ANXIETY DISORDER PORTRAYED BY NINA SAYER AS THE MAIN FEMALE CHARACTER IN ARONOFSKY'S *BLACK SWAN* MOVIE

A THESIS

In Partial Fulfillment of the Requirements for S-1 Degree Majoring Literature in the English Department, Faculty of Humanities Diponegoro University

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PRONOUNCEMENT

I honestly state that this thesis is written by myself without taking any words from other researchers in any university, in diploma degree, S-1, S-2, and S-3 degree. I also ascertain that I do not take any material from other works except from the references mentioned.

Semarang, December 2022

Meilya Pusparini Utami

MOTTO AND DEDICATION

You may see me struggle, but you will never see me quit.

This thesis is dedicated especially to

My beloved dad and mom,

And those who I love the most

APPROVAL

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This thesis is still far from being perfect and need to be improved. Thus, any recommendation and constructive suggestion would always be welcomed and appreciated. Finally, I hope that this thesis will be helpful for those who want to learn about anxiety disorder or any related field in general

TABLE OF CONTENT

LIST OF PICTURES

ABSTRACT

This thesis deals with the condition of anxiety disorder which is portrayed by Nina Sayer as the main female character of Darren Aronofsky's movie *Black Swan* (2010). The purpose of this analysis is to identify what is reasons behind Nina's anxiety disorder and the impact that Nina has with her anxiety to her health and body.This research focuses on intrinsic elements such as narrative aspects and also cinematography aspects. For the extrinsic aspects, it focuses on the anxiety and the impact uses theory of Psychoanalysis and theory of Anxiety by Sigmund Freud. The writer uses several methods including library research method, contextual method, and descriptive qualitative method. The result of the research shows that Nina has anxiety disorder caused by her ambition and pressure coming from her mother to become the perfect ballerina. Nina tries her best to make her mother dreams come true without thinking about her mental health impact on her body.

Keywords: anxiety disorder, character, black swan, ambition, and pressure

CHAPTER I

INTRODUCTION

1.1 Background of The Study

People certainly want peaceful, prosperous and free life, but it is all impossible. There are many problems that come from friends, family, even the work environment though. These depends on how the conditions are experienced. These problems sometimes create excessive fear, frustration and the desire to end life, this is commonly called anxiety. According to Freud, Psychoanalysis is the study of a person, throughout study of personality (2011: 7). From the Psychoanalytic theory, can be taken that the human mind is constructed by the consciousness as well as the subsconscious. The subsconscious has a role in behavior it is a entities that arise and engage at the level of our instinctive self-awareness (Tyson, 2006: 13).

Freud also states that anxiety is a condition that can motivate a person to do things that serve to warn of something dangerous, significantly increase ego signal, if he or she does not take the right decisions to reduce the impact (2013: 75).

Literary work is the form of the writer imagination that describes the expression and daily activities directly or indirectly. Literary works have an impact on the audience. It can be found in all literary works. The writer appreciates problems and pours it into fiction literary works.

The *Black Swan* movie that is produced by Darren Aronofsky involves a lots of psychological aspects. These aspects found in the main character, Nina Sayer. The writer is very interested in explaining how the main character is portrayed. Nina is an energetic young woman who is desperate to become a professional ballerina. Erika, who is her mother, also thinks that she is a weak child and easily fragile. Nina becomes a very obedient and kind child because of the demands and pressures of her mother. When she knows that there is a new child named Lily who is expected to take her place, Nina seems to turn into a rebellious child. Nina's excessive anxiety is due to her desire to become a professional ballerina. Nina is afraid that later someone else would take her place as the swan queen. Nina feels many things that do not make sense in her daily life. An example is seeing other people who are similar to her, her body suddenly become swollen and she always worried about something happening.

The writer is interested in discussing how this movie shows another side of a human being. Nina tries to lead the audience to feel the change in her personality and excessive fear, which is caused not only by her closest people, but also by environment around her.

1.2 Research Problems

There are problems in this research that will be answered and analyzed in the discussion, these problems are presented in the form of questions. These are the questions:

1) How is the character of Nina Sayer depicted in the story of *Black Swan*?

2) What kind of anxiety experienced by Nina's in *Black Swan*?

3) How does Nina's anxiety give an impact to her health and body based on the story?

1.3 Objectives of the Study

To answer the questions that have been written above, the objectives to achieve the result can be stated, namely:

1) To tell how Nina's character is depicted in *Black Swan.*

2) To find out the kind of anxiety disorders experienced by Nina.

3) To analize the effect of Nina's anxiety disorders to her health and body.

1.4 Previous Studies

There are many previous studies analyzing this movie, however, no one discussed about the anxiety disorder.

. "An Analysis on Nina's Anxiety in *Black Swan* Film" as the first study written by Andini Prita Pandansari (2012), examines the psychological condition of the main character, Nina, and the non-narrative aspect. The main concern of this study is to analyze how Nina cures her anxiety through the dance. Nina unconsciously uses the Swan Lake dance as a tool to solve her psychological problems by using Freudian psychoanalysis theory which is appropriate with this movie. it finds that the anxiety of Nina is the main issue that makes Nina become hallucinated and experienced some unreal situations.

Cindy Anggraeni (2018) wrote thesis entitled "Nina's Doppelganger Hallucination Case in *Black Swan* Movie Directed by Darren Aronofsky". This thesis examines Nina's doppelganger hallucination case and the symptoms of Schizofrenia. The writer uses Lloyd's doppelganger theory is also used to

analyzed the doppelganger criteria in the movie and theory of cinematography is used to help the researcher analyzed the movie. The result of this research shows that there are similarities between Lloyd's doppelganger criteria and doppelganger hallucination of the main character. The similarities are omen of bad luck, demonic twin and also omen of death. It also can be found that through the doppelganger hallucination, the main character is suffering from psychotic breaks such as anxiety and obsessive compulsive disorder. Additionally, the main character positively has obsession to reach her goal perfectly that resulting doppelganger hallucination of her.

