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# AN ANALYSIS OF ANXIETIES THAT EXPERIENCED BY MARLIN AS THE MAIN CHARACTER IN *FINDING NEMO* (2003) FILM

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## Abstract

*This study analyzes the anxieties experienced by Marlin as the main character in Finding Nemo (2003) film by using Sigmund Freud's anxiety theory. The method uses in this study is descriptive qualitative. The data are taken from the film, such as dialogues, narration, and monologues. The step uses to collect data, such as watching film and reading film script, identifying data, and classifying data. The result of this study is Marlin, as the main character in Finding Nemo (2003) film, has anxiety due to Nemo being taken away by divers. Marlin has two anxieties according to Sigmund Freud's theory, namely realistic anxiety and neurotic anxiety.*

**Keywords:** Sigmund Freud, Anxiety, Finding Nemo.

## INTRODUCTION

Literature influences people to take action in life by teaching, entertaining, and inspiring them. Everything that happens in society, both depictions of human life and actions, is also found in literature. With this, literature is a reflection of behaving in virtue and goodness in society (Duhan 192). Besides, literature can also function as a mirror of correction where members of society can look at themselves and find the need for positive change.

Literature can be the most basic tool to help understand every human life. Literature is often related to various disciplines such as history, philosophy, economics, sociology, psychology, and others. However, psychology is the most appropriate. Psychology is the right discipline to study humans starting from their behavior, actions, and relationships with fellow humans. Psychology is also defined as the scientific study of behavior and mental processes (Coon & Mitterer 1). Two things that can define humans as complex beings are their personality and behavior. These two things are closely related to the psychological aspects of humans. This means that literature and psychology are related to each other. Literature and psychology have a strong correlation about human feelings including reactions to the world, fears, worries, anxieties, desires, emotions, and various views of humans and their existence contained in literature (Aras 251).

Humans are created with all the worries. Humans are faced with a condition or situation that can trigger anxiety every day. For example, when making presentations, task deadlines, sudden exams, being late for class, and so on. This feeling of worry can interfere with the daily activities of people who experience it because people who

experience it will feel restless, anxious, and uncomfortable. With these feelings, people who experience anxiety are feared that they will act wrongly because of the role of anxiety.

Sigmund Freud, the father of psychoanalysis, also created the theory of anxiety. Freud emphasized that it is an unpleasant state accompanied by physical sensations which will warn people of impending danger. This unpleasantness is often vague and difficult to define, but anxiety itself is always felt (Feist and Feist 39). Paul Swift et al said that anxiety is an emotion that people tend to feel familiar with, because it is part of everyone's experience. This anxiety has the function of alerting us to something that is potentially threatening, enabling us to assess and respond to the threat in an appropriate way. This emerging alertness can also help people perform better and stimulate creative impulses (5).

Anxiety does not only occur in the real world, but also be found in many characters represented as humans in literary works. Among the various types of literary works that exist, *Finding Nemo* (2003) by Andrew Stanton is one of the films that can be analyzed using Sigmund Freud's anxiety theory. *Finding Nemo* is an American computer graphic animation film which produced by Pixar Animation Studios and released by Walt Disney Pictures. Set in underwater life, this film tells the story of a pair of clown fish named Marlin and Carol who live in anemones. Their lives are full of joy as they are waiting for their children to hatch and will soon see the world. However, after his wife and future child were killed by a beast in the ocean and only Nemo was left, Marlin was protective and very worried about what would happen in the future. Therefore, Marlin forbade Nemo to go to the drop-off and not do anything that endangers him. Marlin assumes that the ocean is not safe. But because of the incident of Nemo being taken away by the divers, Marlin begins to experience anxiety.

*Finding Nemo* (2003) film shows that Marlin has anxiety. Both implicitly and explicitly, this film depicts how Marlin can experience anxiety, both realistic anxiety and neurotic anxiety. Thus, this study will analyze the anxieties experienced by Marlin as the main character in *Finding Nemo* (2003) film by using Sigmund Freud's anxiety theory.

## METHOD

This study uses qualitative method. A qualitative method is a method that focuses on collecting texts, images, audios, or sounds. According to Flick 2014b and Schurink 2013 et al, "In the case of qualitative research the data are mainly textual, graphic, audio or other non-numerical data" (cited in Arcer 2). In short, the text itself is a main source of qualitative method.

A descriptive method will also apply in this study to interpret the data. It means that the data found will not be explained using a descriptive method seen through words, phrases, dialogues, monologues, and prologues.

