

**AN ANALYSIS OF OBSESSIVE LOVE DISORDER AND ITS  
TARGET AS REFLECTED IN THE MAIN CHARACTER OF  
THE *SECRET OBSESSION* MOVIE**

**A FINAL PROJECT**



**Presented as Partial Fulfillment of Requirements**

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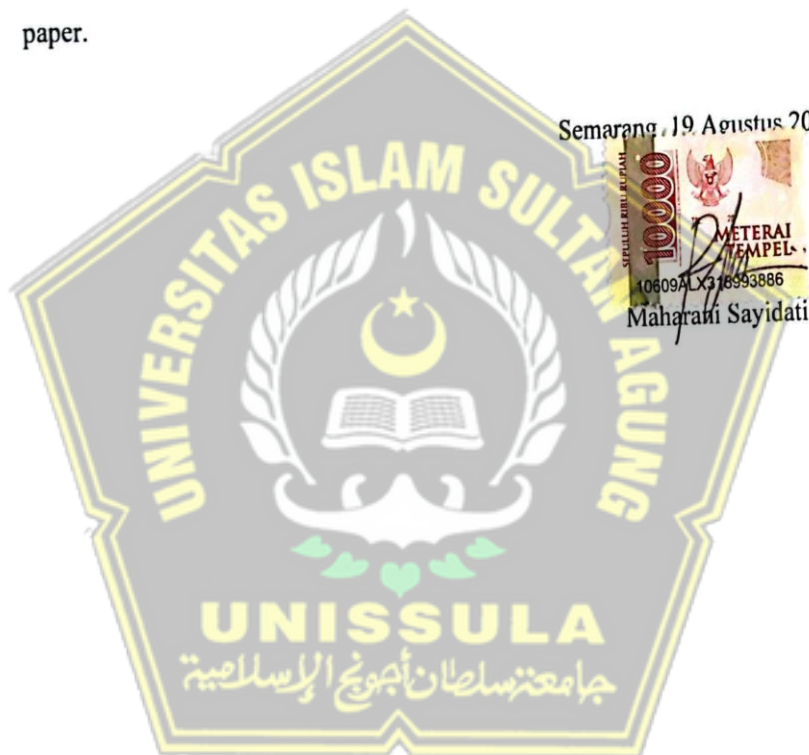
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## STATEMENT OF WORK ORIGINALLY

Hereby, I honestly declare that the thesis I wrote does not contain the written work of other people except as mentioned in the citation and bibliography. If my statement is not valid in the future, I absolutely agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from the paper.

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## MOTTO

**“Whoever follows a path to seek knowledge, Allah will make the path to  
Jannah (Paradise) easy for them”**

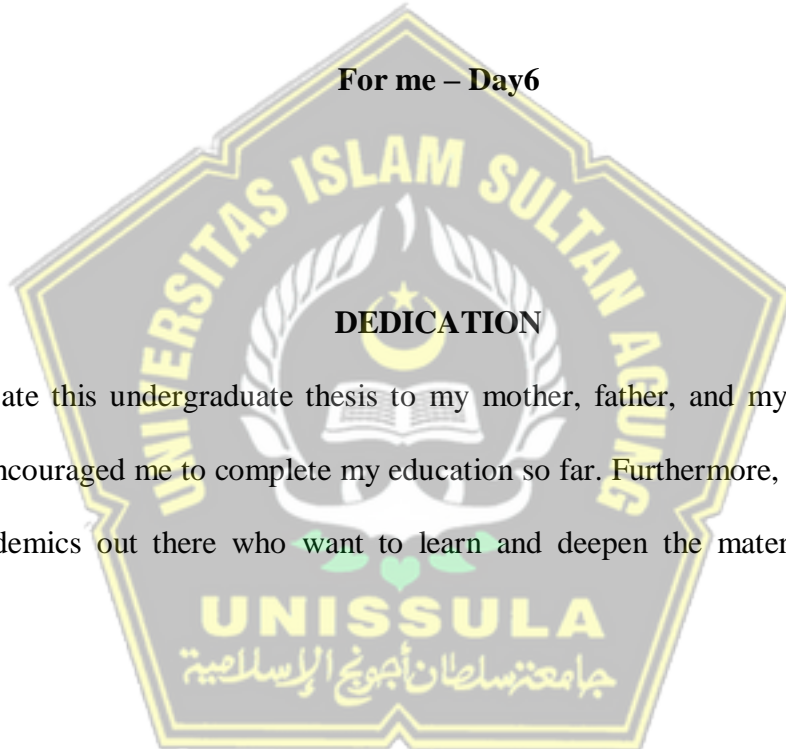
**Saheeh Muslim, 2699**

**“I wanna thank you for not falling down in this exhaustion, for continuing to  
be with me and leading me, from today I will start to love you. I mean I will  
love me now.”**

**For me – Day6**

## DEDICATION

I dedicate this undergraduate thesis to my mother, father, and my siblings who have encouraged me to complete my education so far. Furthermore, I dedicate this to academics out there who want to learn and deepen the material discussed.





## ABSTRACT

**Sayidati, Maharani, 30802000026.** An analysis of Obsessive Love disorder and its Target as reflected in the main character of the *Secret Obsession* movie. A final project of English Literature Study Program, Faculty of Language and Communication Science. Sultan Agung Islamic University Semarang. Advisor: Afina Murtiningrum, S.S., MM, MA.

This final project examined the *Secret Obsession* movie. There are two aims of this final project. The first aim is to describe Ryan's Obsessive Love disorder towards the Target of his Obsessive Love disorder. The second aim is to analyze what characteristics exist in Jennifer as a Target of Obsessive Love disorder.

This final project were used qualitative descriptive methods as a research method to answer the research question. The primary data used in this study was *Secret Obsession* movie, and the movie script. The secondary data included e-books, journals, research articles, and websites.

This final project found out that character Ryan experienced Obsessive Love disorder seen that he is willing to do anything to the partner, feel overwhelming sense of protection towards the partner, and exhibited extreme jealousy. As a Target of Obsessive Love disorder, Jennifer shows several characteristics, Jennifer experienced feeling suffocated by the partner's behavior, feeling like a hostage by partner's pursuit, feeling afraid that the partner may hurt the target or become self-destructive, feeling threatened violence by the partner or become violent, and feeling the partner checked up the target whereabouts and also followed by the partner.

**Key words:** Obsessive Love disorder, Target of Obsessive Love disorder, mental disorder, *Secret Obsession*.

## INTISARI

**Sayidati, Maharani, 30802000026.** Analisis *Obsessive Love disorder* dan *target* nya yang tercermin pada tokoh utama film *Secret Obsession*. Tugas akhir Program Studi Sastra Inggris Fakultas Ilmu Bahasa dan Komunikasi. Universitas Islam Sultan Agung Semarang. Pembimbing: Afina Murtiningrum, S.S., MM, MA.

Tugas akhir ini mengkaji film *Secret Obsession*. Ada dua tujuan dari tugas akhir ini. Pertama adalah untuk mendeskripsikan bagaimana *Obsessive Love disorder* yang ada pada Ryan terhadap *Target of Obsessive Love disorder*. Kedua adalah menganalisis karakteristik apa saja yang terdapat pada Jennifer sebagai *Target of Obsessive Love disorder*.

Tugas akhir ini menggunakan metode deskriptif kualitatif sebagai metode penelitian untuk menjawab pertanyaan penelitian. Data primer yang digunakan di tugas akhir ini adalah film *Secret Obsession*, dan naskah filmnya. Data sekunder meliputi buku digital, jurnal internasional, artikel penelitian, dan website.

Hasil tugas akhir ini menunjukkan bahwa karakter Ryan sebagai seseorang dengan *Obsessive Love disorder*, Ryan rela melakukan apa saja terhadap pasangannya, merasakan rasa perlindungan yang berlebihan terhadap pasangannya, dan menunjukkan rasa cemburu yang ekstrim. Sebagai *Target* Jennifer menunjukkan beberapa karakteristik, Jennifer mengalami perasaan tercekik oleh perilaku pasangannya, perasaan seperti seorang sandera dari kejaran pasangannya, perasaan takut pasangannya akan menyakitinya atau merusak diri sendiri, perasaan terancam kekerasan dari pasangan atau melakukan kekerasan, perasaan bahwa pasangannya menjadi marah ketika menerima penolakan, dan perasaan diikuti oleh pasangannya.

