

Bipolar Personality Disorder of Pat Solitano Jr. In David Owen Russell's "Silver Linings Playbook" (2012)

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Abstract

This article presents the study result of : (1)bipolar disorder indications reflected in the main character of Pat Solitano in "Silver Linings Playbook", (2) the main character's mental state as the sufferer of bipolar disorder presented in "Silver Linings Playbook". The study uses a descriptive qualitative method to analyze the film entitled "Silver Linings Playbook" directed by David Owen Russel 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 using 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 bipolar disorder reflected in the main character in David O. Russell's in "Silver Linings Playbook" such as mood swing, irritability and agitation, impulsive behavior, grandiosity and racing thought, and sleep disturbance; (2) the psychological condition of Pat as bipolar disorder sufferer in form manic episodes are pat became a grumpy character, easily agitated, impulsive, narcissistic, and an insomniac.

Keywords: *Bipolar Disorder, Abnormal Psychology, Psychoanalysis*

Introduction

Mental health is part of human life that needs to be studied and cared for. Mental health can unknowingly affect the lives of those who suffer from it and those around them, it could also unconsciously change their lives. Those with mental health problems will face difficulty handling and controlling their minds, actions, the way of thinking, behavior, and mostly their moods.

Extreme mood swings, such as episodes of mania and depression, are a feature of bipolar disorder, commonly referred to as manic-depressive illness. These episodes can linger for weeks or months and seriously affect a person's relationships, career, and daily activities. According to the National Institute of

Mental Health, 2021, bipolar disorder affects 2.6% of adult Americans, making it a significant public health issue.

In recent years, bipolar disorder has become a popular topic in movies, as filmmakers seek to explore the complex and challenging nature of this condition and the impact it has on those affected. One of the movies with bipolar disorder as the main theme is "*Silver Linings Playbook*". This movie has brought attention to the topic and helped increase awareness of bipolar disorder.

Silver Linings Playbook is a 2012 romantic comedy-drama film directed by David O. Russell. The movie is indeed related to bipolar disorder and offers a portrayal of the condition through the character of Pat Solitano, played by Bradley Cooper. The movie "*Silver Linings Playbook*" provides a fictional portrayal of a man with bipolar disorder, and how he faced his illness and relationships. A man with bipolar disorder and his journey through his condition and relationships is perfectly portrayed in this movie. Following a violent outburst brought on by his wife's adultery, the main character, Pat Solitano, is discharged from a mental hospital after a court-mandated stay. After his release, he returns to his parents' home and makes an effort to make up with his ex-wife while simultaneously trying to start a new relationship with Tiffany, a lady who is also dealing with mental health problems.

Literary Review

Psychology of Literature

Swann and Williams (2008: 1) claim that literature is imaginative writing in the sense of fiction, where the writing is not literally accurate and instead uses the writer's own experiences to choose, organize, and explain the writing process.

Wellek and Warren (1949: 75) define literature psychology as the psychological comprehension of the writer as a person or sort, an evaluation of the writing process, a study of psychological laws used in literature work, and literature psychology is sometimes seen as a study of how literature affects a reader's psychiatric status.

Abnormal Psychology

Freud (1923) believed that abnormal behavior and psychological disorders were a result of conflicts and disturbances within the unconscious mind. He proposed that early childhood experiences and unconscious desires played a significant role in shaping an individual's mental health. One of Freud's key concepts related to abnormal psychology is his theory of psychosexual development. He suggested that individuals progress through several stages of psychosexual development, including the oral, anal, phallic, latency, and genital stages. According to Freud, conflicts that arise during these stages, such as fixation or unresolved issues, could lead to psychological disorders later in life.

Abnormal psychology focuses on the study of abnormal behavior and approaches to aiding those who are suffering from psychological disorders. According to Greene (2014: 4), the study of abnormal psychology is not only enlightened by in-depth research on the origins and treatments of psychological disorders published in scholarly journals, but it is also documented by the personal experiences of those affected by these concerns. It is also possible to recognize abnormal cases using abnormal psychology.