Furthermore, there are several stages to collect the data in this study. The first stage of collecting data in this study is watching the film and reading the film script for several times. This stage is carried out several times to get a wider and deeper understanding. After watching the film and reading the film script, identifying the data is the next stage of data collection in this study. This stage focuses on important part such as the dialogues,

narrations, and descriptions related to the study. The next stage is classifying the data. The aim of this stage is to group the selected data for analysis in this study. The data that has been grouped are all then made into a table called appendices.

There are two types of data in this study, which is the primary data and the secondary data. The primary data are taken from *Finding Nemo* (2003) film and the film script. Meanwhile, for the secondary data are taken from journals, books, articles, book reviews, textbooks and previous studies which are related to this study. Afterward, analyzing finalized data and reporting the data analysis is the final stage of this study. The findings and analysis will be reported in Chapter IV.

## RESULTS AND DISCUSSION

Sigmund Freud has many popular theories; one of them is the theory of anxiety. This theory is useful for understanding problems within individuals. Freud defines anxiety as a state that can be felt; unpleasant feelings arise accompanied by physical sensations to warn the person of impending danger. Anxiety is always felt and is accompanied by a feeling of discomfort that is not clear and difficult to define (Feist and Feist 39). If this feeling arises, it means that he will face a danger whether the danger is visible or just an exaggerated feeling. This can increase the adrenaline of someone who is experiencing anxiety. Adrenaline increases can occur when we sense danger or think that danger is imminent, so the brain sends a message to the nervous system by releasing that adrenaline which makes us feel alert. Side effects due to increased adrenaline include feeling nervous, tense, dizzy, sweating, shaking, or short of breath. This effect can be annoying, but not harmful to the body (Rector et al 4). Freud divided anxiety into 3 theories, namely realistic, neurotic and moralistic anxiety. Hall stated that Sigmund Freud as the founder of psychoanalysis recognized that anxiety can be a sign of being aware of internal and external dangers. He distinguished three types of anxiety based on the source of anxiety, which are objective (realistic) anxiety, neurotic anxiety, and moralistic anxiety (cited in Pradhana 10). However, in *Finding Nemo* (2003) film found two anxiety experienced by Marlin as the main character. The following are the anxieties experienced by Marlin as the main character in *Finding Nemo* (2003) film:

### 1. Realistic Anxiety

Realistic anxiety is one of the types of anxiety. Freud defines an anxiety that refers to real danger to the outside world is called realistic anxiety. If there is danger in his outside world, this anxiety will arise (cited in Farkhatun 10). This realistic anxiety looks at the facts about the real dangers that occur in the outside world that can be seen and feared. Based on fear of real and possible events is the basis for realistic anxiety, even though the threat is not certain to occur. The positive purpose of realistic anxiety is to guide our behavior to escape or protect ourselves from actual danger. The fear we have will disappear or subside when the threat is no longer there (Schultz 57). Marlin's experienced realistic anxiety can be seen through the narrative and dialogue below:

**A BARRACUDA floats in the murk, staring them down. Marlin tries to whisper without moving.**

Marlin: "Coral. Get inside the house, Coral."

He catches her glancing down at the eggs in the grotto.

Marlin: "No. No, Coral. Don't. They'll be fine. Just get inside. You. Right now."

**Coral breaks for it. The barracuda lunges at her.**

Marlin: "No!!"

**Marlin collides with the barracuda – Its jaws snap – He dodges -- The Barracuda's tail smacks him hard against the rocks. Marlin falls limp into the anemone..."**

(*Finding Nemo* 03:07-03:32).

Faced with the danger right in front of us makes us anxious and afraid. In this section, Marlin sees a Barracuda which is not far from where he is. Marlin who sees it is very afraid and worried about the danger it might cause. Marlin ordered Coral to go inside their house. However, Coral ignore Marlin and still want to protect the eggs. Marlin, who tries to protect Coral from danger, finally lost and is hit on the rocks by the barracuda's tail. But unfortunately, Coral and his eggs have been eaten by Barracuda. It can be seen that Marlin's realistic anxiety is when he meets Barracuda. Marlin's anxiety can be seen and feared fits perfectly into Freud's theory of realistic anxiety.

Another proof of realistic anxiety that Marlin experienced it can be seen from the dialogue and narrative below:

**Marlin turns to go when he finds himself face to face with A GREAT WHITE SHARK**

Great White Shark (all teeth): "Hello."

**Marlin doesn't dare move.**

Dory (cheery): "Well, hi!"

