

THE ANALYSIS OF PSYCHOLOGICAL DISORDER IN THE MOVIE: A STAR IS BORN

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ABSTRACT

People act differently from one another for their own reason. Determining what and why other people do or feel is not easy. Moreover, understanding our own feeling and behaviour is also not always easy. Some people show normal behaviour and some people show psychological disorder. By studying about their behaviour, people can have a chance to live in normal. For this reason, this research was conducted to analyze Jackson Maine's psychological disorder in the movie A star is Born. Jackson is portrayed as a singer who is battling an alcohol and drug addiction. This behaviour was analyzed using a theory proposed by Davison, Neale, and Kring about the characteristics of psychological disorder.

Keywords: Psychological Disorder, Psychology, Movie

ABSTRAK

Perilaku seseorang berbeda dari satu dengan yang lainnya dengan alasannya masing masing. Menentukan apa dan mengapa orang bertindak dan merasakan demikian juga tidaklah mudah. Terlebih, memahami perasaan dan perilaku diri sendiri juga tidak selalu mudah. Beberapa orang memperlihatkan perilaku yang normal dan beberapa memperlihatkan gangguan perilaku psikologis. Dengan mempelajari perilaku mereka, dapat memberikan mereka kesempatan untuk bisa memiliki kehidupan yang normal. Dengan alasan inilah, penelitian ini dibuat untuk menganalisa gangguan perilaku psikologis yang diderita Jackson Maine di dalam film A Star is Born. Perilaku ini akan dianalisa menggunakan teori yang diusulkan oleh Davison, Neale, dan Kring tentang karakteristik dari gangguan perilaku psikologis.

Kata Kunci: Perilaku Abnormal, Psikologi, Film

1. INTRODUCTION

It is not easy to determine what others do or feel. In fact, understanding our own feeling and behaviour is not always easy. If understanding people who behave in normal is not easy, then understanding seemingly abnormal behaviour is far from easy. Some people would make some new friends in a new environment and some people would not. Some people would be screaming and shouting seeing a cockroach crawling on the wall but some people would be happy to even pick it up. Some things that are not frightening and threatening to some people do not mean they are safe for other people. Psychological background determines such behaviour.

Psychology is a study about mind and behaviour. This study is important because this helps us to confront and change the stigma we often associate with some conditions. For example, people who are diagnosed to suffer from schizophrenia may not be able to concentrate on their work, cannot sleep, have a constant dreaming of dying, or even lost control of their lives. They keep hearing voices that they do not wish to hear. According to Kring, "schizophrenia is a disorder characterized by disturbances in thought, emotion, and behaviour-disordered thinking, in which ideas are not logically related; faulty perception and attention; a lack of emotional expressiveness or, at times, inappropriate expressions; and disturbance in movement and behaviour, such as, dishevelled appearance" (p. 253). Thus, not all people can understand their situations and tend to stay away instead of embracing them. By studying about psychological behaviour, hopefully, we can confront and change the stigma that some people suffer from psychological disorder.

Abnormal behaviour can be found in everyday life. Abnormal behaviour is a behaviour that occurs in appropriate situation. Abnormal behaviour can also be interpreted as a behaviour that violates social norms. Someone can be said to have abnormal behaviour if he or she has unusual behaviour, a behaviour that is not socially acceptable. People who suffer abnormal behaviour are in significant stress personal. Abnormal behaviour is also known as psychological disorder.

According to Davison, Neale, and Kring, the characteristic of psychological disorders are divided into Statistical scarcity, Violation of norms, Personal distress, Disability or behavioural dysfunction, Unexpectedness, Maladaptive behaviour. Furthermore, the types of psychological disorders are categorized into phobia, panic disorders, Obsessive Compulsive Disorder (OCD), Dissociative, Somatoform, Anorexia nervosa, Depression, Neurosis, Schizophrenia.

In order to understand more about psychological disorder, the researcher is conducting a research which focuses on Jackson Maine's behaviour in the movie: A Star is Born. The movie was released 2018, directed and produced by the actor himself; Bradley Cooper. This movie got so many appreciations from various awards, they are: Critic's Choice Movie Award for The Best Actress (2019), British Academy Movie Award for The Best Musical Movie (2019), Satellite Award for The Best Cinematography (2019), Satellite Award for The Best Motion Picture-Comedy or Musical (2019), and many more.

Jackson "Jack" Maine is portrayed as a famous country rock singer privately battling an alcohol and drug addiction. In this movie, Jack keeps getting into trouble because of his own seemingly categorized into psychological disorder. This psychological disorder will be analysed further. Thus, the analysis will focus on Jackson Maine as the main character in the movie.