According to Hooley (2017:26) abnormal psychology is more focused on understanding the nature, causes and treatment of mental disorders. It can be seen in many kinds of media, such as news, books, film, etc. Usually we can find that the person 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

According to Freudian theory, psychological disorders are manifestations of repressed or unresolved conflicts from early childhood experiences. Freud (1923) proposed that when these (id, ego, and superego) conflicting forces within the mind are not effectively resolved, it can lead to psychological distress and symptoms associated with various disorders. He emphasized the importance of the unconscious mind, where repressed thoughts, memories, and desires reside. Freud believed that through psychoanalysis, a therapeutic approach involving exploring

the unconscious, individuals could gain insight into their unresolved conflicts and alleviate symptoms.

The most stigmatized condition in the twenty-first century, according to Hinshaw in Kring and Johnson (2018: 3), is psychological disorder, despite increased awareness of its causes among the general public. Mood disorders, anorexia, gender confusion, schizophrenia, and other conditions are a few examples of abnormal conduct. In addition to this, the DSM-5 covers milder types of disordered or unusual thinking and relating to others that are connected to delusional disorder, schizophrenia disorder, schizoaffective disorder, and short psychotic illness (Greene, 2014: 430).

Bipolar Disorder

According to Freud, manic-depressive psychosis involved alternating periods of intense excitement or mania and deep depression. He believed that these mood swings were rooted in unconscious conflicts and unresolved psychological issues. Freud's psychoanalytic approach aimed to uncover and resolve these unconscious conflicts through talk therapy and the exploration of the patient's early life experiences.

While Freud's work laid the foundation for modern psychology and influenced subsequent theorists, it is important to note that our understanding and classification of mental disorders, including bipolar disorder, have evolved significantly since his time. Contemporary psychiatric classifications, such as the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), provide more comprehensive and evidence-based criteria for diagnosing bipolar disorder.

Psychoanalysis

Psychoanalytic theory is a theory, where the researcher is focused on explaining the nature and personality of humans. This theory is introduced by one of the famous figures in the 19th century, his name is Sigmund Freud. Sigmund Freud is an Austrian neurologist, he was born on 6 of May 1856 in a small Freiberg village, Moravia town and died on 23 of September, 1939 in London when he was 83 years old. He is the founder of psychoanalysis, developed a comprehensive

theory of the human mind and behavior. His ideas have had a significant impact on psychology and continue to influence various fields.

Sigmund Freud developed the psychoanalytic theory to understand the personality of the human soul. According to Freud in Schultz (2017: 35) Freud's psychoanalysis emphasizes unconscious power where it comes from human's instinct. Freud's attack on the traditional psychology of consciousness comes from different ways. 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).

The id, ego, and superego are three essential parts of the structural model of the human mind put out by Sigmund Freud, a renowned psychologist and the father of psychoanalysis. Based on Freud's hypothesis, these three factors interact to shape our behavior and personalities. The ego serves as a mediator between the id and outside world, the id seeks instant fulfillment, and the superego offers moral guidance. These factors interact in a way that might cause psychological conflicts and add to the complexity of human conduct.

Research Methodology

According to Kothari, the study of understanding through an objective and methodical approach to issue solving is known as research. Research also includes the methodical approach to conjecture and the elaboration of a theory. As a result, the term "research" refers to a methodical approach that includes articulating the issue, developing a hypothesis, gathering data or facts, analyzing the evidence, and coming to a conclusion that addresses the issue at hand or serves as a supposition for a theoretical formulation (2004: 1-2).

The researcher used qualitative research in this study. "Qualitative research is a means for studying and understanding the meaning people or groups attach to a social or human situation," claims Creswell (2009): 4) According to Kothari, "qualitative research is concerned with qualitative phenomena, i.e., phenomena relating to or involving quality or kind." (2004: 3).

