

## **CHAPTER 2**

### **THEORITICAL FRAMEWORK**

This chapter contains the intrinsic and extrinsic approaches. The intrinsic approach includes characterization, plot, and setting, which includes dialogue. The extrinsic approaches use theory of Abraham H. Maslow hierarchy of needs.

#### **2.1 Intrinsic Approach**

According to Eaglestone as cited in Gerdin (2016:10), the intrinsic method also known as formalism focuses entirely on the text itself. Critics using this approach concentrate on elements like form, language, style, symbols, imagery, contrasts, structure, and how the plot unfolds. In this view, the words printed on the page are the sole concern. When I apply an intrinsic analysis to a movie script, I examined its dialogue, character development, plot progression, and setting.

##### **2.1.1 Characterization**

According to Petrie and Boggs (2012:49), for characters to stay engaging, they must be believable, relatable, and able to capture the audience's attention. In most stories, characters are presented as credible, much like the stories themselves. This sense of credibility can be achieved in different ways by following the principles of probability and necessity that mirror real human behaviour by reflecting deeper truths or portraying idealized versions of people or through a convincing performance by the actor that brings authenticity to the character. Petrie and Boggs also describe several approaches to character analysis.

##### **2.1.1.1 Characterization Through Dialogue**

In films, fictional characters often reveal key aspects of themselves through their speech not just through the content of their words, but also in how they express them. Factors like tone, word choice, emphasis, and

pauses can subtly reflect their true feelings, thoughts, and attitudes. Additionally, an actor's portrayal can offer insights into a character's social status, level of education, economic position, and overall mindset by the way they use language, including syntax, vocabulary, and dialect where applicable. This highlights the need to be attentive to the finer details in a character's speech, focusing not only on what is said, but also on how it is communicated. (Petrie and Boggs,2012:50).

#### **2.1.1.2 Characterization Through External Action**

Realistic characters are more than just components of the plot their actions are guided by objectives that reflect their overall personality. As such, a strong and logical connection must exist between a character and their behaviour, with actions arising organically from who they are. In some cases, even minor or subtle gestures in a film can offer the most revealing and impactful insights into a character. (Petrie and Boggs,2012:52).

#### **2.1.1.3 Characterization Through Internal Action**

Some actions occur internally hidden from even the most attentive viewer or listener yet they are a fundamental aspect of human nature. This internal dimension, which includes a character's thoughts and emotions, is often crucial to fully understanding them. It consists of private experiences such as secrets, unspoken thoughts, dreams, hopes, memories, fears, and fantasies. Filmmakers can reveal this inner world either through sustained interior perspectives or brief, metaphorical glimpses (Petrie and Boggs,2012:52).

#### **2.1.1.4 Characterization Through Reaction of Other Characters**

In films, key information about the main character's background is frequently revealed through the perspectives of supporting characters, even before the main character is introduced onscreen, this technique is among the most effective methods for developing a character. (Petrie and Boggs,2012:52).

### **2.1.2 Plot**

The art of storytelling across short stories, novels, plays, and films has always depended on a thoughtfully organized dramatic structure, where elements are arranged in a coherent and purposeful way to create the greatest emotional, intellectual, or dramatic effect. The plot can be either linear or nonlinear, depending on the author's style and objectives (Petrie and Boggs 2012:44).

Screenwriter Ernest Lehman (as cited in Petrie and Boggs,2012:44) outlined the linear structure of a film as a three progression the first act presents the characters and establishes the central storyline the second act develops the plot by intensifying the situation and introducing major conflicts and the third act centers on resolving these conflicts and bringing the story to its conclusion. This structure can be further explained as follows:

#### **a) Expositions**

The expositions, or the opening segment of the narrative, serve to introduce the characters, highlight aspect of their interactions, and provide a coherent setting in which the story unfold (Petrie and Boggs,2012:44).

#### **b) Complication**

The complication arises when a conflict is introduced and gradually becomes clearer, more intense, and more significant. This stage is typically the longest portion of the narrative, as it is where dramatic tension and suspense are developed and sustained during the unfolding of the conflict (Petrie and Boggs,2012:44).

#### **c) Climax**

The climax represents the point of highest physical or emotional intensity in the narrative, where the opposing forces directly confront one another at the height of the conflict's tension (Petrie and Boggs,2012:44).

