

ANXIETY DISORDER ON JOKER AND EIGHTH GRADE MOVIE: THE DEVELOPMENT OF CHARACTER

Vivi Widiya Nur Kholifah

STKIP PGRI Jombang
viviwidiya123@gmail.com

Abstract:

The present study aimed to find the kinds of anxiety disorder experienced by the main character and the factors that influence the development of character on the Joker and Eighth Grade movies. The researcher used two theories to answer two research problem. For the first question, the researcher used the theory of psychological disorder by Nevid, Jeffrey and the second used the theory of personality development by Elizabeth B. Hurlock. The method that researcher used was qualitative research method. The data were taken from the film itself and the transcript. The technique of data collection in this research the researcher used document analysis, watching, and understanding of the movie. The results of this study indicate that Arthur Fleck and Kayla Day experienced several anxiety disorders, namely general anxiety disorder, social anxiety disorder, panic disorder and posttraumatic stress disorder caused by several factors such as environmental, social or family.

Keywords: *Anxiety Disorder, Joker and Eighth Movie*

INTRODUCTION

Every day, humans were faced with various situations or events that can trigger the emergence of anxiety. For example, sudden exams, presentation of assignments, being late to class, work deadlines, and so on. Actually, anxiety is a natural reaction that can be experienced by anyone in response to situations that are considered threatening or dangerous. However, if the anxiety was excessive and not in accordance with the proportion of the threat, it can lead to a disorder that will hinder a person's functioning in life. Nowadays, the phenomenon of anxiety disorder was getting scarier because the competitive environment of today's society constantly changes and the pace of modern life was accelerating, which has made anxiety an increasingly common problem. As reported by Antaranews, the data from the Indonesian National Police in 2020 reported that there were 671 cases of death due to suicide due to depression, which was influenced by several factors such as failure at work, bullying, failure in love, etc. As a result of the above information, it can be inferred that mental health issues such as anxiety or depression can be a major factor contributing to someone's mental wellbeing. Because of the high number of cases makes mental health an interesting topic

to be made into a movie because it can be used as a means of education or literary criticism.

Anxiety disorder was one of the movie genres that has recently been in great demand by directors in Hollywood, For example in the Joker and Eighth Grade movies. In both of the movies, shows an epic presentation of the phenomenon of anxiety disorder that generally reflects how an anxiety disorder can be formed from small things such as bad experiences in the past. Besides that, both movies are very enjoyable to watch and quite commercial. This was demonstrated by the amount of money earned, and the numerous honors acquired. Joker is one of the most anticipated movies at the end of 2019. The movie, which features one of the most popular supervillains from DC Headquarters, has managed to steal the attention of audiences around the world and won the big Golden Lion award at the 2019 Venice International Film Festival by occupying the top of the film box office in the world. While Eighth Grade was a comedy-drama film directed by Bo Burnham produced by A24 Productions and IAC Films. The movie, starring Elsie Fisher, grossed more than 14 million US dollars for global screening. In its wide premiere on August 3, 2018, Eighth Grade won many awards, by winning 60 trophies and being nominated in dozens of different events. One of them, Eighth Grade, won in the Movie of the Year category at the 2019 AFI Award. Because of two movies are equally popular, I believe that they are widely consumed by many audiences, which, of course, means the movie can be one of the best media to learn something new, such as about anxiety disorders and characterization.

Anxiety disorders were the most common disorders or often occur in the form of mental disorders, which in this case include a group of conditions that divided into extreme or pathological anxiety disorders as disorders affecting mood or emotional distress. This is in line with Jeffrey et al (2003) arguing that anxiety disorders are those characterized by excessive and persistent worry, anxiety, and other related behaviors. In addition, anxiety disorders cause sufferers to have excessive anxiety followed by fear and worry that will affect their daily lives. The characteristics of the disorder can be seen from the patient's physical, behavioral and cognitive characteristics, such as heart palpitations, rapid breathing, shortness of breath or difficulty breathing, sweating a lot, feeling weak and dizzy, fear of losing control, unable to get rid of negative thoughts, and so on. It is all reflected in the two films, and this is closely related to education, especially in characterization learning.