**Kata kunci:** *Obsessive Love disorder*, *Target of Obsessive Love disorder*, gangguan mental, *Secret Obsession*.

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In the name of Allah, the Most Gracious, the Most Merciful, I offer my deepest thanks to Allah Subhanahu Wa Ta'ala who has given me life until now, eased all my difficulties and affairs and given extraordinary blessings so that I can complete this final project. This final project cannot be completed without motivation, encouragement, support and guidance from many parties. Therefore, I would like to express my deepest gratitude to the following parties:

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I realize that this final project is imperfect. Therefore, this final project is open to receiving suggestions and criticism for further research. Hopefully this final project can be useful for readers and be an inspiration for future research.

# CHAPTER I

## INTRODUCTION

### A. Background of the Study

Literature serves as the cornerstone of human culture, beliefs, and traditions. It acts as both a mirror of reality and a form of artistic expression. Every aspect of societal life can be documented, analyzed, and understood through literary works, whether in poetry or prose. Engaging with literature fully offers individuals profound insights, knowledge, and emotional experiences. Life is realized in the form of literary works. It replaces words based on tragedy, desires, and human feelings. Literature can also be called an artistic expression, entertainment, and a source of knowledge. Books are read to add information and as recreation by those who like to explore their imagination. Literature also ignites new ideas that can give a voice to people who want to express their opinions about certain things in life. According to Roberts and Jacobs, "Literature is a composition that tells a story, dramatizes a situation, expresses emotions, analyzes and advocates ideas" (2). Ade and Okunoye in their book *Introduction to Literature and Literary Criticism* explains several definitions of Literature, that Literature originates from our love of telling stories, arranging words very neatly, and expressing words from several aspects of human life itself (2).

Talking about human life or human values has something to do with psychology. Psychology encompasses the study of human behavior,

encompassing both outward actions and inner thoughts. In literature, discussions of psychology often focus on exploring the human mind, its emotions, thoughts, and feelings. According to Jonathan Kellerman, Psychology and fiction are enough synchronism, and psychology is a suitable field for fiction. He further said that both psychology and Literature seek to understand people. Psychology helps the author describe how characters think, act, and behave in a certain way. Psychology promotes everything we are and do, from biological influences and social pressure to environmental factors. Both Literature and Psychology study the human soul. Psychology tells us about human behavior and its causes, while Literature describes human behavior through fiction (21). Meanwhile, movie, as a form of fiction literature, also depicts human behavior in its visual representation.

One of the problems discussed in Psychology is mental disorder. Mental disorder or personality-related disorders can arise due to specific disease conditions. This also applies to some human behaviors, which can also affect health. According to Steven Hyman, "Mental disorders are diseases that affect cognition, emotion, and behavioral control and substantially interfere both with the ability of children to learn and with the ability of adults to function in their families, at work, and in the broader society. Mental disorders tend to begin early in life and often run a chronic recurrent course." (605). Mental disorders have a complex etiology involving various genetic and nongenetic risk factors. One of the genetic risks is gender.

Environmental risk factors also play an essential role in mental disorders. However, as with genetic factors, investigating the risk of environmental factors has proven difficult. There are many types of Mental disorders, for example, schizophrenia, bipolar disorder, major depression, anxiety disorders, obsessive-compulsive disorder, attention deficit hyperactivity disorder, and others.

According to Reynaud According to Reynaud in Princessa Nathania Yuwono, Ribut Basuki's research, a psychological illness that is categorized as a type of Obsessive Compulsive Disorder (OCD) one of them is Obsessive Love disorder and is usually a sign of another mental health condition such as a disorder coincidence and delusional disorders (262). Obsessive Love disorder is a condition in which a person is obsessed with the person they love. They feel like they have to protect and even control their partners obsessively—Obsessive Love disorder, which includes mental disorders that make the sufferer obsessed with one person. Sufferers will feel the need to protect their loved one obsessively to the point that they appear to be in control of the loved one's life. According to Forward and Buck in their book *Obsessive Love: When It Hurts Too Much to Let Go*, "Obsessive Love disorder is the contradiction of healthy love, nurturing, and rarely tastes good" (9).

Meanwhile, someone with Obsessive Love disorder has a Target of Obsessive Love disorder, which makes them possessive traits. There are several characteristics can be used to determine whether someone is the Target

of Obsessive Love disorder or not. According to Susan Forward and Craig Buck, some people who suffer from Obsessive Love disorder do not realize that someone is obsessed with them. Some Targets of Obsessive Love disorder do not invite obsession, do not enjoy obsession, do not desire obsession. But some targets are as attached to their obsessive lover as their lover is to themselves. A Target of Obsessive Love disorder often sees himself as a victim of his obsessive lover. After all, it is the perpetrator of Obsessive Love disorder who is acting crazy, jealous, and irrational. Obsessive love disorder targets are so attached to their obsessive lover and the drama and passion of the relationship that they cannot force themselves to leave their lover or set limits on what kind of behavior they are willing to accept limits that might steer the relationship in a healthier direction. Targets of Obsessive Love disorder are mired in a quagmire of confusion, ambivalence, self-blame, and guilt. An obsessive partner cannot fulfill the expectations and demands of their obsessive lover due to the insatiable nature of obsession. According to Forward and Buck, Targets of Obsessive Love disorder are doomed to failure, and obsessives who are entirely dependent on targets of Obsessive Love disorder for personal satisfaction will suffer greatly (107).

This study specifically focuses on two points of view; there are as a person with Obsessive Love disorder and the Target of his Obsessive Love disorder. The representation of what is mentioned is from the characters Ryan and Jennifer in a movie entitled *Secret Obsession*. The *Secret Obsession* movie was directed by Peter Sullivan, and the script was adapted by Kraig



Wenman. The character representing Obsessive Love disorder in this movie is Ryan. He is obsessed with a girl named Jennifer, and he does various things to get Jennifer entirely so that he gets rid of the people around Jennifer. Some of the characteristics that Ryan has towards Jennifer are characteristics of sufferers of Obsessive Love disorder. Meanwhile, the character representation of a Target of Obsessive Love disorder is Jennifer. Jennifer also has many of the characteristics of a Target of Obsessive Love disorder. An example is Jennifer is always depressed over Ryan's pursuit of her.

There have been some previous studies related to this study. A study by Titi Dewi Rohati and Kirana Sakmiwata in 2022 entitled *Obsessive Love Disorder and the Psychopathic Behavior of the Main Character in the Film Agaone Girl Through a Psychoanalytic Perspective*. This study discusses the relationship between Obsessive Love disorder and Psychopathic behavior using a Psychoanalytic Perspective. Then there was also previous study by Hangarjito in 2018 entitled *Igor Malev's Obsessive Love Disorder in Paulo Coelho's The Winner Stands Alone*. The next study was from Nadha in 2019 entitled *An Analysis of Obsessive Love Disorder Portrayed on The Leading Character in Caroline Kepnes' You*. This study uses the theory of Obsessive Love Disorder from Benhard Bogerts. The author's latest study is on Literary Work Objects(movie) entitled *Secret Obsession*, which has never been used in previous study. And also in the form of an analysis of Target Obsession.

The *Secret Obsession* movie is worthy of being an object of study on the theory of Obsessive Love disorder because almost the entire film tells the

story of Ryan, a sufferer of Obsessive Love disorder who is very obsessed with a woman named Jennifer, where Jennifer here is the Target of Obsessive Love disorder. The choice of the theory of Obsessive Love disorder is based on the problem because although there is no separate medical or psychological classification regarding Obsessive Love disorder, Obsessive Love disorder is often said to be in contact with other mental disorders.

