

**AN ANALYSIS OF GRIEF EXPERIENCED BY CHERYLS STRAYED IN
THE *WILD* FILM (2014)**

A FINAL PROJECT

Presented as Partial Fulfilment of the Requirement

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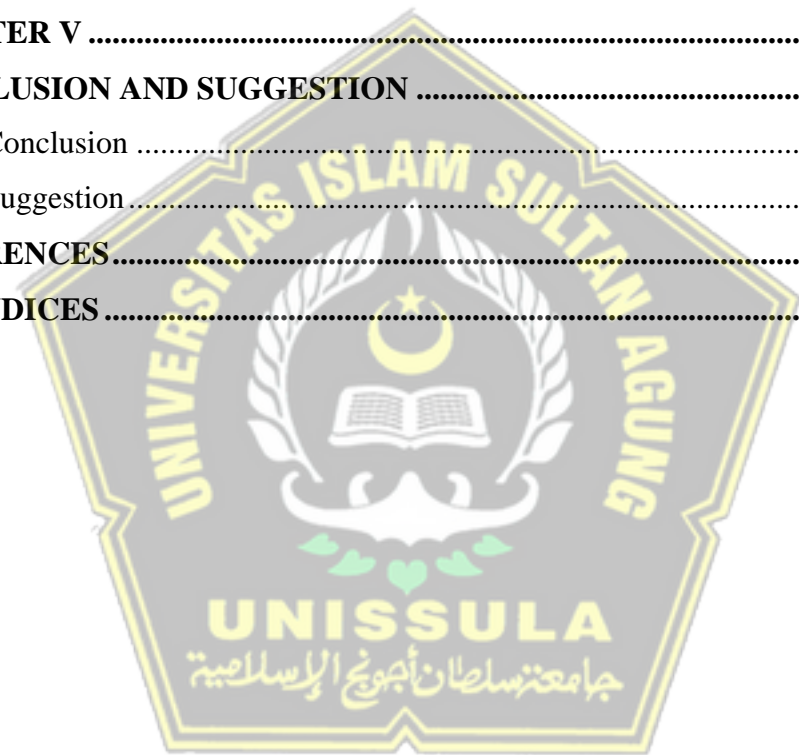


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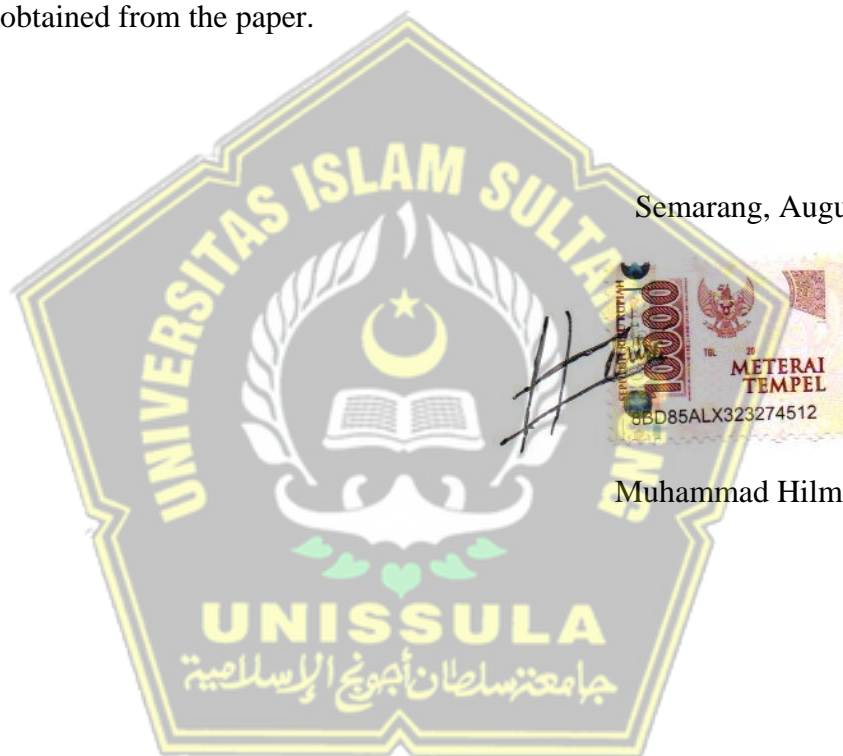
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STATEMENT OF WORK ORIGINALITY

I hereby declare honestly that the thesis I have written does not contain the work or parts of the work of others, except those cited in quotations and bibliography, as it should be in a scientific work. If my statement in the future is not valid, I absolutely agree to accept academic sanctions in the form of revocation of my paper and the degree I obtained from the paper.



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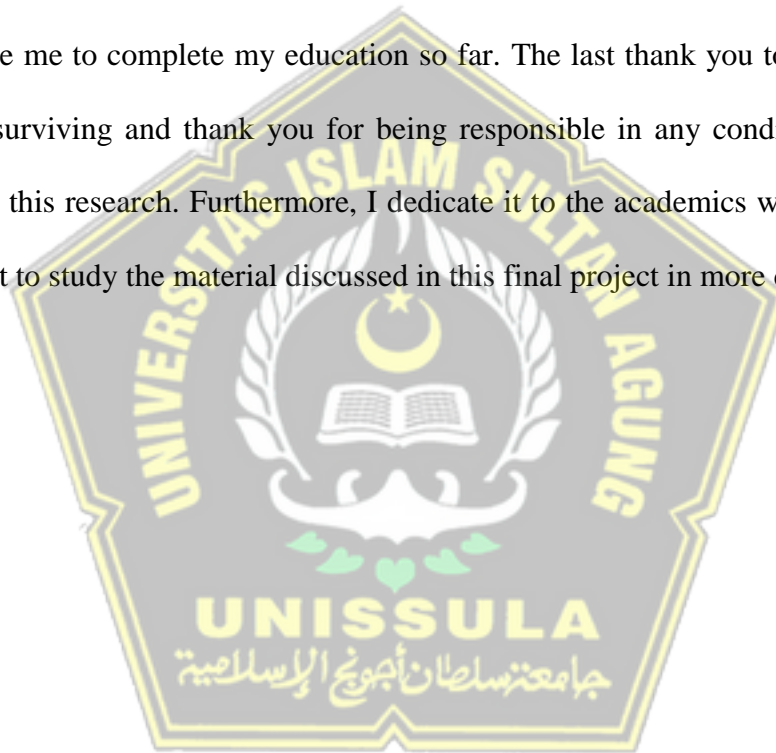
Muhammad Hilmi Muttaqien

MOTTO

“Enjoy the process, do your best and be responsible”

DEDICATION

I dedicate this final project to myself who has succeeded in achieving one of my dreams. Likewise, I dedicate this final project to my mom and dad who always encourage me to complete my education so far. The last thank you to myself. Thank you for surviving and thank you for being responsible in any condition until I can complete this research. Furthermore, I dedicate it to the academics who are out there who want to study the material discussed in this final project in more depth.