Next study written by Garnis Oktaviani (2012) entitled "The Personality of Nina Sayer in Darren Aronofsky's *Black Swan* Movie" focuses on Nina's personality. This study aim to reveal more about Nina's Personality.

"Study of the Main Character of *Black Swan* Movie Script by Andres Heinz" written by Wahyu Diah Sartika (2012) analyses Nina's hallucination and obsessive compulsory disorder aspects based on the script. This thesis also

The next previous studies by Yohana Febby Cris (2016), entitled "Self Individuation Process in the Main Character of *Black Swan* Movie focuses on self-individuation. The writer used Self Individuation theory by Carl Jung.

"Hallucination As Psychotic Symptom Reflected In Aronofsky's Black Swan Movie: A Psychoanalytic Approach" written by Fitri Ayu Diah Harini (2013) focuses on Nina's hallucination and the symptomps reflected. The author uses Psychoanalysis theory by Freud.

The seventh study entitled "The Id Domination over Nina Sayers' Ego As Seen in Her Characteristics in Darren Aronofsky's *Black Swan*" by R.R Adinda Aulia (2022). This study investigate Id Domination in Nina Sayers' characteristics. The writer tried to explain Nina's behaviour towards her characteristics

Then "The main character Anxiety in *Black Swan* (2010) and *Whiplash* (2014)" by Karima Embun Utama (2020) explores types of anxiety that Nina and Andrew suffers. Both of the characters mostly have he same type of Anxiety.

The next undergraduate thesis by Octa Wibawa (2021) "Obsession for Perfection Reflected in *Black Swan* movie: a Psychoanalytic Perspective" focuses more on the obsession that Nina has to become the perfect ballerina. The writer also used theory of Psychoanalysis by Sigmund Freud.

The last study written by Indra Pratama and Endang Ernawati (2012) entitled "Changing Behavior as a Mean to Achieve Perfection Shown by Nina Sayers in the *Black Swan* Movie by Darren Aronofsky. Focuses on evidences related to the change of Nina's behavior.

In this thesis, the writer focuses on the causes and impact of excessive anxiety experienced by Nina. From all the study above, there is no single study that explaining about it.

1.5 Scope of the Study

The scope of this study is only focused on anxiety disorder through the influence of intrinsic and extrinsic elements. The research discussion analyzes intrinsic elements related to the movie's narrative elements, such as character,

conflict, and settings. Meanwhile, the extrinsic elements analyze anxiety disorder which is shown in the main female character. This study applies the theory of psychoanalysis and anxiety by Sigmund Freud.

1.6 Writing Organization

CHAPTER I : INTRODUCTION

This chapter will explain the background, aim, scope, method, and organization of the writing.

CHAPTER II : THEORY AND METHOD

This chapter explains an overview of the theories used in the thesis. Theory relating to the character, setting and also conflict. It explains Id, Ego, Superego and anxiety Freud's Psychoanalysis and Anxiety theory.

CHAPTER III : RESULT AND DISCUSSION

This chapter is the main chapter of this research. This chapter contains an analysis of theoretical reviews related to the story in the movie through intrinsic and extrinsic elements.

CHAPTER IV : CONCLUSION

This chapter shows the final results of the analysis of the previous chapter discussed by the writer. This chapter is also the last chapter.

CHAPTER II

THEORY & METHOD

2.1 Theoretical Framework

In this chapter, the writer discusses the elaboration of the theory which will be used to analyze the object of study. The explanation of the theory described in this chapter consists of an explanation of the intrinsic and extrinsic aspects.

2.1.1 Intrinsic Aspects

In movies, intrinsic aspects are divided into two elements: narrative elements and cinematographic elements. In this study, the writer will only discuss characters, conflicts, and settings as part of the narrative elements.

2.1.1.1 Narrative Elements

One of the intrinsic elements is the narrative elements. These elements consist of theme, character, setting, and plot. Fulton explains that narrative is positioned when an event is transformed and made into a meaningful structure for the audience (2005: 1)

2.1.1.1.1 Character and Characterization

Hallet states that character is a mental, emotional, and social quality that distinguishes one creature from another (humans, animal, other objects) (1968: 143). Character defines a figure who plays a role in a film, it can be a human, animal, or other object. The characters in the film have their own uniqueness, but they also relate to each other as if to bring the story to life. Each

character has a different personality. Characters also provide value and messages to the audience through the roles they play. There are two types of characterization: direct characterization and indirect characterization. Hugh Holman in A Handbook to Literature, argues that Direct characterization is how the author explains the character explicitly and straightforwardly. The writer uses both physical and action descriptions to describe the form of a person's characterization (1985:75). Meanwhile, indirect characterization is the way of author only shows, not tells; usually, the author shows it through the character's thoughts, actions, or words (1985:75).

2.1.1.1.2 Setting

Settings can shape the situation quickly. Settings help the audience understand the actions and characters in the story. Meyer states that "The setting contains the context in which a story takes place. The three main elements in the setting are the setting of time, setting of place and setting of environment. And these elements shape the world of the characters". (1990: 107)

Setting of time usually describes when the events in the story occur. The setting of time can include date, month, year and can also describe natural conditions such as morning, afternoon, evening and night. Meanwhile the setting of place explains where the story takes place. It can be a city, a village. The last is setting of environment which usually explains about customs, norms, culture and other social conditions

2.1.1.1.2.1 Setting of Time

Time is also an important part of the setting. According to Pugh and Johnson (2014: 141), "Time denotes a period such as a day, or focuses on an era, such as the era of the American Revolution". In the film, setting of time can be described as either the past or the future. It can also be morning, afternoon, and evening.

2.1.1.1.2.2 Setting of Place

Nelmes states that setting of place is the place where the events in the story happened. In this case, it can be a specific place or theme whose name or description is not clearly explained (2002: 229). The setting of place can be in the form of cities, villages, mountains, or others. The place must be clearly described so that the reader can more easily imagine an event in the story.