In society, every person had a different character. The character was made by the social environment, for example, the family, friends, or people around the person. The influence can have a good and bad impact. Human behavior and mental processes must be understood in many areas; it was not only about what people do but also what they think. It includes their feeling, their perception, their memory, and their facts. If a person's personality

develops by many impulses and gathers into a complex unit, it can make each person have a different personality, or in other words, each person has a unique personality. Characterization is some literary work contained in a literary work. Thus, the term characterization refers more to the depiction of the character or nature and attitude of the character in the story. It can be about physical images (gender, face, eyes, hair, clothes, age, how to walk and so on). It can also be psychological and emotional images (behavior, sadness, anger, etc.). In films, characterization can be said to be one of the important elements.

The researchers want to try to bridge how a movie can be used as a source of reference in learning about characterization and also about anxiety, which has very bad effects. One of the effects of anxiety is bullying. Cases of bullying in education will still occur throughout 2021. The Indonesian Child Protection Commission (KPAI) noted that throughout 2021 there were 17 cases involving students and educators. As reported by Detik News, there are several examples of cases of bullying that occur in schools. For examples, in the case that occurred in Minahasa on Monday, December 13, 2021. In the news there was an injury that there was a small child aged 13 years experiencing bullying that caused and traumatized.

Some previous studies are also related to this research. First, research entitled *A Study on Characterization of the Main Character in "The Fault in Our Stars"* Novel was written by Patmarinanta at all (2016). This review focuses on the personalities of the main characters, Hazel and August. Some characteristics that reflect the character of Hazel and August are sad, lover of books, soldier, stubborn, chivalrous, kind, and loyal. Second, research entitled *Characterization Analysis of the Main Character in "Hichki"* Movie that was written by Tira (2020). This study's issues are about analyzing the characterization of the main character in "Hicki" movies. The result of the analysis shows that Naina Mathur is the main character or central figure in the "Hichki" movie. She is a Tourette's syndrome sufferer. The characterizations are educated women, always keep the spirit and never give up, have confidence, stand to believe and stick to the principles, protective, optimistic, creative, responsible, and being a good teacher. Third, research entitled *"Antisocial Disorder of Joker Character in The Dark Knight Movie Directed by Christopher Nolan"* written by Aprillia (2020). The objective is to know about what is antisocial disorder that was conducted by watching the dark knight movie. Those previous studies have similarities with this research which focuses on the psychology disorder and characterization of the main characters. There is a difference between those previous studies in the data analysis. In this research, the data analysis takes from two movies that are *Eight Grade* and *Joker* and focus on analyzing the anxiety disorder. Based on the explanation above, it can be concluded that, while there have been numerous studies on characterizations and psychology disorders, but there are still few studies that combine the phenomena of the two movies, as can be

seen from the previous description. Therefore, the researcher is interested in analyzing the movie more by applying the psychology approach by Jeffrey et.al (2003) and investigates the anxiety disorders of the main character reflected in both movies “Joker and Eighth Grade” who are suffered by Arthur fleck and Kayla Day as the main characters and also focus on the characterization development of the main characters.

LITERATURE REVIEW

A. Anxiety

Anxiety was a common and natural condition experienced by every individual. With anxiety, a person can always be alert and try to do their best. In addition, anxiety was beneficial when it prompts us to have regular medical check-ups or motivates us to study ahead of an exam. Anxiety is the feeling that something terrible is going to happen soon. Some conditions to worry about include health, relationships or social relationships, exams, career or future, environmental conditions, and others. Anxiety was an appropriate response to a threat. Still, anxiety can become abnormal if the level is out of proportion to the danger or if it seems to come without a cause (not a response to environmental changes).

According to Jeffrey (2003), excessive and persistent fear, concerns, anxiety, and accompanying behavioral problems are all symptoms of anxiety disorders. Fear is a strong emotional reaction to a threat, whether genuine or imagined. Anxiety is a state of understanding or a form of worry that complains that something terrible will happen soon. There are many things to worry about; for example, our health, social relations, exams, careers, international relations, and environmental conditions can be a source of worry. Anxiety can be beneficial if it prompts us to have regular medical check-ups or motivates us to study for exams. Anxiety is an appropriate response to a threat. Still, if it is not under the proportion or appears without a cause, it must be watched out for because it can interfere with daily activities. There are seven types of anxiety, namely:

1) Generalized Anxiety Disorder (GAD)

General anxiety disorder is an excessive and persistent anxiety disorder unrelated to a particular object, situation, or activity. People with this disorder are chronic anxiety. They worry excessively about their life circumstances, such as finances, well-being, or social relationships. The main feature of GAD is anxiety. As for other characteristics, such as feeling tense, anxious, or worried, having difficulty concentrating, having an empty mind, muscle tension, and having sleep disorders. GAD tends to be a stable disorder, appearing in the mid-teens to the twenties and lasting a lifetime.