ABSTRACT

Muttaqien, Muhammad Hilmi. 30802000030. An Analysis of Grief Experienced by Cheryl Strayed in the *Wild* Film (2014) by Nick Hornby. Final Project of English Literature Study Program, Faculty of Language and Communication Science. Sultan Agung Islamic University Semarang. Advisor: Riana Permatasari, M.A., M.Pd.

The film *Wild* (2014) by Nick Hornby is the subject of analysis in this research. The aim of this research is to identify the causes of grief experienced by Cheryl Strayed, the main character, and to analyze the stages of grief depicted in the main character using the Kübler-Ross grief theory.

The method used in this research was descriptive qualitative. The primary data for this analysis were taken from the film script entitled *Wild* (2014), consisting of dialogues, monologues, and narratives. Additionally, secondary data was drawn from articles, international journals, and books which were related to the significance of this research. The steps required to analyse the data included watching the film, reading the film script, identifying the data, and classifying the data.

The result of this research revealed two main findings. First, Cheryl experienced grief because her mother's serious illness which leads to her death. Second, Cheryl through the stages of grief started from anger. Anger is shown when she heard the doctor diagnosis, which said that her mother's serious illness could not be cured. Bargaining is when she prayed to the universe hoping that a miracle would happen so that her mother could survive. She also experienced depression stage when she admitted to a psychiatrist that she did bad things after her mother's death. However, finally she would reach the acceptance stage when she finally began to accept that someone's death would definitely happen and we could not prevent it.

Keywords: Grief, Stages of Grief, Kübler-Ross, Wild (2014) film

INTISARI

Muttaqien, Muhammad Hilmi. 30802000030. Analisis Duka yang Dialami Cheryl Strayed dalam film *Wild* (2014) karya Nick Hornby. Skripsi Program Studi Sastra Inggris Fakultas Bahasa dan Ilmu Komunikasi. Universitas Islam Sultan Agung Semarang. Pembimbing: Riana Permatasari, M.A., M.Pd.

Film *Wild* (2014) karya Nick Hornby menjadi subjek analisis dalam penelitian ini. Tujuan penelitian ini adalah untuk mengidentifikasi penyebab kesedihan yang dialami oleh Cheryl Strayed, tokoh utama, dan menganalisis tahap-tahap kesedihan yang digambarkan dalam tokoh utama menggunakan teori kesedihan Kübler-Ross.

Metode yang digunakan dalam penelitian ini adalah deskriptif kualitatif. Data primer untuk analisis ini diambil dari naskah film berjudul *Wild* (2014) yang terdiri dari dialog, monolog, dan narasi. Selain itu, data sekunder diambil dari artikel, jurnal internasional, dan buku-buku yang terkait dengan signifikansi penelitian ini. Langkah-langkah yang diperlukan untuk menganalisis data meliputi menonton film, membaca naskah film, mengidentifikasi data, dan mengklasifikasi data.

Hasil penelitian ini mengungkap dua temuan utama. Pertama, Cheryl mengalami kesedihan karena penyakit serius yang diderita ibunya hingga berujung pada kematian. Kedua, Cheryl mengalami tahap-tahap kesedihan. Rasa marah ditunjukkannya saat mendengar diagnosa dokter yang menyatakan bahwa penyakit serius yang diderita ibunya tidak dapat disembuhkan. Rasa tawar-menawar ditunjukkannya saat ia berdoa kepada alam semesta dengan harapan akan terjadi keajaiban agar ibunya dapat bertahan hidup. Ia juga mengalami tahap depresi saat ia mengaku kepada psikiater bahwa ia melakukan hal-hal buruk setelah kematian ibunya. Namun, akhirnya ia dapat mencapai tahap penerimaan saat ia akhirnya mulai menerima bahwa kematian seseorang pasti akan terjadi dan kita tidak dapat mencegahnya.

Kata kunci: Duka, Tahapan Kedukaan, Kübler-Ross, Wild (2014) film



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In the name of Allah, the most gracious and the most merciful. I would like to express my gratitude to Allah subhanahu wata'ala who has given me extraordinary blessings and gift so that I can complete this final project. I realize that I could not complete this final project without motivation, assistance, and support from various parties, either directly or indirectly. Therefore, I would like to express my gratitude to the following people:

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I realize that my final project is far from perfect and still needs input and criticism. Despite the shortcomings, I hope this final project can provide benefits and be an inspiration for researchers.

Semarang, August 2024


Muhammad Hilmi Muttaqien

CHAPTER I

INTRODUCTION

The first chapter present the introduction of the study. They are background of the study, Problem Formulation, Limitation of the study, Objectives of the study, Significance of the study, and Organization of the study, this chapter will explain those points one by one.

A. Background of the Study

There are many broad meanings of literature in our lives. According to Learning and College, any written work is considered literature in the widest sense. The word's etymology is Latin *litaritura/litatura*, which means "writing formed with letters." However, other definitions also include texts that are spoken or sung. More narrowly put, it is writing of literary value. Poetry and prose, as well as fiction and non-fiction, can be used to categorize literature (1). Based on the explanation above, it means that literature is not only in written form but can also be sung, spoken, staged, or expressed through various other art media. for example, it can be like drama or film. Film and literature are different but have similar goals in creating greatness in human imagination and understanding. Both film and literature collaborate to drive the progress of human civilization, complementing each other. Like letters and sounds in human communication, both letters and sounds have unique and irreplaceable roles (Nagnath, 2).

Human life is always connected to literature because it is inspired by human experience. Literature is not only to be enjoyed, but the benefits of its content can also be deciphered. There are various theories commonly used to analyse the success of literary works, and one of them is through the lens of psychology. According to Coon and Mitterer, psychology is "the science study of behaviour and mental processes." Despite having numerous sub-disciplines and theoretical viewpoints that differ in their approaches, purview, and areas of concentration, the current practice of psychology applies scientific rigor to the study of human behaviour in both applied and academic contexts (1).

The psychology in English literature, or any other literature can shed light on the reasons behind people's actions, thoughts, and behaviours (Ayesha, 285). The principles of literary psychology are to understand the motivations, states of mind, and behaviours of characters portrayed in literary works. It involves understanding the psychological states of characters, such as tendencies, internal conflicts, emotions, and motivations that are reflected in the stories written by authors. This method allows us to respond to and understand fictional characters in a more in-depth way, as well as to gain a broader understanding of human life as a whole.

Human will always have feeling in their life. There is something that cannot be separated from within a living being. It is this something that makes a human being a human and what distinguishes humans from other living things. This thing is

what people call feeling or emotion. On the other hand, feelings are a universal human experience, and without them, life would lack diversity and complexity.

