

Love, Life and Death, and Rebellion in Justin Louise Baldoni's Five Feet Apart Movie (Psychological Literature Approach)

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Abstract. The title of this study is Love, Life and Death, and Rebellion in Justin Louise Baldoni's Five Feet Apart Movie (Psychological Literature Approach). Five Feet Apart movie tells about Stella Grant and Will Newman who suffer from Cystic Fibrosis. The purpose of this study is to explain and investigate about love language, psychoanalysis, and anxiety in the Five Feet Apart movie. The data are taken from Five Feet Apart movie and the movie script. The researcher uses two theories to analyze the movie. It is Gary Chapman's theory aims to find the love language and Sigmund Freud's theories. Sigmund Freud's theories that used in this study are from psychoanalysis approach and anxiety theory. The researcher uses descriptive qualitative which is suitable in this study. The finding show that one of love languages in the movie cannot be realized. As a result, inner conflict and anxiety arise which cause an imbalance between id, ego, and super-ego.

Keywords: Love Language, Gary Chapman, Sigmund Freud, Psychoanalysis Approach, Anxiety Theories

Introduction

Good communication is an important part of all relationships, especially in healthy relationship. Love is not the only key to create a healthy relationship. It also involves honesty, trust, respect, and good communication between partners. No matter what language you're speaking, a few topics call for nuanced and expressive language more than love. Gary Chapman (1992) said in his first book that love is something you do for someone else, not something you do for yourself. He also said that there is five of love languages to express and receive love in any relationship. It could be between couples, parents, child, or friends.

In literary works not a few that tell about romance and love. One of these literary works is film. Film or movie is one of the literary works that can explain the plot of a story very clearly compared to other literary works such as novels, short stories, poetry and others. Welleck and Warren (1956) once said that a creation that is full of forms, emotions, and expressions shown by language as a medium in the form of imaginative ideas is called literature. He also said that literature is human feelings, thoughts, and perceptions that are reflected in everyday life.

A literary work is construction by intrinsic and extrinsic elements. Intrinsic elements consist of character, plot, theme, setting, and point of view. Judith A. Standford says in her book (2003) the central idea of written work is called theme. It is the meaning of the whole story related to every part and aspect of a story. Kennedy and Gioia (1995) said that a character is imagined person who inhabits a story.

One of the films that tells about romantic love is the film Five Feet Apart, directed by Justin Louise Baldoni and written by Mikki Daughtry with Tobias Iaconis. This American film which officially aired in 2019 tells the love story of Stella Grant and Will Newman who suffer from Cystic Fibrosis. The disease forbids the two of them to have a normal relationship like normal people.

According to Hudson, Geddes, and Bush (2007), Cystic Fibrosis is a deadly multisystem disease that attacks organs originating from the epithelium. Cystic Fibrosis patients can acquire potential pathogens from the contaminated healthcare environment or from other patients with the same disease.

In this time, the researcher used Gary Chapman's theory of love language in Five Feet Apart movie by watch the movie and read the transcript several times. The researcher also add some specific detail that shown in Five Feet Apart movie used psychological theory and supported by anxiety theory.

Gary Chapman is a founder the theory of love language that help people to express and receive love from loved one. In his first book (1992), Chapman stated that to express love in the language of love is very limited. He found there is five love languages that can show how to express

feel and love. Those are word of affirmation, quality time, receiving gifts, acts of service, and physical touch.

One of the founders of psychoanalysis, Sigmund Freud was an Austrian neurologist who created psychoanalytic theory with his famous concepts of the id, ego, and super-ego. Those three are describe the activities and interactions of the mental life of a person. (Freud, 1960)

Sigmund Freud said that the ego is the true abode of anxiety that has been threatened by dangers from the id and super-ego. The concept of anxiety has undergone a differentiation to a level of complexity that poses problems for both the conceptualization and the treatment of anxiety disorders (Samuel M. Turner, 1984). According to Hall (1955), he said that anxiety is synonymous with the emotion of fear. He mentioned that Freud preferred the term anxiety to fear because fear is usually thought of in the sense of being afraid of something in the external world. Sigmund Freud distinguished three types of anxiety. The three types of anxiety are reality or objective anxiety, neurotic anxiety, and moral anxiety.