2.1.1.1.2.3 Setting of Social Environment

The social environment is also related to the setting of time and place. According to Wellek and Warren "Settings are a determinant in the environment, it is what each individual has to control themselves" (1984: 229-230). The background of the characters's life in the movie is strongly supported by this setting.

2.1.1.1.3 Conflicts

Another important and most basic aspect of a movie is conflict. Conflict describes the problems experienced by the characters in the movie. Perrine states

that "Conflict is an idea that is included in the plot of a story that often clashes. Conflict can occur between the main character and several other people; the main character with destiny or fate; the main character with the surrounding community; the main character with the inner element" (1988: 1408)

Meyer states that conflict is divide into two, namely internal conflict and external conflict. Internal conflicts usually occur between oneself and usually personal; for some moral or psychological cases usually assisted by another protagonist. As for the external conflict that depicts the protagonist's struggle with a dangerous enemy.

2.1.1.1.3.1 Internal Conflicts

According to Kenney (1966: 19), conflict between single man is called 'internal conflict'. This conflict is also known as the 'human vs. self' conflict. Internal conflict is an interpersonal battle that occurs within a person. It can be triggered by fears, conflicting feelings, impulses or mental disorders. Internal conflict seems to be a struggle to balance two opposing forces within the same entity.

2.1.1.1.3.2 External Conflicts

Furthermore, Perrine (1959: 45) gives explanation that External conflict is a struggle between characters: between protagonists and antagonists to defend their respective opinions and also defeat each other. This conflict happens between individu and others

2.1.1.2 Cinematographic Element

As the most basic part when making movie, cinematographic elements contain several ways of capturing scenes or frames using a camera and making the story seem more realistic. Bordwell and Thomson stated that "the aspect of cinematography depends on the good or bad the photography" (1979: 165). For the cinematography element, there is the distance of the camera or shot, and also the sound.

2.1.1.2.1   Camera Distance (Shots)

Nelmes states that the distance between the camera and the object is determined by the distance from the frame. It is commonly referred to as a shot scale and is divided into several types. There are six different types of camera positions, the first is close up, then extreme close up, medium shot, medium long shot, long shot, and the last is extreme long shot (2012: 93).

As stated by Stadler and Mc William, distance between the subject and camera determines size of the screen image (2009: 35). According to Nelmess, long shot can describe an object from head to toe. Viewers can observe the object is seen doing activities such as walking or just standing. For close up, it shows expressions from the top of the head to the neck. This is to provide a more intimate depiction. For extreme long shots, the object is only visible on small part of the screen but for the way the image is taken the object is depicted from head to toe. Then for medium shots only show from the top to the waist. Objects can be clearly seen eating or talking, as well as doing other things.

2.1.1.2.2 Sounds

Another important aspect of a movie is sound. Scenes in movie are usually described with sound. Bordwell states that "sound can shape and give the viewer's perception of the image seen" (2006: 265). It is also mentioned by Nelmes that sound is classified into three, dialogue, musical sound, and effects (2012: 100)

Bordwell and Thomson state that "Dialogue is a means of conveying information in a clearly recorded story" (2008: 269). Therefore dialogue is considered very important and helps to connect between the film and the audience.

Music is one of essential element in the film, Benyahia state that "Music is usually used to give a feeling or describe certain atmosphere" (2006: 39). The use of music also depends on the scene being shown, if the scene is cheerful, then the music used is also fun. If the scene shown is horror, then the chosen background also makes the audience's fear increases. Next is a sound effect that commonly referred as noise. Noise is additional sound beyond the music of dialogue and songs. Some examples of noise are the sound of splashing water, the sound of the wind, the sound of animals, rain, and others (Nelmes, 2012: 100).

2.1.2   Extrinsic Aspects

To get meaning from the content of the movie, it also needs an extrinsic aspect, Wellek and Warren state that "Extrinsic analysis is an attempt to interpret literature in other contexts" (1977: 73). The writer uses Psychoanalytic theory and theory of Anxiety by Sigmund Freud in this research as an extrinsic aspect

because the author finds that the movie is very focused and has many links with the concepts of Id, Ego, Superego which are reflected in the main characters.

2.1.2.1 Psychoanalysis by Sigmund Freud

Freud stated that psychoanalysis is an important thinking concept for humans. Psychoanalysis is a therapy to find out the interaction between the mind and the subconscious (2009: 92). This unconcious mind is a source of our motivations and encouragements hidden behind mind, most of all feelings that include in this unconcious mind are feelings which threw and difficult to be reached. According to Boerre, those feelings that are pressed will just stay alive under unconcious and it can appear anytime (2008: 409).

2.1.2.1.1 *The Id*

According to Freud the function of *Id* as the pleasure principle. The purpose of the pleasure principle is to keep people motivated to obtain pleasure and avoid tension or discomfort. This is a special case of universal tendencies found in all living things in an effort to maintain its consistency when dealing with external or internal disturbances (Hall, 2019: 38). Later on from the discussion of the *Id* has psychic energy and instinct that suppresses human beings to fulfill basic needs such as the need for: eating, sex, resisting pain or discomfort. If the *Id* is controlled or blocked, it will suffer tension. The *Id* will guarantee its distribution impulsively, irrationally, and narcissistic without considering the consequences. This character also does not acknowledge fear and anxiety so careful action is not necessary in an effort to realize desire.

2.1.2.1.2 *The Ego*

The *ego* is different from the *id* which uses instinct and the *superego* which is more about morals, the ego is the most rational part of human beings. The task of *ego* is to balance the *id* and the *superego* in the context of reality (2013: 75). The *ego* is personality component that is responsible for dealing with reality. Reality means everything that exists. The purpose of the reality principle is to satisfy the desires of the *id* in a realistic way and socially appropriate. The *ego* organizes and controls the *id* and the *superego* in building relationships with the external world for the sake of the whole personality and its long-term needs (Hall, 2019: 48). If the *ego* is subject to the power of the *id*, the *superego*, or the external world, it would appear disharmony and any adjustment. Therefore, the *ego* must be responsible for performing functions wisely, harmony, and adaptation to the external world. The *ego* task gives place on major mental functions, such as reasoning, problem solving, and decision making.

