles not only the elements, but also her own doubts and fears. Many question whether the feat is even possible especially for someone in her sixties.

Nyad's journey demonstrates not only extraordinary physical endurance but also deep psychological motivation rooted in her desire for achievement, self-worth, and personal transformation. Moreover, psychology is defined as the scientific study of the mind and behaviour, focusing on how individuals think, feel, and act in various life contexts (Roberts and Yoon, 2021). The movie script "Nyad" illustrates how Diana's character navigates through personal and external challenges, aligning closely with each level of Maslow's hierarchy. Her pursuit of an extraordinary goal showcases the powerful influence of psychological needs on human actions.

Diana Nyad's character represents a unique example of how internal motivation, ambition, and the need for self-actualization can drive a person to overcome limitations. Her journey, as portrayed in the movie script, reflects of Maslow's five levels of needs and highlights how each stage contributes to personal resilience and growth. Thereover, "Nyad" movie script (2022) offers an insightful narrative to examine human motivation

through the lens of Maslow's Hierarchy of Needs. Maslow's Hierarchy of Needs is one of the most influential psychological theories for understanding human motivation. First introduced by American psychologist Abraham Maslow in his article, A Theory of Human Motivation, this theory organizes human needs into a five-level structure arranged in the shape of a pyramid. According to Maslow, individuals must first satisfy their most basic needs before they can pursue higher-level needs such as safety, love and belonging, esteem, and ultimately, self-actualization (Maslow, 1954).

Through an analysis of dialogue, actions, and narrative structure, it becomes evident how Diana Nyad fulfilled her basic needs and ultimately reaches the peak of self-actualization. This process unfolds gradually and meaningfully, positioning Nyad's character as a representative example of the power of motivation in overcoming age-related limitations and past failures.

Although the movie script receives widespread acclaim, academic studies that specifically examine the "Nyad" movie script through the lens of Maslow's theory remain very limited. Therefore, this research is important, as it contributes to the study of character in biographical films, particularly in portraying the psychology of resilient and the relevance of self-actualization values in late adulthood.

1.2 Identification of the Problem

Based on the background of the study, I identify the problem in the character of Diana Nyad, who faces many challenges while trying to achieve her lifelong dream of swimming from Cuba to Florida. The movie script shows how she continues to push herself despite her age, past failures, and physical limitations. It also shows how her relationships with others, especially her coach and team, play an important role in her journey.

1.3 Limitation of the Problem

Based on the identification of the problem above, I limit this research in intrinsic approach using characterization, plot and setting. In extrinsic

approach using psychological by Abraham Maslow the five levels of Hierarchy of Needs.

1.4 Formulation of the Problem

Based on the limitation of the problem above, the formulation of the problems in this research are as follows:

1. How is Nyad's characters portrayed through characterization in the "Nyad" movie script?
2. How are the plot and setting portrayed in the "Nyad" movie script?
3. How are Nyad's hierarchy of needs portrayed in "Nyad" movie script?

1.5 Objective of the Research

Based on the problem formulation described above, the following are the focuses of this research:

1. To explain how the characterization Nyad characters is portrayed in the "Nyad" movie script.
2. To explain the plot and setting portrayed on the "Nyad" movie script
3. To describe the five levels of Nyad's hierarchy of needs as portrayed in the "Nyad" movie script

1.6 Benefits of the Research

Theoretically, I expect my research to be beneficial as references for people who are conducting similar research in English literature, and practically, I expect my research can be used to add knowledge related to analysis on movie script.

1.7 Systematic Organization of the Research

The framework of this term paper entitled "An Analysis of Diana Nyad Hierarchy Of Needs In The "NYAD" Movie Script By Julia Cox (2022)"

CHAPTER 1: INTRODUCTION

This chapter lists the phases of the research layout, such as the background of the problem, the identification of the problem, the limitation of the problem, the formulation of the problem, the objective of the

research, the benefit of the research, and the systematic organization of the research.

CHAPTER 2: THEORITICAL FRAMEWORK

This chapter consist of relevance theories by several experts that have correspondence with the research them. These theories will be used as fundamentals to analyse the research data.

CHAPTER 3: RESEARCH METHOD

This chapter consists of research approach and methods, research time, research object, the data of the research, and data collection technique.

CHAPTER 4: AN ANALYSIS OF DIANA NYAD HIEARARCHY OF NEEDS IN THE “NYAD” MOVIE SCRIPT BY JULIA COX (2022)

This chapter discusses the analysis of the data collected from the “Nyad” movie script. It covers the characterization of Nyad, the depiction of plot and settings, and describe Nyad’s Maslow hierarchy of needs based on the script.

CHAPTER 5: CONCLUSION

This chapter presents the conclusions drawn from the research findings and provides suggestions or recommendations for future research or practical application.