

Delusional Disorder Reflected in the Character of Jake in Charlie Kaufman's *I'm Thinking of Ending Things* (2020)

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Abstract

This study is aimed to analyze : (1) the type of delusion reflected in the main character reflected in Charlie Kaufman in "I'm Thinking of Ending Things", (2) the psychological condition of Jake as delusion's sufferer reflected in Charlie Kaufman in "I'm Thinking of Ending Things". The study uses descriptive qualitative method to analyze the film entitled "I'm Thinking of Ending Things" directed by Charlie Kaufman as the objective research. The collecting data of the research method includes watching and reading, identifying, classifying, and selecting. The analyzing data of the research method by used displaying, explaining, and interpreting. The researcher analyzes the data by using Abnormal Psychology and Sigmund Freud Psychoanalysis. The result of the study : (1) the type of delusion reflected in the main character reflected in Charlie Kaufman in "I'm Thinking of Ending Things" such as erotomaniac delusion and grandiose delusion; (2) the psychological condition of Jake as delusion's sufferer in form of feeling anxious due to hallucination, delusion, and stress by using Sigmund Freud Psychoanalysis.

Keywords: *Delusional Disorder, Abnormal Psychology, Psychoanalysis*

Introduction

Health mental is very important for human life, because with a health mental they have a good mind to interaction with the other people, so they can do their activity well. Person who could not control their thoughts is called mental disorder. One of mental disorder is delusional disorder. According to Boeree (2008: 470) in a book of general psychology, delusion is a false belief that is held firmly by the person because of distortion or make over of thought and/ or misinterpretations of perceptions or someone's experience. Patients with delusional disorders can socialize and work normally regardless of the subject they imagine.

According to Greene (2014: 435), there are several types of delusion are discussed in this study, there are Grandiose delusion, Delusion of Control, Somatic Delusion, Delusional Jealousy, Nihilistic Delusion, Delusion of Self Accusation, Erotomanic Delusion, Delusion of Mind being Read, and Persecutory delusions. Delusional disorder also caused by some factors, there are environmental, genetic, and biological factor.

Person who sufferer delusional disorder, it effects on human's personality. Every human have a personality, in a psychology study there are some theories that discussed about a personality that covered in psychoanalysis. According to Freud in theories of personality (1993: 177-180) stated that delusion caused by the ego weakness that could not control the superego in his personality life.

Literary Review

Psychology of Literature

Literature is an expression of human's feeling, including experience, thoughts, motivations, and confidence in using language to describe concretely. They express their feeling and thoughts into a writing object, so it also can be use full for the other people, because they can read his writing.

Psychology of literature is a method of understanding literary works. It focuses on the psychological activities of literary characters, authors and even audients as connoisseurs of literary works. According to Wellek and Waren (1949), psychology of literature is psychology of writer, as the type and individual, or the study of the creative process, or the psychological types and laws existing in literary works, or finally, the influence of literature on readers (audience psychology). It means by study psychology of literature, the reader or the audience can understand about the psychology of the writer and the psychology of the character in the literary works.

Abnormal Psychology

Abnormal psychology is the branch of psychology, that the content is study about abnormal behavior and ways to help people that affected by psychological disorder. It is more attention with understanding the nature, causes and treatment of mental disorders (Hooley, 2017: 26). It can be seem in many media, like a

news, book, film, etc, usually we can find that the celebrity is became the object because of a drug or alcohol problem, an eating disorder, a suicide attempt, problem with depression, or some other psychological disorder.

Psychological Disorder

Psychological disorder is an ongoing dysfunctional pattern of emotion, thought, and behavior that causes a significant distress and it is considered deviant in that person's culture or society (Butcher, Mineka and Hooley, 2007: 359)

According to Hinshaw in Kring and Johnson (2018: 3), in the twenty-first century, psychological disorder remains the most stigmatized of condition, although advances in the public's knowledge are talking about the origins of psychological disorder. Some examples of abnormal behavior are mood disorders, anorexia, gender confusion, schizophrenia, etc. Other than it, the *DSM-5* range form milder forms of disorganized or unusual relating and thinking to other associated with brief psychotic disorder, schizophrenia disorder, schizoaffective disorder, and delusional disorder (Greene, 2014: 430).