2) Agoraphobia

Agoraphobia involves the fear of places or situations that make it difficult or embarrassing for a person to fly in a severe panic attack or the fear of situations where help may not be available if the problem occurs. People with this disorder are afraid to go shopping in crowded shops, crowded walk-in places, cross bridges, take public transportation, leave the house, and so on. they organize their lives in such a way as to avoid being exposed to frightening situations. Agoraphobia has the potential to be the most limiting type of phobia and is more common in women than men.

3) Social Anxiety Disorder

These phobias have such an intense fear of social situations that they tend to avoid them or face them with great distress. This phobia is an exaggerated fear of negative evaluations from other people. People with this disorder are afraid to do or say embarrassing things, which will make them feel humiliated. Perhaps they felt like a thousand pairs of eyes were closely examining their every move. Therefore, they tend to be highly critical of their social skills and get carried away in assessing their performance when interacting with others. Some even experience severe panic attacks in social settings.

4) Specific Phobias

Specific phobias are excessive and persistent fears of particular objects or situations, such as fear of heights (acrophobia), fear of closed places (claustrophobia), or fear of small animals such as rats, cockroaches, or other crawling or disgusting animals. People with this phobia experience a heightened anxiety and physiological reaction when they encounter the phobic object, which creates a strong urge to avoid or escape from the situation. When confronted with a phobic object or situation, people may feel nauseated, tremble, have a racing heart, and even fear of dying.

5) Panic Disorder

The panic disorder includes the occurrence of recurrent and unexpected panic attacks. Panic attack attacks involve an intense reaction of anxiety accompanied by physical symptoms such as heart palpitations, rapid breathing, shortness of breath, or difficulty breathing, profuse sweating, shaking, sensations such as choking, chest pain or discomfort, feelings of being afraid of losing control or going crazy, feeling cold or hot,

6) Obsession-compulsion Disorder

An obsession is an instructive, repetitive thought, idea, or urge that seems beyond a person's ability to control. The habits can become so intense and persistent that they interfere with daily life and cause significant distress and anxiety.

7) Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD)

ASD is a traumatic stress reaction that occurs days and weeks after exposure to a traumatic event. In contrast, PTSD is a prolonged maladaptive reaction to a traumatic event. In ASD and PTSD, the traumatic event involves death or the threat of death, serious physical injury, or a threat to the safety of oneself or others. Responses to the danger include feelings of intense fear, helplessness, or horror.

B. Characterization

A character is a fictional person we know from a story's words. A character is a person in a work of narrative art such as a novel, play, television series, or film Baldick (2001,37). The character is the person in the story who is responsible for the actions and thoughts that occur. Character is an important part of a story because it is an intrinsic element in literature and the medium to bring interaction to the reader. Characters in literary works act out and exhibit various behaviors related to personality and psychological aspects that humans encounter in real life. There are two types of characters in literature;

1. Simple (flat) character; Characters are less a representation of a human personality than the embodiment of a single attitude or obsession in characters. Foster refers to these characters as flat because we only see one side of them. Flat characters are less developed and have fewer or fewer traits, or they belong to a group, class, or stereotype.
2. Complex (round) character; at the opposite end of the spectrum is the complex character, which Forster refers to as round because we see all sides of him. Because people are not simply embodiments of a single attitude, the complex character is more lifelike than the simple.

Characterization uses context and detail to reveal something about a character. Characterization is the process by which the writer shows a character's personality. Minderob (2005:55) states that the method of characterization in literary studies is a method or way to describe the characters' feelings in a work of fiction. There are two kinds of characterization that are;

1. Direct characterization

Direct characterization is explicit. It is commonly achieved through description and dialogue, in which the narrator or one character explicitly attributes traits or qualities to another.