The researcher choose this movie and this topic because the story describe about love, life, and struggle to protect both of it. The struggle how the main characters survive from Cystic Fibrosis and want to keep close with the lover. In this research shows about the way and how the main characters treats the lover with the conditions they are going through.

Method

In this study, the researcher used descriptive qualitative research method to analyze Five Feet Apart movie by Justin L. Baldoni. Primary and secondary data sources are used in this study. The primary data source is from Five Feet Apart movie directed by Justin L. Baldoni with the duration of 117 minutes and movie script written by Mikki Daughtry and Tobias Iaconis. The secondary data is from documents, journal, and articles that found related to the research.

The researcher used Gary Chapman's theory which is known as the concept of five love languages, such as word of affirmation, quality time, receiving gifts, acts of service, and physical touch. It has purpose to help people express and receive love as expressed through five love languages. The researcher also used psychoanalytic approach by Sigmund Freud, such as the id, ego, and super-ego. It also supported with anxiety theories by Sigmund Freud's theory in Hall's book (1955). Anxiety theory consist of reality anxiety, neurotic anxiety, and moral anxiety. The researcher used these theories with the aim of revealing the psychological and anxiety of the main characters seen in the film.

Findings And Discussion

Five Feet Apart is produced in 2019 directed by Justin Louise Baldoni and written by Mikki Daughtry and Tobian Iaconis. After watching the movie and reading the scrip several times, the researcher found that the main theme in Five Feet Apart is about life and death, love, and also about rebellion.

Stella Grant is the main female character as the protagonist who suffers from Cystic Fibrosis. Stella is a cheerful, kind, forgiving, brave, and unyielding girl. Whereas, Will Newman is the male lead opposite Stella Grant in the film. Will has the same disease as Stella. He is a very realistic person about life, but is willing to sacrifice anything even his own life to save the people he loves.

Love Language: Gary Chapman's Theory

Word of Affirmation

STELLA: "Why cartoons?"

WILL: "They're subversive. They can be light and funny but pack a powerful punch. I think a well-drawn cartoon can say a lot more than words ever could."

STELLA: "Yeah? What does this say exactly?"

WILL: "A lot more than words ever could."

STELLA: "I think it's actually pretty good."

Dialogue above shows Stella praise toward Will's drawing work. In addition, it also showed that Stella was happy when she got a gift from Will.

WILL: "There's that smile. God, you're beautiful. And brave. I wish I could touch you."

STELLA: "I lied when we met. I've never had sex. I've never wanted anyone to see me, the scars, the... the tube, nothing about it's sexy."

WILL: "Everything about you is sexy. I think you're perfect."

Dialogue above shows Will gave compliment appearance to Stella by praising her smile, face, body, and personality.

It conclude that Stella and Will have the same language of love in the form of Word of Affirmation. They give each other compliments both in appearance and even in objects they receive. They are express their feelings directly by expressing how much love and longing they have while still together.

Quality Time

Quality time is shown both Stella and Will. The quality of activities by carrying out various joint activities and the quality of conversation by discussing many things together has been shown from the evidence of figures and scenes above. Quality time that they spend together can make their feelings deeper to each other.

STELLA: "Okay. Okay, I can't trust you, so this is how it's gonna work. We're gonna do our treatments together so that way I know you're actually doing them. Okay?"

WILL: "Always looking for ways to spend more time with me, aren't you, Stella?"

STELLA: "Bye."

Dialogue above shows quality time of Stella and Will doing treatment together. The time they spent together by doing the same activity showed the quality of the relationship they were undergoing. In the scene 27:55 to 28:27, they were doing treatment together such as doing the Afflovest, taking medicine with pudding, and even sterilizing G-Tube together.

Receiving Gifts

The gifts given by Stella and Will are based on their thoughts and care for their loved ones. They do it solely for the sake of making their loved ones happy and smiling. No matter how big, how expensive, how beautiful the gift is, the most important thing is the implied meaning of the giver to the recipient.

STELLA: "Why cartoons?"

WILL: "They're subversive. They can be light and funny but pack a powerful punch. I think a well-drawn cartoon can say a lot more than words ever could."

