

Schizophrenia of the Main Character Reflected in Jeff Baena's *Horse Girl* Movie (2020)

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Abstract

This study is aimed to analyze : (1) the schizophrenia of main character in Jeff Baena's "Horse Girl" (2) the mental condition of Sarah as schizophrenic reflected in Jeff Baena's "Horse Girl". The study uses descriptive qualitative method to analyzed the film entitled "Horse Girl" directed by Jeff Baena's as the objective of the research. The method of collecting data includes watching and reading, identifying, classifying, and selecting. The method of analyzing the data by displaying, explaining, and interpreting. The data analyzed by using Eugene Bleuler theory of schizophrenia and Sigmund Freud Psychoanalysis. The result of the study : (1) the schizophrenia of main character reflected in Jeff Baena's Horse Girl such as primary symptoms of schizophrenia in the form of association and ambivalence and secondary symptoms in the form of hallucination and delusions; (2) the mental condition of Sarah as schizophrenic in form of feeling generalized anxiety disorder due to the delusion, stress and mood disorder and analyzed by using Sigmund Freud psychoanalysis.

Keywords: *Schizophrenia, Eugene Bleuler, Psychoanalysis*

Introduction

Mental health problems are one of the main problems that continue to affect human conditions and needs. People who are mentally disturbed are unable to find peace in their lives; their souls are frequently disturbed, resulting in inner conflicts and even stress. When compared to unhealthy behavior, normal or healthy behavior is usually relatively difficult. This is because normal behavior attracts attention and is considered normal, whereas unhealthy behavior is usually unnatural and unusual. Schizophrenia is a common mental illness that causes abnormal behavior.

Schizophrenia is the most serious and destructive mental illness, and has long been a medical, scientific and social problem. It is associated with chronic,

severe, or even hereditary and disabling mental illnesses, which have been recognized throughout recorded history. In this thesis, the researcher wants to analyze how schizophrenia is in the main character and mental condition of schizophrenic sufferers. The issue of schizophrenia can be found in the film *Horse Girl*, which was first published in January 2020. The film, directed by Jeff Baena, tells the story of a woman named Sarah who works in a handicraft shop, starring Alison Brie. The only sibling figure he loved was Willow, a horse that used to belong to him. Sarah's life begins to be disturbed when she believes that she was kidnapped by aliens while sleeping.

Literary Review

Psychology of Literature

The psychology of literature is an approach to understanding literary works that focuses on the psychological activities of literary characters, authors, and even readers as literary connoisseurs. According to Wellek and Warren (1949), knowing the psychology of literature allows the reader to understand the psychology of the writer as well as the psychology of the character in a literary work, which then has an impact on the reader.

Schizophrenia

Eugene Bleuler in Durand (2014:478) state that Schizophrenia is a mental health problem characterized by a severe illness that causes disorganization of thoughts and beliefs. Patients suffering from schizophrenia have difficulty distinguishing between reality and hallucinations. Meanwhile, Bleuler describes schizophrenia as a split personality. As a result, schizophrenia is defined as having a split personality or a split brain. The term "split" can refer to a person's separation from reality. Bleuler's criteria for diagnosing schizophrenic disorder are as follows. There are two types of symptoms, according to Bleuler's diagnostic criteria: primary symptoms and secondary symptoms.

Symptoms of Schizophrenia

According to Eugen Bleuler in Stroup et al (2012:29), primary symptoms are manifestations of the body ahasi that are why it is not yet clearly understood,

while secondary symptoms are manifestations of suffering's attempts to adapt to primary disorders.

1. Primary symptoms can be: Autism, Affectivity (affection and emotional disorder), Association (thought process disorder), and Ambivalence (unable to make a decision)
2. Secondary symptoms show a process of the purposes of personality, such symptoms can be: Hallucinations are kind of thought that results from the sharpness of the senses excessive and the brain's inability to interpret and respond appropriately to every message to comes. Hallucinations can be auditory hallucinations, olfactory, tactile hallucinations, somatic hallucinations, visual hallucinations, and gustatory hallucinations. And Delusions are false beliefs and settles in a person's mind without considering a logical basis and there is no evidence to support this belief, but sufferers still believe in the truth.