2. Indirect characterization

Indirect characterization is implied; readers must infer character on their own through contextual clues. Thoughts, actions, speech patterns, appearance, mannerisms, and clothing can all inform the character.

Research Design

The researcher uses qualitative designs to describe and understand a phenomenon of the anxiety disorder of the main character in Joker and Eighth Grade movie. The data analysis results used a descriptive method that focuses on the actual problem at the time of the study.

Approach

The researcher selects the psychological approach from the options presented above. This approach deals with literary works with the belief that great literature represents a true reflection of human behavior and motivation, and the Joker and Eighth Grade movies reflect very well these things, which are depicted in the character development experienced by the main character in both movies.

Source of Data and Data

The source of data in this study is the movie itself and transcript.

Data Collection


The technique of data collection in this research the researcher used document analysis, watching, and understanding of the movie.

Procedure of analyzing Data

The step technique in analyzing qualitative research based on Creswell (2003:191-194) are as follows:

- a. Organizing and preparing the data for analysis
- b. Analyzing the data based on the research questions and theory.
- c. Interpreting and describing data based on the research question
- d. Making conclusion based on the research question and theory

Table 1.1 Row data of Both Movies

No	Code	Data	Anxiety types						Indicator
			GAD	AG O	SA D	O C D	P D	PT SD	
1	Anz GAD1 J (00:20– 01:31)	the data is taken from facial expressions, and gestures that can be taken from a picture 	√						feeling tense, anxious, or worried having difficulty concentrating, having an empty mind, muscle tension, they worry excessively

										y about their life circumstances, such as finances, well-being, or social relationships.
--	--	--	--	--	--	--	--	--	--	--

Description of specific code:

- Anz = Analysis
- GAD = General anxiety disorder Disorder
- SAD = Social anxiety disorder phobia
- PTSD = posttraumatic stress disorder
- OCD = Obsession-compulsion disorder
- J = Joker Movie
- EG = Eighth Grade
- PD = Panic
- SP = Specific
- AGO = Agoraphobia

DISCUSSION

A. Joker Movie

The joker films reflects epically on the phenomenon of anxiety disorder experienced by Arthur Fleck as the main character. The total of the data is ten with detail; Anz GAD1, Anz GAD2 J, Anz GAD3 J, Anz GAD4 J, Anz GAD5 J, Anz GAD6 J, Anz GAD7 J, Anz PD1 J, Anz SAD1 J, Anz PTSD J, (Appendix 2). From all the data, the researcher concluded that most of the data obtained at the beginning and in the middle of the story.

a. GAD

The first scene the producer tries to show the audience, the figure of Arthur who suffer general anxiety disorder. It started when he heard news that reported the situation in community which was getting hotter and not conducive due to the large amount of trash everywhere which triggered lots of rats which caused many problems such as health to economy. People with generalized anxiety disorder often feel anxious. They worry too much about routine event or circumstances in their live. Their worries were often related to finances, family, healthy, or their social relationships around them. In this movie, the researcher found the data that reflected GAD with details; Anz GAD1, Anz GAD2 J, Anz GAD3 J, Anz GAD4 J, Anz GAD5 J, Anz GAD6 J, and Anz GAD7 J (*Appendix2*) for example:

Datum 1
(Anz GAD1)



From the picture above, we can see that the filmmaker seems to be trying to portray feeling of anxiety and worry in an unconvincing way by showing Arthur's facial expression and gestures that look very sad, empty mind, and unstable emotions. Moreover on the scene in minute (03:44- 07:40).

B. Eight Grade Movie

a. SAD

The result of data analysis from Eight Grade movie, the researcher only found that anxiety disorder experienced by Kayla Day only appeared one type exclusively, namely she experienced social anxiety disorder. The movie tells about a young girl named Kayla. She is an introvert and shy girl thus make her difficult to blend in with the surroundings. She also often experiences excessive anxiety and panic when interacting with her friends. The researcher found 6 data that reflected this disorder with details; Anz SAD2 EG, Anz SAD3 EG, Anz SAD4 EG, Anz SAD5 EG, Anz SAD6EG, Anz SAD7 EG (Appendix 2). For example:

Datum 1
(Anz SAD1 EG)



From the picture above, Kayla looks are experiencing panic attack because this is the first time she's come to her friend's birthday party. She looks restless and afraid to go out. This shows that Kayla has social anxiety disorder with indicators; having an intense fear of social situation that they tend to avoid it or face it with great distress, feeling afraid or uncomfortable in social situations, feeling worried about embarrassing yourself in front of others.