The object of the research is Pat's character in the movie entitled *Silver Linings Playbook* was a popular movie in 2012, directed by David O. Russell. This movie is 122 minutes long which shows new things or problems that occur to the main character. The researcher used primary data and secondary data to collect the data. The main data is collected from the dialogues in *Silver Linings Playbook* (2012) directed by David O. Russell. The procedures of collecting data are selecting some dialogues and movie scripts related to the topic of the study about bipolar disorder by identifying the behavior, lines, and utterances of the main character. In analyzing procedures, the researcher explained, interpreted the displayed data based on the theory of psychoanalysis by Freud.

Findings and Discussion

The researcher analyzes the film and uses the theory that has been explained in the second chapter. The issue is talking about bipolar disorder that is suffered by the main character. This analysis is to answer the problem statements in the first chapter. It will answer the type of bipolar disorder and the psychological condition of the main character of Pat in *Silver Linings Playbook* (2012).

In the movie "*Silver Linings Playbook*," the character Pat Solitano Jr., played by Bradley Cooper, is depicted as having bipolar disorder. Specifically, Pat portrays symptoms of bipolar disorder type I. This type of bipolar disorder involves experiencing manic episodes, which are characterized by periods of intense energy, elevated mood, impulsivity, and sometimes grandiosity. In the movie, Pat's manic episodes are shown through his erratic behavior, excessive talking, racing thoughts, and heightened emotional state. It's important to note that while the movie provides a portrayal of bipolar disorder, it may not fully capture the complexity and individual experiences of the condition.

Bipolar I indications Shown in Pat's Personality

Mood Swings

Mood swings are quick, frequently unforeseen changes in an individual's emotional state. It involves alternating between episodes of manic or hypomanic

high mood or irritability and episodes of depressed low mood. These mood fluctuations can happen quickly, anywhere between a few minutes and several days. Hormonal shifts, specific physical diseases, and psychiatric disorders like bipolar disorder are just a few of the causes of mood swings. External factors including stress, sleep patterns, and substance usage might also have an impact on them. This indication is shown in Pat's personality and it can be proven.

Pat : (YELLING) "I can't watch my wedding video, but I CAN hear the fucking song in my head, goddamn it! He grabs his head, to stop hearing the wedding song."
FLASHBACKS OF NIKKI IN THE SHOWER, DOLORES AND PAT REACTING, NIKKI AND DOUG IN THE SHOWER, NIKKI SCREAMING, PAT BEATING DOUG, NIKKI TRYING TO PULL PAT OFF OF DOUG. PAT SOBS DOLORES, HUGS PAT FROM BEHIND; NICKI JUMPS ON PAT IN FLASHBACK TO STOP HIM FROM BEATING THE HISTORY TEACHER; PAT JERKS HIS ARM AWAY; KNOCKING DOLORES SPRAWLING ONTO THE FLOOR.
Pat (CONT'D) : "Mom?"
Pat Sr. : "What the fuck you doing?! You..."
Pat : "Mom?"
Pat Sr : "...hit your mother?"
Pat : "No, no, no, no, no"
(CONT'D) The cops came to their house

(Silver Linings Playbook, 2012: 00.33.12)

The quotation above shows the indication of Pat's mood swing because he failed to find his wedding tape with Nikki. He felt like he'll probably forget about Nikki if he couldn't find the tape to watch and began to lose control of himself. Pat's mood swings very easily show up when there are things he doesn't like and that can make his behavior explosive and out of control, this is also due to the racing thoughts he experiences as one of the symptoms of bipolar disorder.

Proposed from Freud theory, various defense mechanisms that individuals employ to protect themselves from anxiety and conflicts. Pat's mood swings could be seen as a manifestation of these defense mechanisms. Repression, Pat might be repressing painful or distressing memories or emotions related to his failed marriage, which could lead to sudden and intense mood swings. As a denial, Pat may be denying his own emotional turmoil or refusing to acknowledge certain aspects of reality, resulting in unpredictable mood swings as his true emotions

bubble up to the surface. As a projection, Pat might project his own conflicted emotions onto others, attributing his mood swings to external factors rather than acknowledging his own internal struggles.