Instinct

Freud proposed a concept that human beings have two instincts that arouse their psyche : the life instinct known as eros, and the instinct of death, known as Thanatos. Love is seen as an instinct. According to this view, the instinct of life is more powerful than the instinct of death (Osborne, 2000: 114).

Conscious and Unconscious

According to Freud (in Jones, 1959: 1), awareness includes all mental processes that a person performs consciously when giving. Preconscious memory is a memory that a person does not have to be aware of at all times. However, it can be very simple, direct, and intentional. Subconscious memories, on the other hand, are memories that cannot be recalled spontaneously by the subject. However, it can be discovered using special methods (such as hypnosis)

Structure of Personality

According to Freud (in Passer and Smith, 2003:432-433), personality is made up of three major systems: the id, ego, and superego. Each of these systems has its own set of functions, characteristics, components, operating principles, power, and mechanisms. However, the ego and superego interact so closely that it is

difficult to isolate their influence and quantify their relative contributions to human behavior.

Ego Defense Mechanism

The term defense mechanism was coined by Sigmund Freud to describe a person's unconsciousness in the face of anxiety; a mechanism that protects people from external threats or internal anxiety that distorts reality in a variety of ways (Hilgard, et al., 1975:442).

Research Methodology

In this chapter, the researcher wants to use descriptive qualitative method as the principle instrument, According to Bogdan and Biklen (1982) pointed out that qualitative research is descriptive, and data is collected in the form of words or pictures rather than numbers. Data in the form of quotations from documents, field notes, and interviews or data videotapes, audiotapes, or electronic communications are used to present research results.

The object selected to be analyzed in this research is *Horse Girl* movie that first released in 2020 by Netflix Original. The director of this movie is Jeff Baena. The movie is 104 minutes in length. The researcher uses all forms of sentences, speeches, utterances, and dialogues taken from English subtitle of *Horse Girl* movie.

In the steps of collecting data from *Horse Girl* movie 2020, the researcher uses observation the method, they are, watching, reading, identifying, classifying, and selecting. This thesis also contains a method of analyzing the data, they are, displaying, explaining, and interpreting.

Discussion and Findings

The main character of this film is Sarah. Sarah is schizophrenic. From Sarah's attitude towards things around her, Sarah always displays an attitude and what she experiences is different from other people in general. Schizophrenia is a barrier that affects a person's ability to think, feel, and act properly. In this chapter, the researcher wants to analyze how schizophrenia in the main character and mental

condition of schizophrenic suffering is shown by Sarah using the schizophrenia theory by Eugene Bleuler and Sigmund Freud psychoanalysis.

Symptoms of Primary Schizophrenia

Symptoms of primary schizophrenia are recognizable early symptoms based on four characteristics. These symptoms are usually called the 4A's, namely association, affect, ambivalence, and autism, meanwhile, for secondary symptoms, including hallucinations and delusions. The explanation will be started by the researcher by describing the symptoms of primary schizophrenia. First, the secondary symptoms will be described after that. The following is a description of primary schizophrenia symptoms as seen in the main character Sarah in the Horse Girl movie.

a. Symptoms of Schizophrenia in the Form of Associations

Associaton is a bond or relationship that exists between two or more ideas. Some people find it difficult to express themselves coherently or to use formal language. Causing slurred speech or loss of control can be proven in

Sarah	: “And I don’t know who would be doing it, like...it could be the government, or demons, or.. um immortal alchemist, like dee on purgatory. I just wanted to see if maybe we could, um, test for that”
Doctor	: “Uh, yeah. Um, sarah, I’m...I’m an ear, nose, and throat specialist, that’s my area of expertise. So I don’t really know a lot about some of this other stuff” (<i>Horse Girl</i> , 2020, 00:56:30)