This disease often occurs around us, but rarely do people know that Obsessive Love disorder exists. In some circles, Obsessive Love disorder can be considered ordinary affection, even though possessiveness has exceeded the limit. Obsessive Love disorder is also often depicted in literary works, but not many people use that term. In today's life, love is considered one of the greatest feelings in the world, and it can inspire, motivate, and give meaning to life. When loved ones do not reciprocate the love given to them, for example, when someone does not receive validation or affection from the person they love, this can complicate the situation. The one that called as Obsessive Love disorder. The term Obsessive Love disorder needs to be studied further so that people know that excessive affection for other people is not a good thing. Based on the explanation above, this research is entitled *An Analysis of Obsessive Love Disorder and Its Target as Reflected in The Main Characters of The Secret Obsession Movie*.

## B. Problems Formulation

Based on the background of the study above, this study formulates the problemstatement as follows:

1. How is Obsessive Love disorder depicted by Ryan in the *Secret Obsession* movie?
2. How are the characteristics of being Target Obsessive Love disorder found in Jennifer in *Secret Obsession* movie?

## C. Limitation of the study

This study focuses on Obsessive Love disorder which is depicted by Ryan's character towards Jennifer. Then, this study highlights that several characteristic are found by Jennifer as a Target Obsessive Love disorder.

## D. Objective of the study

Based on the problem formulation that has been formulated above, this study formulates several objectives as follows:

1. To depict Obsessive Love disorder in Ryan's in the *Secret Obsession* movie
2. To describe the characteristics of being Target Obsessive Love disorder found in Jennifer character in the *Secret Obsession* movie.

## E. Significance of the study

This study is useful for providing new insights about Obsessive Love

disorder that Obsessive Love disorder as a mental disorder, but many people don't know about it. This study can also be aimed for:

1. Specifically for students of literature to provide a more in depth picture understanding of the theory of Obsessive Love disorder.
2. Researchers who are interested in expanding knowledge and understanding of the relationship between psychology and literature, especially regarding the mental disorder Obsessive Love disorder.
3. Future researchers as research some initial topics and references for further research on the topic of Obsessive Love disorder.

#### **F. Organization of the study**

This final project is systematically organized in five chapters. Each chapter contains different matters to be discussed. Chapter one contains introduction, it consists of Background of the Study, Problem Formulation, Limitation of the Study, Objective of the Study, Significance of the Study and Organization of the Study. Chapter two contains a review of related literature which consists of the synopsis of the movie itself and some theories that are related to the study. Chapter three contains a research method which consists of types of research, data organizing and analyzing the data. The data organizing provides a data collecting method which consists of watching the movie, reading the movie script, identifying the data, classifying the data and reducing the data. The last part of chapter three is analyzing the data. Chapter four consist of Finding and Discussion. Chapter five consists of Conclusion and Suggestion.

## CHAPTER II

### REVIEWS OF RELATED LITERATURE

This chapter consist of related literature, there are two main parts to this chapter. The first part is the synopsis of the *Secret Obsession* movie. The second part is review of related which consist of theory related to this final project.

#### **A. Synopsis of *Secret Obsession* Movie**

*Secret Obsession* is a 2019 American psychological thriller movie directed by Peter Sullivan, who co-wrote the screenplay with Kraig Wenman. It was released on 18 July 2019 by Netflix. It stars Brenda Song, Mike Vogel, Dennis Haysbert, Daniel Booko and Ashley Scott. Netflix announced that the film had been viewed by over 40 million viewers after its release on their platform.

About the characters, the first is the character Ryan, who has Obsessive Love disorder. Ryan Gaerity, known mostly by his pseudonym Russell Williams played by Mike Vogel, is the main character of the *Secret Obsession* movie. Ryan's Obsessive Love disorder is depicted by the obsessed and resentful stalker of Jennifer Williams, a woman he adores who is someone else's wife, namely Russel Williams. When Jennifer has an accident, Jennifer woke up when she was already in the hospital. When she woke up, all she saw was a hospital room. In addition, she also suffered a broken leg and several injuries. And unfortunately again, Jennifer has amnesia. This made it difficult for nurses and doctors to find out his identity. There was Ryan's opportunity to confess that he was Russell, Jennifer's husband.

Ryan's Obsessive Love disorder peaked when he killed Russell and Jennifer's other loved ones. He is also the mortal enemy of Detective Page. All of Ryan's behavior shows that he is someone with Obsessive Love disorder. Such as possessiveness, willing to do anything to get the person he likes completely, overwhelming obsessive desire to possess and protect for their partner, and jealousy.

Ryan stalked Jennifer Williams for years, following her all the way to her executive workplace in the same office and always felt madly in love with her. He never had his love returned, and he experienced even worse times with Jennifer's marriage to a man named Russell Williams. He was fired for his explosive work behavior, stemming from his hatred of the Williams family. He killed Jennifer's parents and her husband Russell. Jennifer saw the incident and then decided to run from her house to save herself. Ryan chases Jennifer, intending to kill her too. Ryan's car hit Jennifer and he left Jennifer still alive so she had to be sent to the hospital. Even after Jennifer was diagnosed with amnesia by a doctor, Ryan took advantage of the moment to get rid of the detective who was solving the case, and chose to pretend to be her real husband (Russell). Ryan felt that this unexpected moment was better than letting Jennifer die.

The second one character is Jennifer Williams played by Brenda Song. Jennifer is described here is Target from Ryan's Obsessive Love disorder. Many of Ryan's actions made Jennifer feel depressed. One of characteristics of being the target of Obsessive Love Disorder is feel suffocated by partner's behavior and feel like a hostage to this person's pursuit.

It's depicted by Jennifer feels pressured by Ryan's attitude towards her. And she felt trapped from Ryan's Obsessive Love disorder. And other one is the person's pursuit of their creating so much anxiety in their life that it affects their physical or emotional well-being or their ability to concentrate.

At her house, Jennifer finds her real wedding photo and reminds her of her past. Jennifer tries to run away from the house but Ryan hits her and takes her back to the room. He then locked Jennifer on the floor. To Jennifer, Ryan finally confessed what he had done. He admitted that he had admired Jennifer for years when they worked in the same office. Ryan was so obsessed with Jennifer, but he never got her heart. Jennifer actually married another co-worker, Russell.

Jennifer is depicted trying to ask for help so that she can be saved from Ryan's pursuit. She feels afraid that this person may hurt her or become self-destructive. This person threatened violence or become violent. Depicted with Jennifer being frightened by Ryan's threats. Ryan threatens to hurt Jennifer if she tries to get word from Ryan. Finally Jennifer was forced to obey Ryan. Jennifer then managed to trick Ryan and he fled from the house. Jennifer runs into the woods and is chased by Ryan. In the woods, Jennifer, assisted by Detective Page, gets into a fierce fight with Ryan. Jennifer and Detective Page manage to kill Ryan. Jennifer was again undergoing recovery in the hospital. After recovering, she continues his life alone.

## **B. Related Literature**

### **B.1 Mental Disorder**

Mental disorder is a form of disorder of mental function (mental health). According to Steven Hyman, “Mental disorders are diseases that affect cognition, emotion, and behavioral control and substantially interfere both with the ability of children to learn and with the ability of adults to function in their families, at work, and in the broader society. Mental disorders tend to begin early in life and often run a chronic recurrent course.” (605). Mental disorders typically begin early in life and frequently manifest as chronic and recurrent conditions. These disorders are prevalent across all countries where they have been studied. Because of their widespread occurrence, mental disorders make a substantial contribution to the overall burden of disease. Much of this burden stems from disabilities associated with mental disorders and premature deaths, particularly those resulting from suicide.

According to Steven Hyman, mental disorders have a complex etiology involving various genetic and nongenetic risk factors (605). One of the genetic risks is gender. Gender correlates with different risks in various cases: males tend to exhibit higher rates of Attention Deficit Hyperactivity Disorder (ADHD) and substance use disorders, as well as autism. Conversely, females tend to show higher rates of major depressive disorders, anxiety disorders, and eating disorders. According to Hyman, identifying the genes that cause or create susceptibility to a disorder will help us understand what



goes wrong in the brain that causes mental disorders and should have a clinical effect by contributing to improved diagnostics and therapy. (605). Environmental risk factors also play an essential role in cognitive disorders. However, as with genetic factors, investigating the risk of environmental factors has proven difficult. There are many types of mental disorders, for example, schizophrenia, bipolar disorder, major depression, anxiety disorders, obsessive-compulsive disorder, attention deficit hyperactivity disorder, and others.