2.1.2.1.3 *The Superego*

The *superego* is commonly called the conscience or the moral compass of human.This can be learned and developed when a person is able to distinguish between right and wrong. The *superego* puts forward higher morals and principles, the *superego* influences our minds and brains to do something good in accordance with the norms and social values that exist in society (Freud, 2013: 75). Superego provides guidelines for making judgments. This happens in the preconscious. A child will try to grow into what they think about right and

wrong values are accepted by the society. By adjusting the moral authority of the parents, the child replaces the authority that the parent has with his/her own inner authority.

2.1.2.2 Theory of Anxiety

Anxiety can be interpreted as part of a person's self. This can also be categorized as one of excessive fear. Anxiety brings many negative impacts because it has a bad influence and absorbs positive energy. Hall states that "Anxiety is a thing that affects a person's emotions and is capable of providing distressing stimulation" (1965: 61)

Nevid also stated that "anxiety is a condition where sufferers will become excessively afraid, worry continuously, and complain that something bad will happen in the near future".

Anxiety also has a conscious side like excessive guilt, fear, and insecurity. The unconscious side of anxiety is when we see someone but she suddenly feel restless (2005: 163). It can be concluded from the explanation above that anxiety is an emotional process when a person is under pressure. It is filled and creates fear for no particular reason.

Freud chose the term anxiety over fear because fear is usually understood in the sense of being in a state of fear of something that exists in the external world. Freud understood that people could be afraid of internal threats as well as external threats. He put forward the importance of anxiety. It distinguishes

between neurotic anxiety, moral anxiety, and realistic anxiety. These three kinds of anxiety are influenced by several factors namely; id, ego, superego, and external world.

2.1.2.2.1 Neurotic Anxiety

According to Freud (in Hall, 2019:115) "Neurotic anxiety is born by a perception of the dangers of instincts." The factors of neurotic anxiety appears when there is dependence ego to the id. It is a kind of frightening feeling about id or instinct which cannot be controlled. This anxiety can be divided into three parts: anxiety which appears because an adaptation to the environment, irrational anxiety (phobia), and another frightening feeling because of nervous, stammers. People may experience neurotic anxiety in the presence of a teacher, employer, or some other authority figure because they previously experienced unconscious feelings of destruction against one or both parents. During childhood, these feelings of hostility are often accompanied by fear of punishment, and this fear becomes generalized into unconscious neurotic anxiety (Feist and Feist, 2008:34).

2.1.2.2.2 Moral Anxiety

The factors of moral anxiety comes from conflict between ego and superego. It is constituted as worried of something that comes from heart voice. When someone is motivated to express instinctual impulse or has done something that contradictory with moral value of superego, it makes him feels so shame and guilt. It is said that what id wants and what ego does is conflicting with what superego's pretension, looking at that imperfect thing then superego will produce

a guilt emotion in someone's feeling. Briefly, moral anxiety can be seen by someone's guilt emotion or shame (Hall, 2019:121). Moral anxiety, for example, would result from sexual temptations if a child believes that yielding to the temptation would be morally wrong. It may also result from the failure to behave consistently with what they regard as morally right, for example, failing to care for aging parents (Feist and Feist, 2008:34).

2.1.2.2.3 Realistic Anxiety

Realistic anxiety is an anxiety which caused by fear of something dangerous that threatens in the real life (Hall, 2019:112). This anxiety makes us feel so afraid to go outside from home because he feels afraid of something dangerous that might be threaten him/her. For example, fear of wild animals, earthquake, fire, etc. The factors of realistic anxiety appear when the young organism is often overwhelmed by fear because the ego has not yet developed until it has full control. Realistic anxiety is defined as an unpleasant, nonspecific feeling involving a possible danger. For example, we may experience realistic anxiety while driving in heavy, fastmoving traffic in an unfamiliar city, a situation fraught with real, objective danger. However, realistic anxiety is different from fear in that it does not involve a specific fearful object. We would experience fear, for example, if our motor vehicle suddenly began sliding out of control on an icy highway (Feist and Feist, 2008:34).

2.1.2.3 Eating Disorder

According to the *National Institute of Mental Health* (2006), eating disorders are more common in teenage girls than boys. This is because young women tend to pay a lot of attention to body shape and have the perception that a good and ideal body shape is a thin and slender body shape, exacerbated by the demands of a job such as a catwalk model. Eating disorders such as anorexia nervosa can cause death if not treated quickly. Webster states that "Anorexia is a fatal eating disorder especially in young women, in their teens because of pathological problem of fear of being overweight. But it can also be nutritional deficiency or even excessive weight loss" (2000: 12).

2.2 Research Methods

Research methods are processes used to collect data or evidence to analyze to uncover current information to make topics easily understood. The writer uses contextual method and descriptive qualitative method to analyze the data.

2.2.1 Data and Data Source

The data are information or facts used in discussing or deciding the answer of research question. Hornby (2010:295) defines "data is defined as any information or facts that is used in deciding and discussing something." The data which the writer use are main data and supporting data. The main data is obtained from *Black Swan* movie with the shot, angle, and dialogue. For supporting data, the writer uses the data from several sources that discuss Swallow whether from

internet, articles, papers, dissertations, journal, textbooks, and other significant data.

2.2.2 Method of Collecting Data

To collect intrinsic and extrinsic aspects, the writer uses library research. Mary Georges states that "Library research is the identification of sources to provide information or expert opinion on a question; other components are needed in several elements" (2008: 6). While the qualitative method is research where the results are captured in the form of words, pictures, or non-numeric symbols.