The quote above takes place inside a hospital. During the day Sarah went to the hospital to consult the nosebleed she was experiencing with an otolaryngologist, but Sarah suddenly asked about clones, hearing this question the doctor was silent and confused because what sarah was asking was not a field that she was good at, it was proven “ *Uh, yeah. Um, Sarah, I’m...I’m an ear, nose, and throat specialist, that’s my area of expertise. So I don’t really know a lot about some of this other stuff*”. Heard the word from doctor Sarah then rushed to leave the hospital in a hurry.

From the quote above, it can be concluded that Sarah has schizophrenia with primary symptoms called associations. Association, namely the relationship between thoughts to be disturbed or can be called a thought disorder or loose association. The speaker will look like a rambling person because the content of the speaker has no relationship with one another.

b. Symptoms of Schizophrenia in the Form Ambivalence

A contradictory attitude towards an object at a time the same example is the attitude of hate and love. Concerning affect, action and thought, can be proven in

Darren	: “Please, let’s get back into the”
Sarah	: “No! No! Don’t fucking touch me ! no, no, no, no, no just stay the fuck away from me!”
Darren	: “i;m not gonna leave you in the middle of a cemetery at night. Will you...”
Sarah	: “get the fuck away from me! Help help help get the fuck out of here!”

(*Horse Girl*, 2020, 01:05:25)

The conversation above is taken from the dialogue between Sarah and Darren. After dinner sarah invites darren to go somewhere, after arriving it turns out that sarah visited her mother's grave, she intends to dig the grave using scissors to take her mother's skeleton to be used as a DNA test to find out whether sarah is a clone or not, However, it daren doesn't agree because it was a crazy act, "*please, let's get back into the*", darren asked sarah not to do it and went home with darren, but sarah was angry and told darren to leave sarah alone in the grave "*No! No! Don't fucking touch me ! no, no, no, no, no just stay the fuck away from me!*"

The explanation above shows that Sarah shows ambivalence behavior because she shows the same concept can be accompanied by pleasant and unpleasant feelings at the same time, before sarah went to her mother's grave, sarah and darren said to each other that they love each other but after that sarah who really loves darren but she suddenly hating Darren, Sarah felt love and hate at the same time.

Symptoms of secondary schizophrenia

After providing a description of the symptoms of primary schizophrenia, next the researcher will describe the symptoms of secondary schizophrenia. The following is symptoms of schizophrenia shown by the main character in the *Horse Girl* movie.

Hallucination

Hallucinations are perceptual disturbances in the absence of a real stimulus to what is perceived.

There are several types of hallucination suffered by Sarah in *Horse Girl* film, the hallucination includes:

a. Visual Hallucination

Visual hallucination is the perception of seeing things that are not present. Hallucination can take the form of objects, visual patterns, people, or lights. Sarah experiencing visual hallucinations can be proven in

scavengers : “Great length, this is joan, can i help you? Hello? Hello? Take another selfie, huh? To satico, god of technology. 13.000 years at the center of a polar orbit.”
Sarah : “While i wait for someone to stop him”
(*Horse Girl*, 2020, 00:28:36)

The quote above occurs at Sarah's workplace. Sarah suddenly had a nosebleed and Joan helped Sarah give a tissue to remove the blood in her nose and told Sarah to bend over so the blood stopped quickly, after Sarah lifted her head. Suddenly Sarah saw the person in her dream passing in front of the shop she was working at, then Sarah rushed out and followed the person. But it was just Sarah's hallucination. That person doesn't actually exist.

