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NADIA AFSHOH

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ANOREXIA NERVOSA DEPICTED IN "FEED"

ABSTRACT

Afshoh, Nadia. 2023 *"Anorexia Nervosa Depicted in Feed"*. Unpublish thesis, English Department, Faculty of Letters, University of Abdurrachman Saleh Situbondo. Advisors: Nine Febrie Novitasari, S.Pd., M.Pd. Sufil Lailiyah, S.S., M.A.

This research analyzed anorexia nervosa in the movie entitled *Feed*. The purpose of this research is to identify the causal factors and treatments of anorexia nervosa by Olivia's behaviors and utterances as the main character in the movie. This researcher used descriptive qualitative method. The data source used descriptive qualitative method. The data source used in this researcher is taken from the *Feed movie* downloaded via internet. This researcher used Keel's theory to analyzed the causal factors and Yager's theory to analyzed the treatments. The researcher used descriptive qualitative method as a data analysis technique. This instrument is the researcher herself who collected, analyzed, and described the data.

The result of this research describes the causal factors and treatments experienced by Olivia in movie "Feed" that there are two kinds of anorexia nervosa causal factors experienced by Olivia those are: family and peer factor and also psychological factor. There are two treatments of anorexia nervosa, those are: nutritional rehabilitation and psychosocial treatments which consists of individual psychotherapy and family psychotherapy.

So from here that can be conclude patient of anorexia nervosa mostly experienced their negative emotionally such as sadness, anxiety, anger and they underwent psychosocial treatment for their healing.

Keywords: Anorexia Nervosa, Main character, Feed movie.

ABSTRAK

Afshoh, Nadia. 2023 *"Anorexia Nervosa Depicted in Feed".* Skripsi, Program Study Bahasa Inggris, Fakultas Sastra, Universitas Abdurachman Saleh Situbondo. Pebimbing: Nine Febrie Novitasari, S.Pd., M.Pd. Sufil Lailiyah, S.S., M.A.

Penelitian ini menganalisis anoreksia nervosa dalam film berjudul "*Feed*". Tujuan dari penelitian ini adalah untuk mengidentifikasi faktor penyebab dan pengobatan anoreksia nervosa berdasarkan perilaku dan ucapan Olivia sebagai pemeran utama dalam film tersebut.

Peneliti ini menggunakan metode deskriptif kualitatif. Sumber data menggunakan metode deskriptif kualitatif. Sumber data yang digunakan dalam peneliti ini diambil dari film "*Feed*" yang diunduh melalui internet. Peneliti ini menggunakan teori Keel untuk menganalisis faktor penyebab dan teori Yager untuk menganalisis pengobatan. Peneliti menggunakan metode deskriptif kualitatif sebagai teknik analisis data. Instrumen ini adalah peneliti sendiri yang mengumpulkan, menganalisis, dan mendeskripsikan data.

Hasil penelitian ini menggambarkan faktor penyebab dan pengobatan yang dilakukan oleh Olivia dalam film "Feed" bahwa ada dua macam faktor penyebab anoreksia nervosa yang dialami Olivia yaitu: faktor keluarga dan teman sebaya serta faktor psikologis. Penanganan anoreksia nervosa ada dua, yaitu rehabilitasi gizi dan psikososial yang terdiri dari psikoterapi individu dan psikoterapi keluarga.

Jadi dari sini dapat disimpulkan bahwa pasien anoreksia nervosa sebagian besar mengalami emosi negatif seperti kesedihan, kegelisahan, kemarahan dan menjalani pengobatan psikososial untuk penyembuhannya.

Kata kunci: *Anorexia Nervosa, tokoh utama, film Feed.*

INTRODUCTION

This research is about an analysis of anorexia nervosa depicted by Olivia in movie "Feed" (2017). The researcher aims to analyze the causal factors and treatment of anorexia nervosa undergone by Olivia. Furthermore, this chapter consists of background of study, research questions, research objectives, scope of discussion and significance of research.

Psychology is the study of a person's psyche and in relation to literature. Personality is a structure and a process that includes a variety of psychological and physical factors (Allport, 2005). This assertion implies that personality develops and changes as time passes. Psychology, which analyzes personality and its variations, is the field that psychology is researched in literature. This psychological study seeks to demonstrate how distinct personalities exist for each individual.

According to Allport (2005), the fields of psychology and literature are inextricably linked. The study of measurable patterns of human behavior is a literary subject psychology. Literature has shown how people react to issues and their surroundings. The psychoanalytic discussion examines literary personality. Anorexia nervosa is an eating disorder that frequently affects people who worry excessively about their weight. It is a psychological issue. People who are suffering are those who are extremely obsessed with limiting their diet in order to become leaner and slimmer; this is risky for them and may have negative effects.