According to the World Health Organization, The ICD-10 Classification of Mental and Behavioural Disorders, "Disorder" is used throughout this classification to avoid more significant issues associated with terms like "disease" and "illness." "Disorder" implies a set of clinically recognizable symptoms or behaviors generally associated with difficulties and disruptions in personal functioning. (5)

The author reviews various forms of mental disorders based on DSM-V. Diagnostic and Statistical Manual of Mental Disorders (DSM) of the American Psychiatric Association (Demazeux and Singhy 2015; Paris and Phillips 2013; Whooley 2014) is a classification system that applies a category system to diagnostic criteria worldwide. The initial two versions of this manual, DSM-I (1952) and DSM-II (1968), did not have significant impact. They primarily relied on the perspectives of prominent experts to define the symptoms of specific mental disorders. In contrast, DSM-III (1980) marked a significant shift in psychiatric thought by aiming to classify mental

disorders using rigorous scientific evidence. DSM-IV (1994) assist physicians in making diagnoses by providing a set of diagnostic criteria. In 2000, a revised text of DSM IV was published under the name DSM-IV-TR. DSM-5 was prepared to overcome the shortcomings of DSM-IV in defining symptom characteristics and group behavior. Therefore, the diagnostic criteria for mental disorder categories in DSM-5 are briefly reviewed in the following section. (39-41)

1. Neurodevelopmental Disorders
2. Schizophrenia Spectrum and Other Psychotic Disorders
3. Bipolar and Related Disorders
4. Depressive Disorders
5. Anxiety Disorders
6. Obsessive Compulsive Disorder
7. Trauma and Stress and Related Disorders

## **B.2 Obsessive Love Disorder**

According to Reynaud in Princessa Nathania Yuwono, Ribut Basuki's research, Obsessive Love disorder is a psychological illness that is categorized as a type of Obsessive Compulsive Disorder (OCD) and is usually a sign of another mental health condition such as attachment disorder and delusional disorders (262). According to Hanggarjito in his research, there are several types of Obsessive Compulsive Disorder, one of

which is Obsessive Love disorder, caused by relationships based on love (16). Obsessive Compulsive Disorder (OCD) is a mental and behavioral condition characterized by recurrent, intrusive thoughts (obsessions) and repetitive behaviors or rituals (compulsions) that a person feels compelled to perform. According to Jill N. Fenske, Obsessions are recurrent intrusive thoughts or images that cause marked distress. Compulsions are repetitive behaviors or mental rituals performed to counteract the anxiety caused by obsessions (897). According to J. Stein, diagnostic criteria for Obsessive Compulsive Disorder emphasize that Obsessive Compulsive Disorder is characterized by the presence of obsessions and/or compulsions. (10).

According to Forward and Buck in their book *Obsessive Love: When It Hurts Too Much to Let Go*, Obsessive Love disorder is the contradiction of healthy love, nurturing, never satisfies, and rarely tastes good, "Healthy love aspires to trust, care, and mutual respect. Obsessive love, on the other hand, is dominated by fear, possessiveness, and self-consciousness. Obsessive love is volatile and sometimes even dangerous. Ultimately, it is unsatisfying, never nourishing, and rarely tastes good" (9). Obsessive Love disorder is a condition in which a person is obsessed with the person they love. They feel like they have to protect and even control their partners obsessively

Some sufferers of Obsessive Love disorder have behaviour towards their target of Obsessive Love. This analyse will discuss things like willing to do anything for their partner, overwhelming obsessive desire to possess and

protect for their partner, and extreme jealousy.

### **B.2.1 Wiling to do anything for their partner**

Someone with Obsessive Love disorder is usually willing to do anything for their partner and cannot be separated from the person they love of their target of Obsessive Love. According to Forward and Buck in their book, Someone with Obsessive Love disorder feel to do anything about the "act-ing in" and "acting out", that makes them feel so degraded, they still believe that they should be able to control themselves. but they blame their lover for their torture (59). Willing to do anything of Obsessive Love disorder often revolves around a deep-seated fixation on a romantic partner, where the individual feels driven to extreme measures to maintain the relationship. This may include sacrificing personal boundaries, ignoring red flags, or engaging in manipulative behavior in a desperate attempt to gain affection and validation from a partner. Obsessions like these usually arise from deep-seated insecurities, fears of abandonment, or unresolved emotional needs, causing individuals to prioritize relationships over their own well-being. However, these behaviors often result in emotional turmoil and can escalate into dangerous dynamics.

### **B.2.2 Overwhelming obsessive desire to possess and protect for their partner**

Obsessive Love disorder is a condition in which one person feels an overwhelming obsessive desire to possess and protect another person, sometimes with an inability to accept failure or rejection. According to

Forward and Buck in their book, no matter how loving obsessive lovers may feel, they are controlled by their own needs and desires, often at the expense of the needs and desires of their target (8). An overwhelming obsessive desire to possess and protect another person is a manifestation of the intense attachment and control issues often seen in obsessive love dynamics. In this cases, the individual develops a fixation on their partner, driven by a deep need to control his or her actions, existence, and interactions. Those who experience this type of obsession often feel compelled to monitor and limit their partner's activities, driven by a fear of loss or abandonment. They may justify their actions under the guise of love and protection, but in reality, these behaviors can be invasive, manipulative, and detrimental to the health of the relationship. Forward and Buck, the feeling of rejection is the real enemy of an obsessive lover because it makes a person develop obsessions (175). This obsession makes them believe that the relationship with the person they love is eternal, so they will maintain the relationship no matter what, even if their partner wants to end it.

### **B.2.3 Feeling extremely Jealous**

According to Forward and Buck, Obsessive lovers often experience extreme delusional jealousy, which is a typical emotion that only occurs in a person's mind. They might imagine everything they hate to think about and feel uncomfortable when paired with the opposite sex. This is gives rise to a possessive attitude that shows distrust of his lover (55). In Obsessive Love disorder, individuals experience intrusive thoughts of being rejected by their

partner. Those with this disorder, often referred to as obsessive lovers, typically struggle to accept the reality of their relationship dynamics. Forward and Buck "Obsessive lovers are so caught up in the maelstrom of their passions that they simply refuse to accept when a relationship is over" (9-10).

As time passes, the onset of the condition causes the lover to develop an obsession with the belief that their partner or target of obsession is the "One Magic Person," capable of fulfilling all their needs, as described by Forward and Buck: "Obsessive lovers truly believe sometimes without realizing it that their "One Magic Person" alone can make them feel happy and fulfilled, solving all their problems, gives them the passion they've yearned for, and make them feel more wanted and loved than they have ever felt before. With all this power, the One Wonder Man became more than a lover he became the necessities of life" (21).

The difference between Obsessive Love disorder and generalized obsession lies in the inseparability of the lover's fixation from the target of their affection. Obsessive lovers believe deeply that their target is indispensable and essential to their lives. If the target were to leave, obsessive lovers would go to great lengths to regain their presence, as Forward and Buck say: "Obsessive Love disorder become so invested in their relationships that when they experience rejection, they truly believe they will never be loved again, they will never love again, they will never be

happy, they will never be whole. Because of this, Obsessive Love disorder simply refuse to let go when their One Magical Person pulls away. They can't let go. Holding on to or recapturing their rejecting lover is much more than just a question of desire for an obsessive lover.” (37).

