

NINA'S NEUROTIC AND REALISTIC ANXIETY REPRESENT IN THE BLACK SWAN MOVIE (2010)

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ABSTRACT

Psychoanalysis is a Freudian branch of science that studies human psychology and can express the human soul. The links between psychoanalysis and literature are undeniable. The film Black Swan (2010) was chosen as the subject of the study because it contains some anxiety problems that the main character shows using Sigmund Freud's Anxiety Theory. The purpose of this research was to examine the anxiety felt by the main character in the film Black Swan (2010). The research methodology is qualitative variables. The study reports the findings of the analysis in sentences or descriptive forms such as dialogues, monologues, and narratives, are used. Based on Sigmund Freud's theory, this study describes two types of anxiety: neurotic and realistic anxieties as portrayed by Nina. The first is the Neurotic Anxiety that Nina, the main character, suffers from. The second is Realistic Anxiety portrayed by the main character Nina.

Keywords: Sigmund Freud, Black Swan (2010), Neurotic Anxiety, Realistic Anxiety

INTRODUCTION

Psychoanalysis is a Freudian branch of science that studies human psychology and can express the human soul. the environment in which we conduct our daily activities can have an impact on the human soul. One of the feelings that enter human psychology is the human soul. According to Freud, therapy effectively completed the mental insurgency begun by Copernicus and advanced by Darwin, a transformation that undermined human conceit regarding its ostensibly exceptional and favored position within the universe and nature. Freud completed the ambush on human affection by revealing that even human reason is not what it appears to be, that human brain research is under assault and driven by silly, oblivious inspiration (Stein 1). Freud's theory on psychoanalysis and personality holds that personality is formed through conflicts between three fundamental structures of the human mind. "Sigmund Freud classified mental life into three "provinces," id, ego, and superego" (Stein 1). The three concept structures work together to create a well-balanced personality. Id, according to Daniel K Lapsley, does not work alone. Id is associated with a sense of self that operates on practical rules and a superego that operates on a hopeful role (Stein 5).

Humans have a standard for moral satisfaction. Anxiety occurs when the id desires to be satisfied by humans but the ego is unable to act. "Anxiety is normal, emotional, reasonable, and expected reaction to a real or potential threat" (Shri 100). Furthermore, Whitehead acknowledges that people experience anxiety from time to time for a variety of reasons. For example, sometime recently or after doing something, people will undoubtedly consider the effect or result that will occur as a result of doing those things (Shri 102). A sense of anxiety refers to anxious and worried feelings. Freud considered anxiety as a flag reminding the individual of his powerlessness in the absence of cherishing and assurance. An uneasy state may be the result of an early encounter that was perceived and felt as repulsive, which was accompanied by various physical sensations and physiological changes (Freud 267). Freud distinguishes three types of anxieties. "*Neurotic Anxiety* is caused by id impulses as apprehension toward unknown danger. *Realistic Anxiety* is a closely related danger to fear. Moral anxiety is concerned with morally correct interactions between the ego and superego" (Feist 34). "There were three varieties of anxiety, with the ego as the seat of all three," according to Freud, "*Realistic Anxiety* is when the source of danger sensed by the ego is from the external world." The source of danger by the ego from the id is *Neurotic Anxiety*. Moral anxiety occurs when the ego perceives danger from the superego" (Freud 267).

The links between psychoanalysis and literature are undeniable. Literary works can use words or sentences to explain human behavior, feelings, and thoughts; it can also use words to present a person's state of mind or psychological element. "A literary work benefits from psychology in terms of successfully presenting characters, expressing their moods, and immersing the reader in the psychological dimension of human reality," according to Emir. Psychology and literary studies intersect in their emphasis on fantasies, emotions, and the human soul" (Emir 49). In the Black Swan Movie, we can get a different perspective on the relationship between psychoanalysis, specifically anxiety, and literature. In the film 'Black Swan,' we see the main character attempting to be a perfect ballet dancer. Nina was trained to be a ballerina at a production house. Nina is an only child whose mother, Erica, rules her life. When Nina was chosen to be the main dancer in the 'Swan Lake' dance, however, the conflict began because to play the character in the Swan Lake performance.