Dialogue above shows Will give a gift of cartoons to Stella that he drew by himself. . By giving a gift, Will would look forward to get good responses from Stella, like her interest and pleasure. The drawing he made shown that Will always remembers Stella anytime and anywhere, ranging from physical details to memories that have passed.

Acts of Service

The activity of helping and saving the loved ones is a form of love language's act of service shown by Will and Stella. Regardless of their own circumstances, the only thing they care about is the comfort, happiness, and safety of loved ones like Will and Stella.

STELLA: "Okay. Your med cart's all set up. I built an app for chronic illnesses. It'll alert you when to do your treatments, and take your pills..."

Dialogue above shows Stella helped Will to set up his med cart. This assistance is shown as a form of act of service that Stella shows to express her love language.

Physical Touch

Both Stella and Will have physical touch as their love language. But what makes it tragic and sad is the reality that cannot be realized. The basic human desire of touch does rebellion from the inside of the main characters. There were many things that Stella and Will wanted to do but had to be hindered by the rules they had. In this condition, Stella and Will use pool cue and gloves as indirect means to touch each other.

WILL: "All right. Can we catch a cab at least?"

STELLA: "I wanna walk and enjoy the night. Glove. We're good."

Dialogue above shows Stella held Will's hand as a form of her desire. Stella uses the glove as an indirect means to touch Will. Stella used her hand with Will's as a substitute for the pool cue to keep their distance.

Psychological Approach

The biggest thing that shows the turmoil between id, ego, and super-ego between Stella and Will is when the id (human literal wants and needs) show their desire to stay together, hold hands,

hug, touch and kiss. On the other hand, the super-ego appears when they know the consequences and risks that arise if their id is realized. Their deadly disease and the rules that keep them alive for a long time make the id very difficult to realize. The duty of the ego is to maintain a balance between the id and the super-ego. The ego is required by two choices between love and life. Love as id and life as super-ego. In striking a balance between the id and the superego, the ego uses rebellion to resolve the conflict between the two.

WILL: "We cant."

STELLA: "I know."

Stella's intense desire for id almost made her and Will kiss. However, Will's awareness of the risks and consequences of super-ego later refuses and realizes Stella that they shouldn't do that. Stella, who still has a chance to live longer with a lung transplant, makes Will aware of the dangers of doing so. In the end, the ego make both of them could not be kissed.

It can be said that Stella's greatest desire (the id), was her desire for a human touch, the touch of her loved one, Will Newman. The super-ego in this character is the risk and consequence if Stella and Will break the rules. This rule applies because Stella and Will have the same disease, namely Cystic Fibrosis, a deadly disease that can recur at any time when infected with bacteria. Uniquely, their disease can get worse if it is contaminated with bacteria from people with the same Cystic Fibrosis disease. Therefore, rules are given to maintain a distance of less than six feet and always maintain health protocols. Stella's ego that is created is a pool cue and a glove, where the two objects can fulfill both the id and the super-ego at the same time.

Anxiety Theory

According to Hall (1955), in A Primer of Freudian Psychology book, he said that anxiety is synonymous with the emotion of fear. He mentioned that Freud preferred the term anxiety to fear because fear is usually thought of in the sense of being afraid of something in the external world. Sigmund Freud distinguished three types of anxiety. The three types of anxiety are reality or objective anxiety, neurotic anxiety, and moral anxiety (Hall, 1955).

Reality Anxiety

Reality anxiety results from a real threat in the physical world to a person's well-being. (Hall, 1955)

DR. HAMID: "If the infection gets into the bloodstream... Hey. It's gonna be okay."

STELLA: "You don't know that."

DR. HAMID: "You're right. I don't. It's risky. But sepsis is the bigger monster. Hey. You're a fighter, Stella Grant. You always have been. So... Yeah?"

STELLA: "Yeah."

DR. HAMID: "Tomorrow morning, then. I'll let your parents know."

In dialogue above, scene 40:34-41:14, it shown Stella's anxiety about infected G-tube by sepsis. Stella's anxiety is real anxiety when she has to do surgery immediately with a fairly worrying level of risk. Stella's anxiety is shown through the dialogue and expressions that appear when she finds out that Dr. Hamid is also worried about the infection.