2.2.3 Method of Analyzing Data

In analyzing this study, the writer uses a contextual method which will be described descriptively. The writer uses the contextual method to analyze the movie'e literary elements. The contextual method consists of two aspects; intrinsic aspect and extrinsic aspect. Intrinsic aspects contains characters, setting, conflict, and shot and sound. The extrinsic aspects will use a psychological approach from one character, Sigmund Freud, namely Psychoanalysis theory and Anxiety theory.

CHAPTER III

RESULT & DISCUSSION

3.1 Intrinsic Aspects

In narrative elements, the writer will discuss characters, conflicts, and settings of *Black Swan* movie.

3.1.1 Character and Characterizations of Nina Sayer

There are several characters in the *Black Swan* (2010) movie, and each character has an important role in building the story. In analyzing the character and characterization, the writer focuses only on Nina Sayer as the main female character.

3.1.1.1 Direct Characterization

Aronofsky shows the direct characterization of Nina Sayer in *Black Swan*. Direct characterization is used to describe introducing characters through physical depictions and revealing character motivations.

3.1.1.1.1 Nina as a Persevering Girl

Nina is the main female character in Black Swan 2010 movie. In the movie, Nina always experiences personality changes and developments from the beginning to the end of the story.

Nina is described as a talented and passionate figure in ballet. She joins one of the best ballet studios in New York. Nina in this film is depicted with a very beautiful and charming physique, with a pointed nose and brown hair. Nina is also described as a very competitive figure compared to her colleagues. She is also considered a perfectionist. Picture 1, which taken with a long shot technique

shows a scene where Nina is practicing alone in front of the mirror, she does not want to lose her skills with her friends, while picture 2 which taken with a close up technique shows a scene when Nina sees Lily as her rival. Nina's expression is described as very uncomfortable when Lily was giving some advice.

Picture 1 (00:29:00)   **Picture 2 (00:29:02)**

3.1.1.2 Indirect Characterization

The director provides an overview of the indirect characterization of the main female character in the *Black Swan* movie by expressing the thoughts, emotions, and perspectives of the characters in various contexts.

