

CHAPTER I

INTRODUCTION

A. Background of the Study

Fatness is a problem that many people talk about, even the problem is discussed worldwide. Fatness is one of the health issues that most people are aware of, but the effects are often ignored. (Elvira, 2007), Fatness can cause negative consequences for a person's physical condition because it is associated with the risk of developing various diseases such as hypertension, respiratory disorders, diabetes and others. Therefore, it is known that fatness can cause health problems and must be dealt with as soon as possible so that unwanted things do not happen.

Meanwhile, the fatness phenomenon can also be found in Indonesia, and the response from Indonesian people is not much different from the response from outside Indonesia. It is known that the response of the Indonesian people to fat people is not always good. (McFarland, Slothouber and Taylor, 2017), At times, fat bodies has a significant impact, especially when it comes to weight loss and growth, such as weight loss for marriage and weight gain for pregnancy. Fatness can also have social consequences for individuals, and fat people are vulnerable to a negative stigma from society, (Basuki and Hartati, 2013).

The phenomenon of fatness is also a theme in the writing of literary works such as in the novels *13 Ways of Looking at a Fat Girl* by Mona Awad (2016), *Dietland* by Sarai Walker (2016), *Dumplin'* by Julie Murphy (2017) and others.

Apart from being in the form of a novel, the theme of fatness is also a theme in the movie. This study raises the phenomenon of fatness contained in *I Feel Pretty* (2018) movie. This study has the main objective to find out how the personality development of the main character when getting judged by people around her for being fat, becoming insecure about her body, and becoming confident with her body. The theory used in this research is the theory of personality development by Sigmund Freud, also known as the Psychoanalytic Theory.

The theory of Human Personality Development or Psychoanalysis by Sigmund Freud is the most suitable theory for this research. It contains how a person's personality develops after experiencing an event in their life. In this theory, Sigmund Freud also explains that the *Id*, *Ego*, and *Superego* are three elements of the human psyche. First, the *Id* is a personality system inherited or innate from birth. This system contains all inherited psychological aspects such as instincts, impulses, and drives. Second, the *Ego* is a personality system that develops from the *id* to be able to think realistically and prevent tension or conflict until a real object is found to satisfy needs. Third, *the Superego* is a personality system considered morality in our personality or our conscience. This personality system usually determines whether a person's actions are suitable or appropriate or vice versa.

In this study, the researcher has a movie that becomes the object of research and as stated, the researcher has a topic that takes body shaming, especially for fat people. Therefore, the researcher finds movies that have the theme of fatness as their movies, such as *Fat* (2013), *100 Pounds Beauty* (2006), *Imperfect* (2019) and others. One of the movies with the theme of fatness is the

object of the author's research, *I Feel Pretty* (2018), which discusses the main character, Renee, a woman with insecurities about her body shape. Until one day she became very confident about her physique due to something on her head that caused her to be like that.

Body shaming is also a thing that often happens to many obese people, but that does not mean it only happens to fat people. Body shaming is an action where someone expresses a negative opinion about a person's body shape and it can happen anywhere, whether on social media or in the real world. (Schlüter, Kraag, and Schmidt, 2021). Body Shaming is widespread because people think people with fat bodies are ugly, unattractive and annoying. Many people use health reasons to mock people with fat bodies with the excuse of "advising". It is okay to advise people with a fat bodies, but they must still use polite language and have good intentions.

The previous study titled *A Psychoanalytic Study of the Characters in Ruskin Bond's "The Room On The Roof"* by Revathy M and Aruna Arputhamalar contains the protagonists trying to figure out who they are. After all his life, he was not surrounded by a family who cared for him and loved him. The protagonist's search for identity distinguishes them from the other novel's characters. As the story progresses, the people in the novels are placed in situations that show human behavior and its causes. Bond attempts to focus not just on the behavior but also on the human psyche that underpins every human action. This research is still closely related to the research that the researcher does because it can be seen from the theory that the researcher will use the same theory as the previous research.

Moreover, the topics discussed are not too different and discusses the character looking for their identity and the researcher solves it using psychoanalysis theory. This research is critical to do with the hope that it can further complement the explanation in the research of Revathy M and Aruna Arputhamalar, which also uses psychoanalytic theory. Research that uses Psychoanalysis theory is also still relatively small; therefore, the researcher conducts this research so that there is no more research using this theory and it makes it easier if anyone is looking for and researching psychoanalysis. In this study, the researcher focuses more on verbal utterances spoken by the main character and also other movie characters concerned about fatness, insecurities and body shaming.

SALESPERSON

Are you shopping for a gift?

RENEE

Oh, no, just kind of browsing for me.

SALESPERSON

Okay. Um...

So sizing is a little limited here in the store,
but you could probably find your size online.

After watching and seeing the conversation from the script of the movie *I Feel Pretty* above, the researcher was interested in researching because the researcher it wanted to see the personality changes experienced by Renee when

she was belittled and got body shamed by people with Sigmund Freud's theory, psychoanalysis.

This research is significant because it raises the topic of body shaming, especially to people with a fat body, and also discusses how someone overcomes body shaming that other people do to them. This research was conducted hoping that there would be self-awareness not to body shame anyone, especially to people who are fat, thin, or have dark skin and others. This research also finds out through the theory used that a person's personality can change when he/she experiences body shaming, which is enough to change his/her psyche.

B. Problems of the Study

As the researcher has clearly explained in the background of the study, the researcher finds that the problem occurs in this study is the response of people about Body Shaming in this *I Feel Pretty* movie. Also, in the movie there are data that support how Body Shaming exist among women themselves. From here, the researcher can conclude the research questions as follows:

1. What are the internal and external factors faced by the main character causing her being fat?
2. How did the main character overcome the problem of fatness?
3. Why did the main character overcome the problem of fatness in the way she did?

C. Objectives of the Study

In line with the Problem of study, the Objective of the study can be formulated as follow:

1. Analyzing the internal and external factors faced by the main character that causing her being fat.
2. Analyzing the strategies of the main character in overcoming the problem of fatness.
3. Describing the reasons why she overcome the problem of fatness in the way she did.

D. Significances of the Study

1. Theoretically, the significances of this research are:
 - a. This research can be a useful and valuable reference for future research for students who are studying the same literary work, such as movies.
 - b. Increasing the knowledge of students majoring in English Literature who will start their research.
 - c. This research can be used as reading for literary connoisseurs who want to use psychoanalysis.
2. Practically, the significance of this research are:
 - a. Readers can use this research as a comparison with other studies.
 - b. This Research can be used as a consideration for students majoring in English Literature to motivate new ideas or ideas that are more creative and innovative in the future.

- c. This research can be used to tell how to deal with body shaming against fellow human beings and how to increase self-confidence.

E. Scope of the Study

The scope of the study is to analyze what, how and why the main character overcomes her fatness problem in the *I Feel Pretty* (2018) movie by using the theory of personality development by Sigmund Freud, also known as Psychoanalytic Theory.

