

CHAPTER I

INTRODUCTION

1.1 Background of the Study

As an individual human being, it is an absolute and inevitable fact that we must go through various stages in our life. Each of these stages of life has its own characteristics, either its psychological, biological, or social aspects that we will experience as we continuously make progress through life. One of the most important stages in our life is the adolescent development stage, because adolescence is a period of transition from childhood to adulthood. According to Rapee (2019), the adolescent development stage is most likely to be a vulnerable time for the establishment of certain mental disorders that are marked by high emotional and social sensitivity. These disorders are referred to as social-emotional disorders (social anxiety disorder, generalized anxiety disorder, eating disorder, and depression). Many issues arise throughout adolescence because adolescent behavior is still unpredictable and has not been able to adapt to diverse environmental demands.

The substance of life can be expressed in various ways and forms. One of them is through movies. In a movie, character is one of the most significant and crucial aspects. A character's characterization determines how the character is portrayed. Character's sentiments and what they are going through can be revealed through these aspects.

The Edge of Seventeen is a coming-of-age drama and comedy that was released in 2016. The writer-director Kelly Fremon Craig creates a beautiful portrait of adolescence - the few short years between being a teenager and independent adult and pushes her storytelling style into the digital age without feeling too derivative. This movie follows the story of the main character, Nadine Franklin, who is in her junior year of high school. She is an outcast among her peers and never seems to find her place in life. The main story of this movie is Nadine's journey through a remarkable distillation of a teenager's existence, exhibiting misery and stress, the impulsive and emotionally driven actions, and the quick remorse of it. This movie addresses a variety of events and demands placed on the young generation, including family conflict, friendships, peer pressure, school, relationships, and even the grief of losing a loved one. It's an emotional and astonishingly honest portrayal of adolescent life.

Seeing the main character's actions in this movie, the writer notices that there are many aspects shown that indicate the main character, Nadine Franklin is going through some psychological disorders. It is known from the movie that Nadine suffers from depression, while there is some sympathy towards her in the movie for the fact that she is projecting, however, it never explores the source of her projection. In this research, the writer will analyze the state of depression of the main character, Nadine Franklin, using Aaron Beck's cognitive triad of depression theory and determine what Nadine's psychological disorders are depicted in the movie.

1.2 Problem Statements

Based on the background of the study explained above, the writer formulated two research questions to be analyzed further, i.e.:

1. How can the depression as experienced by the main character, Nadine Franklin, be explained in the line of Aaron Beck's Cognitive Triad of Depression Theory
2. What are others psychological disorders that were experienced by Nadine Franklin?

1.3 Objectives of the Study

There are two objectives the writer would like to achieve. The first objective is to analyze and explain how the depression depicted in the movie *The Edge of Seventeen* by Nadine Franklin correlates with the cognitive triad of depression theory by Aaron Beck. The second objective is to examine what are the psychological disorders experienced by Nadine Franklin as the main character.

1.4 Originality and Significance

This research is based on the result of the writer's actual work. It does not contain someone else's published or written work, nor does it contain any false or made-up material. Any thoughts, information, pictures, or text that are the result of the work

of others are acknowledged as such within the work and given due credit in the text, bibliography, or references.

As for the significance, this research is useful for people in general as this research aims to inform about how adolescents commonly suffer with psychological issues and the processes they go through. It is also intended for teens to recognize that some of the events depicted in the film are true events that may occur in their lives; as a result, they will grasp and comprehend how to cope with them. The writer also feels that this study will help to improve literary criticism works and increase understanding of literary criticism from a psychological standpoint while demonstrating how literature and psychology are linked through one of the literary works (a movie) that depicts human beings (adolescents) and their actions and behavior. Furthermore, the writer also hopes that this research is believed to provide additional understanding regarding Aaron Beck's cognitive triad of depression theory for academic purposes.

1.5 Limitations of the Study

There are many reasons why someone can suffer from depression. In this research, the writer will analyze deeper on the main character of the movie *The Edge of Seventeen*, Nadine Franklin' state of depression using Aaron Beck's cognitive triad of depression theory. The writer makes a limitation to focus on the psychological disorders experienced by Nadine Franklin. The writer does not consult with any experts in the field of psychology as the writer focuses on finding the data from scientific journals and books using library research.

1.6. Operational Definition of the Key Terms

In order to clarify some key terms in this research, there are several key terms that need to be explained.

1. Psychological Approach in Literature

Psychological approach in literature takes a psychological perspective and amplifies the meaning of the works in a significant spiritual and psychological aspect. The psychological approach tends to reflect how humanistic psychology has influenced both literature and literary criticism (Evans, 2017).

2. Psychological Disorder

An unhealthy dysfunction known that is characterized by maladaptive, irrational, upsetting, and unusual thoughts, feelings, or behaviors (Harvey et al., 2009).

3. Depression

It is a common mental health illness indicated by unhappiness and a loss of interest that can have a severe impact on how we feel, think, and act. We acquire signs of depression when our negative reactions to life's challenges become repetitively severe and frequent. Life presents us with several events that elicit both good and negative feelings such as enthusiasm, frustration, fear, happiness, rage, and sadness (Bhowmik et al., 2012).