OBSESSIVE COMPULSIVE DISORDER DEPICTED IN *NIM'S ISLAND* MOVIE

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Abstract

In this research, the researcher discussed about *Nim's Island* movie in one of the characters. Alexandra Rover is one of the characters in *Nim's Island* movie. In this research, the researcher analyzed about obsessive compulsive disorder depicted *in Nim's Island* movie. It told about someone who got the mental disorder. The researcher got interested in analyzing this movie because it offered such issue related to the mental disorder influencing someone's personality. To support the researcher analysis, the researcher utilized an approach and some concepts. The approaches selected in this analysis are psychological approach and cinematography aspects. As long as the writes analysis movie, the data that chosen in this analysis are camera angle, camera distance, lighting, sound, dialogue, sound effect, music or film score which described about obsessive compulsive disorder suffered by Alexandra Rover. In this research, library research was used to elaborate the ideas. Meanwhile, descriptive qualitative method was utilized in analyzing the data. The types of obsessive compulsive disorder are obsession, checking compulsion, cleaning compulsion, hoarding compulsion, ordering compulsion. Those became the main focus of the researcher in this analysis.

Key words: Obsessive Compulsive, Movie, Nim's Island Movie.

INTRODUCTION

Movie refers to an entertainment media which are used to entertain and educate society across the world (Simamora & Oktaviani, 2020), (S. N. Sari & Aminatun, 2021), (Styawati & Mustofa, 2019). According to ((F. M. Sari, 2017), (Fakhrurozi & Adrian, 2021), (Fakhrurozi & Adrian, 2020) Film is recognized as a unique and powerful art form on par with painting, sculpture, music, literature (Amelia, 2016), (Rido, Kuswoyo, & Nuansa, 2020), (Al Falaq et al., 2021), (Rido, Kuswoyo, & Ayu, 2020), (Suryono et al., 2020) and drama (Amelia, 2021), (Kardiansyah, 2016), (Kardiansyah, 2019). It means that movie is a modern art form which presents an image by provided strong illusion and also the understanding of the reality (Borman, 2017), (A. Sari & Adrian, 2020). It becomes a reason why movie can successfully grapping people's attention. Through movie, the individual will enjoy the storyline that communicate idea in the form visual and verbal aspects, such as action, gesture, and dialogue supported by cinematography aspects such as sound, camera, lighting and so on. Moreover, most of storyline of the movies are usually

acted by humans who act in various characters (Amelia, 2021), (Kardiansyah, n.d.), (Mertania & Amelia, 2020), (Amelia & Dintasi, 2019), (Yulianti & Sulistiyawati, 2020) and characterization. Therefore, the story of the movie does not merely show the imagination aspect, rather than shows the real condition or something happened of someone's life. In this case, *Nim's Island* is highly considered as the movie which displays the condition of someone's life with mental disorder called obsessive compulsive disorder.

Furthermore, (Sulistiani et al., n.d.), (Sulistiani et al., 2021) obsessive compulsive disorder is characterized by a repetitive pattern of intrusive thoughts that are briefly quelled by engaging in some ritualistic action, has historically and is currently classified as an anxiety disorder. Therefore, mental disorder is belonged to anxiety disorder generally in the forms of thoughts that directly can pressure to conduct the same behavior to alienate the feeling of obsession (M. E. Damayanti & Listyani, 2020), (Mahfud & Gumantan, 2020). In other words, it can also give the effect toward someone's life over her behavior, thought, emotions and psychical health. The researcher chooses the movie of *Nim's island*, it is an adventure movie produced by the best directors namely Mark Levin and Jennifer Flackett in 2008 adapted from Wendy Orr novel with the same title. There is one of the interesting issues inside of the story is about obsessive compulsive disorder suffered by one of the interesting characters namely Alexandra Rover how is always worry about her physical health.

LITERATURE REVIEW

Obsessive Compulsive Disorder

Obsessive compulsive disorder is kind of the chronic, disabling psychological condition that is included of the anxiety disorder. Generally, obsession is defined as upsetting thoughts, images (Assuja & Suwardi, 2015), (Wamiliana et al., n.d.), (Darwis & Pamungkas, 2021), (D. Damayanti & Subriadi, 2017), or urges that intrude, unbidden, into the person's stream of consciousness. the individual with obsession compulsive disorder will produce some negative feelings which can distress someone mind such as feeling shame, fear, self-doubt and self disturbed. Those kinds of feeling will make her feel imposed to defend and neutralize the effect of it. Hence, when the individual cannot oppose it, and lead them to respond the obsession thought in the form of another thought or any kind of actions, it is called as compulsion.