Feeling (aesthetic) is further defined as “The affective thrill arising upon the contemplation of beautiful or impressive objects; the capacity of response to aesthetic stimuli. “The terms “feelings” and “emotions” have often been used interchangeably. Social and behavioural sciences concur that phenomena such as anxiety, fear, love, and joy are emotionally laden feeling states. Emotion has been defined as “passion or feeling” and “the process of disequilibrium (affects, passions) and reequilibration (coping) and the complex reaction subjectively experienced as feeling (Beyea, 99).

Humans are creatures that have feelings and emotions. Grief may be as the most stressful of life's experience because it through painful impacts to recover from. Grief is not only about pain. In an uncomplicated grief process, painful experiences are fused with positive feelings, such as relief, joy, peace, and happiness that emerge after the loss of an important person (Kaye, 2). Grief is natural responses to loss. Grief is an emotional feeling which is suffering someone when something or someone loved taken away (Diwyacitta, 11). Grief is a natural process of reacting to the feeling of suffering, especially losing of something or someone (Watraya, 10).

Moreover, Kübler-Ross says that grief is an emotional, spiritual and psychological journey to healing (Kübler-Ross & Kessler, 227). However, it can be said that grief should not be avoided because it might give an enlighten and change the people live. Yet by avoiding grief they turn their backs to the help that grief

offers, thus prolonging the pain. Ross also added, people who do not overcome their grief will miss the opportunity to heal their souls and hearts because grief alone has the power to heal (Kübler-Ross & Kessler, 227).

Based on Kübler-Ross in his theory of grief, there are five stages should be gone through if someone experiences grief. The first is denial, the first reaction appears when people know the sad truth is, trying to refuse the truth (Watraya, 14). Someone denies the shock of the event happened at that time. Someone is also wondering and questioning the truth about the death of the loved one (Diwyacitta, 11-12). According to Kübler-Ross, denial is a conscious or unconscious refusal to accept facts, information, reality, etc., relating to the situation concerned. This denial is a natural reaction to make a defense mechanism (Watraya, 14).

The second stage is anger. Anger is natural reaction to the unfairness of loss. Anger occurs because of someone feeling helpless and powerless (Diwyacitta, 12). Anger is also a natural reaction to tragedy. Anger is usually at the front of the lines as feeling of sadness, panic, hurt, and loneliness also appears, stronger than ever (Watraya, 15).

The third stage is bargaining, after denial and anger stage, people begin to tired and question on what is going on. They will feel guilty since they are angry and refuse the truth. Guilt is often a bargaining's companion (Watraya, 16). Someone tries to bargain about losing the loved one, if it should not happen and could return. Someone also wanted to do different thing if could take back the loved one

(Diwyacitta, 14). Based on Kübler-Ross statement, the bargaining stages causes the people find fault of themselves and what they think they could have done differently. They may even bargain with the pain. People will do anything not to feel the pain of this loss. They remained in the past, trying to negotiate their way out of the hurt (Watraya, 16-17).

The fourth stage is depression. After bargaining stage, people's attention moves from the past into the present. Also referred to as preparatory grieving. Someone may feel loneliness, emptiness, isolated and self-pity. Life is pointless and there no desire to do something (Diwyacitta, 12). Depression is one of many necessary steps along the way. In a way it is the dress rehearsal or the practice run for the 'aftermath' although this stage means different things depending on whom it involves (Watraya, 18-19).

The last stage is acceptance, this stage is about accepting the reality that the loved one is physically gone and recognizing that the new reality is permanent reality. People will never like the reality or make it okay, but eventually they accept it. They learn to live with it (Watraya, 19). Accepting reality without the love one that already gone is the best way to continue life and learn to live in because actually someone never replaces that has been lost (Diwyacitta, 15).

The issue of grief can be described in a literary work including film. One of the films that talks about grief is *Wild (2014)*. This film talks about the ups and downs of Cheryl Strayed life where she experiences grief because the death of her

mother. However, this film tells how she first experienced grief and how she was able to overcome the grief she experienced.

The reason for researching this film is because it teaches the value of our time, appreciate time with our loved ones and take the positive side in life. In addition, the cast of this film won awards for best actress and best supporting actress indicating that this film belongs to a successful film and gets a lot of attention from audiences. Therefore, this research is entitled *An Analysis of Grief Experienced by Cheryl Strayed in the Wild Film (2014)*. This research focuses on analyzing the causes and stages of grief experienced by the main character named Cheryl Strayed.

B. Problem Formulation

There are two problem formulation in this study:

1. What are the causes of grief experienced by Cheryl Strayed in the *Wild* (2014) film?
2. How are the stages of Kübler-Ross grief theory depicted in the main character of Cheryl Strayed?

C. Limitation of the Study

This research focuses on the main character named Cheryl Strayed. The purpose of this research is to find and analyze the causes of grief and the grieving stages as depicted in Cheryl Strayed in the *Wild* (2014) film based on the Kübler-Ross grief theory.

D. Objectives of the Study

There are two objectives of this research including:

1. Identifying the causes of Cheryl Strayed grief depicted in the *wild* (2014) film.
2. Analyzing the stages of Kübler-Ross theory as depicted in the main character Cheryl Strayed in the *Wild* (2014) film.

E. Significance of the Study

This research is conducted with the hope of being useful for everyone who reads it. Especially for curious people the stages of grieving and the reasons people experience grief. Besides this research can be useful for students majoring in English literature as a reference for writing research that selects the same topic as this research, namely the stages of grief according to Kübler-Ross using a psychological approach.

F. Organization of the study

In this research there are five chapters. Chapter one is an introduction consists background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and organization of the study. In chapter two is review of related literature. It contains synopsis of the film and the review of related literature. Chapter three is research methods including type of research data organizing, type of the data, and analyzing data. Chapter four contains finding and discussion about grief and the stages. The last chapter explains about conclusion and suggestion.

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter is a review of related literature, it contains a synopsis of *Wild* (2014) film and stages of grief by Kübler-Ross.

A. Synopsis of *Wild* film

The film *Wild* tells the story of Cheryl Strayed, a woman who has grieving because the loss of her mother. The mother, named Bobbi, is a housewife who has two children named Cheryl Strayed and Leif. Leif is Cheryl's younger brother. The three of them lived together in one house.

Bobbi's husband or Cheryl's father was an alcoholic. He treats Bobbi harshly. Cheryl wants her mother to separate from her father. However, Bobbi still stuck to her choice. This sometimes makes Cheryl upset and wonders if this is the life her mother wanted.

When Cheryl and her younger brother were little, her mother often quarrelled with her father. The argument caused her mother to run away from home with Cheryl and her younger brother. This incident was caused by the harsh treatment of Cheryl's father towards her mother. She often faced harsh treatment by Cheryl's father towards her mother to protect her children. However, until the end of her life, Bobbi was very grateful to have Cheryl and Leif. In addition, that what made her happy for the rest of her life

Cheryl's problems began after her mother died. This was what makes her grief. Cheryl expressed her grief after hearing from the doctor's diagnosis

that her mother's disease could not be cured. It was at this time that Cheryl began to show signs of committing bad actions that did not reflect on her. In the depression stage he felt happy using heroin and having casual sex. Even though she already has a husband. Cheryl also began to show excessive emotion.