2. THEORETICAL REVIEW

2.1 Psychological disorder

According to Barlow, psychological disorder or abnormal behaviour is a psychological dysfunction within an individual that is associated with distress or impairment in functioning and a response that is not typical or culturally expected (p. 2). Meanwhile, Nevid, Rathus, Greene (2014) state that, "Emotional conditions such as anxiety and depression can be said to be abnormal if not in accordance with the situation." (p.4). A person can be said to behave abnormally if his emotional condition caused by something can cause depression and anxiety in an inappropriate situation. In other words, psychological disorder is unnatural personality behaviour associated to human psychological state.

The characteristics of psychological disorders

According to Davison, Neale, Kring, the characteristic of psychological disorders are namely:

- a. *Statistical scarcity*. One aspect of the behaviour is rarely found. Normal curves, or bell-shaped curves, place the majority of humans in the middle in relation to certain characteristics; statistical scarcity is used explicitly in diagnosing mental retardation.
- b. *Violation of norms*, another characteristic considered in determining abnormalities is whether the behaviour violates social norms or threatens or worries those who observe them. For example is an alcoholic and drug addicts.
- c. *Personal distress*, behaviour is considered abnormal if it creates great pressure and torture on the person who suffers it.
- d. *Disability or behavioural dysfunction* is individual inability in some important areas of life due to abnormalities can also be a component of abnormal behaviour. Disorders related to substance use are partly determined by social or occupational disabilities (for example, poor performance at work) caused by substance abuse.
- e. *Unexpectedness*, anxiety disorders are diagnosed if anxiety is unexpected and out of proportion in a situation, as if someone is always anxious about their financial situation. (p. 5-7)
- f. *Maladaptive behaviour*, according to Ajat Sudrajat and Nono Sutisna (1999) maladaptive behaviour is a behaviour that has harmful consequences for the individual concerned and/or for his social environment, due to ignorance, inability, responding to stimuli at the right time and place or dysfunctional. For example an alcoholic and drugs addict. (p.5)

2.2. The types of psychological disorders

There are several types of abnormal behaviour that enter into disorders, namely:

- a. *Phobia*, psychopathologists define phobia as a disturbing rejection mediated by an unprofessional fear of danger posed by a particular object or situation and recognized by the sufferer as unfounded.
- b. *Panic disorder*, someone who has this disorder will feel like a sudden attack and often cannot be explained in the form of a series of syntax that does not cause difficulty breathing, palpitations, nausea, chest pain, and anxiety that is very deep and feel as if he will die.
- c. *Obsessive compulsive disorder (OCD)* is a disorder in which the mind is filled with thought that is permanent and cannot be controlled and the individual is forced to continually repeat certain actions.
- d. *Somatoform* is a psychological disorder that appears in the form of physical disorders, such as: pain disorders, body dysmorphic and hypochondriasis.
- e. *Dissociative* is a disorder that is unable to remember important personal events or for a moment forgets its identity or even forms a new identity.
- f. *Anorexia nervosa*, based on DSM-IV-TR this disorder has criteria such as refusing to maintain normal body, experiencing extreme fear for fat, disruption of body image.
- g. *Depression* is a disorder that in DSM-IV-TR has criteria such as sad and depressed mood, difficulty sleeping, changes in activity levels, decreased appetite and weight loss, loss of energy, negative self-concept pointing at and blaming yourself, feeling insignificant and guilty, thinking of committing suicide.
- h. *Neurosis* can be interpreted as a psychiatric disorder that has psychological roots with the aim of avoiding or reducing anxiety.
- i. *Schizophrenia*, psychotic disorders characterized by major disturbances in thoughts, emotions, and disturbed behaviours, where various thoughts are not logically interconnected; wrong perception and attention; flat or inappropriate affect; and various disorders of bizarre motor activity. (p.183-443)

2.3. Literary Psychology

According to Endraswara (on Minderop 2010),

“Literary psychology is influenced by several things. First, literary works are the creation of a psychic process and the author's thoughts which are in a subconscious situation which is then poured into conscious form. Second, in a study of literary psychology is a study that can reflect psychologically in the characters presented in such a way by an author that readers can be lulled from the psychological problems of stories or stories that can make the reader involved in the story.” (p.55)

It can also be explained that literary psychology is influenced by literary works and the study of literary psychology. Literary work is the creation of a process of making psychic literary works carried out by the creator of literary work and the study of literary psychology is a reflection of the psychological condition of a character in the work literature created by its creators so that the connoisseurs of literary works are influenced by the storyline of the literary work.