Great White Shark: "Name's Bruce"

**The huge shark juts out a fin. Marlin stays frozen.**

Great White Shark: "S'alright. I understand. Why trust a shark, right?"

CONTINUED

**Bruce chomps for effect. Marlin leaps behind Dory. Bruce laughs hard.** (*Finding Nemo* 18:58-19:15).

Realistic anxiety is one type of anxiety that refers to the dangers of the outside world. In this part, when Marlin turns away from Dory, he comes face to face with a great white shark. Marlin trembled and didn't dare to move. Even when the shark stuck out its fins, Marlin still froze. When the shark showed its action, Marlin immediately hid behind Dory. This is an anxiety response when faced with danger. It can be seen that Marlin was very scared when he saw the shark, which indicates that Marlin has realistic anxiety.

**2. Neurotic Anxiety**

Freud defined neurotic anxiety as "worrying about the unknown danger" (Feist 34). Neurotic anxiety is dominated by feelings of nervousness. A person experiences neurotic anxiety if a person feels "lost", whether such as losing control, anger, logic, or even thoughts (Boeree 7). Neurotic anxiety has no real object and arises because they do not know what a threat is, even though they are not sure whether the threat is indeed a danger, and only worry about unknown danger. The dialogue and narration below show Marlin's neurotic anxiety:

DORY'S POV: A SMALL DARK BLUE OF A FISH slides into view, deep in the gray mist.

Dory: "There's somebody!

(calls out) Hey! Excuse --"

Marlin: "**Dory, Dory, Dory!** (gets in her face; whispers) Okay, now, it's my turn. I'm

**thinking of something dark and mysterious. It's a fish we don't know. And if we ask it directions, it could ingest us and spit out our bones!"** (*Finding Nemo* 01:04:44-01:04:54).

This neurotic anxiety has no real object. Similarly, we think something is dangerous when in fact the danger is not happening. In this part, Marlin forbids Dory to summon something he saw in the sea. Marlin had thought that something far ahead of them was something bad, mysterious, and could harm them. Even though the thing he thought was not necessarily there. It can be seen that Marlin has neurotic anxiety where he is worried that Dory will summon something that could harm them when in fact that is not necessarily the case.

Moreover, there is another proof of Marlin's neurotic anxiety through the dialogue and narration below:

Marlin: "Get out of there, now!"

Nemo: "I know this will work!"

Marlin: "**No, I am not gonna lose you again!**" (*Finding Nemo* 27:35-27:38).

Traumatic experiences that can cause anxiety make us as much as possible to avoid the incident so that it does not happen again. Like Marlin, he also experienced this which resulted in him having neurotic anxiety. When Dory is caught in fishing net with schools of fish, Marlin does not allow Nemo to help. Marlin did it because he didn't want to lose Nemo again. This indicates that Marlin is experiencing neurotic anxiety where he once lost Nemo. Fear of losing Nemo again, Marlin does not allow Nemo to go to help Dory and the schools of fish.

With the explanations above, it can be seen that Marlin, as the main character in *Finding Nemo* (2003) film, has two types of anxiety, namely realistic anxiety and neurotic anxiety.

## CONCLUSION

Based on Freud's theory, there are three types of anxiety; they are realistic anxiety, neurotic anxiety, and moralistic anxiety. People can have anxiety based on experience, or a stressful situation that causes them to have anxiety. As the main character in *Finding Nemo* (2003) film, Marlin shows two of the three anxieties according to Freud's anxiety theory, namely realistic anxiety and neurotic anxiety.

In Freud's anxiety theory, the first is realistic anxiety. Realistic anxiety is shown by Marlin when he met barracuda and also met sharks for real. Then, neurotic anxiety is the next anxiety in Freud's theory. Marlin shows neurotic anxiety when Dory will call something that can harm them, and it make Marlin worried, and also when Marlin afraid of losing Nemo again. Marlin has these two anxieties that he got when Nemo was taken away by the diver. The anxiety he has is still there and must be reduced by using defense mechanisms.S

## ACKNOWLEDGEMENT

Praise and gratitude I pray to Allah *Subhanahu Wa Ta'ala*, who has given me the ease and fluency in completing this final project. First of all, I would like to thank my beloved parents for their prayers and support in supporting my learning. Furthermore, I would like to thank Ma'am Idha Nur Hamidah, S.S., M.Hum as my advisor who has taken the time, and has guided me to get to this stage. Then, I want to thank everyone

who has given encouragement and support to me, I really appreciate that. Lastly, I would like to thank myself for having persevered so far so wonderfully in completing this final project.

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