Obsessive Love does not discriminate based on gender. Both men and women can be obsessed individuals (obsessors) or the object of obsession (targets). Obsessors may exhibit rational behavior in other aspects of their lives or engage in other compulsive behaviors, such as substance abuse, gambling, workaholism, or perfectionism. Anyone has the potential to develop obsessive tendencies. Similarly, there are no specific criteria for who becomes a target. Some targets may push away their obsessive lovers, while others completely avoid contact. Initial alignment with the obsessive feelings varies among targets, with some rejecting them outright. Targets of obsession can be married to their pursuers or barely know them. The common thread among all targets is an unwelcome and persistent pursuer.

### **B.3 Target of Obsessive Love Disorder**

Obsessive love is often perceived as the ultimate passion, but this romanticized view hides its darker aspects. In reality, individuals with Obsessive Love disorder experience intense hope and heightened sensuality, yet they ultimately face disappointment, emptiness, and despair due to unrealistic expectations. For the target of such obsession, initial feelings of flattery and excitement can quickly turn suffocating. This often leads to a

tumultuous life filled with emotional turmoil, anxiety, helplessness, and fear of abuse. Many targets find themselves trapped in unwanted and oppressive relationships.

According to Forward and Buck, The following checklist characteristics will make that determination, whether someone is the Target of Obsessive Love disorder :

- 1) Do you feel suffocated by your partner's behavior?
- 2) Does someone you have discouraged try repeatedly to convince you that you don't know your own feelings or desires, that you really love him or her?
- 3) Does an ex-lover or ex-spouse refuse to believe that it's over and continue to pursue you despite your objections?
- 4) Do you receive unwanted phone calls, letters, presents, or visits from this person?
- 5) Is this person's pursuit of you creating so much anxiety in your life that it affects your physical or emotional well-being or your ability to concentrate on work?
- 6) When you reject this person, does it make him or her more desperate to have you?
- 7) When you reject this person, does he or she brood or become angry?
- 8) Does this person check up on your whereabouts and the people you see? Have you caught him or her following you?
- 9) Are you afraid to leave your house because this person may be waiting



for you?

10) Do you feel like a hostage to this person's pursuit?

11) Are you afraid that this person may hurt you or become self-destructive?

12) Has this person threatened violence or become violent? (11)

Some Targets of Obsessive Love disorder don't realize that someone is obsessed with them. According to Forward and Buck, the Target of Obsessive Love disorder is often the forgotten victim. Their confidants often find their situation amusing or accuse them of exaggerating their lover's behavior (5). Some targets of Obsessive Love disorder do not invite obsession, do not enjoy obsession, do not want obsession. But there are also targets who are as attached to their obsessive lover as their lover is to themselves. According to Forward and Buck, a Target of Obsessive Love disorder often sees themselves as a victim of their obsessive lover. After all, it is the perpetrator of Obsessive Love disorder who acts crazy, jealous and irrational (120). Targets of Obsessive Love disorder are so tied to their obsessive lover, and to the drama and passion of the relationship, that they cannot force themselves to leave their lover or set limits on what kind of behavior they are willing to accept-boundaries that might steer the relationship in a healthier direction. According to Forward and Buck, the Targets of Obsessive Love disorder are mired in a quicksand of confusion, ambivalence, self-blame, and guilt (135). An obsessive partner cannot fulfill

the expectations and demands of their obsessive lover due to the unquenchable nature of obsession. The Targets of Obsessive Love disorder are bound to fail, and the obsessives who are completely dependent on the targets of their Obsessive Love disorder for personal satisfaction will suffer greatly.



## **CHAPTER III**

### **RESEARCH METHOD**

The third chapter of this study contains a list of the methods used to conduct the study, including data collection, evidence analysis with a specific goal of learning more about the subject or improving understanding of it, and to answer the topic of problem formulation and object of the study. The three components of the research method used in this study are Types of research, Data Organization, and Analyzing the Data.

#### **A. Types of Research**

In this study, the type of research used was qualitative research because the data was presented descriptively. Qualitative research was a kind of research methodology that was used to report studies. According to Sutton and Austin's explanation of the qualitative data was clear: "Qualitative research can assist researchers' access the ideas and feelings of research participants, which can enable development of an understanding of the meaning that individuals attach to their experiences" (230). The data were presented as words, phrases, or sentences, dialogues. In this study, Ryan, the main character in the movie *Secret Obsession*, was examined through qualitative research.

#### **B. Data Organizing**

According to the research methodologies, this study organized the data in the best possible way. In this study, the two points of data organizing were:

## **B.1. Data Collecting Method**

In collecting data for this study, several methods were used as follows:

### **B.1.1 Watching the Movie**

The first step to do was watching the movie. A movie entitled *Secret Obsession* has been watched intensively several times with the aim of understanding it. It was meant to really understand the entire content of the movie in order to gain an understanding of the related topics that were being discussed.

### **B.1.2 Reading the Movie Script**

After watching *Secret Obsession* movie multiple times, the researcher read the movie script repeatedly. This step's objective was to gain a thorough understanding.

### **B.1.3 Identifying the Data**

All The following step was identifying the data. This identification of data was started from gathering data that were used in this study. This was a step of collecting data by highlighting some parts in the movie script. The collected data from this movie script were in the form of character dialogue that supported the topic of the study.

### **B.1.4 Classifying the Data**

The next step was classifying the data. The process of writing the data was based on the problem formulation of this study into a table. Data had to be classified which aimed to facilitate the author in answering the problem. Classification of data was in the form of appendices containing column

numbers, excerpts from movie script, and the pages of movie script, types of analysis, types of data, references, and comments.

### **B.1.5 Reducing the Data**

The final step was reducing the data. It was a process of reducing data that has no correlation to answer the problem formulation. It is needed to be stored in the most efficient form of data using relevant techniques, so that the study can be properly presented.

### **B.2. Types of the Data**

Primary, this study had two types of sources that were used. These data sources can be explained as follow:

1. Primary data, were obtained from the movie *Secret Obsession* and the movie script.
2. Secondary data or supporting data sources. These secondary data sources were taken from journal, article, e-book, sites related to the study.

### **B.3. Analyzing the Data**

The final point of this study was the data analysis technique, it was aimed to analyze and report the results of the analysis. In analyzing the data, this study used qualitative methods by watching movies and reading movie scripts. The research data was in the form of sentences found in dialogues. The data in this study used descriptive analysis techniques. The full analysis was reported in chapter IV as a result of the study. The complete data was shown in the appendices.

## CHAPTER IV

### FINDINGS AND DISCUSSION

In this chapter, this study analyzes and discusses the Obsessive Love disorder and its Target of Obsessive Love disorder in the *Secret Obsession* movie to answer the question of the problem formulation mentioned in chapter one. The chapter is divided into two parts. The first part is about how Obsessive Love disorder depicted by Ryan in the *Secret Obsession* movie. The second part discusses the characteristics of being Target of Obsessive Love disorder found in Jennifer in the *Secret Obsession* movie.

#### **A. Obsessive Love disorder depicted by Ryan in the *Secret Obsession* movie**

In this part, this study uses the theory of Obsessive Love disorder by Susan Forward and Buck in their book *Obsessive Love: When It Hurts Too Much to Let Go* to analyze Obsessive Love disorder for the main character Ryan in the *Secret Obsession* movie. *Secret Obsession* movie shows three critical findings. First, someone with Obsessive Love disorder is willing to do anything for their partner. Second, someone with Obsessive Love disorder feels an overwhelming obsessive desire to possess and protect for their partner. Third, someone with Obsessive Love disorder has extreme jealousy.

##### **A.1 Willing to do anything**

Someone with Obsessive Love disorder is usually willing to do anything for their partner and can not be separated from the person they love of

their obsessive target. According to Forward and Buck in their book, Someone with Obsessive Love disorder feel to do anything about the "act-ing in" and "acting out", that makes them feel so degraded, they still believe that they should be able to control themselves. but they blame their lover for their torture (59). This is described to Ryan in the *Secret Obsession* movie based on the quote below:

Ryan : “Jennifer, do you know who I am? You don't remember me, do you? It's okay, it's okay. Right, listen. Look, the doctor said that there are going to be... some things that are harder to remember than others. **I'm going to be right here with you, I promise. We're gonna do this together.**”

Jennifer : “I don't even know your name.”