Delusional Disorder

Delusion is a type serious of mental illness that called a psychosis in which a person who could not tell what is real from what is imagined. The diagnosis of delusional disorder is applied to people who hold persistent, clearly delusional beliefs, and also often involving paranoid themes.

People with delusional disorder do not show confusion or confused thinking. When the hallucinations occur, they are not so prominent. The delusion of schizophrenia is embedded in a wider range of confused thoughts, perceptions, and behaviors. In delusional disorder, the delusion itself may be the only clear sign of abnormality (Greene, 2014: 434).

Types of Delusional Disorder

Greene (2014: 35) is stated, that the types of delusional disorder are:

1. Erotomaniac Delusion

It beliefs in someone else, usually a person who had higher social status such as a political figure or a movie star, is fall in love with you; usually it called by *erotomania*.

2. Grandiose Delusion

It is inflated beliefs about own value, power or beliefs that one has a special relationship to a god or to a famous person.

3. Jealous Delusion

It is delusion of jealousy where the person may become convinced, without any cause, that his or her partner is not loyal.

4. Persecutory delusion

It is usually involves themes of being conspired against, such as cheated, spied on, followed, drugged or poisoned, or otherwise is mistreated or maligned.

5. Somatic delusion

This delusion is delusion that involving the person's medical or physical condition.

6. Mixed delusion

This delusion is usually had more than one type, without any single predominant theme.

Causes of Delusion

Lesser and O'Donohue (1999) stated that the factor of delusional disorders is unclear. It may be one of these factors, they are:

1. Genetic Factor

The fact that delusional disorders are more common in family members with delusional disorders suggests that genetic factors may be involved, because the tendency to develop delusional disorders may be transmitted from parents to their children.

2. Biological Factor

The abnormalities in certain areas of the brain may be related to the development of delusional disorders. The imbalance of certain chemicals in the brain (called neurotransmitters) is also related to the formation of delusional symptoms.

3. Environmental Factor

There is evidence that delusions can be triggered by stress. People who are often isolated like people who had hearing and looking impairments, as well as immigrants seem to be more likely to develop delusional disorders.

Freud's Psychoanalysis

Sigmund Freud developed the psychoanalytic theory to understand the personality of human soul. According to Schultz (2017: 35) Freud's psychoanalysis emphasizes unconscious power where it comes from human's instinct. Freud's attack on the traditional psychology of conscious, that comes from different way. He compares between soul and iceberg, where the smaller part that appears on the surface of water is a consciousness, while a much part that below the surface of water is unconscious (Hall, 1993: 60).

Instinct

1. Life Instinct

According to Freud in Schultz (2017: 44), the life instinct is oriented toward growth and development. The psychic energy is manifested by the life instinct, that called by libido.

2. Death Instinct

Freud's radical conclusion about life is that life itself aims at returning to its previous state of nonexistence, where are human being driven by the death instinct (Ewen, 2014: 14-15), because the goal of this life is death.

The Levels of Personality

1. The Conscious

The conscious mind is everything that can be felt and realized by every human. According to Freud in Schultz (2017: 44-45), the conscious is all the sensations and experiences that we are aware at any given moment, so we realize and feel what are we doing at the time.

2. The Preconscious

The preconscious become a bridge between two levels, there are the conscious and the unconscious. According to Freud in Schultz (2017: 45), the preconscious is the storehouse of all our thoughts, memories, and perceptions of that we are not consciously aware at the moment, but we can very easy to summon it into consciousness.

3. The Unconscious

According to Freud in Schultz (2017: 45), the unconscious is larger than the conscious, because it invisible portion below the surface. The unconscious

have contains that the major driving behaviors and is the main of force could not see or control.

The Structure of Personality

1. The Id

The id is only component of personality that exists at someone's birth. It is so including all instincts, as well as the total supply of spiritual energy. According to Hall (1956: 22), the purpose of pleasure principle is to rid the person's tension, or, if this is impossible to reduce the amount of tension to make a low level and to keep it as constant as possible.