The film Black Swan was chosen as the subject of the study because it contains some anxiety issues that the main character exhibits. Anxiety Theory by *Sigmund Freud* was chosen as the geared theory to be used in the film Black Swan. As a result, the title of this study is Nina's neurotic and *Realistic Anxiety* is represented in the black swan movie (2010).

METHOD

The research methodology is the qualitative variables. The study reports the findings of the analysis in sentences or descriptive form. "As the name implies, this study is concerned with the qualitative process." It is most commonly used in the study of human behavior. Through observation, one can learn about the opposite person's body language, attitude, opinions, feelings, and so on" (Patel 49). In short, the qualitative approach explains that the method is designed to help the reader understand the study in a social-cultural context, the research forms are descriptive data, and the sentences are explained.

The information is presented verbally rather than numerically in this case, such as through words, phrases, prologues, dialogues, monologues, and quotations. There are some steps in data organization to collect data. Watching the film, reading the script, identifying the data, classifying the data, and reducing the data are all options. The data used in this study are classified into two types: primary data and secondary data. The film script and the film itself are examples of primary data used in this study. Secondary data is used to explain primary data and is derived from journals, articles, and books.

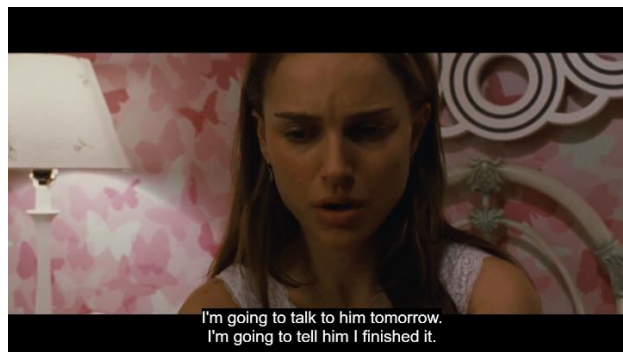
As a result, qualitative data is used in a descriptive manner to explain everything through dialogue and monologue sentences which provided extremely clear information and data. In this case, qualitative research is used to examine Nina Sayers, the main character in the film *Black Swan* (2010). This study employed descriptive analytic data to characterize and comprehend all of the available data. Furthermore, in this study, the appendix was explained as supporting evidence.

FINDING AND DISCUSSIONS

The findings and discussions of this study show two kinds of anxieties portrayed by Nina; they are neurotic and realistic anxieties. The story of the *Black Swan* film has shown anxiety experienced by Nina the main character of *Black Swan* (2010) film. *Sigmund Freud's* anxiety theory classified anxiety into three types. “Freud defined anxiety as an objectless fear, which means that we cannot point to a specific object that caused it.” (Schultz, p. 47) “Psychologist *Sigmund Freud* proposed three types of anxiety: reality anxiety, *Neurotic Anxiety*, and moral anxiety” (Schultz 48).

A. *Neurotic Anxiety*

“*Neurotic Anxiety* is defined as a fear of an unknown danger. The feeling exists in the ego, but it is derived from id impulses” (Feist 40). According to Schultz, *Sigmund Freud's Neurotic Anxiety* is an unconscious fear of being rejected for inappropriately displaying id-dominated behavior. It's worth noting that the fear isn't of the instinctual itself, but of what might happen if the instinctual is satisfied. The struggle becomes one between the id and the inner self, and its foundation has a few real-world premises (qtd. in Schultz 48). Nina, the main character, expresses her anxiety in a dialogue when she tells her mother about a girl whom Leroy failed to notice during the training session:



(Figure 1. Nina talked with her mom)

ERICA: Shhh. Almost done...You're working yourself too hard. We all have off days.

NINA: **If that girl hadn't barged in.**

ERICA: I'm sure she didn't mean to. Remember when you started? If I hadn't taken you to each of your classes, you would have been completely lost.