Obsession

Obsession is one of the characteristics of obsessive compulsive disorder, meanwhile only the obsession feeling which appears in someone thought. an obsession that has difference from the other characteristics of obsessive compulsive disorder, in which pure obsession the individuals will follow their obsession thought by banishing their compulsive action. In this case obsession will be reflected by them by having another obsession thought.

Checking Compulsion

There are some actions in order to reduce the feeling of anxiety in the obsessive compulsive disorder. Checking compulsion is any action used by persons in responding from the probability of harm. In other case, checking compulsion is take in the form of action to ensure something whether it has been safe or not, because they believe it can decrease the bad thing that may happen to them. Moreover, checking compulsion is able to make people to have a strong feeling.

Hoarding Compulsion

In obsessive compulsive disorder, hoarding compulsion is one of the syndromes which can influence the individual in social life. Hoarding compulsion is associated by saving things how used by someone who got obsessive compulsion disorder. It means that saving thing is very important for them because it is a valuable thing for them. It implies that hoarding compulsion is purposed to make them feeling safe. Another reason problems save thing is a sense of responsibility to ensure that possessions are not wasted (Kuswoyo & Susardi, 2017), (Suryono et al., 2019), (Puspaningtyas, n.d.). This sense of responsibility can lead people to "rescue" things from the trash or recycle items that can be used or repaired.

Ordering Compulsion

Individual with OCD often report recurrent, anxiety-evoking (obsessional) doubts related to the specific situations, items, or actions. Ordering becomes one the way to defend the obsession feeling by having some action to reduce or prevent the obsession feeling. The obsession feeling which associated with the object or events is reflected by positioning the things in the right order of symmetrical arrangement.

Cleaning Compulsion

Ritualistic washing and cleaning –is typically performed to decrease discomfort associated with obsessional fears about germs or diseases. Cleaning compulsion occurs in response to germs or diseases. It is used by person in the form of impulsive action to decrease discomfort the obsession feeling. That action of washing occurs in order to prevent fears of

harm that may happen that associated with cleanliness. Further, it refers to the situation and the condition that to make them feel safe

METHOD

In this research the researcher will use the library research. Some resources are gathered in the form of the movie, book, picture, journal, picture and others. Furthermore, in analyzing the data, the researcher will use qualitative method to portray the issue in detail. Furthermore, Qualitative research means any type of research that produces findings not arrived at by statistical procedures or other means of quantifications. In this case qualitative research is applied in this research to interpret the data which is not in the form of statistical result the forms of words, dialogue, action, gesture and others. The data and data source in this analysis are taken from *Nim's Island* movie by Mark Levin and Jennifer Flackett in 2008. The data that will be analyzed in this research are camera, lighting, sound and dialogue of obsessive compulsive disorder which is depicted by one of the characters namely Alex.

RESULTS AND DISCUSSION

Alex's Obsession Condition

In this discussion will emphasize on how obsessive compulsive disorder can influence Alex's personality in the social life that deals with the conditions of Alex where which change her personality by living alone in her apartment. In this sub-discussion will elaborate deeply about Alex's condition in previous time before is regarded to have obsessive compulsive disorder, before entering the detail analysis about the types of obsessive compulsive disorder. The researcher describes that the condition of Alex's apartment. It shows the condition of Alex by focusing her apartment as the main focus of its object. In this sequence, in the morning in Alex's apartment when Alex is sitting that can be seen obviously from the window. In this scene, director uses extreme long shot to show the whole condition of Alex's apartment. It shows how this mental disorder can shift the personality of someone in the social life. Most of cinematography aspects within this sequence give the highlight which interprets Alex's personality. Moreover, camera movement is very long shot portrays the situation of Alex's apartment.

By using this camera, the condition clearly can show that only Alex is being alone in her apartment. The natural lighting shows situation of her apartment to get the description of

her apartment situation from the front side. Several windows with the green grasses are looked from the front side of her apartment, that the camera can capture her from one of the windows. She can be seen from the bay window, it can be implied that she only did her activities lonely in her apartment. In this case, Alex who is accustomed to live alone never expected that someone would come to her apartment. From that condition, it can be concluded that Alex has a mental disorder, because she tries to isolate herself from others. This is one of her efforts to protect herself from the outside world. For that reason, it is indicated that she is too scared with situation that can make her to feel unsafe and threatened. Based on the explanation, it emphasizes that she gets an obsessive compulsive disorder.