Literary psychology are divided into several studies. Wellek and Warren (2014) stated,

“The term psychology of literature has four meanings: 1) study of author psychology as a particular type or person; 2) study of psychology from the author's creative process; 3) study of aspects, psychological electoral laws that applied to literature; 4) studies of the psychological effects produced by literary works on readers.”(p.90)

According to Semi (on Endraswara, 2008), there are assumptions that are raised to literary psychology that have been considered important, namely:

1. Literary work is a product of a psychological state and the thoughts of authors who are in a subconscious situation after getting a clear form poured into a certain form consciously in the creation of literary works.
2. The quality of a literary work is determined by the form of the process of creating the first level, which is in the subconscious, to the second level which is in a conscious state.
3. In addition to discussing the process of creation and depth in terms of the character of figures, it is also necessary to get attention and researchers, namely aspects of meaning, thought, and philosophy seen in literary works.
4. Quality work, according to the psychological approach is a literary work that is able to present symbols, insights, symbols that are universal which have links with mythology, beliefs, traditions, morals, culture, and others.

5. Quality literary works according to the psychological approach are literary works that are able to describe the nature of human inner chaos and chaos because the nature of human life is a struggle to face his own inner confusion.
6. Individual freedom of writing is highly valued, and freedom to create also has a special place. In this case individuals are highly valued who always try to get to know their essence. In an effort to recognize himself also the writer created to concretize what was stirring in him. (p.7)

Semi (on Endraswara, 2008) also said that there are several advantages of literary psychology, namely:

1. It is very appropriate to examine in depth the aspects of officers.
2. With this approach give feedback to the author about the problem of the officers he developed.
3. Very helpful in analyzing surrealist, abstract, or absurd literary works, and finally can help readers understand such works. (p.12)

From the three statements above, it can be interpreted that literary psychology is a study that can reflect psychologically in the characters or the authors which was poured into a literary works.

3. RESEARCH METHOD

Descriptive qualitative method. Descriptive qualitative method is used because this research takes the form of words, sentences or paragraphs and also this research is conducted descriptively because the researcher explains the characteristics and types of psychological disorders portrayed by Jackson Maine in *A Star Is Born* Movie.

Source of data is taken from *A Star Is Born* Movie (2018) directed by Bradley Cooper. *A Star Is Born* Movie was produced by Bill Gerber, Jon Peters, Bradley Cooper, Todd Phillips, and Lynette Howell Taylor. This movie aired on October 19, 2019 and starred by Lady Gaga, Bradley Cooper, Sam Elliot, Anthony Ramos, and Rafi Gavron. The data are the scenes of that film that reflects psychological disorders. The primary data is from *A Star Is Born* Movie and for the secondary data; the researcher uses some books and e-books that are related to psychological disorders and literary psychology theory. The data were collected by following some steps. The movie was watched repeatedly to have a better understanding of the story. Later, the allegedly data about the psychological disorders were underlined and grouped. Next, the data were classified into the types of psychological disorders. The classified data were analyzed by using the theory proposed by Davison, Neale, Kring. The conclusion was drawn to summarize the result of the analysis.

4. RESULT AND DISCUSSION

This chapter explains the characteristics and types of psychological disorders portrayed by Jackson Maine in *A Star Is Born* Movie and then identify the alleged data that are significantly described the characteristics portrayed by Jackson Maine in *A Star Is Born* Movie and types of psychological disorders portrayed by Jackson Maine in *A Star Is Born* Movie based on the data that have been collected.

4.1. The characteristic of psychological disorders

The psychological disorders characteristic portrayed by Jackson Maine in *A Star Is Born* Movie, are namely:

a. *Disability or behavioral dysfunction*

At 1.35:47 shows that Jackson Maine was performing along with his new band at the Grammy Awards. Before this event took place, Jackson Maine drank alcohol and consumed drugs. This behaviour of his causes him to lose focus when he played the bass. the intro that he took was too long. People looked at him with confusion.

At 1:38:46, Ally Maine won a Grammy Awards as the Best New Artist. Jackson Maine who was drunk came to the stage to accompany his wife; Ally Maine who was going to give her speech. However, when Ally Maine was delivering her victory speech, Jackson Maine peed in his pants. The scene shows Jack's pant was wet.

In line with the theory, Jack poor performance in those two scenes caused by behavioural dysfunction because of substance abuse; drugs. Jack's psychological disorder is reflected in those two scenes

where Jack lose focus on stage and wet his pant in an award ceremony. People normally will never do that for it is not what adults normally do.

b. Personal distress

At 1:54:33 the scene shows Jack lying on his bed, staring on the ceiling, seemingly sad. He felt under pressure after hearing about what Ally's manager told him that the reason she cancelled the tour was because she wanted to stay all summer in their home. It is a lie. The truth is because Rez prohibited Ally to take Jackson on tour.

This shows personal distress for Jack suffered from great torture and distress. He felt guilty for his wife and it hurt him greatly.

c. Maladaptive behavior

In 1:34:31 shows Jackson Maine put his hand in his pants pocket which contain drugs. Then, he sucked his hand and inhale that drugs. One of Jack's habits before and after performing is he would consume drugs.