After Cheryl goes through her grief, she began to look for a way out to find her true identity. She decided she wanted to go on a long journey. She hopes to find her lost identity. She also hopes to find a life science that can make her life better. Cheryl also said that the trip she took was also to punish herself for the mistakes she made.

On every trip she discovers many new things that make her feel like she has rediscovered her identity. This was shown on the trip when she met Greg, another climber. Greg introduces Cheryl to his friends. At that moment, Cheryl felt the togetherness she had felt when she was with her mother. Cheryl also met other female climbers who also made her feel happy.

At the end, the film shows the figure of Cheryl who is full of happiness. The happiness she felt because every journey she takes felt full of meaning. She did not blame what happened on her. She has made peace with the circumstances she has gone through. This incident became a lesson for her to face the life she was going to live.

B. Related Literature

This research discusses feeling and emotion, grief, stages of grief and previous studies.

B.1 Feelings and Emotion

Human will always have feeling in their life. There is something that cannot be separated from within a living being. It is this something that makes a human being a human and what distinguishes humans from other living things. This thing is what people call feeling or emotion. On the other hand, feelings are a universal human experience, and without them, life would lack diversity and complexity.

Feeling (aesthetic) is further defined as “The affective thrill arising upon the contemplation of beautiful or impressive objects; the capacity of response to aesthetic stimuli. “The terms “feelings” and “emotions” have often been used interchangeably. Social and behavioural sciences concur that phenomena such as anxiety, fear, love, and joy are emotionally laden feeling states. Emotion has been defined as “passion or feeling” and “the process of disequilibrium (affects, passions) and reequilibration (coping) and the complex reaction subjectively experienced as feeling (Beyea, 99).

Even though people might think that feeling and emotion are the same thing, actually there is a difference between those two things. According to the research from Wake Forest University, a private research university in

Winston-Salem, North Carolina of feeling and emotions, feeling are experienced consciously, on the other hand, emotions manifest either consciously or subconsciously. In addition, emotions are perceptions of patterned changes in the body. When such perceptions are conscious, they qualify as feelings. However, the bodily perceptions are constituting emotions can occur unconsciously. When that occurs, emotions are unfelt. Thus, emotions are feelings when conscious, and they are not feelings when unconscious. Damasio distinguishes between the physical state of the body as emotion and the perception of that emotion as feeling (Marinier III & Laird, 173).

B.2 Grief

Grief may be as the most stressful of life's experience because it through painful impacts to recover from. Grief is a natural process of reacting to the feeling of suffering, especially losing of something or someone. But it could be any losses that cause the grief, including loss of health, loss of job, a kid with divorces parents, retirement, or a loved one's serious illness (Watraya, 10). People associate grief with the death of a person with whom the individual has intimate ties; however, people may grieve over other kinds of losses (Watraya, 10).

Emotion, physical, and cognitive reaction are possible to experience as the impact of grief as explained below:

1. Emotion reactions

The first thing happened when grieving is the emotional reactions because it is related directly to feelings. Emotional reaction may include sadness, shock, anger, guilt, jealousy, anxiety, fear, shame, relief, feeling powerless, hopeless, helpless, feeling irritable, frustrated, lonely, yearning, numbness, depression, lack of control, and resentment.

2. Physical reactions

Then, the reaction continues to physical reaction may include headache, tiredness, loss of appetite, insomnia, muscular tension, exhaustion, pain, lack of energy, tightness in chest, and shortness of breath. Physical reaction may happen since the metabolism is not functioned well caused by the emotion lack and hormonal illness. Along the grieving process, our behaviour and perspective toward life could be change. The way people think of something is not same anymore after they experience the grief.

3. Cognitive reactions

Cognitive reaction may include disbelief, obsessive thinking, apathy or numbness, being unable to concentrate, looping thinking, disorientation, confusion, emptiness, and replaying images of loss as the reaction of our mind, behaviour and attitude toward the tragedy.

Everyone is unique and different. Those reactions may befall on the people who grieving in the different way. Yet, the human being is complex and could not be determined only in one way.

Moreover, Kübler-Ross explains grief is an emotional, spiritual, and psychological journey to healing (Kübler-Ross & Kessler, 227). It can be said that grief should not be avoided because it might give an enlighten and change the people live (Kübler-Ross & Kessler, 227). Yet by avoiding grief they turn their backs to help that grief offers, thus prolonging the pain. Ross also adds, people who do not work through their grief, they lose an opportunity to heal their souls, psyche, and heart (Kübler-Ross & Kessler, 227). Because grief alone has the power to heal. Furthermore, there are two reasons why people should not avoid grieving. First those who grieve well, live well. Second, grief is the healing process of the heart, soul, and mind it is the path that returns people to wholeness (Kübler-Ross & Kessler, 229). It is a natural process that all people experience in life so even it is hurt and pain, grief is a good thing to happen.

In experiencing of grief, Kübler-Ross introduced the stages of grief that are divided into five stages that is denial, anger, bargaining, depression, and acceptance. The five stages are ways to help people frame and identity what they may be feeling during grieving. However, not everyone goes through all of them or goes in a prescribed order. Everyone experiences the grief is not in the same way. The five stages resulted from Kübler-Ross research about her patient's reaction to impending loss, Ross did simple conversations with her patient about the shock of bad personal

news, about the aftermath of anger or depression, and sometimes the mind-games that are deployed to help people come to terms with the bad news (Kübler-Ross & Kessler, 7).

The death of someone people love is something they cannot expect. However, the death of a person has both good and bad effects on the people they leave behind. The good impacts include someone who is left behind being able to make better use of time, being more appreciative of all circumstances. Likewise, there is also an unfavourable impact on the mental health of someone who is left behind. For someone who is abandoned by a loved one such as a mother, a close person, will experience grief.

In her book entitled on *Grief & Grieving*, Kübler-Ross explains that someone who experiences grief will definitely go through the stages of grief.

That people know where someone who is very close to them must have so many memories of life. Someone who is left behind seems to feel that something is missing from him. And on the other hand, the person left behind will not think that the person close to him just died.

B.3 The Stages of Grief

Everyone faces grief in their life. The denial of the reality can be found in the quotation, “But her voice is still vivid. Here, he denies his reality and only accepts his fantasizing reality, believing that his wife is still alive. This action is a self-defence mechanism to protect his heart from the hurtful truth (Nurjanah, 16). The denial stage is the first reaction of people may go

through while they are facing loss, grief, or a significant change of life (Widyaningrum, 9). Elisabeth Kübler-Ross identified five common phases of grief discussed in her book of personal experiences, on *Death and Dying*. In her book *Grief and Grieving*, the person who maybe in denial is grieving the loss of a loved one. In a person who is dying, denial may look like disbelief. They may be going about life and actually denying that a terminal illness exists. For a person who has lost a loved one, however, the denial is more symbolic than literal.