#### **d) Dénouement**

The dénouement takes place after the climax, once the central conflict has been resolved and a sense of equilibrium is reestablished, resulting in a brief period of calm and closure (Petrie and Boggs,2012:44).

#### **2.1.3 Setting**

According to Petrie and Boggs (83:2012) explain that setting refers to the specific time and place in which a film's narrative unfolds. Although it may initially appear subtle or secondary, setting plays a crucial role in shaping the plot and significantly contributes to the film's theme and overall effect. The location's impact on the story should not be underestimated, as it interacts closely with other narrative elements such as character, theme, conflict, symbolism, and plot.

##### **2.1.3.1 Setting as a Determiner of Character**

This perspective suggests that individuals do not have complete control over their choices, as their character, destiny, and life path are shaped by external factors. In this view, people are seen largely as products of their surroundings and inherited traits. The setting, therefore, becomes a crucial element influencing the development of a character. It may also serve as a narrative device, pushing characters. Analyzing such powerful, indifferent, or challenging settings requires careful attention due to their deep impact on the storyline (Petrie and Boggs,2012:84).

##### **2.1.3.2 Setting as a Reflection of Character**

The environment in which a character lives often reveals aspects of their personality, particularly in spaces they control. For example, a well-kept home with vibrant flowers and elegant curtains may symbolize a thoughtful, organized, and emotionally expressive individual. Through such details, the setting offers insight into a character's inner world and values (Petrie and Boggs, 2012:84).

### **2.1.3.3 Setting as a Creator of Emotional Atmosphere**

Setting also functions to establish a film's emotional tone or mood, especially in genres like horror, science fiction, or fantasy. The atmosphere evoked by the environment can help audiences suspend disbelief and fully engage with the story. Beyond adding realism, the setting builds emotional tension and enhances the dramatic impact of a scene, aligning it with the overall tone of the narrative (Petrie and Boggs, 2012:86).

## **2.2 Extrinsic Approach**

In this study, I apply an extrinsic psychological approach by using Abraham Maslow's Hierarchy of Needs to explore how the movie script Nyad (2022) portrays the motivational drive and psychological development throughout her journey.

### **2.2.1 Psychology of Literature**

According to Wellek and Warren as cited in Aras (2015:252) explain that literary psychology involves examining the psychological dimensions of the author, understanding the process of literary creation, identifying psychological elements within the text, and analyzing how literature impacts the reader's mental state. In this approach, works that contain psychological themes are first summarized, followed by a detailed exploration of the characters involved. This allows for a deeper insight into the psychological challenges faced by the characters. Through such analysis, the root causes of these issues are revealed, and the way the narrative reflects psychological ideas and influences character behaviour is explored (Minderop, 2018:98).

### **2.2.2 Maslow's Hierarchy of Needs Theory**

This theory was introduced by an American psychologist and theorist named Abraham Maslow. According to Maslow, humans possess a range of needs that are instinct in nature, meaning they are inherent from birth. Maslow proposed that these needs are organized in a hierarchy based on the order in which they are likely to be fulfilled. Needs at the lower levels of the hierarchy are stronger and more pressing than those above them, while

higher-level needs tend to be weaker in comparison. Therefore, as beings driven by needs, humans are naturally inclined to strive to fill those needs, whether through internal efforts or external encouragement. In this theory, Maslow suggests that human needs are the driving force behind motivation, pushing individuals to engage in actions that help satisfy their needs. This framework is widely known as Maslow's Hierarchy of Needs Theory. There are five distinct levels in Maslow's hierarchy. The hierarchy is most often illustrated as a pyramid, with the most basic needs forming the base and the more complex psychological and self-actualization needs positioned at the top (Rantung and Nai'baho,2024:4603).

Maslow explains the distinction between higher and lower needs in his hierarchy of needs. Higher needs are less demanding and can be delayed for a longer period. Fulfilling higher-level needs leads to greater happiness and contributes to greater personal growth. Maslow's hierarchy of needs offers a way to fairly address the richness and complexity of higher human functioning while also placing human behaviour on a single scale together with the motivation behaviour off all living together organisms (Oktavia,2021:21). Maslow proposes that humans possess a series of needs that must be satisfied in a specific sequence. He illustrates these needs in the form of a pyramid divided into five levels. At the base are physiological needs, followed by safety needs, then the need for love and belonging, above that are esteem needs, and finally, at the top, lies the need for self-actualization. Each level must be met before progressing to the next one. Fulfilling each stage is essential for an individual's personality development (Nugraha,2018:14).