From the explanation above, it can be concluded that Sarah has visual hallucinations. Visual hallucinations are a type of hallucinations that affect vision. The sufferer feels something that is not there or is not happening. In Sarah's case, she saw the person she saw in her dream passing in front of her shop, but after Sarah confirmed that person was not there and no one had seen her.

b. Auditory Hallucination

Auditory hallucination is a type of hallucination in which a person hears voices that other people do not hear. The sound can be instructions, conversation, music, or even someone's footsteps.

Sarah experiences auditory hallucination, can be proven in

Nikki : “ I crashed at Brian’s, his power went out. My phone died. My alarm didn’t go off, so I’m fucked”
Sarah : “I thought you were here, I...I heard you guys last night”
Nikki : “What? No. we were at Brian’s all night”
Sarah : “I heard your voices”
(*Horse Girl*, 2020, 00:33:21)

The quotation above is taken from dialogue between Sarah and Nikki at her apartment. In the morning Nikki was late to go home because she spent the night at Brian's place, However, it Sarah heard Nikki and Brian talking at night until Sarah had trouble sleeping, but Nikki denied it that Nikki and Brian spent the night at Brian's house not in his boarding house, it was proven "*What? No. we were at Brian's all night*" hearing Nikki's words, made Sarah confused and immediately left the house to go to work.

The evidence presented above describes Sarah's condition, in which she has hallucinations caused by hearing people speak. These are referred to as auditory hallucinations. Auditory hallucinations are caused by brain disorders that cause patients to hear things that are not real. This is explained in a literature review, a person who experiences hallucinations believes that the sound he is dealing with is coming from something or someone else. In this case Sarah heard and believed that Nikki and Brian were talking at the time, however, Nikki denied it because she and Brian at Brian's house that night.

c. Tactile Hallucination

Tactile hallucination is caused by physical contact or movement in a specific area of the body. Apart from visual and audio hallucinations, Sarah also experiences tactile hallucination. It can be proven in

Sarah : “Um..and I’ve been having a little trouble sleeping, cause i’ve been havingthese really weird dreams, and i’ve been kind of scared to go to sleep. And now i have

some bruises on my body. Do you know what that could be from?"

Doctor : "Well, um, you know, a bruise like that could really be from anything, you might've bumped into something, even if you didn't know that you did"
(*Horse Girl*, 2020,00:54:39)

The conversation above occurred when Sarah visited a doctor at a hospital. There Sarah told about her health problems and dreams she had. Proven in "*um..and I've been having a little trouble sleeping, cause i've been having these really weird dreams, and i've been kind of scared to go to sleep. And now I have some bruises on my body*". He explained that he had a strange dream and he assumed that the bruises around his waist that he had were due to the dream that he was abducted by aliens and touched by aliens so that when he woke up there were bruises all over his body .

The incident that Sarah experienced feeling sick and bruised after she woke up or in a conscious state, even though the attack occurred in her dream is an example of a tactile hallucination. Tactile hallucinations are a type of hallucination that occurs in the sense of touch. Patients may suddenly feel pain on their skin, even though they have not scratched anything. It happened to Sarah that she wasn't actually touched by the aliens but she was feeling sore and bruised.

From the proven evidence above, it can be said that Sarah experienced hallucinations that made, heard, felt something. The hallucinations that he had been getting because he was uncomfortable and scared, as evidenced by the constant fear and frequent nosebleeds. An object that Sarah doesn't really believe in and will happen that could harm her. The symptoms experienced by Sarah do not affect her surroundings directly, but with actions that Sarah shows as another strange behavior, causes her mentality problems. Sometimes it also interferes with their activities. Like when Sarah suddenly leaves the workplace and leaves the place where she works out, work productivity drops. Joan, who often worked with Sarah, had to work alone.