3.1.1.2.1 Nina being Disobedient

One of indirect characterizationin this movie is Nina being disobedient towards her mother. Erika (the mother) is a protective figure. We can see from picture 11 which was taken with a close up shot technique, that she did not allow Nina to meet Lily. However, Nina still wants to meet and disobeys her. It can be seen at minute 01:06:15 – 01:07:48.

```
Nina's Mom   : Do you have any idea what time it is?
Nina         : Mmm-hmm.. Late?
Nina's Mom   : Where have you been?
Nina         : To the moon and back.
Nina's Mom   : You've been drinking. What else have u been doing?
Nina         : Oh. You want to know their names?
Nina's Mom   : You need to sleep this off.
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> Nina   : There were two. There was Tom, there was Jerry.
> Nina's Mom   : Be quiet, Nina.
> Nina   : And I fucked them both.
> Nina's Mom   : Shut your mouth!
> *(Black Swan, 01:07:20 – 01:08:13)*

3.1.2 Settings

Setting is also one of the fundamental elements in the film. The writer will discuss three important elements of setting based on the movie, the first is setting of the place, the second is setting of time, and the third is setting of environment.

3.1.2.1 Setting of Place

In this film, we can find several places, but for the main area, it is in the New York city. In picture 3 which is taken uses extreme long shot technique, it shows Nina's room, this place appears the most in the film. Nina's love pink and because she thinks it suit her personality. For picture 4, it depicts the studio of The Royal Ballet in New York which is usually used for performances. The studio is big enough for the ballerina to performs and it can accommodate a large audience.This place dominates most of the scene. The writer took the scenes at the two places because in the movie it is explained that Nina became very restless when she was in the room and the training ground/studio. This made Nina's anxiety increase as the story explained that the event was held.
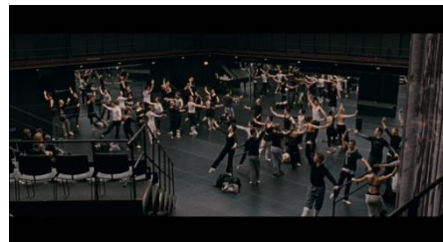
Picture 3 (00:03:49)   **Picture 4 (00:08:37)**

3.1.2.2 Settings of Time

The setting of time of this film is not clearly stated, but in Picture 5, which was taken using the long shot technique, shows that there is already a night club or pub bar. And pub bar were very popular in the 19th century. For another setting of time, it can be seen from the clothes of people who use scarves, jackets, and coats, it shows that it is winter. In picture 6, which taken with the long shot technique, shows when Nina comes out from the training ground and the snow is all around her, people there also wearing coats and scarves. In addition, in the 19th century many people were familiar with parties and drinking alcohol, because at that time Nina was only focused on practicing ballet, so she never followed her friends' invitations to go pub bar together and this caused her to become excessively anxious.

Picture 5 (01:03:00)   **Picture 6 (00:41:25)**

3.1.2.3 Settings of Environment

The setting of environment in this film shows the upper class of American society. As we can see in Picture 7 and Picture 8 which were taken using the medium shot technique.

Picture 7 (00:30:54)   **Picture 8 (01:28:52)**

Influence of setting environment to Nina's character is very important. It is stated that Nina comes from the upper class where at that time people like to go out of the house to watch ballet and wear nice clothes such as dresses, gown, suit and tie, also drinking wine at the bar.

3.1.3 Conflicts

In the movie, there are several inner conflicts between oneself and others. Conflict is a problem which often arises both from within and outside the character in a literary work such as movies, dramas, or novels. Nina's conflict with herself can be seen in internal conflict, while external conflict can be seen in Nina's conflict with Thomas, Nina's with Erika, and Nina's with Lily. In this thesis, the writer chooses to analyze the external conflict that occurred between Nina and Thomas.

3.1.3.1 Nina's Conflict within Herself

The internal conflicts that occur that we can see are with Nina and herself. Nina feels a dilemma situation where she wants to maintain her personality or change it. In picture 9, which taken using the medium shot technique, it describes how Nina decide to destroy all the dolls that she has considered "annoying". It is the same as in picture 10 where Nina is disturbed by the figure of a small child in

her room, the she throws the display of the little ballerina with the aim that nothing will disturb her anymore.

Picture 9 (01:13:45)   **Picture 10 (01:14:45)**

3.1.3.2 Nina's Conflict with Others

The next external conflict is between Nina and Thomas. Thomas, who is a perfectionist, tries to educate Nina to be disciplined. This makes Nina's initially gentle and friendly personality turn to evil. It can be seen in picture 12 which taken using a close up shot technique shows how Thomas always seduces Nina when she's having her makeup, Nina's expression at that time was very tense because she felt happy to be praised pretty by him, and also Thomas kept teasing her.

Picture 11 (00:57:44)   **Picture 12 (00:48:50)**

Thomas is a figure who is described as very perfectionist and assertive, this is shown from the dialogue that can be seen at minutes 00:56:09 – 00:56:31.

> Thomas : Maybe you need a little break. A day or two. Or maybe a
> month. What do you think?
> Nina : Let me think about it.
> Thomas : You should not whining in the first place.
> Nina : I did not.
> Thomas : You could be brilliant. But you are coward.
> Nina : Sorry.
> Thomas : No., stop saying that. That is exactly what I am talking
> about. Stop being so fucking weak.
> ***(Black Swan, 00:36:57 – 00:37:21)***

The dialogue above shows Thomas being angry with Nina because he thinks of himself as a strict person on a show. He was angry because Nina complained about what she was facing. Thomas always convince and encourage Nina to do her best and ask Nina to develop her own potential and successfully dance the black version.

3.2 Extrinsic Aspects

For extrinsic analysis, it will focus more on the description of the Id, Ego, and Superego that can be seen in the main character, Nina Sayer. This is because these three factors can relate to other things such as the factors that make Nina feel Anxiety and also the impact on her body and mental health.

3.2.1 Nina's Psychoanalysis

Theory is one of the most important things. For the theory, writer uses Psychoanalytic theory by Sigmund Freud because it can easily analyze the character to detail and knowing factors that make Nina's Anxiety become worst day by day.

3.2.1.1 The Id Suffered by Nina

In this film, Nina is depicted as not being able to play the role of Black Swan well. She grew up with her mother, Mrs. Sayers who think that sex is morally wrong and taboo. And that is what makes Nina unable to play the role of a Black Swan because it is consideres sensual. But then she met Thomas who groomed her and at the end of the day they both having sex at Nina's house.

In pictures 13 and 14 which were taken with long-shot and close-up shots, it shows how Thomas always tries to annoy and tease Nina when she's practicing, Nina's expression at that time was very deep in her role because on the other hand she also had to get Thomas's heart in order to become a Black Swan.
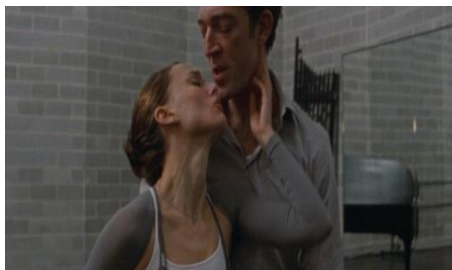
Picture 13 (00:37:34)   **Picture 14 (00:57:46)**

3.2.1.2 The Ego Suffered by Nina

Nina's decision was greatly influenced by her *Id.* This is because the *ego* gets a full boost from the *Id.* But that does not stop the *ego* from ignoring *superego* warnings. When Nina finds out that Lily has joined her club, she is both afraid and angry that Lily will take up her position. Her *ego* made her want to tell Thomas that she had successfully danced the Coda dance as one of the requirements in order to participate in the selection of the Black Swan character.

