

## **Anxiety Disorder on Conor O'malley's character in A Monster Calls film**

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### **ABSTRACT**

This research was aim to investigate the triggers of anxiety from main character in A Monster Calls film. It was conducted by using qualitative research that refer to content analysis method and used psychological approach from sigmund freud. The research problems are: (1) How are the triggers of Conor O'malley's anxiety in A Monster Calls film? (2) How the effects of Conor O'malley's anxiety in A Monster Calls film? The source of data taken from the scene and dialogue from Conor O'malley as the main character in A *Monster Calls* film. The result of this research is trigger Conor O'malley's anxiety came from internal and external conditions, the internal factor as follows: 1) Since Conor get a nightmare about lose his mom, then this visual nightmare always haunted Conor in every night make him worried, 2) not only that Conor felts more worried when he must faced with his grandma who always ban him to do anything, 3) Conor's anxiety increase when at school he got bullying by his classmates harry, Conor's mind mess and could not do anything to solve his problems the monster came who help him to changed his perspectives of his life through a tales, and the external factor in this film such as, divorce his parents, feel losed he someone loved. (is not shown explicitly but it can be known through the plot in the story of film). The effect of Conor O'malley's anxiety it can be seen from the Conor's conflict, in a few scene in the film Conor showed some kinds of bad nature like a anger, fearfulness, disrespectful, and insomnia. It can be seen when after Conor having conversations with other character, thats all make Conor's anxiety became psychological disorder to him.

**Keywords:** Anxiety Disorder. Main Character, A Monster Calls film.

### **ABSTRAK**

Penelitian ini bertujuan untuk menyelidiki pemicu kecemasan dari tokoh utama dalam film "A Monster Calls". Penelitian ini menggunakan penelitian kualitatif yang mengacu pada metode analisis isi dan menggunakan pendekatan psikologis dari sigmund freud. Untuk menganalisis pertanyaan penelitian: (1) apa saja pemicu kecemasan Conor O'malley dalam film "A Monster Calls"? (2) apa efek dari kecemasan Conor O'malley dalam film "A Monster Calls"? Hasil penelitian ini menunjukkan bahwa kecemasan yang memicu Conor O'malley berasal dari kondisi internal dan eksternal, Faktor internal sebagai berikut: 1). Karena Conor mendapatkan mimpi buruk tentang kehilangan ibunya, maka mimpi buruk visual ini selalu menghantui Conor di setiap malam membuatnya khawatir, 2). Tidak hanya itu, Conor merasa lebih khawatir ketika harus menghadapi neneknya yang selalu melarangnya melakukan apa saja, 3). Kecemasan Conor meningkat ketika di sekolah ia mendapat bullying oleh teman-teman sekelasnya, Conor's berantakan pikiran dan tidak bisa berbuat apa pun untuk memecahkan masalah monster datang yang membantunya untuk mengubah perspektif hidupnya melalui dongeng, dan faktor eksternal dalam film ini. seperti, menceraikan orang tuanya, merasa kehilangan seseorang yang dicintainya. (tidak ditampilkan secara eksplisit tetapi dapat diketahui melalui plot dalam kisah film). Kedua,

efek dari kecemasan Conor Omalley itu dapat dilihat dari konflik Conor, Dalam beberapa adegan dalam film Conor menunjukkan beberapa jenis sifat buruk seperti kemarahan, ketakutan, tidak sopan, dan insomnia. Itu bisa dilihat ketika setelah Conor bercakap-cakap dengan karakter dan perasaan lain yang dialami Conor O'malley. Itu semua membuat kecemasan Conor menjadi gangguan psikologis baginya.

**Katakunci:** Gangguan kecemasan, Karakter utama, film A Monster Calls.

## **INTRODUCTION**

As a social being, literature is very familiar to humans, its existence also aims to solve one's pleasure and knowledge, so literature is a very valuable science. (Guerin, 2005: 17). Literature is a way of expressing the imagination of feelings where the creative art of writing or oral is a literary work. One form of literary works is a film. As one form of arts that is able to convey information and messages in a creative and unique The film has many elements, one of the most elements that can increase the motion of the film is the conflict. Conflict is a part of the plot (Kenney, 1966: 14), the plot also can make the audiences enjoy several events (from the beginning, rising conflict, failing action, until denouncement of the film) and feel it through watching the film. as Burhan (2010: 124) said psychological conflict usually occurs to the main character which is often portrayed as a conflict between the characters beliefs and a temptation to act against them. It means psychological conflict happens when the character's struggles in his own mind. Usually, it has something to decide between right and wrong choice.