A food intake disorder called anorexia nervosa is characterized by quick weight loss that has the potential to lead to serious psychosomatic issues (Kourkouta, 2020). Moore (1997) states that anorexia nervosa occurs as a result of a person refusing to maintain a body shape above the minimum normal weight according to age and height. In general, the proportional standards of sufferers are not the same as normal people. Sufferers are people who are very obsessed with getting slimmer and thinner by limiting their diet, it is dangerous for them and can have fatal consequences (Keel, 2017).

From the explanation, the researcher decided to analyze the psychological disorders experienced by Olivia in movie "Feed". This research topic is taken based on theory of Keel (2017) and Yager (2006). Feed by Tommy Bertelsen is taken as the object in this research because of several reasons, including getting good marks

from critics. It is also a case that is rarely discussed in a film work because this case is very related to the lives of people out there who suffer from it, many of the implied meanings we get in this movie.

REVIEW OF LITERATURE

Psychological Literature

According to Ratna (2004), "Literary Psychology is the analysis of texts taking into account the relevance and role of psychological studies". Therefore, literary psychology views psychology having a significant impact on the analysis of literary works from the perspectives of the author, character, and reader. By focusing on character, internal problems in literary works can be analyzed. In general, it can be said that literature and psychology are so closely related that they have fused to form a new field of study termed "Literary Psychology." That is, because the literary world cannot be isolated from the psychological values that may be implied in the literary work, by evaluating a literary work through a literary psychology method, we have implicitly discussed psychology.

Psychological Disorders

A condition described as a psychological disorder is characterized by abnormal thoughts, feelings, and behaviors, Weiser (2014). Eating disorders are biologically based psychological disorders, the physical behaviors of which can lead to severe medical problems. The Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-V) currently lists four separate categories of eating disorders: anorexia nervosa, bulimia nervosa, other specified feeding and eating disorders, and binge eating disorder (Attia, Becker, Waugh, 2013). According to Marsh (2018), eating disorders are psychotic conditions that change the human perceptions about food conception rates and patterns thus have to be corrected through psychotherapeutic administrations on the individuals affected. A kind of

psychological disorder known in psychology, social work, nutrition, and medicine is eating disorders. (Keel, 2017). Thus, based on definition eating disorders is a condition of someone towards food that has negative impact for the health and mental conditions.

Anorexia Nervosa

Anorexia nervosa is characterized by a decrease of appetite that makes a person concerned with their weight in order to maintain the lowest weight attainable. People with anorexia nervosa lose weight by restricting their food intake, depending rather on their bodies to provide the energy needed to sustain their frequently intense levels of activity. (Keel, 2017). Anorexia nervosa is also characterized by weight loss with self-starvation and lack of exercise, besides that sufferers also have a tremendous fear of gaining weight and use body weight and body shape as a way of self-evaluation. From the above understanding, it can be understood that the excessive diet carried out by sufferers of anorexia nervosa is done deliberately, because the patient is very worried about gaining weight or becoming obese (Keel, 2017).

Methodology

In this research, all the important data are analyzed and described. The data are analyzed by using the theory of causal factors proposed by Keel (2017) and the theory of treatments by Yager (2006). In this analysis, the data are classified based on the types of causal factors and treatments. After that, the results of the analysis are discussed to reveal how the causal factors are related to the treatments. The conclusion of this study is drawn by comparing the results of this study with those of the previous studies.

Findings and Discussion

This section describes the findings of the research on kinds of anorexia causal factors and treatments. The researcher provided some data of each kind of causal factors and treatments experienced by Olivia as the main character in movie "Feed".

Causal factor and treatment of Anorexia Nervosa

Datum 1: 01:07:24

Figure 4.1 Her uncle make fun of Olivia's body condition

Uncle:"Skinny-minnie's pulling her weight!"

The underlined words are the ridicule word that Olivia uncle said. In this scene Olivia talks about her university plans. The underlined word her uncle said

like that, the underlined word bothered her because she was thin not in a healthy way, she loses her weight because of stressed and depression. Her stressed and depression will hit her mental condition and she will not eat. The bad utterances from her uncle include the **family factor**. In this situation Olivia experienced her anorexia nervosa that she refused eat and always throw the food for her twin. So, she getting skinny day after day. It is not healthy and Olivia's uncle mocked her body condition, after her uncle mocked her, she felt angry and avoid them.