> Thomas : Yes Nina?
> Nina   : Do you have a minute? Now is not a good time. I get it.
> Thomas : Now is perfect.
> Nina   : So, I just wanted to tell you that I practiced the Coda last
> night and I finished. I thought you should know.
> ***(Black Swan, 00:19:47)***

3.2.1.3 The *Superego* Suffered by Nina

Nina's *superego* is very influential on her *ego*. This makes the *ego* followed by a warning *superego.* At home, Nina trains so hard that her nail fall off and bleed. She thought that there was no time to fail and she should be able to get that position. The next day, she decides to talk to Thomas.

> Erica   : You are working yourself too hard.
> Nina   : We all have off days. That girl, um, I barged in.
> Erica   : I am sure she did not mean to. For a starter, you had have
> been completely lost.
> Nina   : I am going to talk him tomorrow. I am going to tell him
> that I finished it.
> Erica   : You do not need to lie. You wont convince him one way
> or the other.
> ***(Black Swan, 00:18:44)***

3.2.2 Nina Sayer' Psychoanalytical Conflict

3.2.2.1 The Internal Conflict Between Nina's Id and Superego

The id domination can be seen when Erica tries to merge with her daughter, but Nina announces her independence in a kind of violent rupture. Nina's decisions is always influenced by her Id's pressure. Her anger peaks when her mother said that Nina would not perform as the Swan Queen.

> Erica: Nina......
> Nina grabs her by the wrist
> Erica: Stop it!
> Nina: You are crazy!
> Erica: What happened to you my sweet girl?
> Nina yanks Erica off the chair onto the floor

Nina: She is gone.
(Black Swan, 00:56:39)

3.2.2.2 The Internal Conflict Between Nina's Ego and Superego

[EXT. STREET – NIGHT]
Nina walks along a quiet side street. She clutches her jacket, for warmth and
comfort.
Her CELL PHONE starts ringing. She digs it out of her bag and checks the
CALLER ID: MOM. She silences it and puts it away.
Erica: You were late, so I called Susie in the office. An audition?! Can't
believe he just sprung that on you.
Nina nods.
Erica: So?
Nina: It went okay.
Erica: Just okay?
(Black Swan, 00:42:58)

In this scene, Nina feels anxious about her failure when dancing the role of Black Swan. Although Leroy did not say anything bad about her appearance, it was clearly reflected on his face that he was not satisfied with Nina's appearance. After that Nina went back to practicing coda, she continued to do it until finally, she stopped because she felt pain in her legs. Nina opened her shoes and saw that her toenails were bleeding, but she paid little attention to this and continued to practice until she succeeded.

3.2.2.3 The External Conflict Between Nina's Ego and Thomas Id

Nina Sayer' ego conflicts with Thomas Leroy' id when she is starting to form a romantic relationship with him. Nina Sayer' ego avoids human's touch because she thinks that Thomas is just her director and there is no special interaction between them. On the other hand, Thomas Leroy' id desires an intimate relationship which requires tactual acts between them. The conflict

between them is rooted on the psychological level because Thomas Leroy' id wants to have an intimate relationship while Nina Sayer' ego cannot provide it.

3.2.3 Anxiety Suffered by Nina's

Nina's biggest fear is if there is a replacement for the role she wants. The role of swan queen was very meaningful for Nina because during the process of being the professional ballerina, she never gets a lead role on a show. Nina is considered still unable to carry out the role of being the Black Swan. According to Leroy, Nina's appearance as Black Swan is still considered less than standard. The situation becomes very complicated when Nina sees Lily wearing a Black Swan costume in the dressing room. When he realizes Lily is going to play the role, he feels an overwhelming sense of anxiety.

> Nina   : Lily? You made her an alternative to me.
> Thomas: Apparently, you have to know, there will always be an alternate. Lili are one of the best choices.
> Nina   : She really wanted my role.
> Thomas: All dancers in this world want your role.
> Nina   : No, she is different. She was obsessed with taking my place.
> Thomas: Nina…..
> Nina   : Trust me….. I beg you……
> (***Black Swan, 00:39:15***)

From the dialogue above, Nina continues to ask Thomas to never replace and give the position she wants to Lily. She is scared that Lily would steal the part. The day of the show comes and Nina practices harder, even to the point that the practice ground is closed. The effect of her excessive anxiety made Nina seem to be hallucinating and seeing her shadow move differently. It also has a bad influence on her mind.

3.2.3.1 Kind of Anxiety Suffered by Nina's

3.2.3.1.1 Neurotic Anxiety

Picture 15 (00:13:32)

In this scene, Nina becomes one of the Swan Queen candidates in a theater performance chosen by Thomas Leroy. Leroy is the intense and brooding director of the company, and also as a mentor. Nina dances very well, every move is very right and perfect. Leroy approaches and whispers to Nina, so others cannot hear it. Leroy says if this casting White Swan maybe Nina will be chosen to play it. When, He gives Nina the challenge to a role as Black Swan, she cannot play it well. Leroy does not like Nina's ballet dance which obsessed over getting each move right and not try to lose herself, because to play the Swan Queen she must be able to play both roles as White Swan and Black Swan well. At the same time, there is a woman who entered the main studio, she is Lily. Leroy, who is busy because of Lily's arrival, don't really care about Nina. Nina leaves the studio feeling furious. For a moment she feels fear, because of her desire not conveyed.

Picture 16 (00:29:17 – 00:29:31)

In this scene Nina hears music from the large rehearsal studio, she is curious and decides to go there. Nina sees several corps members and a few soloists, the one who caught her most attention at the time was Lily. Lily is dancing freely, every move is not right but she really enjoyed it. Leroy who sees Nina watching Lily, slowly approached her. Leroy said if the dance shown by Lily was imprecise but sensual and she is not faking it. As if she is a reflection of the real Black Swan. Lily has a personality that is very contrary to Nina. Nina feel threatened by Lily and Leroy's words about her. Nina feel her position as Swan Queen was threatened and could be replaced by Lily

3.2.3.1.2 Moral Anxiety

Picture 17 (01:33:50 – 01:34:05)

Nina enters the room, then closed the door, and she ready to cry. She looks up, and finds Lily putting on makeup and wearing the Black Swan costume. Lily teases Nina by saying that this was a rough start for her. Nina is offended by Lily's said and tell her to get out of her room. Lily is worried about the next act, not sure she is feeling up to it. Lily instead offered to replace Nina as Black Swan. For a moment Nina looks into the mirror. Instead of Lily's reflection there's the Double. Then, Nina yelled at her to leave her alone, the Double did not let her and said if 'it is my turn'. Nina's fury rises up from inside.

Picture 18 (01:21:46 – 01:22:08)

The scene above shows Nina was feeling anxious after leaving the theater. Nina go to the hospital where Beth is treated. Nina slowly enters Beth's room, but remains at the threshold. Beth was sleeping in a wheelchair facing the window. Nina gets up the nerve and quietly walks further in, trying not to wake her. Nina pulls out the tube of lipstick from her bag and gently places it on the hospital table. She pulls out the diamond earrings, sets them down. Followed by the makeup compact, the pack of cigarettes, a needle and thread, and an emory board. A hand suddenly grabs Nina's arm. Awake, Beth stares Nina down. What Nina's doing here, she asks. Stunned, Nina's unable to answer. Beth follows her gaze to