**Figure 2.1. Human Needs and Development Stages (Open:2023)**



Maslow's organizes the hierarchy of needs into five fundamental levels as follows:

### **2.2.2.1 Physiological Needs**

These needs are the most basic and essential for human survival. They are biological in nature, including the need for oxygen, food, water, and similar necessities. If these needs are not fulfilled, a person cannot survive. Physiological needs represent the foundation of Maslow's hierarchy and are the most fundamental of all human needs. According to Maslow as cited in Nugraha (2018:15), motivation theory often starts with physiological needs because they are the most fundamental. When none of a person's needs are satisfied, these basic needs dominate, causing other needs to fade into the background or lose their importance

If an individual lacks all levels of needs, their motivation will most likely be driven first by physiological needs before progressing to others in the hierarchy. Following this, the second levels of needs is the need for safety.

### **2.2.2.2 Safety Needs**

The second basic level of need is the need to feel safe and secure. An individual can progress to the next level of needs only after successfully fulfilling the first. According to Maslow as cited in Nugraha (2018:15). once an individual's physiological needs have been adequately fulfilled, the next level of motivation emerges in the form of safety needs. These needs are associated with the human desire for stability, protection, and a secure environment both physically and emotionally. Individuals will naturally seek out environments that offer safety and predictability, allowing them to live free from fear, chaos, and potential harm. In a well-functioning society, these needs are generally satisfied through the presence of social order, legal protection, and physical security. Unlike the more instinctual needs such as hunger or thirst, safety needs arise from a psychological drive to overcome fear and achieve emotional balance. Maslow further explains that the need

to feel secure motivates individual to seek peace, stability, and a sense of order in their surroundings.

### **2.2.2.3 Love and Belongingness Needs**

When both physiological and safety needs have been sufficiently met, individuals begin to seek fulfilment in the form of love, affection, and a sense of belonging. As described by Maslow, humans develop a strong desire to form meaningful emotional connections. This includes, the need to establish affectionate relationships with others, the longing to feel accepted as part of a group and a determined effort to attain these social bonds. Maslow emphasizes that when a person is preoccupied with basic survival, the need for love is often dismissed or undervalued. However, once those fundamental needs are satisfied, the longing for emotional intimacy and social inclusion becomes a powerful motivating force (Nugraha,2018:16).

### **2.2.2.4 Esteem Needs**

According to Maslow, it has two distinct types of esteem needs. The first involves self-esteem, which encompasses an individual's sense of confidence, competence, achievement, independence, and the ability to exercise control and mastery over one's environment. When this need is fulfilled, it results in a strong sense of self-worth, inner strength, capability, and the feeling of being a valuable and functional member of society. The second type pertains to esteem from others, which includes the desire for respect, recognition, and admiration. This external form of esteem reflects one's need for status, prestige, attention, appreciation, and dignity, and can even extend to a desire for influence or dominance within social contexts. (Nugraha,2018:16).

### **2.2.2.5 Self-actualization**

Self-actualization represents the highest level in Maslow's hierarchy of needs. The self-actualization stage includes needs such as morality, creativity, spontaneity, problem-solving, positive thinking, and acceptance of facts. Self-actualization is believed to be the underlying reason for the existence of the other basic needs. In this theory, Maslow also asserts that

creativity is at the core of self-actualization. It refers to an individual's pursuit of realizing their fullest potential. Unlike the more basic needs, self-actualization is never completely fulfilled as a person continues to grow mentally and emotionally, new possibilities for development always arise. Those who reach pages often seek value such as truth, justice, wisdom, and purpose. People who are self-actualized frequently experience peak moments times of deep joy, fulfilment, and inner harmony (Nugraha,2018:16-17).