Family psychotherapy for Olivia's treatment. They are being instructed on their role in helping people with anorexia patients. This type of therapy usually takes place about twelve weeks, focusing on improving the relationship between family members. The data of this treatment can be seen when the therapist asked the family problem and what the problem that disturbed Olivia until she do not want to eat normally. What kind of problem that changed Olivia psychological condition until changed her eating habit also give suggestion for their behave and utterance that can affect Olivia's mental condition.

Datum 8: 00:24:00

Figure 4.8 Olivia throw her meals in the tree

This scene shows when Olivia had prepared her breakfast, but suddenly she felt nauseous and had no appetite so she threw the food away. She threw the food in trees that she always played with Matthew. This case is because her **psychology**

factor, she always tried not to eat and refused her meal. It because she thinks Matthew could not eat if she eats her food. Olivia always thinks about Matthew every time she wants to eat, so she throws the food for Matthew. So, with that way Matthew can always beside her every time. The psychological factor that influenced Olivia is because her hallucination and Matthew presence that make Olivia's eating habit getting worse day after day. She not eats anything for a long time and just threw away the food that she should eat. This situation, clearly shows where Olivia throws her food and thinks that way can make Matthews beside her longer.

In this case Olivia do not want to eat anything. [1] The data obtained is Olivia underwent **individual psychotherapy** with counseling about her problem or condition at that time to the doctor. [1] The researcher found that the discussion sessions that talked about Olivia were a form of individual psychotherapy. The data can be seen when Olivia was in session therapy with the doctor. The doctor explained about the nutrition and explained the condition of Olivia if she do not eat. How organs in her body will not work properly. The doctor gives her direction and regulated the nutrition that Olivia must complete so that her organs run well like other people. The doctor asked Olivia problems and give the solution for her eating disorders.

From the finding the researcher found two causal factors and two treatments with total eighteen data. The first causal factor with the most dominant that is psychological factor results eleven data with the most dominant therapy in treatment two that is psychosocial treatments with total thirteen data because the factor that really affects is the psychological factor that can be treated with individual and family psychotherapy. The least data of causal factor that is family

and peer factor with total seven data and the least treatment is treatment one with total five data because nutritional rehabilitation is rarely used because doctor prefer used psychosocial therapy that does not force Olivia. The treatment that Olivia showed her psychological factor and she underwent individual psychotherapy and family therapy. Psychological factor showed when Olivia experienced her hallucination, negative emotionally and refused the food because she felt guilty about her twin incident car and he passed away. Sadness and anxiety are the factor of negative emotionally that influenced Olivia to starve herself and caused anorexia nervosa. After Olivia lose her twin the symptoms of anorexia begin to appear from Olivia is sadness, anxiety, and anger because she felt guilty and changed Olivia's eating habit until she malnutrition. She underwent the individual psychotherapy and family therapy with the doctor and counseling session in to educates about healthy impulses and therapy session that family work because she less attention and concerned from her family especially her parents. Causal factor 3 that is biological factor not showed in this movie because Olivia born normally without any disorders, it happened after Olivia's twin death and when she felt under pressured about her family problem that affect her mental condition and change her eating habit.

Conclusion

The researcher concluded most people with anorexia nervosa experienced refused to eat and feel guilty when they eat some food also afraid about food. This cannot be underestimated because it involves psychological problem. The cause of each patient is also different, because environment such as family, peers, and other social friends that influenced their psychological condition. In this study most of

them experienced anorexia, caused by psychological factor that can cause from their toxic environment such as family and peers. So, from here it can be concluded that how important the role of family is for people around who experience anorexia nervosa.

Suggestions

This study focused only anorexia nervosa; the researchers suggest for further researcher to carry out further research with focus on all types of eating a disorder that exists in "Feed" movie. Anorexia is not an easy disorder that can be underestimated, it has big impact when the sufferer had some causal factors and it must be learned deeply with some theories by the future researcher in order to avoid misunderstanding. The researcher also suggests for the future researcher who will analyze the similar topic with this research that are causal factors and treatments suggested to analyze more in the psychological factors and psychosocial treatments. These causal and treatment has the most result and can be analyzed in some researches. The researcher hopes this research can be references for family and peers from the patient of anorexia nervosa to improve family conditions so that family and peers can see the behavior and utterance of anorexia sufferers than can carried out their beloved family of anorexic. For someone who wants to make a film about anorexia nervosa it is better to work with psychologists, doctors, or therapist so that the portrayal of anorexic characters in the movie is more valid.

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