

CHAPTER 1

INTRODUCTION

This chapter conducts the introduction of the study that includes the background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and organization of the study.

A. Background of the Study

Literature is one of the dynamic portrayals of human's life processes. According to Goksen Aras, literature is a discipline wherein language is used as a medium of expression to interpret human's behavior, existence, and culture (1). Literature intertwines in many fields of study, including psychology. Moreover, psychology often becomes the major topic that pops up when talking about human in literature. As a product of human thought, many literary works come as the result of psychology condition of the author itself. In other words, literary works are used by authors to convey what they feel and see about the social life they faced. Therefore, every literary work is different, depending on what kind of background that the author has. The depiction of society that written by the author is often the exact condition that he tries to deliver using his own perspective.

In addition, literature can be written whether in the shape of poetic, dramatic, or fiction. Human experiences that communicated in literature are always in a form of narrative. Furthermore, as a visualization of narrative, movie is also considered as a branch of literature. According to Dr. Pramod Ambadasrao Pawar, there is a link between movie and literature that creates

sublimity in human imagination and understanding (151). Movie and literature are common in certain points, they tend to be the imperssion of reality. There are many movies that created specifically as a satire potrayals towards society nowadays. Dealing with human beings, observation is the key to go deep into their social or individual life. Thus, movie makers then took a chance within this gap to utilize human experiences as an object study.

Arguably that movie as a literary works can be the appliance of human psyche's portrayal in a form of a script that turned into visual work. One of the most catching movies that tells about human individual experiences is *Ingrid Goes West* (2017). This American dark-comedy film satirizes the life of today society towards social media usage. Using the background of latest 21st century, the movie portrays youngsters who are living in a fast-information era. The characters are all depicted having a really intense connection with internet, especially social media. They are so called *Social Media Generation*.

As a growing phenomenon, social media has rapidly become a fundamental channel of communication for people nowadays. Especially young adults who are lately become the heaviest users among all ages. Grow up with internet and witness the advent of social media, young adults are now experiencing various problems related to the compulsive use of Internet and social media. Even though social media is beneficial for social-networking, however, social media may have negative aspects including cyber-bullying, privacy violation, Internet addiction, stalking, threatening, depression,

loneliness, and legal risks (Krol 3). All of those issues emerged are at risk to affect its users physically and psychologically.

Undeniably there are many cases reported about adults who are depressed because of social media anxiety and insecurity, even worse, some of them are attempt to suicide. Recent study reveals that social anxiety is very common that even occupy the third position as most frequent mental health problem after major depression and alcohol abuse. In addition, young adults are considered to be an easy object for the intrusion of social anxiety and usually influence 3 -5% of youth population (Nasreen Bano, Zaeema R. Ahmad, Amena Z. Ali 1). The pressure that given by social media forces these young people to keep up with the trend. Social approval is become the aim for most, they often do things only to be recognized. It is ironic to see how social media fuels people's desire for fame. Hence, witnessing this, Matt Spicer, later directs the movie as a satire portrayals of social media as it is today.

The main character of the movie, Ingrid, is portrayed having a lot of issues in her social life. The main character feels that she is socially unaccepted by people, she has no real friend to be with. Thus, Ingrid often experiences the anxiety because of the pressure that she actually made herself. She is not becoming her true self and slowly tries to fake everything instead. She seems only fulfilling the imaginary life that she seeks for. The fear of being lonely, disliked, and humiliated is part of her anxiety that she has within herself. Moreover, this is related to the Sigmund Freud's psychoanalysis theory about human anxieties.

The feeling of anxiety and worry are coming up into Ingrid's mind about her wistful life. Along with the social media pressure that afterward desperately leads her to defense mechanism mode. She starts to project the fulfilment of her emotional needs to others. Dealing with those concerns, Ingrid's manipulative traits suddenly emerges that makes her problems even more complex.

In the movie *Ingrid Goes West*, both anxieties and defense mechanisms are depicted very well. The movie gives a great portrayal of how social media can provide a false sense of meaning to some people. As one of those people who taking a part in social media trends, Ingrid is experiencing many issues dealing with it. All of the problems that occurred in Ingrid's social life are having a huge impact towards her psychological condition. Hence, the way Ingrid facing her anxieties will be analyzed through Freudian psychological perspective.

B. Problem Formulation

This study analyzes the character of Ingrid Thorburn in the film *Ingrid Goes West* by Matt Spicer. It formulates the statements of the following problems:

1. How are Ingrid's anxieties described in the film?
2. How does Ingrid cope her anxieties with defense mechanism?

C. Limitation of the Study

This film is analyzed using psychoanalysis approach that developed by Sigmund Freud. This study will only focuses on the main character, Ingrid Thorburn, as she experiences anxieties that occur in her life and her actions to overcome it.

D. Objectives of the Study

The main objectives in analyzing the main character of the film *Ingrid Goes West* (2017) are as follows:

- A. To explain the anxieties of Ingrid depicted in the film.
- B. To analyze Ingrid's defense mechanism to overcome her anxiety depicted in the film.

E. Significance of the Study

This study is expected to be helpful for others as follows:

1. This study will acknowledge others as it discussing about the psychoanalysis theory, especially focuses on anxiety and defense mechanism happens in today society.
2. This study hopefully can provide references dealing with Freudian psychoanalytic theory.
3. This study also intended to rise readers' awareness of the social media insecurity phenomenon that may cause misunderstanding or even leads to more serious problem.

F. Organization of the Study

This study is systematically organized in the following chapters:

Chapter one is the introduction which consist of the background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and outline of the study. Chapter two is the Review of related literature. It consists of the synopsis of *Ingrid Goes West* movie and the

review of Freudian psychology that includes the types of anxiety and defense mechanism. Chapter three is the Research Method that consists of type of research, data organizing, and analyzing the data. Chapter Four consist of the analysis and discussion of Ingrid's anxiety and defense mechanism. The last, chapter five is conclusion and suggestion.