1) The Factors that influence the character development on Joker and Eighth Grade movies

Joker's movie tells about the life path of a street clown named Arthur Fleck. A man who aspires to be a standup comedian who can make people around him smile and happy according to his mother's advice: to smile and put on a happy face. However, it turns out that the conditions there are crueler and wild, not follow his expectations. Instead of making people happy, he was dumped by the environment around him. He went through difficult times where he was often ridiculed, insulted, and even beaten by people. Even though he is a good person, responsible, cheerful, and loves his mother sincerely. Until then, Arthur slowly turned into a scary figure, and many people feared him. This proves that a person's character can change depending on the surrounding environment. In the Joker film, Arthur Fleck experiences character development influenced by several factors such as being fired from his job, bullying, being betrayed by friends, being locked out of society, and illness. The total amount of data found is 26 with details Anz CHB1 J, Anz CHB 2 J, Anz CHB3 J, Anz CHB4 J, Anz CHB5 J, Anz CHB6 J, Anz CHB7 J, Anz CHB8 J, Anz CHB9 J, Anz CHB10 J, Anz CHB11 J, Anz CHS1 J, Anz CHS2 J, Anz CHS3 J, Anz CHS4 J, Anz CHS5 J, Anz CHF1 J, Anz CHF2 J, Anz CHF3 J, Anz CHF4 J, Anz CHAP1 J, Anz CHAP2 J, Anz CMF1 J, (Appendix 2). Meanwhile, in the Eighth Grade movie, Kayla Day is described as a quiet girl who never socializes with her friends' students. At first, she didn't mind her unsociable attitude. Instead, she felt happy because she could be herself without having to make small talk with others. After she got the title of the quietest student in her class, she experiences character development. She try to start changing herself. Shas tried to greet the others, but unfortunately not a single student has returned her hospitality. She is also often ignored by his friends. From Eighth Grade, the researcher found ten data with details Anz CHS7 EG, Anz CHS8 EG, Anz CHS9 EG, Anz CHS10 EG, Anz CHS11 EG, Anz CHS12 EG, Anz CHS 13 EG, Anz CHS14 EG, Anz CHT1 EG, Anz CHT2 EG, (Appendix 2).

Datum 1

(Anz CHB1 J)



(02:02 – 02:09)

In the picture above, we can see that Arthur being bullied. Bullying is aggressive behavior that causes the victim to hurt or feel

uncomfortable, either intentionally or unintentionally. There are various types, ranging from verbal bullying, relational aggression, to cyberbullying, and in that case Arthur got physically bullied. He gets punched and kicked by a bunch of naughty teenagers. They do this because they think Arthur is a weak person.

CONCLUSION

From the results of the research, it can be concluded that anxiety disorder is a type of psychological disorder that is dangerous. Actually, anxiety is a natural reaction that anyone can have in response to potentially threatening. However, if the anxiety is excessive and out of proportion to the treat, it can lead a disorder that impairs a person's quality of life and can be one of the factors that encourage someone to commit suicide. The factors that can trigger anxiety are biological, social-environmental, behavioral and cognitive and emotional factors. In Joker (2019) movie, Arthur suffers from multiple disorders, including general anxiety disorder, social anxiety disorder, panic disorder, and post-traumatic stress. Meanwhile, In Eighth Grade (2016) movie, Kayla only experiences one type of anxiety, namely social anxiety disorder. In the Joker and Eighth Grade movies, the development of character is influenced by many factors such as family, environment, social, or social media.