Ryan : “I'm Russell. It's really nice to meet you.”

[*Secret Obsession*, 15:46-16:29]

The quote above explains that Ryan has an Obsessive Love disorder, because Ryan will do anything and accompany the target of his obsession, Jennifer. It can be seen from the dialogue, "I'm going to be right here with you, I promise. We're gonna do this together" When Jennifer is in the hospital, and the doctor says that Jennifer has lost her memory, Ryan is there all day to accompany Jennifer even though he has to lie and admit that he is Jennifer's husband, Russel. That is all he does to fulfill his desire to have Jennifer entirely and to take advantage of the moment Jennifer loses her memory.

Another proof that shows Obsessive Love disorder by Ryan who is willing to do anything for his partner can be seen in the quote below :

Jennifer : “Have the police found my phone?”

**Ryan : “Not yet. Next time I'm out, I'll just pick you up a new one.”**

Jennifer : “Thanks. We were happy, right?”

**Ryan : “Honey, we're still happy. Okay?”**

Jennifer : “Okay.”

**[*Secret Obsession*, 32:29-33:15]**

From the quote above, it is explained that Ryan will do anything for Jennifer. It can be seen from the dialogue, “Not yet. Next time I'm out, I'll just pick you up a new one.” It includes giving whatever Jennifer wants, so that Jennifer believes that Ryan is the only person who loves her and fulfills all her needs. Even though the actual fact is that Ryan throws away Jennifer's cellphone so that there is no trace that other people can trace to find Jennifer.

Here is another dialogue that describes Obsessive Love disorder by Ryan who is willing to do anything for his partner in the *Secret Obsession* movie:

Jennifer : “Russell... what are you doing?”

**Ryan : “I don't know why I try anymore. All I have ever wanted... was for you to love me, and for you to know how much I love you. I would've given up my entire world just to be a part of yours.”**



**[*Secret Obsession, 1:18:58-1:19:19*]**

Based on the quote above, it explains that Ryan has an Obsessive Love disorder. It can be seen from the dialogue, that Ryan's own words to Jennifer reveal that Ryan has been eyeing Jennifer for a long time to make her his, until Russell comes along and marries Jennifer. Ryan cannot accept Jennifer's happy marriage, so he gets rid of everyone around Jennifer, including Jennifer's parents and husband. He will only make Jennifer his only possession and use any means to get what he wants.

Another dialogue that shows the person with Obsessive Love disorder is willing to do anything for his partner by Ryan can be seen below :

**Ryan : “I know that. I know, and it's not your fault. Because you can't remember. Do you know how many years I spent working with you in that office? Years getting to know you. Getting to understand you. And all for the great Russell Williams to come along, and take what was mine.”**

Jennifer : “No.”

**[*Secret Obsession, 1:20:53-1:21:12*]**

It can be seen from this dialogue that the reason someone with Obsessive Love disorder carries out obsessive pursuits is because they want to gain the interest of the person they love. Often someone with Obsessive Love disorder goes too far because of it. Since feeling such deep love for Jennifer, Ryan does anything to gain her complete love. He tries to get to know Jennifer, understand Jennifer's likes and dislikes, and get rid of

anything that should belong to him.

## **A.2 Overwhelming obsessive desire to possess and protect for their partner**

According to Forward and Buck, Obsessive Love disorder is a condition in which one person feels an overwhelming obsessive desire to possess and protect another person, sometimes with an inability to accept failure or rejection. According to Forward and Buck in their book, no matter how loving obsessive lovers may feel, they are controlled by their own needs and desires, often at the expense of the needs and desires of their target (8). Some quotes in the excerpt from the *Secret Obsession* movie below depict Ryan with an Obsessive Love disorder who is overwhelming obsessive desire to his partner and inability to accept rejection.

Jennifer : “I overheard you outside on the phone.”

Ryan : “Oh, yeah. That was work calling. Wondering when I was coming back.”

Jennifer : “Oh”.

**Ryan : “I told them we just got home, and there's no way I'll rush your recovery.”**

Jennifer : “Are they okay with me taking time off?”

Ryan : “Honey, actually, you quit your job when we moved out here.”

Jennifer : “Really?”

**Ryan : “Yeah. We'd decided we wanted to start a family and this was the best way to do it, came out here for the fresh air, and less stress.”**

**[*Secret Obsession*, 31:23-32:04]**

The quote above explains that Ryan makes Jennifer feelsafe with him. It can be seen from dialogue, “I told them we just got home, and there's no way I'll rush your recovery.” Upon returning from the hospital, Ryan takes Jennifer to his house, which is far from where Jennifer previously lives. He gives Jennifer a comfortable place, even though he deprives her of access to her friends. It is all done to fullfilhis desire to have Jennifer completely and not be bothered by anyone.

Another dialogue that shows the person with Obsessive Love disorder has overwhelming obsessive desire to his partner by Ryan can be seen below:

Jennifer : “Maybe I just need more time.”

**Ryan : “Oh for God's sake, Jen. I am your husband. Please...Okay, listen to me. I sat in that damn waiting room, night after night, because I couldn't stand not being there when you woke up. I was there at every step of your recovery and this is what I get? A wife who won't let me touch her?”**

**[*Secret Obsession*, 47:05-47:35]**

The quotation above reflects that Ryan has an Obsessive Love disorder. Ryan does anything for his obsessive target to seek comfort, but he faces rejection from Jennifer. As explained, Obsessive Love disorder cannot

accept rejection. Forward and Buck also explain that the feeling of rejection is the real enemy of an obsessive lover because it makes a person develop obsessions. This obsession makes them believe that the relationship with the person they love is eternal, so they will maintain the relationship no matter what, even if their partner wants to end it (175). It can be seen from the dialogue, Ryan is rejected by his obsession target, Jennifer. Here Ryan appears angry because he does not get what he wants. He brings up what he has done for Jennifer, and almost injures Jennifer by grabbing both her arms.

Another proof that shows Obsessive Love disorder by Ryan who is overwhelming obsessive desire to his partner can be depicted in the quote below :

Jennifer : “What happened?”

Ryan : “What did you think was gonna happen? Roaming around in the yard in your condition? What were you doing out there?”

Jennifer : “What's going on? Wait. What did you do to my phone? What happened to the Internet?”

Ryan : “Don't get so worked up. Listen.

Jennifer : “No...”

**Ryan : “Take your medication, okay?”**

Jennifer : “I don't want medication.”

**Ryan : “Rest a while.”**

Jennifer : “I don't want to rest!”

**[*Secret Obsession*, 1:04:29-1:05:07]**

Based on the quote above, it explains that Ryan has Obsessive Love disorder. It can be seen from the dialogue, “Take your medicine, okay?” and “Rest a while” which reflects Ryan’s care and treatment towards forthe target of his obsession, Jennifer. This includes treating Jennifer's woundscaused by him. He still cares about Jennifer's health even though Jennifer insists on leaving Ryan. He continues to try to calm Jennifer who wants to rebel.

### **A.3 Feeling extremely jealous**

There are other of possessiveness from Obsessive Love disorder, such as jealousy. According to Forward and Buck, Obsessive Love disorder often experiences extreme delusional jealousy, which is a typical emotion that only occurs in a person’s mind. They might imagine everything they hate to think about and feel uncomfortable when paired with the opposite sex. This is gives rise to a possessive attitude that shows distrust of his lover (55). This is described to Ryan in the *Secret Obsession* movie based on the quote below:

Ryan : “Excuse me. Sir? Why were you asking about Jennifer Williams?”

Witness : “What do you care?”

Ryan : “Actually, I care a lot.”

Witness : “Who the hell are you?”

**Ryan : “Her husband. Stay away from my wife!”**

**[*Secret Obsession*, 33:59-34:58]**

Based on the quote above, it explains that Ryan has great jealousy when his obsessive target deals with other people. It can be seen from the

dialogue, Ryan tries to get rid of anything that can keep Ryan away from Jennifer. One of these instances who is an eyewitness is being questioned by the police during the incident where Jennifer is hit by a car because Ryan is chasing her. Extreme jealousy drives Ryan to do inappropriate things to people he perceives as threats to his relationship with Jennifer.