When people are in denial, they may respond at first by being paralyzed with shock or blanketed with numbness. The denial is still not denial of the actual death, even though someone may be saying, "I can't believe he's dead." The person is actually saying that, at first, because it is too much for his or her psyche (Kübler-Ross & Kessler, 8).

The second stage is anger. This stage presents itself in many ways: anger at your loved one that he did not take better care of himself or anger that you don't take better care of him (Kübler-Ross & Kessler, 11). Anger does not have to be logical or valid. You may be angry that you did not see this coming and when you did, nothing could stop it. You may be angry with the doctors for not being able to save someone so dear to you. You may be angry that bad things could happen to someone who meant so much to you. You may also be angry that you are left behind and you should have had more time together. You know intellectually that your loved one does not want to die. In

addition, emotionally all you know is that he did die. It was not supposed to happen, or at least not now.

You may also be angry with yourself that you couldn't stop it from happening. Not that you had the power, but you had the will (Kübler-Ross & Kessler, 11-13). The will to save a life is not the power to stop a death. But most of all, you may be angry at this unexpected, undeserved, and unwanted situation in which you find yourself (Kübler-Ross & Kessler, 11-13).

The third stage is bargaining. In this stage that individuals may feel repentant and make every effort to change themselves or negotiate with others out of a desire to return to their original lives (Widyaningrum, 12). Before a loss, it seems you will do anything if only your loved one may be spared. "Please, God," you bargain, "I will never be angry at my wife again if you'll just let her live." After a loss, bargaining may take the form of a temporary truce. "What if I devote the rest of my life to helping others? Then can I wake up and realize this has all been a bad dream?" (Kübler-Ross & Kessler, 17). We become lost in a maze of "if only . . ." or "What . . ." statements. We want life returned to what it was; we want our loved one restored. We want to go back in time: find the tumour sooner, recognize the illness more quickly, stop the accident from happening . . . if only, if only, if only (Kübler-Ross & Kessler, 17).

Guilt is often bargaining's companion (Kübler-Ross & Kessler, 17). The "if only" cause them to find fault with themselves and what they "think"

they could have done differently. People may even bargain with the pain. They will do anything not to feel the pain of this loss. They remain in the past, trying to negotiate their way out of the hurt.

The fourth is depression. After bargaining, people attention moves squarely into the present. Empty feelings present themselves, and grief enters their lives on a deeper level, deeper than they ever imagined (Kübler-Ross & Kessler, 20). This depressive stage feels as though it will last forever. People forget their smile, and finds no way to pace (Hussain, Shah, Ali, 3). They lost the purpose of why they have to do it those activities, all of them are no longer there has meaning and feels heavy done. It is important to understand that this depression is not a sign of mental illness. It is the appropriate response to a great loss. People withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone (Kübler-Ross & Kessler, 20). Why go on at all?

Morning comes, but people do not care. A voice in their head says it is time to get out of bed, but they have no desire to do so. People may not even have a reason. Life feels pointless. To get out of bed may as well be climbing a mountain. People feel heavy, and being upright takes something from you that you just do not have to give.

When people are grieving, they may wonder about themselves, and they may wonder about their selves. The heavy, dark feelings of depression that come with grief, however normal, are often seen in people society as

something to be treated. Of course, clinical depression, untreated, can lead to a worsening of one's mental state. If grief a process of healing, then depression is one of many necessary steps along the way (Pambayun, Natsir, Asanti, 1380). However, in grief, depression is a way for nature to keep us protected by shutting down the nervous system so that we can adapt to something we feel we cannot handle (Kübler-Ross & Kessler, 21).

Allow the sadness and emptiness to cleanse you and help you explore your loss in its entirety. When you allow yourself to experience depression, it will leave as soon as it has served its purpose in your loss. As you grow stronger, it may return from time to time, but that is how grief works.

The last stage is acceptance. This stage is often confused with the notion of being all right or okay with what has happened. This stage is about accepting the reality that our loved one is physically gone and recognizing that this new reality is the permanent reality. People will never like this reality or make it okay, but eventually they accept it (Kübler-Ross & Kessler, 25).

As people heal, they learn who they are and who their loved one was in life. In a strange way, as they move through grief, healing brings them closer to the person they loved. A new relationship begins. People learn to live with the loved one they lost. People start the process of reintegration, trying to put back the pieces that have been ripped away.

Healing looks like remembering, recollecting, and reorganizing. People may cease to be angry with God; they may become aware of the

commonsense reasons for their loss, even if they never actually understand the reasons. They the survivors begin to realize sadly that it was their loved one's time to die. Of course it was too soon for them, and probably too soon for him or her, too. Perhaps he was very old or full of pain and disease. Perhaps her body was worn down and she was ready for her journey to be over. But their journey still continues. It is not yet time for them to die; in fact, it is time for them to heal.

Finding acceptance may just mean having more good days than bad days. When people start living again and enjoying their lives, they often feel that by doing so, they are betraying their loved ones. People can never replace what they have lost, but they can make new connections, new relationships. People can make new connections, new meaningful relationships, new interdependent relationships. Instead of denying their feelings, they listen to their needs they move, they change, they grow, they evolve. People begin to live again, but they cannot do so until they allow time for grief.

B.4 Previous Studies

The first previous study referred by this research is entitled “*The Grief Stages Experienced By Mary Griffith In The Film Prayers For Bobby*” written by Briza Hashibullah Watraya. The similarities between Watraya’s thesis and researcher’s thesis are in the theoretical framework used to conduct research and the object of the study, movie and the data collection. Both use The Stages

of Grief as the main theory. The other similarity is Watraya's thesis analyses film by employing verbal data, such as dialogue and scene caption like this study. However, there are difference in the object of Watraya's thesis. The reason of researcher uses Watraya's thesis is his study uses the same model and theory to reveal the object of the study and the researcher could evolve the explanation of the theory.

The second previous study is *"An analysis of Hiro as the Main Character in Resolving His Conflict in Big Hero 6 Animation Movie"* written by Ery Dwi Sandhya Diwyacitta. The similarities between Diwyacitta's thesis and this study are in the theoretical framework used to conduct research and the object of the study, movie and the data collection. Both use The Stages of Grief as the main theory. The other similarity is Diwyacitta's thesis analyses film by employing verbal data, such as dialogue and scene caption like researcher's theses. However, the object of this study is different with Diwyacitta's thesis. The reason of the researcher uses Diwyacitta's thesis is her study use the same model and theory to reveal the object of the study and the research could evolve the explanation of the theory.