the random items on her table. Nina apologizes to Beth. Beth begins touching the objects, vaguely remembering. Nina said that she didn't mean to make Beth feel this way and it is happening to her now.

3.2.3.1.3 Realistic Anxiety

Picture 19 (01:23:52 – 01:23:58)

In this scene shows Nina arrives at the apartment she immediately closes the door and took a deep breath to calm down, and notices some blood still on her hands. After that Nina goes to the sink to wash her hands. There is no one in the room. She finishes, and turns off the lights as she walks out of the room. She stops, hurries back, and turns on the light. At that moment she is shocked because there is Double there, her face covered in blood, Nina runs away scared. Nina goes straight to the toilet and threw up. She hears a creaking noise in the apartment and looks at the open door. Nina tries to see if Erica's in the room. But there is nobody there. Nina begins to look around, the paintings seem to move and they whisper "sweet girl". A moment later the whisper begins to shout "My turn, my turn, my turn!". Nina covered her ears, trying to block it out. She hears a bang and looks towards the door, there's no one. Nina looks at the mirror which reflects

in the hallway. She sees her Double heading to the room, like she is going to attack her.

3.2.3.2 Cause of Anxiety Suffered by Nina's

One of these extrinsic factors is also very important. It is the factor that makes Nina feel worst with the anxiety. It is explained in this research that these factors are pressure and ambition. The pressure from her mother to become a professional ballerina has to be borne by her every day, because of that she is also very ambitious to always get an important role in every show.

3.2.3.2.1 Pressure and Ambition to Become The Swan Queen

After Nina gets the role as the swan queen, she is so pleased. She follows the training hardly and she practices at home too. However, getting the role causes her gets so many pressures that affect her personality. The first is when she is accused to take over the main role of the swan queen, Beth Macyntire. After the fund grinder party, she likes to go home. Suddenly she is surprised by Beth who suddenly gets angry to her. Beth accuses Nina of taking over the role by doing something obscene with Thomas. It can be proven at minute **00:34:26**

> Nina : I am very sorry to hear that you have left the company.
> Beth : What did you do actually do to get this role? Thomas always told me that you were just a cold little girl. What did you do to make him change his decision? Do you suck his cock?
> Nina : Not all of us have to do that to get what we want.
> Beth : You damn whore! You are a fucking little whore.
> ***(Black Swan, 00:36:28)***

Beth puts more pressure on Nina and Nina feels even more guilty when she learns that Beth is in an accident, hit by a car on the way home from the party.

Nina feels sorry for her and decides to check on Beth at the hospital. The pressure from Beth continues when Nina is already home.

Nina inherit her skills of dancing from her mother, Erica Sayers. As a dancer, she absolutely desires a role that is very important to a great show. Of course, the other dancers think about it, too. One day there is an election about the opening of the season lake that is Swan Lake show. Fortunately, she is one of the chosen women who have a chance to play the role as the swan queen. Until one day, Thomas as the trainer and head of the production announce Lily, a newcomer girl from an other city has also a chance. It is proven at minute **00:17:15**

Erica : For starters, if I do not take you to every class, you will completely lost.

Nina : I want to talk with him tomorrow. I wanted to tell him that I was done.

Erica : You do not have to lie. You can not convince him one way. Oh dear. I know it disappoints you. When you are an adult, there will always be pressures in this life. God and I understand. But that is okay. Do not care care about anything. You will get the role you want. It can be awesome. Or he might just make you a big swan. After all, you will shine brightly. You know….. Everything will be fine. And always will be.

(Black Swan, 00:17:15)

3.2.3.3 Impact of Anxiety Suffered by Nina's

Nina's anxiety greatly affects Nina's mental and physical health, because she does not want to be fat, when she has the urge to eat, she claws at the skin on her back and covers it with long clothes. It is the same as her fingers which she deliberately bandages to hide her skin which she likes to peel carelessly. Her thoughts and desire to become a perfect ballerina really kill her.

3.2.3.3.1 Eating Disorder (Anorexia Nervosa)

Nina does not eat anything and if she does she later throws it up. For example, for breakfast she was forced to eat a grapefruit but is later shown in the bathroom throwing it up. When she gets the part in the play she worked so hard for, her mother buys a cake in celebration, only to be put to waste since Nina refuses to eat it. In the movie, she provides an example of what can happen when an eating disorder completely takes over. Since extreme starvation of the body leads to cognitive distortions, threats are commonly amplified. Nina feels extremely threated and like her spot as best dancer is at risk. She then feels even more of a need to have the perfect body and to be a perfect dancer.

Nina's anxiety disorder make significant change to her health and body, in this thesis it will be explained that one of the visible impact is the emergence of eating disorders or anorexia due to excessive exercise and ambition to have a perfect body. The Physical condition of Nina, which is very thin, reveals the assumption that she suffers from Anorexia. It can be seen in minute **00:46:54**.

Nina and Erica eat dinner. Nina wears a loose sweatshirt, hiding her body.
      Erica   : Has he tried anything with you?
Nina does not respond. Just downs a few vitamins, and then starts in on her meal of vegetable and rice.
      Nina   : I do not eat red meat.
(Black Swan, 00:46:54)

Nina feels a positive aura every time she looks at herself in the mirror, she wants to try to love her image more. In this film, it is described that Nina is the best dancer in her company. Until a competition, Nina meets Lily and considers her a big threat. Nina felt her position is threatened. That is why she is motivated

to have a more perfect body. Because she does not eat enough, her brain and body do not receive the right amount of nutrients. This causes her to experience stress and her brain cannot think clearly and logically.

CHAPTER IV

CONCLUSION

After referring to the problem statement and analysis in the previous chapter about Darren Aronofsky's *Black Swan* film, the writer can conclude that Nina Sayer as the main female character is a talented young ballerina who has a proportional body posture and a beautiful face. Like an ordinary ballerina, she likes and comfortable to wear clothes that are pleasing to the eye, with black hair and gray eyes. Nina is an introvert, she rarely talks to people. She does not have any close friends. She is close to her mother. When she became the swan queen, her clubmates were jealous of her, and they never spoke to each other either. Nina is an ambitious young woman who is willing to do anything to get what she wants. She is also known to be a perfectionist, this is getting worse when she is asked to become the swan queen, and she tended to have anxiety. She is often unable to control her emotions, she often experiences delusions and she has two personalities. In Nina's case, there is one aspect that affects it all, it is a anxiety disorders. Nina's behavior changes drastically because of this. It could be said that the changes in Nina are more or less influenced by her illness. The anxiety disorder greatly affects Nina's physical and social condition, but it can not be separated because they are interrelated to each other.

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