Generally, Anxiety is always felt by most people, especially during childhood. Anxiety in children is quite normal things happen like anxiety when meeting new environment, anxiety in the face of new friends, anxiety when separated from family and others so on. Anxiety is a condition of a person too excessive in worrying about a dire situation that will not necessarily happen even in reality there is no object or situation to be avoided. Depression Association of The Anxiety in America (Kaplan & Sadock, 2012), writing that anxiety and depression disorders suffered by 40 million population of people in America at the age of 18 years or over (18% of the population). In an estimated 20% of the world, the population suffers from anxiety and as many as 47.7% of adolescents often feel anxious. Anxiety is a normal symptom in humans and is called pathological if symptoms persist within a certain time and disrupt the tranquility of the individual since it is very disturbing. Director general of public health, Azrul Azwar, said that one in every four people in Indonesia suffer from psychiatric disorders such as anxiety, depression, stress to schizophrenia. A study conducted at the RSJ Regional of South Sumatra Province suggests that an increase of 10-15% of cases of mental disorders treated from the previous year where in 2003 as many as 4110 cases and in the year. Anxiety is a confusing condition that arises for no reason from the event to come. Anxiety is an appropriate response to a threat, but anxiety can become abnormal if the level does not match the proportion of threats (Nevid, et al 2005).

## **REVIEW OF RELATED LITERATURE**

Literature in etymology from the word "literature" which derived from the word "letter" is the smallest element of alphabetical writing. The word "text" related to textile can be translated to as "fabric". So words and sentences from meaning full and coherent. (Klarer, 2004:112) Literature is creative expression before alphabet becomes the translation of a spoken word or become developed system sigh now literary have many kinds of genres. According to Klarer (2004:114), literary has many genres there are some kinds of classical genres that still used in this modern era, like drama, poetry, and epic. Another sub kind of

genres literary fiction is poetry, drama, and film. The film is a one of type literature with many quality forms of story. It may be fiction or nonfiction and most forms of stories in short stories, dramas, and movies. It is full of psychological elements as manifestations, psychiatric writers, fictional characters in narration and readers (Minderop, 2010: 53). The film has many elements, one of the most elements that can increase the motion of the film is the conflict. Conflict is a part of the plot and plot can make the audience aware of events not merely temporal elements series but as an intricate pattern cause and effect (Kenney, 1966: 14). The plot also can make the audiences enjoy several events (from the beginning, rising conflict, failing action, until denouncement of the film) and feel it through watching the film. The conflict itself has some kinds of conflict, there are a conflict within a single man or psychological conflict, the conflict between man and society, and conflict between man and nature (Kenney, 1966: 19). Psychological conflict is one of the interesting conflicts that occur in the film, as Burhan (2010: 124) said psychological conflict usually occurs to the main character which is often portrayed as a conflict between the characters beliefs and a temptation to act against them. It means psychological conflict happens when the character's struggles in his own mind. Usually, it has something to decide between right and wrong choice, or have to do between obligation and desire. According to James P. Stobaugh (2003:177), there are several kinds of conflict, internal or psychological conflict, and external or physical conflict. Both types of conflict are usually necessary to make a story interesting to the audience or readers. Although they are different, internal and external conflicts are related. According to Freud (in Alwisol, 2005: 28) anxiety is an ego function to alert the individual about the possibility of a danger so that an appropriate adaptive reaction can be prepared. Anxiety serves as a mechanism that protects the ego because anxiety signals to us that there is danger and if it does not take the right action then that danger will increase until the ego is defeated. Anxiety is a subjective feeling of disturbing mental tension as a general reaction to the inability to overcome a problem or lack of security. Such uncertain feelings are generally unpleasant which will later lead to or be accompanied by psychological changes. Anxiety is often developed over a period of time and is largely dependent on a person's entire life experience. Specific events or situations can accelerate the emergence of anxiety attacks. There are several factors that indicate anxiety reactions. According to Suliswati (2005: 49), there are two factors that influence anxiety. first, internal factor. These factors consist:

- a) Traumatic events that can trigger anxiety associated with the crisis experienced by individuals in either a developmental or situational crisis.
- b) The emotional conflicts experienced by the individual and not resolved properly. The conflict between id and superego or between desire and reality can cause anxiety to the individual.
- c) Disturbed self-concept will cause the inability of individuals to think in reality so that will cause anxiety.
- d) Frustration will lead to helplessness to make decisions that affect the ego.
- e) Physical disorder will cause anxiety because it is a threat to physical integrity that can affect individual self-concept.
- f) The pattern of family coping mechanisms or the family pattern of handling anxiety will affect the individual in responding to the conflicts experienced because individual coping mechanisms are much studied in the family.
- g) History of anxiety disorders in the family will affect the response of individuals in responding to conflict and overcoming anxiety.

Meanwhile, external sources, including the loss of loved ones, divorce, changes in employment status, group pressure, and social culture.

Semiun (2006: 321), divides some the effects of anxiety into several symptoms, including:

1. Mood symptom

Individuals who experience anxiety have a feeling of threatening punishment and disaster from a certain unknown source. People who experience anxiety cannot sleep, and thus can cause irritability.

2. Cognitive symptoms

Anxiety can cause concern for individuals about unpleasant things that might happen. The individual does not pay attention to the real problems that exist, so that the individual often does not work or study effectively, and eventually he will become more anxious

3. Motoric symptoms

Individuals who experience anxiety often feel uneasy, nervous, motor activities become meaningless and purposeful, such as toes tapping, and are very shocked at the sudden sound. Motor symptom is a high picture of cognitive stimulation in individuals and is an attempt to protect itself from anything that feels threatening.


From some of the opinions above, it can be concluded that anxiety is worry about a very threatening situation because of uncertainty in the future and fear that something bad will happen. This anxiety is characterized by several symptoms that arise such as anxiety, fear of something that happens in the future, feeling uneasy, difficult to concentrate, and feeling unable to overcome the problem.

**METHOD**

In this research used qualitative that refer to content analysis design. Ary (2010: 457) stated that “Content or document analysis is a research method applied to written or visual materials for the purpose of identifying specified characteristics of the material. It mean that content analysis aimed to describes in detail a message, or a particular text” because the subject of research is scene and dialogue of film, so the method clearly as the method in this research. In analyzing this film the researcher used a psychological approach. The psychological approach is a theory of the human mind, a therapy for mental distress, an instrument of research, and a profession. A complex intellectual medical and sociological phenomenon. It was conceived in the late 1890s by the Austrian physician Sigmund Freud (1856-1939), who is still the figure most closely associated with the subject and most often attacked by critics (Beyond The Pleasure Principle 2000:5). To get the data the researcher use documentation, field note, and observation as an instrument. In this research Procedures collecting data as follows: first, downloading the film, then observing the film, and watching and understanding the film the last is selecting a scene and dialogue as the data. the researcher used some steps to analyze the data as follows: first identifying the data, then coding the data, analyzing the data, and the last is make conclusion.

Table 1.1 classification of triggers Conor O'Malley's anxiety

No	Code	Data	Category				Analysis
			Te	Tec	F	Pd	
1.	D.T.Pd. 1.S.2 & D.1	(t).S&D Example: (t) : 00.05.54–00.07.20				√	In school, Conor is a quiet boy, he alwaysgets

		 <p>(harry push it conor into ground).  Conor : <i>ugh..(fell to the ground)</i>.  Harry : careful there, o'malley. You might fall.  Anton : are you drunk or something?  Sully : he'll have to get his slaphead mother to kiss it for him.  Harry : you always off. In your own little dream world. What's there so interesting? Get off! You've been a good boy. Remember, o'malley good boy dont talk (while pulling conor's tongue).  Conor: <i>argh...</i></p>					<p>violence (bullying) from his classmates it makes him anxious</p>
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**Note:**

- (t) : Time
- S&D : Scene and Dialogue
- Te : Traumatic Event
- Tec : The Emotioal Conflict
- F : Frustration
- Pd : Physical Disorder