CHAPTER III

RESEARCH METHOD

A. Types of Research

The research method used in this research is a qualitative method where analysis was focusing on the discovery of the content, meaning, structure and discourse of a text. “Qualitative research aims to understand some aspects of social life, which usually uses words rather than numbers as data for analysis” (Patton and Cochran, 3). The qualitative method is designed to help readers understand research in personal and social context, and research in the form of descriptive data can be described in sentences. This qualitative method is used to answer the formulation of this research problem.

B. Data organizing

B.1 Data Collecting Method

In the process of collecting data, there were four steps that were carried out if you want to analyse the film namely, watching the film, reading the film script, identifying the data, and classifying the data.

B.1.1 Watching the film

The object of this research is *Wild (2014)* film. The researcher watching the film multiple times to get deep understanding of the whole storyline

B.1.2 Reading the film script

The researcher reading the film script thoughtfully after watching the film for numerous times. The purpose is to get deeper understanding of each narration, dialogue, monologue, and interaction.

B.1.3 Identifying the data

After watching the film several times, identification is conducted to be able to find the parts of the film needed to be analysing by highlighting dialogue and monologue from the film script.

B.1.4 Classifying the data

The data was classified based on the problem formulation in an appendix. Appendix contains all the identified aspects, such as quote, type of data, type of analysis, references, and comment.

C. Type of The Data

The data in this research were divided into two types, primary and secondary data.

C.1 Primary data

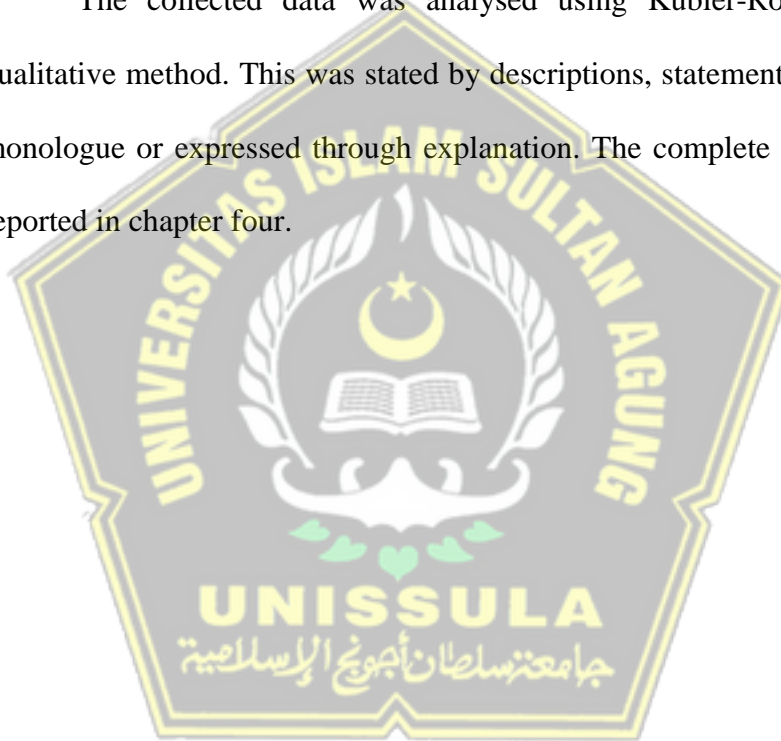
The primary data in this research was taken from the film script entitled *Wild (2014)* directed by Nick Hornby.

C.2 Secondary data

The secondary data in this research was obtained from articles, international journals, and books which are related to the significance of this research.

D. Analysing Data

The collected data was analysed using Kübler-Ross theory with qualitative method. This was stated by descriptions, statements, dialogue, and monologue or expressed through explanation. The complete analysis will be reported in chapter four.



CHAPTER IV

FINDINGS AND DISCUSSION

This chapter is to answer and discuss to the problem formulation questions. This chapter has two parts. First explain about the causes of grief experienced by Cheryl in the *Wild* (2014) film and second discusses the stage of Kübler-Ross grief theory depicted in the main character Cheryl Strayed that occurs in the *Wild* (2014) film.

A. The causes of grief as depicted in Cheryl Strayed in the *Wild* (2014) film

Grief may be as the most stressful of life's experience because it through painful impacts to recover from. Grief is a natural process of reacting to the feeling of suffering, especially losing of something or someone. However, it could be any losses that cause the grief, including loss of health, loss of job, a kid with divorces parents, retirement, or a loved one's serious illness (Watraya, 10).

In the film, it is depicted that the cause of Cheryl's grief is her mother's serious illness. The following are the data depicting the cause of her grief.

INT. HOSPITAL – DAY

Cheryl and her mother wait in a hospital corridor. Bobbi is wearing a green hospital gown. Cheryl takes her hand and squeezes it.

Cheryl: there's nothing to worry about. I know it.

A sombre- looking doctor comes up to them.

Doctor: Bobbi grey?

Bobbi stands up. Cheryl stands with her and tries to make eye contact with the doctor but he won't look at either of them. Suddenly Leif burst into the room. Cheryl shoots him a look.

INT. DOCTOR'S OFFICE – DAY

Cheryl is in tears. Her mother is staring straight ahead, unable to comprehend what she has just been told.

Leif: She doesn't even smoke.

Doctor: I'm sorry. Our job from this point on is to make sure that you're as comfortable as possible.

Leif: what do you mean, comfortable?

Cheryl: what about trying to cure her? You don't see that as your job?

Bobbi turns to her

Bobbi: Cheryl! Watch your mouth.

Doctor: you probably have some questions.

Cheryl: how long? MOTHER: can I still ride my horse?

Doctor (CONT'D): (to Bobbi)

We'll be giving you radiation to reduce the size of some of the tumours along your spine. One jolt and it could crumble.

Leif: how long?

Doctor: we hope for a year

Cheryl: Hope! That's what "hope" means to you people?

Leif stands up quickly and leaves the room (*Wild*, 50:18-50:44)

Here is the scene where Cheryl takes her mother to the hospital for check-up. This scene shows that Cheryl is starting to experience grief. The grief that occurs is caused by the results of the doctor's diagnosis. The doctor said her mother's illness could not be cured. The doctor can only provide treatment to reduce the pain. Cheryl felt this was the doctor's mistake, as it was his job to heal people.

The following is another data depicting that her mother's serious illness is the reason of her grief.

INT. LADIES' TOILETS – HOSPITAL

Cheryl is sitting on the toilet, leaning against the wall, weeping in silence. We hear someone flushing in a stall further along.

Bobbi (O. S.): are you all right, honey?

Cheryl doesn't answer. She just closes her eyes (*Wild*, 50:50-51:03)

After hearing the doctor's diagnosis, Cheryl still could not believe it and she could not imagine what would happen after that. Cheryl could only

hide her sadness in the bathroom. She did not want her mother to know that she was sad to hear the bad news.

In the film, it is also portrayed that she is experiencing grief that makes her cannot even respond anything and remain silent.

