

## **CHAPTER 5**

### **CONCLUSION**

In the intrinsic elements, this study will have applied the method of characterization to analyze Diana Nyad's personal journey as portrayed in the Nyad movie script through her dialogue, external actions, internal actions, and the responses of other characters. Diana will have been depicted as a determined and disciplined individual whose ambition often overpowers her physical limitations. Through her persistent dialogue and actions, such as refusing to quit even during medical emergencies, the audience will have seen how Diana's character is shaped by both internal motivations and external pressures. Her characterization will have reflected her relentless pursuit to fulfill every level of Maslow's hierarchy, ultimately culminating in her self-actualization.

The plot structure of the movie script, divided into exposition, complication, climax, and dénouement, will also have supported the depiction of Diana's psychological development. In the exposition, Diana will have been introduced as a woman quietly rebuilding her strength in secrecy. The complication will have revealed her internal and external conflicts, especially when her physical capacity is questioned. The climax will have centered around her near-death experiences due to allergic reactions and oceanic dangers, while the dénouement will have highlighted the consequences and medical risks she endures in pursuit of her dream. Each phase of the plot will have corresponded to a different psychological challenge that aligns with Maslow's levels, showing how Diana's journey through suffering will have led to personal growth and transformation.

The setting will have served as an important narrative tool that emphasizes Diana's hierarchy of needs. From the physical intensity of the gym and the ocean to the emotionally charged environment of her home and the boat, the settings will not only have acted as a backdrop but also reflected Diana's internal struggles and victories. For example, her training

in her bedroom will have shown how personal spaces are repurposed to reflect her relentless discipline. Meanwhile, scenes aboard the Voyager will have dramatized the urgency of life-threatening moments that challenge her basic survival, emphasizing the foundation of physiological and safety needs.

From the intrinsic analysis, it will have become clear that the Nyad movie script presents Diana as a character who, step by step, will have climbed through each level of Maslow's hierarchy from her physiological needs like rest and food to safety, love and belonging, esteem, and finally self-actualization through the fulfilment of her lifelong dream. From the extrinsic perspective, applying Maslow's Hierarchy of Needs will have allowed a deeper understanding of the psychological motivation behind Diana Nyad's journey. Her experience will have demonstrated that self-actualization does not come easily it will have been the product of persistence, ambition, and the willingness to overcome failures, age, and physical constraints. The emotional support she receives from Bonnie and her team will have highlighted the importance of belongingness and social connection in achieving one's highest potential. Thus, it will have been concluded that Diana Nyad's life journey, as reflected in the movie script, is not just about breaking a swimming record but about fulfilling a deep psychological need to prove her worth, gain recognition, and find purpose through personal achievement. Her story will have exemplified the relevance of Maslow's theory in understanding human motivation and resilience, especially in late adulthood.

This study will have served as a reference for future literary research that seeks to analyze biographical films or movie script characters through a psychological lens. In particular, Abraham Maslow's theory will have proven effective in identifying a character's progression and internal drive across various stages of life. Students or scholars interested in the intersection between literature, psychology, and movie script studies will have been able to expand upon this analysis by applying the same framework to other real-life characters in narrative movie scripts.

Moreover, future researchers may have examined the Nyad movie script using other theoretical frameworks, such as feminist theory or a sociological approach, to explore broader themes such as ageism, gender roles in sports, or media representations of resilience. Such perspectives will have enriched the understanding of Diana Nyad's character from different angles, providing a more multidimensional view of her journey. In addition, comparative studies between Nyad and other biographical sports films will have yielded further insights into how motivation, physical endurance, and emotional strength are portrayed across movie script storytelling.