2. The Ego

The ego is the connector between Id and Superego, where the ego had functions as rational thought in dynamic personality and becomes tools of Id to satisfy its desires. Schultz (2013: 50) stated that the purpose of the ego is not thwart the impulses of the id, but it means to help the id obtain the tension reduction it craves. Because it is aware the reality, the ego decides when and how the id instinct can to be the best satisfied.

3. The Superego

The superego is the formation of morals and morals that can we get from family and society around us. According to Freud in Schultz (2013: 47), superego is internal morality a conscience that we acquire the superego in childhood that the content is talking about our ideas of right and wrong.

Defense Mechanism

According to Freud in Schultz (2017:19), to deal with the severe threat of the Id and associated anxiety, the ego can use a variety of defense mechanism, there are:

1. Repression

Repression is an involuntary removal of something from human's conscious awareness.

2. Denial

Denial is often accompanied by another defense mechanism, such as fantasy, where unfulfilled needs are pointing in one's imagination (Ewen, 2014: 21).

3. Reaction Formation

It is the type of defense mechanism that allowed someone to act contrary to what intended.

4. Projection

According to Schultz (2017: 50), projection is another way to resist distracting impulses to project them.

5. Regression

The person who retreats or regresses to an earlier period of life that was more free and pleasant of the current level of frustration and anxiety, it is called as regression.

6. Rationalization

It influences reinterpreting our behavior to make it seem more rational and real.

7. Sublimation

Freud in Schultz (2017: 51) stated that sublimation replacement involves finding substitutes to satisfy the self impulse, while sublimation involves changing the self impulse itself.

Research Method

The research method which is used in this research is qualitative research. Based on Creswell in his books *Research Design* (2006), qualitative research means for exploring and understanding about the meaning individual and also groups ascribe to social or human problem.

The object in this research is film under title *I'm Thinking of Ending Things* (2020) directed by Charlie Kaufman that published in 2020. The film published sentences of subtitle, also focus on picture in the film. The types of data that is used are main data which is collected from the dialogue's film, and supporting data which is collected from some sources, like books, internet, and journal that can support the research.

The method of collecting data in this research is by doing observation. The procedures are watching the movie and reading the scripts, identifying the data from the scripts and subtitle, classifying data and selecting the data.

After the data are collected, the next step is analyzing data by following: Displaying the data, explaining data, and interpreting data.

Finding and Discussion

The research analyzes the issue in this chapter. The issue is about the types of delusional disorder and human's psychological condition that found in the main character of *I'm Thinking of Ending Things* movie (2020).

1. The Type of Delusional Disorder Reflected in Jake's *I'm Thinking of Ending Things*

Erotomaniac Delusion

In object of research, some types of delusional disorder are sufferer by Jake as main the character, one of the type is erotomaniac delusion. He believed that he has a special girl, or famous woman was his own. In the fact he never had it all. He does this because he could not make different between the real and the fantasy.

It can be seen under this dialogue:

Jake	: "Incidentally, Wordsworth wrote a series of poems to a woman named Lucy"
Young Woman	: "Like me!"
Jake	: "Exactly beautiful, idealized woman who dies young. Well, the comparison goes only as far as your name"
Young Woman	: "Phew"
Jake	: "And that you are ideal, of course"

(I'm Thinking of Ending Things, 2020, 00.08.33)

The quotation above occurred when Jake and the young woman were talking about one of poet was created by Wordsworth in the car. Jake said that Wordsworth wrote a series of poems to a woman named Lucy, who has same named like the young woman. In the poet, it told about Lucy who has a beautiful face and she was idealized woman who dies when he was still young, it can be evidence in the dialogue "*Exactly. A beautiful, idealized woman who dies young*", it was pointed to Lucy character in the film. It means, there were some boys like a woman by seeing the beautifulness or face.

Jake was very like with woman who have a body perfect or woman who have a social higher in the public, it can be prove when he said "*And that you are ideal, of course*", it means his level to get woman or to get a couple was woman that ideal, it one of the reason that he wanted to have relationship with the young

woman in this film, because Jake said that the young woman was ideal to be his couple for Jake. The young woman who accompanied him in the car was false, she was only there in Jake's imagination. In the film, the ideal woman was never been his own, he was suffering delusion that he believed have an ideal woman in his life.