INT. CAR – DAY

Cheryl and Bobbi are driving back from the hospital. This time, Cheryl is driving. **There is a stunned, grief-stricken silence.**

Bobbi: I was never me

Cheryl: Don't talk about yourself as if it's over. It's not over, OK? We'll find someone who...

Bobbi: I've always been somebody's daughter or mother or wife. I never got to be in the driver's seat of my own life. I thought that would come. I thought time was infinite.

Cheryl doesn't know what to say. She's too young, and she's too blind-sided by the news they have received, and by the glaring sun that shines through the window (*Wild*, 56:03-56:42)

After leaving the hospital, Cheryl could only remain silent on the way home. Cheryl is still too young to experience a condition like this. Leaning her head against the car window, she could only remain sadness. Sadness, because knowing her mother's serious illness.

Looking at her mother that is helpless because of her illness also makes her grief.

INT. HOSPITAL ROOM – NIGHT

Bobbi is desperately sick and in pain. She looks at a MALE NURSE next to her bed, with desperate eyes.

Bobbi: Mor...phine! Please!

Cheryl stands in a corner of the room, helplessly watching her mother (*Wild*, 1:00:42-1:01:41)

A few days later, Cheryl's mothers were hospitalized. Her mother laid in pain on her bed. Cheryl, who was with her mother at that time, could only look at her without being able to help her. Cheryl was already filled with feelings of grief.

Another quote depicts the cause of grief is explained below.

INT. LADIES' TOILETS – HOSPITAL – NIGHT

Cheryl is in a stall, seated on a toilet, her hands joined together, praying in silence, holding back tears. She hears someone walking in. She re-gathers and leaves (*Wild*, 62).

After seeing her mother in pain in her bed, Cheryl heads to the bathroom. There she fell silent and began to pray and hold back tears because she knew her mother's serious illness could not be cured.

Cheryl hopes to get through this condition even though it is very difficult for her.

Another quote depicts the cause of grief is explained below.

CONTINUED:

A Pause, while Cheryl works out how much she wants to say to this woman.

Cheryl (CONT'D): My mom died of cancer four years ago and my dad's a bastard. He hasn't been in my life since I was six, which is probably for the best, because he was a violent man. Oh, and I got divorced a few months ago. So, my life's kind of... emptied out.

Stacey nods.

Stacey Join the club.

Cheryl smiles at her.

Cheryl: I have a brother. Leif. I love him like mad but we... lost each other. (a beat)

How about you?

Stacey hesitates to talk.

Stacey: I can't stay married. I've been married and divorced three times.

Stacey shakes her head, not proud of her accomplishment, but keeps her

smile on her face.

Stacey (CONT'D): I need to find something in me. I don't know what

yet but... I needed to regather. I guess the trail's a good place for that.

For people whose lives have emptied out. I mean, look!

(Gesturing to the sunset)

This has the power to fill you up again if you let it. I'm slowly learning to.

Cheryl laughs. Stacey wonders why.

Cheryl: My mom used to say this thing that drove me nuts:

"Every day

there's a sunrise and a sunset and you can choose to be there for it. You can put yourself in the way of beauty."

Stacey: I like your mom. My kind of woman.

Cheryl smiles at her gratefully, doesn't say a word, even though we hear

her say...

Cheryl (V.O.): She was the love of my life (*Wild*, 1:13:39-1:15:16)

Cheryl tells Stacey that she lost her mother 4 years ago. She also had an abusive father when she was 6 years old and she divorced her husband a few months ago. Cheryl felt her life was empty after her mother died of a serious illness.

Another quote depicts the cause of grief is explained below.

INT. CLASSROOM – DAY

Cheryl is in an empty, cheerless college classroom, sitting on one side of a work-table on a plastic chair. On the other side is a therapist, VINCE – fiftyish, grizzled, kind-looking. Cheryl is drawn, pale, unkempt, red-rimmed eyes; she's at rock-bottom. She clearly doesn't want to be there.

Cheryl: I've been destroyed by her death. There's nothing else to say about it.

Vince stays silent. A beat (*Wild*, 1:15:18-1:15:28)

After her mother's death, Cheryl sees a psychiatrist named Vince. Vince felt like Cheryl did not want to be there. Vince asks her a few questions about why she did bad things. Cheryl said her life was shattered by the death of her mother from a serious illness. This indicates she is experiencing grief.

In short, based on the collected data, the causes of Cheryl's grief are her mother's serious illness and death. It is aligned with

Watraya's (10) explanation that the causes of grief, including loss of health, loss of job, a kid with divorces parents, retirement, or a loved one's serious illness.

B. The stages of Kübler-Ross grief theory depicted in the main character Cheryl strayed

In experiencing of grief, Kübler-Ross introduced the stages of grief that are divided into five stages that is denial, anger, bargaining, depression, and acceptance. The five stages are ways to help people frame and identity what they may be feeling during grieving. However, not everyone goes through all of them or goes in a prescribed order. Everyone experiences the grief is not in the same way (Watraya, 12).

B.1 Anger

The first stage that Cheryl experienced was anger. Anger is defined as the feeling angry because something bad. You may be angry because something bad could happen to someone who means a lot to you. You may become angry at unexpected, inappropriate, and unwanted situations that you experience. You may also be angry at yourself for not being able to stop it. It's not that you have the strength, but that you have the will (Kübler-Ross and Kessler 2005, 11-13).

Anger is described to Cheryl in the film based on the quote below:

Cheryl: Shit, Mom, you have to help me here.

Cheryl instantly regrets her burst of impatience when she sees Bobbi just staring at her, defeated.

Cheryl puts her coat and hat on, and bends over to kiss her mother (*Wild*, 1:00:43-1:01:20)

Cheryl looked angry. She spoke to her mother in a loud voice. This indicates that she feels angry about what happened to her mother. Cheryl is at the stage of being angry about the reality of what happened.

Anger is also depicted in Cheryl as seen in the film based on the quote below:

EXT. TRAIL – DAY

Cheryl blundering on through the snow, determined, inelegant, maybe lost, surely

in her thoughts.

Cheryl (V. O.): What are you laughing at, assholes? Fucking Saint Patrick! Go to hell, all you fucking Saints! (*Wild*, 1:01:43-1:02:03)

Cheryl has unusual emotions and feels sensitive when someone looks at her and laughed at her. She is angry at that time because she is still thinking about her mother illness. This indicates that she is at the stage of being angry about the reality that her mother has a serious illness.

B.2 Bargaining

The second stage Cheryl experienced was bargaining. It is the stage of become lost in a maze of “if only...” or “What if...” statements. We want life to return to normal; we want our loved ones are restored. We want to go back to the past: finding the tumour faster, quicker to recognize disease, stop accidents from happening. . . if only, if only, if only (Ross and Kessler 2005, 17).

Bargaining is described to Cheryl in the film based on the quote below:

Leif (CONT'D): What are you doing?