Irritability and Agitation

Irritability and agitation are two interrelated psychological and emotional states that frequently coexist and have a lot in common. Although they are not synonymous, the phrases are sometimes used to signify a state of intense emotional arousal and restlessness. Their definitions are as follows:

Irritability is defined as having an increased sensitivity to or responsiveness to stimuli, which causes an exaggerated or excessive response. There is a tendency to get easily irritated, impatient, or agitated as a result of a low tolerance threshold for particular triggers or circumstances. People that are easily irritated could act impulsively, have angry outbursts, or just feel generally frustrated. It could be a sign of many other underlying issues, including mental health issues, anxiety problems, or physical ailments.

Agitation is a state of excessive motor activity, internal tension, and an inability to relax is referred to as agitation. It is characterized by restlessness, anxiousness, or emotional instability. It entails an elevated state of alertness that is frequently accompanied by pacing, fidgeting, or repetitive motions. Agitation is characterized by a feeling of disquiet, agitation, or being on edge, and can take the form of physical, verbal, or emotional agitation. It may be a sign of a number of ailments, such as psychological problems, withdrawal from drugs or alcohol, or specific medical conditions. This indication is shown in Pat's personality and it can be proven.

Pat : "Is that song really playing?"
Receptionist : "We have music sometimes."
Pat : "That song is killing me. Could you please turn it off?"
Receptionist : "I can't."
Pat : "What do you mean you can't?"
Receptionist : "I don't have controls. I'm sorry, I- -"
Pat : (INTERRUPTING) "Did Doctor Timbers put you up to this? Is there a speaker here?"
Pat : (PAT WALKS TO A MAGAZINE RACK) "Is, is the speaker here?"

HE OVERTURNS THE METAL MAGAZINE RACK. WAITING PATIENTS STARE, A MALE THERAPIST OPENS HIS OFFICE. DOOR, LOOKING AROUND. THE RECEPTIONIST REACTS.

Pat : (CONT'D) "I'm sorry. I'm sorry. Okay...I'm sorry. I'll fix all this, okay?"

PAT PICKS UP THE MAGAZINES, EMOTIONAL, EMBARRASSED.
(*Silver Linings Playbook*, 2012, 00.11.20)

The quotation above showed the irritability of Pat when he heard "My Cherie Amour," their wedding song, was playing in the waiting area of his therapist's office. It appears that he is experiencing a mental break and that the song is not actually playing when he becomes emotionally affected and starts to hear it playing. Pat tells his therapist at the opening of the film that just before he attacked his wife's boyfriend, he had called the police to report that his wife and the lover were stealing money from the nearby high school where she worked. Pat acknowledges that this was also a fantasy. Pat discovered his wife with her boyfriend. Since then, every time Pat hears this music, it causes a psychotic episode, and he occasionally even acts aggressively.

Another proof is also shown in Pat's behavior when he talks about his estranged wife, Nikki and here is the script as the evidence of the indication :

Pat Sr. : "Okay, the question, the big question, is what are you gonna do with yourself?"

Pat : "What am I gonna do? I'm getting in shape, I'm getting trim, I'm getting really fit for Nikki. I'm gonna read Nikki's teaching syllabus and get my old job back."

Pat Sr. : "Nikki sold the house. She left. Didn't your mother tell you that?"

Pat : "Let me tell you something. You don't know anything about my marriage, okay, Dad? All right? Our marriage...we're very, very much in love, okay? Just like you two"

Pat Sr. : "Listen, Patrick, she's gone. She's not around anymore. Nikki left."

Pat : "What are you doing, Dad? You know what? Excelsior. Excelsior."

Pat Sr. : "What does that mean?"

Pat : "It means you know what I'm gonna do, I'm gonna take all this negativity and use it as fuel and I'm gonna find a silver lining, that's what I'm gonna do. And that's no

bullshit. That's no bullshit. That takes work and that's the truth.”