### **2.3 Previous of Related Studies**

To support this research, there are several previous studies that have similarities and differences with this research. This study by Novilia (2022) the psychological development of Ian Lightfoot, the protagonist of *Onward* (2020), through the framework of Abraham Maslow's Hierarchy of Needs. Set in a suburban fantasy world, the narrative traces Ian's transformative journey as he attempts to reconnect with his deceased father, while simultaneously discovering his inner strengths and purpose. Using qualitative descriptive methods, the research explores how Ian progresses through all five levels of Maslow's hierarchy from physiological needs to self-actualization. Each stage is marked by Ian's growing confidence and emotional maturity, influenced by his relationship with his brother and the challenges of their quest. The study further identifies six characteristics of self-actualizing individuals portrayed in Ian, including problem centering, creativity, and democratic values. These findings not only affirm Ian's full psychological development but also reinforce Maslow's theory that self-actualization arises after foundational needs are satisfied. Ultimately, the research highlights the film's deeper exploration of identity, familial bonds, and personal growth, offering valuable insight into how animated narratives can reflect core psychological theories and human motivation.

This study by Nugraha (2018) investigated the psychological and feminist aspects of the protagonist Keeva Tee in *Anomalies: The Rise of Underground*, through the framework of Abraham Maslow's Hierarchy of Needs. The research focuses on how Keeva's character development reflects

her efforts to fundamental human needs while resisting systemic control. As a teenage girl living in a highly regulated society, Keeva initially achieves basic physiological and safety needs, but her desire for love, identity, and purpose intensifies as the story progresses. Guided by Maslow's theory, the study illustrates how Keeva's emotional journey marked by rebellion, loss, and the search for truth mirrors her struggle to achieve esteem and self-actualization. Her resistance against a conformist regime becomes an act of personal empowerment, aligning with feminist ideals of autonomy and agency. Using qualitative analysis through both intrinsic and extrinsic approaches, the research demonstrates how Keeva's choices and relationships embody the universal human pursuit of freedom, meaning, and authenticity. Ultimately, the study reveals how literary characters like Keeva not only reflect personal psychological growth but also critique oppressive societal systems that hinder individual fulfilment.

A related case study by Gupta and Jain (2023) examined the remarkable journey of Diana Nyad, an endurance swimmer who completed the Cuba-to-Florida swim at the age of 64 without protective cages. This study highlights the pivotal role of mental resilience in achieving extraordinary goals despite multiple failures over several decades. It emphasizes the interconnectedness of mental health, physical endurance, and effective coaching in facilitating Nyad's success. Key psychological strategies identified include visualization, mindfulness, emotional management, and resilience training. Furthermore, the study underscores the importance of a supportive environment, particularly the influence of her coach Bonnie Stoll, in providing integrated psychological preparation for endurance sports. Gupta and Jain propose that comprehensive mental health interventions such as cognitive behavioural therapy (CBT) and mindfulness-based stress reduction can significantly enhance athletic performance. Beyond sports, Nyad's experience offers valuable insights into resilience applicable across various fields including business, the arts, and academia. This research contributes to a deeper understanding of the psychological

factors underpinning endurance sports, offering practical implications for athletes, coaches, and mental health professionals.

Previous studies analyse film characters through Abraham Maslow's Hierarchy of Needs provide a strong foundation for examining the psychological development of protagonists in cinematic narratives, including *Nyad* (2022). For instance, Novilia (2022) explored Ian Lightfoot's transformative journey in *Onward* (2020), showing how Ian progresses through all five levels of Maslow's hierarchy from physiological needs to self-actualization highlighting his growing confidence and emotional maturity shaped by familial bonds. Similarly, Nugraha (2018) investigated Keeva Tee in *Anomalies: The Rise of Underground*, illustrating her psychological growth and resistance to societal oppression, which reflects both the fulfilment of basic needs and a pursuit of identity and empowerment. In a real-life context, Gupta and Jain (2023) examined the endurance journey of Diana Nyad, focusing on the psychological strategies and emotional resilience that supported her achievement. These studies collectively affirm that Maslow's theory effectively captures the complex and layered progression of character development as individuals navigate personal, societal, and emotional challenges. Building on this scholarly foundation, for the character of Diana Nyad in *Nyad* (2022) Maslow's hierarchical needs, ultimately portraying self-actualization through resilience, ambition, and emotional growth.