Another proof that shows Obsessive Love disorder by Ryan which is extreme delusional jealousy for his partner can be described in the quote below :

Jennifer : “No.”

**Ryan : “I know you better than anyone else. I'm the one that you should be with, not him. And so I fixed it. I took care of anyone that could get in my way. I probably would have killed you, too, but... the funniest thing happened. Fate gave me a chance. Now, with a clean slate, I could give you the life that you always deserved. We can start a new life together, you and me.”**

**[*Secret Obsession*, 1:21:12-1:21:45]**

Based on the quote above, it explains that the reason why people with Obsessive Love disorder engage in obsessive pursuits is because they want to gain the interest of their loved ones. Often, someone with Obsessive Love disorder acts out of line because of that. Usually, when obsessive rage appears and cannot be expressed, it manifests as a revenge fantasy. Revenge fantasies often recur in their minds, leading to sacrificing something else on

their behalf, like extreme jealousy of Jennifer's real husband (Russel), who can earn Jennifer's complete love. So, Ryan does not hesitate to kill Russel. He insists on telling Jennifer that he is the one who deserves to accompany her throughout her life. Ryan will do anything to have Jennifer.

From all the explanation above, this analysis shows that the Obsessive Love disorder in the character Ryan in the *Secret Obsession* movie can be described as follows: Ryan is willing to do anything to Jennifer, consistently bends to Jennifer's will to win her affection, except when she tries to escape his grasp. Furthermore, Ryan displays an overwhelming sense of protection towards Jennifer, despite the discomfort that may cause his obsessive target. Additionally, Ryan exhibits extreme jealousy, to the extent that he is willing to eliminate anyone who could potentially have Jennifer, even contemplating killing Jennifer herself rather than seeing his obsessive target with someone else.

#### **B. Characteristics of being Target of Obsessive Love disorder found in Jennifer in *Secret Obsession* movie.**

In reality, individuals with Obsessive Love disorder experience intense hope and heightened sensuality, but they inevitably face disappointment, emptiness, and despair due to their unrealistic expectations. Initially flattering and exciting for the target, Obsessive Love eventually becomes suffocating. This analysis finds 6 characteristics of 12 Target of Obsessive Love disorder are found in Jennifer character based on Susan Forward and Buck.

### **B.1 Feeling suffocated by the partner's behavior**

The characteristic of being Target of Obsessive Love disorder is feeling suffocated by the partner's behavior is found in Jennifer in *Secret Obsession* movie based on the quote below:

**Jennifer : “Who the hell are you?”**

Ryan : “What do you mean?”

**Jennifer : “What did you do with my husband?”**

**(Ryan tied Jennifer's right leg with a chain)**

**Jennifer : “What are you doing? Wait, Russell.”**

**[*Secret Obsession*, 1:05:13-1:05:30]**

Based on the quote above, it explains that Jennifer feels suffocated. It can be seen from the dialogue, “Who the hell are you?” “What did you do with my husband?” After Jennifer finds out that Ryan is not her real husband, Jennifer feels pressured by Ryan's attitude towards her who constantly tortures her so that she can not leave Ryan. Jennifer feels trapped in an unhealthy relationship with Ryan, resulting in stress, anxiety, and depression as consequences of the unhealthy relationship. Jennifer feels trapped and unable to make the right decisions for themselves.



## B.2 Feeling like a hostage by the partner's pursuit

The characteristic of being Target of Obsessive Love disorder is feeling like a hostage by the partner's pursuit is found in Jennifer in *Secret Obsession* movie based on the quote below:

(Detective Page came to Ryan's house to check on the conditions there and found Jennifer running for help)

**Jennifer : “Help! Help! There's a door in the back.”**

**[*Secret Obsession*, 1:14:01-1:15:38]**

The quotation above reflects a feeling like a hostage. Jennifer experiences feelings of being trapped, constrained, or confined within a relationship, where she feels she lacks freedom or control over herself. It can be seen from the dialogue, “Help! Help! There's a door in the back.” That describes the feeling like a hostage to someone's pursuit. Jennifer is depicted trying to ask for help from Detective Page so that she can be saved from Ryan's pursuit from his house.

Another proof that shows the characteristics of feeling like a hostage by Jennifer can be seen in the quote below:

Ryan : “After everything that I have done for you, I hoped that by now, you'd give me a little more gratitude.”

**Jennifer : “No.”**

Ryan : “Shh! Just stay right here. I'm gonna get some work done. Everything's gonna be fine, I promise.”

**Jennifer : “Wait... Wait... no...Oh, God. Mr. Williams?...Russell?... Russell Williams...Mr. Williams...Mr. Williams.” (Jennifer tried to free her legs from the chains and endured the pain)**

**[*Secret Obsession*, 1:05:30-1:06:00]**

The quotation above reflects a feeling like a hostage. From the dialogue by Ryan, “Shh! Just stay right here. I'm gonna get some work done. Everything's gonna be fine, I promise.” And Jennifer answer, “Wait... Wait... no...Oh, God. Mr. Williams?...Russell?... Russell Williams...Mr. Williams...Mr. Williams.” She feels trapped from Ryan's Obsession. Jennifer tries her best to be free from Ryan's trap.

### **B.3 Feeling afraid that the partner may hurt the target or become self-destructive**

The characteristic of being Target of Obsessive Love disorder is fear that the partner may hurt us or become self-destructive is found in Jennifer in *Secret Obsession* movie are explained in the quote below:

Jennifer : “Please, tell me who you are!”

Ryan : “I'm your husband. The sooner you realize that, the better everything will be, I promise.” **(Ryan held onto Jennifer's leg**

wound which was bandaged with duct tape and tried to hurt Jennifer)

Jennifer : “No, no. Please, don't.”

[*Secret Obsession*, 1:16:12-1:16:27]

Based on the quote above, it explains that Jennifer is feeling afraid that Ryan may hurt her. It can be seen from the dialogue, “No, no. Please, don't.” and “I promise I'll stay off of it.” Jennifer feels suffocated by Ryan's behavior, being held hostage, threatened in life, fear that Ryan may hurt her or become self destructive, and Ryan threatens violence or becomes violent. It is depicted as Jennifer being frightened by Ryan's threat. Ryan hurts Jennifer's feet and threatens to hurt her more if she tries to escape from his side. Finally, Jennifer is forced to obey Ryan.

Another proof that shows the characteristics of fear that Ryan may hurt her or become self-destructive can be seen in the quote below:

Jennifer : “Please. Whatever you want me to do, I'll do it. I don't want to die. Please...”

Ryan : “None of us does, but... then again, it's not up to us now, is it?”

[*Secret Obsession*, 1:19:20-1:19:40]

The quotation above explains that fear of Ryan may hurt Jennifer. It can be seen from the dialogue, “Please. Whatever you want me to do, I'll do it. I don't want to die. Please...”. That describes Jennifer who is willing to do

anything so she does not die at Ryan's hands. Jennifer is afraid Ryan will kill her. The deep-seated fear or anxiety experienced by Jennifer arises from the threat or possibility that Ryan may take her life. This feeling is profoundly frightening and disruptive. Jennifer may always feel scared and find it difficult to feel safe, even in situations that should be secure.

#### **B.4 Feeling threatened violence by the partner or become violent**

The characteristic of being Target of Obsessive Love disorder is that person threatened violence or become violent is found in Jennifer in *Secret Obsession* movie based on the quote below:

Ryan : “Did you do this? Not bad. Now listen to me. If that leg is ever gonna get better, you're gonna have to stay off it. Okay? Promise me you'll stay off it. (Ryan held Jennifer's injured leg and tried to hurt her) Say it. Say it.”

**Jennifer : “I promise I'll stay off of it.”**

[*Secret Obsession*, 1:16:27-1:17:12]

Based on the quote above, it explains that Jennifer feels that the partner's threatened violence or become violent. It can be seen from dialogue, “No, no. Please, don't.” and “I promise I'll stay off of it.” It is depicted Jennifer experiences feelings of insecurity and fear when Ryan engages in violence, causing deep physical, emotional, and psychological trauma for Jennifer. This trauma significantly affects Jennifer's ability to lead an everyday daily life.