In the scene 1:40:33 shows Jack admitted his psychological disorders. He said "I'm Jack. I'm an alcoholic. Drugs addict." When he introduced himself. It took place in a rehabilitation centre.

Maladaptive behaviour is a behaviour that has harmful consequences for the individual concerned and/or for his social environment, due to ignorance, inability, responding to stimuli at the right time and place or dysfunctional. Moreover, alcoholic and drug addicts are the example of that behaviour.

4.2. The types of psychological disorders

a. Depression

In 1:58:23 shows that Jackson Maine brought a belt that has been installed as will be used. Jackson Maine staggered into the car garage with a sad and depressed. Then, he put the hat like the last memory.

According to Davison, Neale, Kring (2006), "Depression is a disorder that in DSM-IV-TR has criteria such as sad and depressed mood, difficulty sleeping, changes in activity levels, decreased appetite and weight loss, loss of energy, negative self-concept pointing at and blaming their self, feeling insignificant and guilty, thinking of committing suicide." (p.375)

In relation to the theory, it can be seen from how sad and depressed Jackson Maine while he walked unsteadily and with feelings of sadness and depressed.

In 1:59:24 Jack did not only felt pressured but he also felt sad because of what his wife's manager said, "While you have been away, we have been back here in serious triage, trying to clean up your fucking mess. Barely finding out way through it. You almost single-handedly derailed her whole career. You understand that? She is never going to say this to you. She loves you too much. Just by staying to you, she looks like a joke. It is embarrassing. Let's be honest, we both now, it is only matter of time before that is pushed aside again for the real thing. And when that happens, I do not want her anywhere near you." Rez told him like this because Ally wanted Jack to follow her on tour but Rez did not allow her.

It can be seen from how depressed and desperate his face. After heard about what was said by his wife's manager Jackson Maine felt so sad, negative self-concept pointing at and blaming himself, depressed and after that he committed suicide.

In 1:01:01 shows that Jackson Maine hung himself in the garage; it is visible from the window above the garage there was someone wobbling hanging around. He committed suicide.

Based on the theory of Depression according to Davison, Neale, Kring (2006), the researcher stated that the theory and the scene are relevant because it can be seen from the scene where Jackson Maine committed suicide which is one of the criteria of depression.

5. CONCLUSION AND SUGGESTION

Three characteristics of psychological disorders according to Davison, Neale, Kring (2006) portrayed by Jackson Maine in *A Star Is Born* Movie, are: 1) *Disability and Behavioural Dysfunction*, there were 3 data of Disability and Behavioural Dysfunction in this movie, a) It can be seen from how hard Jackson Maine tried to focus while the show was about to begin. It happened because of he had drunk alcohol and consumed drugs. Alcohol and drugs can be interpreted as substance abuse. In other words, Jackson Maine showed poor performance at work. b) It can be seen from how Jackson Maine did not focus when he was performing the stage with his new band because he had drunk alcohol and consumed drugs. His behaviour affected his work environment, c) It can be seen from the scene that showed Jack peed in his pants. This is clearly not the behaviour that normally carried out by normal adults. This is also clearly shows that he has poor performance at work caused by substance abuse; alcohol and drugs. 2) *Personal Distress*, there were 2 data of Personal Distress in this movie, a) It can be seen from how Jackson staring at the ceiling sadly and feeling under pressured by what Rez said. b) It can be seen from how it pressured and saddened Jack after hearing what all Rez said to him. 3) *Maladaptive Behaviour*. Three data of Maladaptive Behaviour in this movie; a) Jackson felt pressured by what Rez said and after that he was staring at the ceiling with a sad face, b) It can be seen from his habits of consuming drugs before and after performing with his band, c) it can be seen from how Jackson Maine peed in his pants during his wife's victory speech on the stage. It showed he had inability, responding to stimuli at the right time and place. Also, this scene clearly proves that Jackson was an alcoholic and drugs addict which is an example of maladaptive behaviour.

The researcher also found 1 kind of psychological disorder portrayed by Jackson Maine in *A Star Is Born* Movie; namely *Depression*. a) It can be seen from how sad and depressed Jackson Maine while he walked unsteadily and sad, b) It can be seen from Jack pointing at and blaming himself, depressed and after that he committed to suicide after he heard about what was said by his wife's, c) It can be seen from when Jackson Maine committed suicide, which is one of the criteria of depression based on the theory.

In this research, the researchers discusses the factors of habitus to form the character in the *Allegiant* novel. For further researchers, study more deeply about the habitus concept which is not explained in this research to understand more deeply the characters that exist in the novel.

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