Grandiose Delusion

In *I'm Thinking of Ending Things* film, the type of grandiose delusion also sufferer here, where the people with grandiose delusion is belief with their self that they have a power on their body. In the fact, the people do not have that power. It can be seen in the some quotations below.

Janitor : "Thank you. My acceptance speech! I accept. I accept it all. I gratefully accept your acknowledgment, this award. I accept all that it entails. That this award comes near the end of a long, fruitful life in acknowledgment for the work I did decades ago. My quest has taken me through the physical ---- the metaphysical, the delusional – and back. And I have made the most important discovery of my life: It is only in the mysterious equations of love ---- that any logic or reasons can be found. I am only here tonight because of you"

(I'm Thinking of Ending Things, 2020, 02.04.14)

The quotation above occurred when Janitor gave his speech to every people on podium in auditorium stage on the podium. He saw many people that came in his event. There were his mother, his mother, his girlfriend, and many people were there. She believed that everyone were happy when he was going on to the podium, because he got a Nobel medallion in his neck. But, it actually was only his delusion. He is only a Janitor in a High School, that never have found something new in his believed, but he believed that he is an inventor until he got a Nobel medallion.

From the quotation above, it means the Janitor was sufferer a delusion, exactly grandiose delusion. Where he believed that he had an ability which is unique, and finding something new in his world until every people recognize and appreciate him. In this cast, Janitor always makes a big his self. He believe that he have made the most important discovery of his life. He felt that he was very important person in this world. It was his hoping in his life, he wanted to be an important person in this world, but it could not be the real. Because it needs an intelligence person to be a power person, where he was never got that category in

his life, no talent was coming down from his parents. He was a person who always got perseverance's category when he was child. So, in this event he was alone where there are many imaginations around his thinking because he could not fulfill the young woman's needs.

2. The Psychological Condition of Jake as Delusional Sufferer Reflected in Charlie Kaufman's *I'm Thinking of Ending Things*

Jake is an old man as Janitor in a senior high school. It was not his dream to be a Janitor, because he wants to be a good man who had a power in his life so that every people see him wonderfully. But, he could not create his dream because of some things, and make him think it over until he feels stress. It can be seen under dialogue:

Father : "Remember how excited you were about the diligence pin, kiddo?
He wore it to school"
Jake : "I didn't"
Mother: "He did every day. You did"
Jake : "I didn't. I was disappointed. I wanted the "Acumen" pin.
"Diligence" is an also ran. "You there, you work very hard. You're
not that bright, but we're impressed that you try anyway."
(*I'm Thinking of Ending Things*, 2020, 00.47.10)

The quotation above was happened in a dining room. The parents were talking about Jake's ability. He got a diligence pin when she was eight years old, it was amazing where the parents never did it, but he dislike with his ability. He wanted to have acumen pin like the other, because for him diligence is not important for his life.

From the quotation above, it can be conclude that Jake was a good man, he was a diligence man since he was child but, what he wanted was not a diligence pin, he wanted to get acumen pin, where he felt more appreciated with the other people. He felt disappointed of his self. He was clever in physic and his dream wanted to be a founder, but because of his deficiency he could not reach his dream. He became stress and made him have a mental illness.

Delusion

Jake have some delusion when he could not create his dream, he can have imagination that he have everything he wants, and he belief it. So he can life with his imagination, that evidence by the dialogue:

Jake : "Jesus!"

Young Woman : “What?”
 Jake : “In the window!”
 Young Woman : “What?”
 Jake : “There was someone watching us”
 Young Woman : “I don’t see anymore”
 Jake : “He was there, watching us. Like a goddamn perfect. I’m going to give him a piece of my mind.
 (*I’m Thinking of Ending Things*, 2020, 01.44.16)

Jake quotation above happened in Jake’s car. It occurred when Jake and the young woman were kissing, suddenly Jake pulled away from the young woman. He was shock and angry because there was someone who peeked him from the window’s car, where the young woman was nothing see human there except them. Jake turned off the car and exit from the car, left the young woman alone in the car. He went away to look for someone’s that peek him last.