Alex's Obsession

The researcher finds that Alex tries to find Nim's house intensively by searching about the volcanoes mountain. In addition, the telephone is ringing then there sound who was also said about the next writing about the volcanoes mountain. Meanwhile, Alex's feeling accidentally become worried about her self which and make her drawn an imagination of the larva volcanoes' mountain as the main object. Besides, the cinematography aspect include in this sequence employs in order to support Alex thought becoming more obsessed, for the sound such magma emitted from the mountain like a bumped mountain. It has purposed to create such particular condition to the audience like terrible feeling. Here, the shot is used to catch Alex's nasty facial expression when she puts her hand and finger in her forehead tightly. Moreover, for the natural lighting is used in this sequence to present the feeling of fear. And to support the idea, the researcher also proved by the existence of word that utterance by her in showing her obsession.

Checking Compulsion

Compulsive checking is associated with or characterized by preventing harm. These repetitive actions are ensuring that perceived threat has been reduced and removed. Those actions are elevated responsibility for preventing harm and anticipating serious of the harm. This sequence shows a checking compulsion for her obsession thought. The actions present in the movie shows that she is worrying at an allergenic peanut and want to prevent the

harm caused by its allergy. The researcher will show the dialogue that serves in the sequence presents as follow:

(Alexandra): *oh, my God, it's so hot in here*
　　　　　　It's like a Turkish bath
　　　　　　Are you finding it excessively hot in here?
Passenger 　: *I already answered you that, mum*
　　　　　　It very comfortable to me
Alex 　　　: *Oh, excuse me, um. Just, last*
　　　　　　Then, I promise
Stewardess 　: *what is it now, ma'am?*
　　　　　　-Um-
Alex 　　　: *do you happened of anyway*
　　　　　　　Heating up of progresso soup?
Alex 　　　: *you know I'm not much of*
　　　　　　Traveler. But, uh-
　　　　　　They confiscated my opener at the air port.
　　　　　　(Groans)
　　　　　　My arms?
　　　　　　Oh, I'm sorry
Stewardess 　: *Its fine, it's just minor turbulence*
　　　　　　Okay?
　　　　　　That's fine
　　　　　　Minor turbulence, that's is right
　　　　　　Uh, you know what? I-I'm just gonna
　　　　　　Just one second, I'm gonna
　　　　　　But-I-I'm gonna
　　　　　　Do the one
　　　　　　If you don't mind
　　　　　　I' will just second right by you
　　　　　　'Excuse me.
Alex's moves and enter the bathroom of the airplane

The dialogue takes place in the airplanes. It is talk about the situation and conditions of Alex which becomes as her fist trip. This sequence focuses on the dialogue that Alex's uncomfortable feeling about herself. The condition happens because she does not get a food that she wants. When the airplane takes off, she is directly scary with her healthy body. She gets directly being obsessed that she would get that has an allergic peanut. After all the condition, she moves to bathroom to check her arm and her neck impulsively in front of the mirror. From situation faced by Alex is about how Alex prevented herself by showing excessive behavior by repeatedly checking her part of body. In this case, she has a responsibility toward her body that way she tries to remove and reduce it. It is only to make her feel safe, but it is about how to prevent harm effect that might happened. It

becomes one of the types of obsessive compulsive disorder in the part of checking compulsion.

Hoarding Compulsion

Hording compulsion is one of the types of obsessive compulsive disorder which includes failure in being causation a large number that appear to be unless limited, living spaces sufficiently so to preclude activities for which those space are designed. This activity can distress someone's personality, who always collects the thing, that she thinks that all these things are very important. The form of hoarding compulsion attaches to the character of Alex, where her room in her apartment is needed to be tidy up. Based on the description of Alex's room, she only wants to make all the things in her room arrange properly, for example, painting, newspaper and wallpaper. Moreover, the cinematography aspect also supports this scene describing the wall in her apartment. Long shot is used to capture the whole condition of her room by clearly showing all the objects. Besides, the soft lighting also supports the idea of compulsive hoarding itself.

CONCLUSION

This analysis of obsessive compulsive disorder in the previous chapter mainly concerned to the types of obsessive compulsive disorder such as obsession, checking compulsion, cleaning compulsion, hoarding compulsion and ordering compulsions which are depicted in *Nim's Island* movie. Based on the analysis in the previous chapter, the researcher which is used all the types in explaining of each data. Through the analysis, the researcher found dominant types of obsession than other types. Besides, for types in form of compulsion are shown by the character to prevent or reduced an obsession feeling in order to achieve the comfortable feeling. Hence, by accomplishing this analysis the researcher believes that *Nim's Island* movie construct the idea of one mental disorder called obsessive compulsive disorder.

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