**How to read the data:**

D.T.Pd.1.S.2 & D.1

(Data Trigger Physical disorder ke 1, scene ke 2, and dialogue 1)

Table 1.2 classification effect of Conor O'Malley's anxiety

No	Code	Data	Category			Analysis
			Ms	Cs	Mts	
1.	D.E.Ms.1. S.1 & Di.1	<b>(t).S&amp;D</b> Example: <b>(t) : 00.06.07- 00.06.30</b> <b>(in the class)</b>	√			After having nightmares, Conor

		 <p>Teacher: conor. Are you alright? You looks tired. Are you getting enough rest?  Conor : <i>yeah, I'm fine.</i>  Teacher ; causeif you ever wanted to talk ..  Conor : <i>I'm fine.</i>  Teacher: okay.  Everyone ..eyes front  (continued teaching).</p>				<p>becomes less concentratin g when in class</p>
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**Note:**

- (t) : Time
- S&D : Scene and Dialogue
- Ms : Mood symptom
- Cs : Cognitive symptom
- Mts : Motoric symptom

**How to read the data:**

D.E.Ms.1.S.1 & Di.1

(Data Effect Mood symptom ke 1, scene ke 1, and dialogue ke 1)

**FINDING**

The analysis consists of the dialogue and scene which exists on the main character in “A Monster Calls” film. The analysis is focused on the triggers anxiety and the effects of that anxiety to Conor O'Malley as the main character in “A Monster Calls” film, here the analysis:

1. The triggers of Conor O'malley's anxiety in A Monster Calls film.

The internal trigger Conor O'malley's anxiety started in one night when Conor O'malley got vision at the churchyard, where he was trying hard to help his mother who almost fell into a deep hole Conor holding his mother's hand with all his strength. Until he awakened with panting breath and the clock showed at 12.07 midnight. After that incident, Conor got up and stood in front of the window and saw the yew tree in churchyard behind his house he was so anxious and though if that dream was real and not just a dream. From here, it can be known the first internal trigger of Conor's anxiety is the nightmare, the nightmare is a sign of an event did not necessarily happened in the future. Conor's nightmare arises because he always worried about his mom illness make him cant accept it with his mind (D.T.Tec.1.S.1) (t):00.01.35-00.01.50. The second internal trigger Conor's O'malley anxiety came from his Grandma, because his Grandma always make him feel like a someone stranger, it can be seen on (D.T.Te.1.S.4 & Di.3) (t):00.18.59–00.20.20. When Conor waited for the kettle in the kitchen, then he heard raised voices from the sitting room. He stared hard at sitting room and thought what happened there while his mom and grandma argued and the kettle whistle gained in intensaty, Kettle whistled sound stopped as Grandma entered kitchen. She regarded Conor hands on hips. Conor stiffens, he grabbed a cloth and started furiously wiping the counter. Grandma snatched the cloth out of his hand. To his surprise, he saw that her hands were shaking. Grandma did not answer, just rubbing her face, then her arms,

keeping strong emotions in check. After all Conor was so unsettled, he grabbed another cloth and started on the counter again. Conor did not like this at all Grandma clearly wanted to say much more but it could not or won't there, Conor is so furiously. The third internal trigger of Conor O'malley's anxiety is bullying, it happened to the Conor O'malley which is being bullied by his classmates they named Harry, Anton, and Sully (D.T.Pd.1.S.2 & Di.1) (t):00.05.54 – 00.07.20. The last internal trigger Conor's anxiety when his mind mess and could not do anything to solve his problems, even he accompany with his father he more be frustated (D.T.F.3.S.11 & Di.9) (t):01.04.12–01.05.02. The external trigger Conor's anxiety is not shown explicitly but it can be known through the plot in the story of film such as, divorce his parents, feel losed he someone loved.