From the quotation above, it can be seen that Jake believes there is someone who stalks him. However, this is only based on his feeling. From his feeling, it formed perception that there is someone peeks him when he was kissing in the car. From it forms a *life instinct*. Life instinct is a human desire to feels pleasure where it covers individual life and species life. Because we are essentially social human, so sex is the most important social needs, but it not only about intercourse.

From the explanation above it can be conclude that Jake dislike when his social needs was disturbed by another people. He was angry when he could not fulfill his social needs. The young woman says to ignore the person who had peeked them as stated “*Jake, really, let’s just, —*” but she has not done to say it, because Jake had gone out from the car and left her alone. Superego appears as reminder to Jake that his act is not wrong, there nothing problem can be finished by emotional, because it can be make a new problem. Nevertheless, due to the strong will of *Id* (catch a person who has peeked him), in the end the *ego* chooses to fulfill the *Id* by continuing to go away from the car to look for and catch the person. He ignoring the superego who says that his action with emotional will not finish the problem.

Hallucination

Delusion is different with hallucination. When the hallucinations occur, they are not so prominent in this cast. Hallucination is one of the symptoms of delusional

disorder that makes the sufferers feel or see something that does not exist or does not happen. It can be seen in the quotations above:

Pig : “It’s not bad. Once you stop feeling sorry for yourself because you’re just a pig, or, even worse, a pig infested with maggots. Someone has to be a pig infested with maggots, right? It might as well be you. It’s the luck of the draw. You play the hand you’re dealt. You make lemonade. You don’t worry about a thing”

Janitor : “That song has always made me cry”

Pig : “I’ve always loved it. There is kindness in the world, you know? You have to research for it, but it’s there”

Janitor : “You are kind”

Pig : “Eh. I’m just evolving. Even now, even as a ghost, as a memory, as dust. As you will”

Janitor : “We’re the same?”

Pig : “Everything is the same. When you look close enough, as a physicist, you would know that. You, me, ideas. We’re all one thing. Let’s get you dressed”

(I’m Thinking of Ending Things, 2020, 02.03.18)

The quotation above was happened when he got his hallucination. He got hallucination when pig could talk and made conversation with him. The janitor followed the pig into the school.

From the quotation above, it can be concluded that a pig was only his hallucination because no pig could talk in this world. The janitor has life instinct. It can be seen when the pig said “*It’s the luck of the draw. You play the hand you’re dealt. You make lemonade. You don’t worry about a thing*”. Although he had mental illness, he still had a life instinct, where he still struggle to get his continue life. Sometimes his illness was relapse and made him stress. His Id of desires wants to die and kill himself, because he got frustrated of his life. He confuses what should he do. If she followed his Id, he really would kill himself. If the ego obtained his Id, he would die. But there is superego that became a bridge between the Id and the ego. The superego liked a moral in the human’s life. He thinks that he should continue his life, because kill himself will not done the problem.

In a High School Auditorium at afternoon, there was a janitor was sweeping between the seats, while on stage a rehearsal for *Oklahoma!* It was in progress. The high school girls danced around the girl was playing Laurey, as she sang along with an inept orchestra. A high school-quality farm house set squats on the stage behind them. A teenage girl, dressed as an old lady, sits on a rocker on

the porch. He once glanced to the stage to pay attention to them where all of people had gone from the high school except him.

Conclusion

Based on the result of the analysis in the previous chapter, the researcher concludes that delusional disorder is reflected in *I'm Thinking of Ending Things* (2020). The researcher concludes two focuses on the discussion. Those are representations of the types of delusional disorder and the psychological condition in the movie. The reflection of types of delusional disorder in Jake as main character, are erotomaniac delusion and grandiose delusion. The erotomaniac delusion by Jake is he believed that he had someone's special in his life where he does not have any one in his life, and the grandiose delusion by Jake is he believed that he has a power like an inventor until he got a Nobel medallion. The psychological condition of main character is about the condition of delusion sufferer analyzed by using Freud's psychoanalysis. The main character (Jake) started to feel anxious, stressed and showing disorganized behaviors. The ego tries to protect himself by doing something can make the character feels comfortable such as does job as Janitor, so that he strong to run his life to the end life without having to kill by his self. The acts of main character were rejected by superego by showing moral values and suggestion from the people around the main character.

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