Neurotic Anxiety

According to Freud, neurotic anxiety is one of the anxiety that comes from unconscious conflict and is maladaptive in nature which has an impact on emotional and behavioral disorders. It is inner conflict between ego and id. Neurotic anxiety is a form of anxiety that is excessive, irrational, and stems from internal insecurity, not external threats. People who have this type of anxiety often have other health anxieties, generally such as anxiety, mood, eating disorders, and even obsessive-compulsive disorder. (Hall, 1955)

STELLA: "I need you to follow your regimen strictly and completely, please."

WILL: "Why don't... Why don't you tell me what's going on, actually? Talk to me. I'm not gonna make any jokes or laugh."

STELLA: "I have control issues. And I need to know that things are in order, and I know that you're not doing your treatments and it's really, really messing me up."

In dialogue above, scene 05:40 and scene 21:54, it shown Stella's nervousness. Stella has obsessive-compulsive behavior (OCD) where OCD is characterized by excessive control problems. Stella's state of restlessness and anxiety refers to Will's behavior of not following the rules according

to the rules. Stella's control issues meant that everything had to be in its place. If it is not fulfilled then anxiety will arise and make Stella feel uneasy.

Moral Anxiety

According to Freud, moral anxiety is appear when ego's fear of punishment from super-ego. Moral anxiety is a fear of violating own moral principles which is experienced as feelings of guilt or shame in the ego. This anxiety is aroused by a perception of danger from the conscience. (Hall, 1955)

WILL: "I can't blow the candles out or else you guys can't eat it."

In dialogue above, scene 1:17:36, it shown Will's anxiety about the food his friends will eat. He was afraid that the food would be contaminated by bacteria from the disease he was suffering from. When that happened, the guilt over the food his friends couldn't eat and the guilt if someone caught the disease made Will's anxiety rise.

Conclusion

It can be conclude that there are three major theme in Five Feet Apart movie. Those are life and death, love, and rebellion. The main character of the movie is Stella Grant and Will Newman. Stella Grant is the female protagonist who suffers from Cystic Fibrosis. Whereas, Will Newman is the male character in the movie. He also is one of the main character opposite Stella Grant. Even if he is realistic person, but he is a character who willing to sacrifice anything for his love.

It conclude from Stella and Will as the main character has their own ways to express love to the loves one. Stella and Will have 5 love languages discovered by Gary Chapman. They are words of affirmation, quality time, receiving gifts, acts of service, and physical touch. However, the researcher conclude that in love language number 5, physical touch, Stella and Will could not make it happen even though they had the same desire to have physical contact with their loved ones. The non-fulfillment of this desire creates fear, tension, and even anxiety from the main character.

It can be said that main characters' greatest desire (the id), was the desire for a human touch, the touch of the loved one. The super-ego in this character is the risk and consequence if Stella and Will break the rules. This rule applies because Stella and Will have the same disease, namely Cystic Fibrosis, a deadly disease that can recur at any time when infected with bacteria. Therefore, rules are given to maintain a distance of less than six feet and always maintain health protocols. Stella's ego that is created is a pool cue and a glove, where the two objects can fulfill both the id and the super-ego at the same time.

The researcher conclude three anxieties that Stella and Will experience. Those three anxieties are reality anxiety, neurotic anxiety, and moral anxiety.

Reality anxiety is seen when Stella is frightened by Will's actions standing on the edge of the roof of the building. Another of Stella's worries is her fear of having surgery. Not only Stella's anxiety was discovered by the researchers, Will also had anxiety when saving Stella through mouth-to-mouth. Will was worried and afraid that what he had done would have a worse effect on Stella.

Neurotic anxiety is an inner conflict between the ego and the id. This conflict arises and makes Stella have excessive anxiety. Stella's excessive anxiety creates control issues and makes her life uncomfortable. In addition to Stella's excessive anxiety, Will also has an inner conflict when it comes to saving the life of Stella who cannot breathe.

Moral anxiety arises when the ego fears punishment from the superego. Will's moral anxiety is shown when he can't blow out the candles for fear that the food is contaminated with bacteria. While Stella's moral anxiety is when Stella slaps Will's hand and gets angry at Will's behavior that is not in accordance with the applicable rules.

The correlation between love language of physical touch, desire and anxiety can be shown by the researcher through this research. It is about Stella and Will love, desire, and anxiety based on the movie and the script Five Feet Apart.

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