REFERENCES

- Aprillia, Andayani, E. S., Chodidjah, & Khoirunnisa. (2020). Antisocial disorder of Joker character. *Kredo: Jurnal Ilmiah Bahasa dan Sastra*, (1)1. 2598-320223.
<https://jurnal.umk.ac.id/index.php/kredo/article/download/4656/2286>.
- Barlow, David H, and Durand, Mark. (1995). *Abnormal Psychology: An Integrative Approach*. Cole Publishing Company.
- Cherry, K. (2020, March Saturday). A list of psychological disorder. *Verywellmind*. Retrieved: <https://www.verywellmind.com/a-list-of-psychological-disorder-2794776>.
- Creswell, J. (2008). *Planning Conducting, and Evaluating Quanlitative and Qualitative Research*. Prentice Hall.
- Creswell, J. W. (1994). *Research Design: Qulitative and Quantitative*. Sage Publication: Thausand Osks.
- Denzim, N.K. (1989). *The research act* (3rd ed.). Englewood Cliffs, NJ: Prentice Hall
- Firdaus, A. (2021, December Tuesday). Kesehatan mental dan fenomena tragedi bunuh diri. *Antaranews*. Retrieved from: <https://m.antaranews.com/berita/2572389/kesehatan-mental-dan-fenomena-tragedi-bunuh-diri>
- Fitria, N. T. (2020). Characterization analysis of the main character in "Hichki" movie. *Jurnal of Language and Literature*, (10)1. 2502-146 : <http://jurnalvivid.fib.unand.ac.id/index.php/vivid/article/view/182>.
- Fitriani, Y. (2019). Analysis of psychological aspects of the main character in movie "Joker" based on Freud theory. *Jurnal of Humanitatis*,(1)1. 109-118:
<https://journal.universitاسbumigora.ac.id/index.php/humanitatis/announcement>
- Nevid, Jeffrey, S., N, et al. (2003). *Abnormal psychology in a changing word/ fifth Edition*. Prentice hall
- Kerlinger, F. N. (1986). *Foundations of Behavioral Research*. 3rd Edition. Rinehart and Winston.
- Klarer, M. (2004). *An Introduction to Literatary Studies*. 2 rd Edition. London: Routledge
- Maha Putra, I.A. (2017). Characterization and pshychological aspects in "Begin Again" movie. *Jurnal Humanis*, (20)1. 269-278.
<http://ojs.unud.ac.id/index.php/sastra/view/33120>.
- Mais, T. (2021, Desember Monday). Bocah 13 tahun di minahasa sulut di-bully alami luka-trauma. *detiknews*. Retrieved from: https://news.detik.com/berita/d-5853071/bocah-13-tahun-di-minahasa-sulut-di-bully-alami-luka-trauma?_ga=2.47698208621653704.1642650477-934674274.1642650476

Author's Name. Title

- Meleong, & Lexy, J. (2004). *Metodologi Penelitian Kualitatif*. PT Remaja Rosdakarya.
- Minderop, A. (2016). *Metode Karakterisasi Telaah Fiksi*. Yayasan Obor Indonesia.
- Padmawati, N. M., Agung, I. G., Jayantini, S., & Resen, I. W. (2021). Exploring characterization of main characters: Elizabet and Darcy in *Pride and Prejudice*. *Elysian Journal*, (1)1: <http://ejournal.unmas.ac.id/index.php/elysian/article/view/1657>.
- Patmarinanta, A., & Ernawati, P. (2016). A study on characterization of the main character in the *Fault in Our Stars*. *English and Education Jurnal*, (1) 1. 26-33: <http://www.jim.unsyiah.ac.id/READ/article/view/713>.
- Putri, C.N. (2020). Psychological analysis on Arthur Fleck in *Joker* movie. (1) 1. 381-394: <http://iconelepbi.uin-alaudin.ac.id/index.php/iconelepbi/proceeding02/paper/view/171>.
- Putriwana, N. A., & Yustina, K. K. (2020). Belle's characterization as the main character in *Beauty and the Beast* movie by Bil Condon. *EnJourMe (English Journal of Merdeka): Culture, Language, and Teaching of English*, (6)1. 70-76: <http://jurnal.unmer.ac.id/index.php/enjourme/index>.
- Ummah, B.H. (2015). An analysis of anxiety disorder on the main character of Rainbow Rowell's novel *Fangirl*: <https://respositori.usu.ac.id/bitstream/handle/12345678/30040/130705013.pdf>.
- Wellek, R., & Warren, A. (1956). *Theory of Literature*. Harcourt, Brace & World Inc.