Delusion

Delusions are false beliefs that persist in a person's mind without considering the logistical basis and the absence of evidence to support these beliefs. This delusion

arises after the hallucinations experienced by Sarah and she believes the truth of the hallucinations. Sarah in *Horse Girl* experiencing delusion can be proven in

Nikki : “Hey. Good morning”
Sarah : “Oh! Hey. What’s this?”
Nikki : “Oh, you were wilding out. Do you know what happened to the wall? Those scaratches?”
Sarah : “I don’t know”
Nikki :” Maybe call a handyman, get it fixed, just before the landlord sees it”
Sarah : “Okay”
(*Horse Girl*, 2020, 00:24:54)

The quote above happens to sarah and Nikki's apartment, Nikki is surprised to see sarah sleeping in the living room and sees there are scratches on the walls of their apartment, then nikki wakes up sarah who is drunk because after the party and nikki asks sarah if sarah knows what happened so the wall is scratched , but Sarah said no. After Nikki went to her room, Sarah felt the wall and remembered that she had a dream and she believed that aliens had scratched the walls of her apartment.

From the explanation above, it can be seen that Sarah is delusional about aliens, Sarah believes that aliens have come and scratched the walls of her apartment. That's what scares Sarah.

The Mental Condition of Sarah as Schizophrenic Reflected in Jeff Baena’s Horse Girl

Generalized Anxiety Disorder

Anxiety is a condition in which a person experiences anxiety on a continuous basis, which can even get worsen over time. Sarah suffers generalized anxiety disorder may feel anxious or overly concerned about variety things, ranging from work and health to simple things like interacting with other people. Sarah anxiety is a common symptom of paranoid schizophrenia. This is because they believe someone or something is out to harm them, so they are afraid.

Schizophrenic mental conditions generally experience anxiety. It can be proven through Sarah and Ethan’s dialogue.

Ethan : “ How about we just talk about now and get a sense of how ou’re feeling? Um, are you experiencing any anxiety or depression?”
Sarah : “ Yeah? Anxiety?”
Ethan : “Uh...Scale of one to ten, how intense?”

Sarah : “Ten”
 Ethan :” And then how about depression? No? Well...One? Two, Three?”
 Sarah : “ One”
 (*Horse Girl*, 2020, 01:12:53)

The quote above is taken from the dialogue between Sarah and Ethan. Joan took Sarah for treatment at the community health center and Ethan is a social worker who works at the community health center providing some asked Sarah some questions about how Sarah was feeling, it was proven “*How about we just talk about now and get a sense of how ou’re feeling? Um, are you experiencing any anxiety or depression?*” and Sarah replied that she had anxiety on a scale of ten.

In the dialogue, it can be seen that Sarah's mental condition is experiencing anxiety, and this feeling of anxiety often affects paranoid schizophrenic patients. This is because there is an assumption that someone or something will hurt them, so they feel afraid. Sarah feels Generalized Anxiety Disorder because of the symptoms she suffers, there are:

Delusion

As a schizophrenic, Sarah is afraid of things that are not real. This is called delusion, and it makes it difficult to distinguish reality from fantasy. Patients also believe in something that is not true.

a. Believe in Satico Satelite

Sarah believes there is an upcoming satico satelite, as proven in

Sarah : “It has to be on because of satico satelite he’s the god of technology, and the aliens need to appease him. Okay, they come at night. They come at night when everything’s off. And it’s not daylight. It’s not daylight. It’s electricity. It’s all about electricity”
 Nikki : “That’s what she was talking about on the date with Darren”
 (*Horse Girl*, 2020,01:06:36)

The quote above occurs when sarah is in her room alone sarah is very scared she turns on very loud music and burns the paper which is believed to be a protector, suddenly Nikki and Brian come and go into Sarah's room to calm sarah and turn off the music, but sarah is scared and screaming tells nikki and brian that

there is a god of technology that is satico satellite and aliens who will come at night when all is out.

From the quote above, it can be seen that Sarah believes that there will be a satico satellite which she means the god of technology and aliens. However, this was only based on his dream. From his dream, this formed the perception that the god of technology was really coming. From there formed the life instinct. The life instinct is the human desire to feel pleasure. It can also be interpreted as a human desire to live. Sarah was afraid and looking for a way to keep the god of technology from coming she burned the protective paper and played very loud music so it wouldn't be heard again and locked herself in the room as a protector.