NINA: **I'm gonna talk to him. Tell him I finished it.**

ERICA: He knows you can do the coda. It won't convince him one way or the other.
(00:17:45)

In the previous scene, Nina was practicing and Leroy, the director, was not paying attention to her because a girl named Lily walked into the practice room and smiled at Leroy. Nina tells her mother about the incident, making her believe Lily is a threat to her, so Leroy ignores Nina's dance. According to this narration, "I'm going to talk to him. Inform him that I finished it." Nina intends to inform Leroy the following day that he trains better at home than at practice. Nina was concerned about Leroy's lack of focus.

Anxiety can cause a person to feel fear or discomfort about something that hasn't happened yet. Anxiety is a person's reaction to a potentially dangerous situation. Because it refers to feelings of worry or fear, anxiety can interfere with a person's mind. Every person finds things that make them anxious; as a result, they become nervous, panicked, afraid, and may even lose control. According to Boeree, *Neurotic Anxiety* is the fear of being overwhelmed by id impulses. You have experienced *Neurotic Anxiety* if you have ever felt like you were about to "lose it," losing control, your temper, your rationality, or even your mind (qtd. in Boeree 7). There are two quotations related to the reference:



(Figure 2. Nina with Lily)

She looks up, and finds Lily putting on makeup and wearing the Black Swan costume. Lily coyly smiles, and continues applying makeup. Nina looks into the mirror. Instead of Lily's reflection there's the Double. **Nina's fury rises up from inside. She charges... And smashes her into the WALL LENGTH MIRROR, shattering it. Shards fall everywhere.** (01:32:56)

When Nina sees Lily in her dressing room doing makeup to replace her as the main character, she becomes extremely anxious. Nina loses control of her emotions as a result of her anxiety.

Another quotation of *Realistic Anxiety* portrayed in Nina Sayers:



(Figure 3. Nina is out of control)

Her hands frantically scramble along the surface of the floor. The fingers barely touch the edge of a MIRROR SHARD, but can't grasp it. The Double squeezes down. The blood vessels in Nina's eyes BURST again. Her neck starts to stretch unnaturally. **Strength surges through her body and she lunges... Finally grabbing the shard.** And drives it into the Double's stomach. Nina glances at her hand, cut by the mirror, then back up. The Double is now LILY. Stunned, Lily looks down and touches the stab wound. Lily coughs up blood and collapses, dead. Nina stares at her, breathing heavily, high on adrenaline. A KNOCK on the door. Nina drags the stiffening body into the wardrobe closet. (01:33:35)

Nina is out of control as she tries to keep Lily from usurping her role. Nina kills Lily by stabbing glass shards into her stomach to prevent Lily from taking her place. Because *Neurotic Anxiety* refers to anger filled with impulses from the Id, *Sigmund Freud* assumed that a person experiences *Neurotic Anxiety* when they are in a state of loss of control, even to the point of losing their minds.

B. *Realistic Anxiety*

Realistic Anxiety occurs when we are concerned about something that has the potential to be dangerous. In this case, the dangers come from the outside world. "*Realistic Anxiety* is when the source of danger sensed by the ego is from the external world," According to Freud (Freud 267). *Realistic Anxiety* manifests itself as unpleasant, non-specific feelings associated with the possibility of impending danger. This assertion is supported by Feist's paper, which states, "*Realistic Anxiety* is closely related to fear. It is defined as an unpleasant, nonspecific feeling associated with the possibility of danger" (Feist 40). There are two quotations related to the reference:



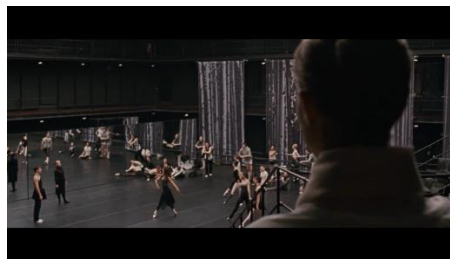
(Figure 4. Nina talked with Leroy about Lily)

LILY: What are you doing here?