### B.5 Feeling the partner become angry when rejected

The characteristic of being Target of Obsessive Love disorder is feeling when rejecting the partner, he becoming angry is found in Jennifer in *Secret Obsession* movie based on the quote below:

Jennifer : “I'm sorry”

Ryan : “What's wrong?”

**Jennifer : “I'm sorry, I can't”**

Ryan : “You can't?”

Jennifer : “Look, maybe I just need more time.”

Ryan : “Oh for God's sake, Jen. I am your husband. Please...Okay, listen to me. I sat in that damn waiting room, night after night, because I couldn't stand not being there when you woke up. I was there at every step of your recovery and this is what I get? A wife who won't let me touch her? **(Ryan tried to grip Jennifer's hand in anger)**

**Jennifer : “You're hurting me”**

Ryan : “Look, I'm sorry. Okay. I didn't mean it. Come on. Jen...”

**[*Secret Obsession*, 46:58-47:59]**

Based on the quote above, it explains that Jennifer feels that rejecting the partner's, make Ryan angry. It can be seen from the dialogue, “I'm sorry, I can't” is a form of rejection from Jennifer. And the dialogue, “You're hurting me” is a form of anger from Ryan who received rejection from Jennifer. It describes of the characters the obsession targets, that is when reject

the partner, does it makes him or her more desperate to have you, and when reject this person, he or she brood or become angry. Depicted that Jennifer refuses Ryan's wishes, and Ryan feels depressed and angry because he is rejected. Jennifer feels uncomfortable because Ryan tries to hurt her after she reject his request.

#### **B.6 Feeling the partner checked up the target whereabouts and also followed by the partner**

The characteristic of being Target of Obsessive Love disorder is feeling that the partner checks up on our whereabouts and the people we see, also have caught him following us are found in Jennifer in *Secret Obsession* movie based on the quote below:

**(Jennifer managed to escape from Rian's house. he ran as hard as he could on his injured leg. but from behind, Ryan chased Jennifer until he got it in the woods near Ryan's house.)**

Ryan: "Jennifer!...Sweetheart!...Jennifer! Why did it have to be like this? Why couldn't you just be happy?"

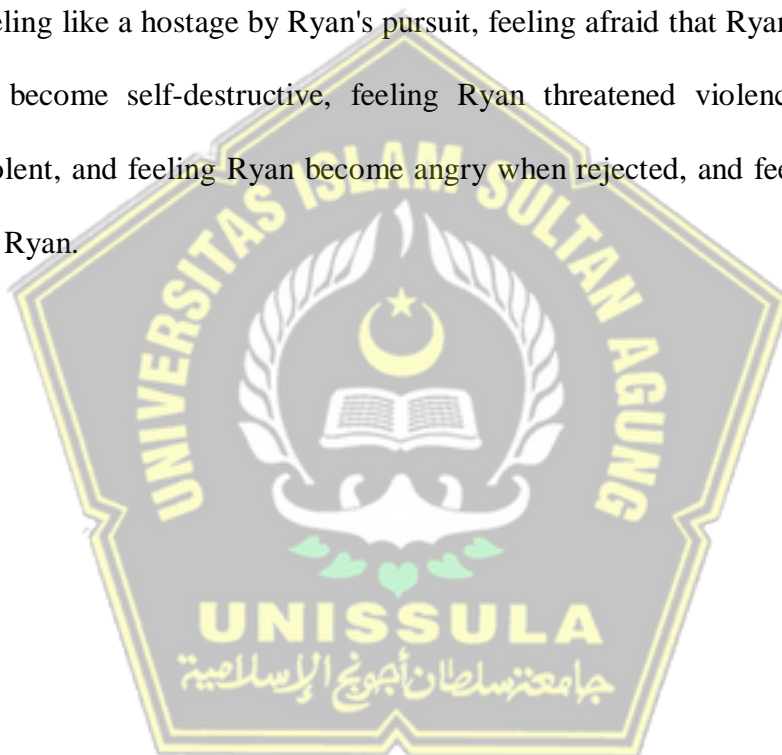
**Jennifer : "Please, no."**

**[*Secret Obsession*, 1:28:34-1:31:00]**

It can be seen from dialogue, it describes of the characteristic the Target of Obsessive Love disorder, which is Ryan checks up on Jennifer whereabouts and Jennifer caught him following her. Depicted with Jennifer running from Ryan's pursuit, but Ryan always follows Jennifer wherever she

goes. Ryan always stalks his obsessive target so she can not escape from it obsessive targets. Jennifer's exhaustion from being pursued by someone obsessive can be incredibly draining and detrimental to her emotional well-being.

From the analysis above, it shows that characteristics of Target of Obsessive Love disorder by Jennifer in the *Secret Obsession* movie can be described as follows: Jennifer is feeling suffocated by Ryan's behavior, feeling like a hostage by Ryan's pursuit, feeling afraid that Ryan may hurt her or become self-destructive, feeling Ryan threatened violence or become violent, and feeling Ryan become angry when rejected, and feeling followed by Ryan.



## CHAPTER V

### CONCLUSION AND SUGGESTION

This chapter consists of the conclusion of the study and suggestions. The conclusion deals with the result of the analysis in the Chapter IV. Furthermore, this analysis also suggests further researchers to conduct research related to *Secret Obsession* movie or the same theory and readers of this study in general.

#### **A. Conclusion**

This study discusses the *Secret Obsession* movie as the object of this study and uses Obsessive Love disorder as a theory. Researchers use this theory as a tool to uncover the mechanisms that are applied when an individual experiences a feeling of obsessive for their partner. Also with the characteristics of someone who becomes the Target of Obsessive Love disorder. Ryan is a character with Obsessive Love disorder and is suitable for script observation. Jennifer is another character representing someone who has the characteristics of a Target of Obsessive Love disorder.

Obsessive Love disorder is the contradiction of healthy love, nurturing, never satisfies, and rarely tastes good, Healthy love aspires to trust, care, and mutual respect. Obsessive love, on the other hand, is dominated by fear, possessiveness, and self-consciousness. As a result, this study found answers to the first problem formulations, which is the way the main character, Ryan has Obsessive Love disorder. Ryan is a character who displays these



behaviors towards his obsessive target, Jennifer. It is explained that Ryan exhibits behaviors like willing to do anything for their partner, overwhelming obsessive desire to possess and protect for their partner, and extreme jealousy. All of Ryan's obsessions are a pursuit to possess Jennifer completely.

For the Target, Obsessive Love may initially seem flattering and even exciting, but eventually becomes suffocating. Once that happens, the target's life often crumbles into a whirlwind of emotions, anxiety, helplessness, and fear of abuse. There are twelve characteristics of a Target of Obsessive Love disorder, and this study found six out of those twelve characteristics. Jennifer is a character who has that six characteristics of Target of Obsessive Love disorder. The characteristics are : feeling suffocated, feeling like a hostage by the partner's pursuit, fear that the partner may hurt us or become self-destructive, feeling the partner's threatened violence or become violent, feeling the partner become angry if we reject them, feeling the partner check up on our whereabouts and the people we see, also have we caught him following us. Everything Jennifer feels as a target is like a prison for her. Therefore, she cannot bring herself to leave Ryan or set boundaries on what behavior she will accept. Targets of Obsessive Love disorder are trapped in confusion and fear.

### **B. Suggestion**

The final project uses Susan Forward's theory of Obsessive Love disorder, which specifically discusses how this disorder happens and its

targets. The study suggests that future researchers can analyze this theory on the symptoms associated with Obsessive Love disorder. It will be interesting because the *Secret Obsession* movie offers many lessons for the viewers. This study also hopes that future research can use the theory of Obsessive Love disorder for another literature works like *The Crush* movie, also *Single White Female* movie. This study expects the next research will come up with more subtle results or findings by applying this approach.



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