From the explanation above, it can be seen that Sarah's id appears when she wants to save herself from the fear of a god of technology (Satico Satellite) and aliens. This prompts the ego to find a way to survive by burning paper which is believed to be a protector and playing loud music so as not to hear the gods of technology (Satico Satellite) and Aliens. But it was all turned off by Brian and Nikki, id who wanted to be satisfied, pushed the ego to hide in the bathroom and turn on the tap water loudly. Until the next day he worked and out of fear he took a shower at work intending to hide from the god of technology (Satico Satellite) and aliens.

Stress

From the symptoms Sarah suffers, makes her become stressed.

Darren : “Sarah, okay. What are the...what we gonna do? Dig up your mom with scissors? We don’t even have a shovel! This is crazy. Please, let’s get back...”
Sarah : “No”
Sarah : “let’s please get back into the...”
Joan : “No! No!”
(*Horse Girl*, 2020,01:05:17)

The quote above occurs when sarah invites darren to go to her mother's grave and she wants to dig her mother's grave. This is because Sarah wants to know that she is a clone. Hearing that Darren panicked and asked Sarah to come back home.

From the quote above, it can be seen that sarah is very depressed by what she is going through, she wants to do it because the anxiety she is experiencing is

getting out of control. Sarah as a schizophrenic is a strange thing that causes a change in her soul. The changes did not affect his life directly. But it gets worse every day. He is no longer in control of his behavior and emotions. It caused him to feel stressed. Furthermore, his wish to dig up his mother's grave was rejected by darren

From the explanation above, it can be concluded that the id is the desire to feel peaceful. This prompts the ego to fulfill the id by digging up his mother's grave and taking her bones for DNA test samples. Id who felt too much pressure couldn't endure it all and decided to do his mother's grave digging. Ego approves id and says he can do DNA test to know he clone or not. So he will no longer feel pain. Superego as a moral value says that whatever he wants to do is wrong. Digging graves with scissors is an act that violates social norms, in the end the ego beats the id, sarah returns home but the anxiety gets worse.

Mood Disorder

This disorder is also known as affective disorder, which makes the patient feel sad or excessively happy, changes in mood or from feeling happy to very sad. Sarah experience mood disorder, proven in

Sarah : "I've never seen him like that before"
Darren : "Yeah"
Sarah : "He was so angry"
Darren : "Yeah"
Sarah : "It was so scary"
Darren : "You have nothing to be afraid of. Okay. I'm here for you. Yeah. I love you"
(*Horse Girl*, 2020,01:22:44)

The dialogue above takes place at night sarah managed to escape from the health house and sarah sarah visited darren's house wearing a protective cloth so that no part of the body was visible other than her eyes. He believed he would be safe if he used the cloth. Sarah wanted to meet Darren after Sarah was furious with Darren because Darren forbade what Sarah did when she was at her mother's grave.

From the quote above, it can be seen that sarah was very scared and she used to be very angry with darren. Realizing that Sarah will be calm and happy when she is with Darren, the id desire of Libidio that arises in her makes her

attracted to Darren. Darren's emergence into his life makes little by little a person who is more open and feels protected because Darren loves Sarah, Darren wants to protect Sarah from all threats that Sarah experiences. This made Sarah from being sad for a long time to be calm and happy.

Conclusion

In this analysis, the researcher shows the analysis of schizophrenia suffered by Sarah as a paranoid schizophrenic. The character suffered 2 primary symptoms, namely, association and ambivalence, and 2 secondary symptoms, namely, hallucinations and delusions. The mental condition of main character is about the condition of schizophrenic analyzed by using Freud's psychoanalysis. The main character (Sarah) started to feel generalized anxiety disorder, stressed and showing mood disorder.

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