2. The effects of Conor O'malley's anxiety in A Monster Calls film.

The first effect of Conor O'malley's anxiety can be seen on (D.E.Ms.1.S.1 & Di.1) (t):00.06.07–00.06.30, when he must face the problems about losing his mom that became nightmares him in every night, and have an impact on the quality of Conor learning in class. The second effect of Conor's anxiety (D.E.Cs.1.S.4 & Di.4) (t):00.19.21–00.20.25, after all Conor conversations with his grandma, a panicked called from the sitting room a look of heartbreaking terror crosses Grandma's face, as she bolted almost comically fast out of the kitchen to her daughter. Conor followed, Conor entered the sitting room Grandma was helping Mom up from the floor, Mom was in serious pain Conor stepped forward Quick, grim beat for Grandma and Mom that Conor knew this then Grandma asked Conor to grabbed a medicine from the cabinet Conor grabbed the medicine and his Grandma started to dose her daughter. Mom panted as she swallows it, trying to catch her breath ride out the pain Grandma rubbed her back Grandma looked up at Conor, her face set and unreadable. The last effect of Conor's anxiety shown up on (D.E.Mts.2.S.7 & Di.6) (t):00.36.58–00.37.36, when at the his grandma house. Here the face of Grandma's clock It's against the wall of a pristine sitting room, every surface clean and museum like, including glass display cases with figurines, low bookcases, porcelain knickknacks. the polar opposite of Conor's warmly untidy house, Conor leaned on the doorframe grandma very carefully set her wristwatch by the clock Conor rolled his eyes. She brushed past Conor and glided smoothly to a mirror, checked how she looked. Then his Grandma opened a front closet, puts on a coat she gave one last appraising look at Conor and let herself out.

## **DISCUSSION**

Based on the findings presented above, there were two discussion points: First, the triggers of Conor O'malley's anxiety, came from two factors internal and external. The internal factor as follows: Since Conor get a nightmare about lose his mom, then this visual nightmare always haunted Conor in every night make him worried (D.T.Tec.1.S.1). Not only that Conor felts more worried when he must faced with his grandma who always ban him to do anything, (D.T.Te.1.S.4 & Di.3). Conor's anxiety increase when at school he got bullying by his classmates harry (D.T.Pd.1.S.2 & Di.1). Conor's mind mess and could not do anything to solve his problems then the monster came who help him to changed his perspectives of his life through a tales (D.T.F.3.S.11 & Di.9). The external factor in this film such as, divorce his parents, feel losed he someone loved. (is not shown explicitly but it can be known through the plot in the story of film). Second, the effects of Conor O'malley's anxiety Conor showed some kinds of bad nature like a anger, fearfulness, disrespectful, and insomnia. It can be seen when after Conor having conversations or action with other character and the raging felting experienced by Conor O'malley.it all make Conor's anxiety became psychological disorder to him.

## CONCLUSION

Based on the analysis, it can be concluded that Conor O'malley as the main character had an enormous anxiety, because his nightmare about lose his mom, his anxiety became a big nightmares and became a constant distraction that always haunted him or was called anxiety disorder. The first conclusion is to answer the first research question. First, the triggers of Conor O'malley's anxiety, came from two factors internal and external. The internal factor As follows: 1) Since Conor get a nightmare about lose his mom, then this visual nightmare always haunted Conor in every night make him worried, 2) not only that Conor felts more worried when he must faced with his grandma who always ban him to do anything, 3) Conor's anxiety increase when at school he got bullying by his classmates harry, Conor's mind mess and could not do anything to solve his problems the monster came who help him to changed his perspectives of his life through a tales, and the external factor in this film such as, divorce his parents, feel losed he someone loved. (is not shown explicitly but it can be known through the plot in the story of film). Second, the effect of Conor Omalley's anxiety it can be seen from the Conor's conflict, In a few scene in the film Conor showed some kinds of bad nature like a anger, fearfulness, disrespectful, and insomnia. It can be seen when after Conor having conversations or action with other character and the raging felting experienced by Conor O'malley.it all make Conor's anxiety became psychological disorder to him.

## SUGGESTION

This research gave the contribution as reference. Actually, A Monster Calls film can be analyzed in some perspective, but the researcher only described few cases that happened in the story of film due to limitation of time. This study analyzed the triggers and effect of anxiety occurs in the film. For the next study, the researcher suggests that the next researcher can apply another theory to analyze that or it can also discuss about the other kinds of contains or moral value from that film. For the reader especially the teacher, this study can help them to be a good teacher. This study present how the teacher will more pay attention to the students, when the student have some psychological conflict, and it gave more knowlegde about like them. It tells how the way a teacher treats the students very well. Being a teacher should have more knowledge but also experiences that can be shared with the students

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