LEROY: Nina?
LILY: You're supposed to be sick.
LEROY: Lily, give us a minute.
LEROY: Are you okay?
NINA: I'm fine.
LEROY: Nina?
LEROY: Nina!
NINA: What?
LEROY: I already asked Lily-
NINA: Fuck. Have you announced it?
NINA: After Beth, do you need more controversy?
NINA: I'm here, Thomas. I'm doing it. (01:27:05)

It is clear that Nina is in fierce competition with Lily, that she is angry, and that she feels threatened. Nina, in fact, does not want anyone to take her place; even though she was supposed to be at home due to illness, she trained too hard. According to Freud, anxiety is the ability to predict dangerous situations that can endanger someone who is anxious. Nina, who believes a dangerous situation will occur if she does not attend her concert, learns that Lily will take her place.

Another quotation of *Realistic Anxiety* portrayed in Nina Sayers:



(Figure 5. Nina pays close attention to Lily)

Nina takes a drink from the water fountain. She hears music emanating from the large rehearsal studio. Curious, she walks to the open doorway and stops to watch. CORPS MEMBERS and a few soloists form two lines on both sides of the room. In the middle, Veronica dances along with Lily. **Nina pays close attention to Lily, sizing her up. Her dancing is explosive and exudes sex.** Leroy snuck up behind Nina at the doorway and gets very close to her. Lily makes a small mistake, but cracks up laughing, amused rather than bothered by her blunder. **Nina stares at her, attracted and threatened.** (00:29:00)

When Nina sees Lily practicing the “Black Swan” and dancing with other colleagues, she becomes concerned. Nina thinks Lily's dance is interesting and appropriate for the character. “Nina stares at her, attracted and threatened” indicates Nina's fear that Lily could replace her at any time. Nina experiences *Realistic Anxiety*, which occurs when a person is concerned about something that could endanger her.

Anxiety can cause a person to feel fear or discomfort about something that hasn't happened yet. Anxiety is a person's reaction to a potentially dangerous situation. “*Realistic Anxiety* is when the source of danger sensed by the ego is from the external world,” according to Freud (Freud 267). *Realistic Anxiety* occurs when we are concerned

about something that has the potential to be dangerous. In this case, the dangers come from the outside world.



(Figure 6. Lily talked to Leroy about Lily)

LILY: Hey...Thomas sent me.

NINA : (to customer) what's she doing here?

LILY: He made me your alternate. (Can't help it) Just in case...

NINA: Thomas!

NINA: She's trying to replace me.

LEROY: (to stage manager, stagehands) Go ahead. I'll catch up.

LEROY: What's going on?

NINA: Lily. You made her my alternate.

LEROY: There's always an alternate, you know that. Lily's the best choice.

NINA: She wants my role.

LEROY: Every dancer in the world wants your role.

NINA: No, she's different. She's after me. She's trying to replace me.

LEROY: (condescending) Nina...

NINA: Please believe me.

LEROY: Listen, I know it's been a struggle. But you had a breakthrough this morning. Tomorrow is yours. Give a great performance, and you won't have to worry about Lily, or anyone else. (01:17:10)

Nina sees Lily as a threat to her role, which can be replaced at any time after meeting her while measuring clothes for a show. Nina is concerned that Leroy will cast Lily in the role of the black swan instead of her. In the event that the main character is unable to attend, Leroy assigns Lily as a backup dancer for Nina. In a show, there is always a substitute who is ready if something unexpected happens, but Nina sees Lily as more than just a substitute; she wants Nina's role.

CONCLUSION

Nina is chosen to be the main dancer in the "Swan Lake" dance, but this is where the conflict begins because, in order to play the character in the Swan Lake performance, Nina must be able to perform two dances with two different emotions, namely the White Swan, whose character is full of innocence and charm, and the Black Swan, whose character is the polar opposite, which is dark and seductive. Nina practices every day as a black swan, but the thought that Lily could take her place persists. Nina sees Lily as a threat to her role, which can be replaced at any time after meeting her while measuring clothes for a show. Nina is concerned that Leroy will cast Lily in the role of the black swan instead of her. In the event that the main character is unable to attend, Leroy assigns

Lily as a backup dancer for Nina. In a show, there is always a substitute who is ready if something unexpected happens, but Nina sees Lily as more than just a substitute; she wants Nina's role. Nina was always defending her role from anyone and everything.

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