Cheryl: I'm praying to the whole fucking universe. Hoping that there is a God somewhere. I want a miracle. I want to believe in miracles. No way Mom's going to die at 45!

Leif is crying again... and soon joins his sister in her desperate call to God. Clearly, these two have never prayed before (*Wild*, 1:04:09-1:04:40)

Starting with Cheryl praying to the universe. Hope there is a God. She wanted to believe in a miracle. This indicates that she is at the bargaining stage with the situation will change to the way they were before. She hopes her mother cured from her illness.

B.3 Depression

The third stage is depression. This stage lost the purpose of why they have to do it those activities, all of them are no longer there has meaning and

feels heavy done. It is the appropriate response to a great loss. We withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone (Kübler-Ross and Kessler 2005, 20).

Depression is described to Cheryl in the film based on the quote below:

Vince: That's fifty-bucks-an-hour therapy. This is ten-bucks-an-hour therapy. Why do you think you'd been destroyed by your mother's death?

Cheryl: is that what your job is? To ask the bereaved if they're grieving too much?

Vince: People grieve in all sorts of different ways. I'm asking you about yours.

Cheryl: is mine so bad?

Vince: you're using heroin and you're having sex with anyone who asks. I'm not sure that these things are making you happy.

Cheryl: well, you're wrong. I'm happy while I'm doing them. And the rest of the time I want to die. Can you see the appeal?

Vince: do you sleep with your husband too?

Cheryl no. I'm like a guy when it comes to sex. I prefer to be detached.

Vince: you think that's what guys are like? (*Wild*, 1:15:26-1:16:05)

Here is a conversation between Vince and Cheryl. Vince is a psychologist that Cheryl meets. From this conversation, it can be seen that Cheryl is experiencing depression which makes her do bad to withdraw from her life and sadness. This indicates that she is experiencing depression because of her grief.

B.4 Acceptance

The fourth stage is about accepting the fact that our loved one is physically gone and realizing that this new reality is a permanent reality. We will never like this reality or make it okay, but eventually we accept it. We learn to live with it. (Kübler-Ross and Kessler 2005, 24-25).

Acceptance is described to Cheryl in the film based on the quote below:

Cheryl: (V. O.): ...I lost two cities, lovely ones. And, vaster, some realm I owned, two rivers, a continent. I miss them, but it wasn't a disaster (*Wild script*, 80).

Cheryl said she had lost the two cities. She means her mother and her husband. However, she did not think it was a disaster and was starting to accept it. Cheryl is already at the stage of accepting all the facts that have happened.

Acceptance is also depicted in Cheryl as seen in the film based on the quote below:

Cheryl: you don't have to talk about them. Everyone has problem. I've had some problems, too.

Kyle: what kinds of problems?

Cheryl: oh, you know...

She mentally scans her inventory, trying to pick something that a child might want to know about.

Cheryl (CONT'D): I had problems with my dad, for example. I don't see him anymore.

Kyle: me neither. What about your mommy?

Cheryl: well... she died.

Kyle looks at her solemnly. Then at vera. Back at Cheryl. The thought of losing one's mother seems to affect him.

Cheryl (CONT'D): you know... problems don't stay problems. They turn into something else.

Kyle: what do they turn into?

Cheryl: I don't know yet.

Kyle: how did she die?

Cheryl: she got very sick.

Kyle: my mother is a singer. She has taught me many songs. Would you like to hear one?

Cheryl: I certainly would.

Kyle sings Red River Valley – beautifully and with feeling. The Ilama, the story-book grandmother, the strange boy, the old song... it's an overwhelming moment for Cheryl, strange and funny and beautiful. She's holding back tears.

EXT. TRAIL – DAY

Cheryl walking backwards up the trail, waving at Kyle and vera while they wave back. We still hear the voice of the kid singing the song. Cheryl smiles to herself.

Cheryl (V. O.): “I have some problems too. My mom died.” Jesus. A five-year-old kid, stupid! I really made his day.

She laughs, and then the laughter turns into something else, and she begins to cry and cry, for the first time on the trail.

Cheryl (V. O.): Mom, I'm not crying because of you. I'm not crying because of dad, or because of Paul. I'm not crying because I'm happy or sad. I'm crying because I'm full. That kid. This place. Hundreds of miles. Ninety days on the trail, and all the years before that. I'm full up.

She carries on crying.

Cheryl: I miss you! (*Wild*, 1:44:44-1:47:00)

Cheryl feels herself feeling full of what she has gone through so far.

She feels that everything is part of life which she must be able to get through

and accept. Cheryl is already at the stage of accepting all the facts that her mother died.

In short, Cheryl experienced four stages. The stages are anger, bargaining, depression and acceptance. However, not everyone goes through all of them or goes in a prescribed order. Everyone experiences the grief is not in the same way, including Cheryl.



CHAPTER V

CONCLUSION AND SUGGESTION

This chapter contains conclusion and suggestion. The conclusion is related to the results of the analysis in chapter IV.

A. Conclusion

This research discusses the film *Wild* (2014) as the object of this study. The problem formulation in this research are the causes of grief and the stages Kübler-Ross grief theory depicted in the main character named Cheryl Strayed. Based on the discussion of findings related to the problem formulation, there are two points concluded. The first is related to the causes of Cheryl's grief. This cause occurred when Cheryl heard the doctor diagnosis, which said that her mother's serious illness could not be cured and would lead to death. From this incident, Cheryl began to enter the grief stage, which started with anger at the doctor statement regarding his diagnosis.

The second is related to the stages of grief. Grief will cause a reaction where if someone is experiencing this, she will go through several stages of grief. According to Kübler-Ross grief theory "grief, are divided into five stages that is denial, anger, bargaining, depression, and acceptance". The five stages are ways to help people frame and identity what they may be feeling during grieving. However, not everyone goes through all of them or goes in a prescribed order. Everyone experiences the grief is not in the same way.

Based on this analysis, after knowing her mother's illness and her mother's death, she began to go through the stages of grief started from anger. Anger is shown when she heard the doctor diagnosis, which said that her mother's serious illness could not be cured. From that incident she began showing unusual emotions. Bargaining is when she prayed to the universe hoping that a miracle would happen so that her mother could survive. She also experienced depression stage when she admitted to a psychiatrist that she did bad things such as using drugs and having casual sex after her mother's death. However, finally she would reach the acceptance stage when she finally began to accept that someone's death would definitely happen and we could not prevent it. we can only accept it and move on. However, she did not go through the denial stage because everyone has different stages when they are grieving.

B. Suggestion

This research uses the stage of grief model by Elisabeth Kübler-Ross. This research focuses only on the main character named, Cheryl Strayed, the stages of grief such as denial, anger, bargaining, depression, and acceptance depicted in the main character and how she went through those stages in *Wild* (2014) film. Further researchers are suggested to analyse *P. S. I love you* (2007) film using the stages of grief by Elisabeth Kübler-Ross.



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