(Silver Linings Playbook, 2012, 00.07.38)

The quotation above proves that Pat becomes increasingly agitated and confrontational during a family dinner. He argues with his father about his obsession with getting back together with his estranged wife, Nikki. Patrizio's irritability and aggressive outbursts are symptomatic of bipolar disorder. Proposed from Freud's theory several defense mechanisms that individuals employ to protect themselves from anxiety and emotional distress. Pat's irritability and agitation might be linked to defense mechanisms such as displacement or sublimation. Displacement occurs when emotions or impulses are redirected from their original source to a less threatening target. Pat may be displacing his anger and frustration about his failed marriage onto smaller, everyday annoyances, leading to increased irritability. Sublimation, on the other hand, involves channeling unacceptable impulses into socially acceptable behaviors. Pat's engagement in intense exercise and dance may serve as a form of sublimation to manage his emotional turmoil.

Impulsive Behavior

Impulsive behavior refers to actions or decisions that are made without thoughtful consideration of the potential consequences. It involves acting on immediate urges or desires without taking the time to evaluate the long-term effects or weigh the risks and benefits. Impulsive behavior often occurs in the absence of self-control or the ability to resist immediate gratification.

This indication is shown in Pat's personality and it can be proven.

Pat : “We have to score a touchdown and get a 7. We have to get a 7!”

Danny : “Pat, calm down. It's just a game.

(CONT'D)

Fan 1 : “What the fuck? What's that smell?”

Fan 1 : “Nasty Indian curry! This is America, baby! Go back to your country!”

(CONT'D)

PAT WATCHES. RONNIE ENTERS.

Ronnie : “Stay here, stay here!”

Pat : “I'm not gonna go anywhere.”

Ronnie : “Don't get in a fight!”

JAKE IS SURROUNDED BY FAN #1 AND HIS FRIENDS.
Pat : "I'm not gonna fight. I'm not gonna fight."
JAKE STRUGGLES AS ONE OF FAN #1'S
FRIENDS GRABS HIM. OTHER FRIENDS AND INDIANS FIGHT.
Pat : (YELLING) "Hey, not my brother! Hey, hey, hey!"
CAMERA SWISH PANS ONTO ONE OF THE MEN PUNCHING
JAKE.
Cop : "Break it up or you'll be arrested!"
(*Silver Linings Playbook*, 2012, 01.24.51)

From the quotation above, it can be seen that Pat attends a Philadelphia Eagles football game with his friend Danny. The Eagles' team is significant to Pat because it holds sentimental value for him and represents a form of therapy. However, his impulsive behavior becomes evident when the game doesn't go as planned. As the game progresses, Pat becomes increasingly agitated and emotionally invested in the outcome. He struggles to control his emotions and impulses, eventually resulting in a meltdown. Unable to contain his frustration, he impulsively throws a fit of anger, shouting and lashing out in the middle of the stadium. Outside the stadium, Pat had a short conversation with Ronnie, then he saw the opposite fans insulting the other players. Pat tried to hold himself not to get into the fight but he failed. Pat's outburst draws the attention of security personnel, who intervene to calm him down and escort him out of the premises.

Grandiosity and Racing Thoughts

The term "grandiosity" describes an exaggerated perception of one's own significance, superiority, or uniqueness. It is a psychological phrase that is frequently connected to narcissistic personality disorder, but it can also happen in other mental health illnesses, like bipolar disorder during manic episodes. Grandiose people may overstate their sense of self-worth, accomplishments, or social standing and frequently believe they are deserving of special care or attention. They might act with arrogance and discount or belittle the ideas or contributions of others.

Racing thoughts is frequently connected to a number of mental health issues, including anxiety disorders, bipolar disorder, attention-deficit/hyperactivity disorder (ADHD), and occasionally even substance misuse or withdrawal. Racing thoughts are described as an uncontrollable, multitudinous

stream of thoughts that move quickly. These thoughts frequently jump from one subject to another, making it difficult for the person to concentrate or narrow their attention to a particular idea or job. A sense of urgency, agitation, or an overpowering sense of mental clutter may accompany racing thoughts. It may obstruct daily activities, sleep, and general wellbeing.

This indication is shown in Pat’s personality and it can be proven.

PAT : “...and he does. He does. He survives the war, after getting blown up he survives it, and he escapes to Switzerland with Catherine. But now Catherine's pregnant. Isn't that wonderful?She's pregnant. And they escape up into the mountains and they're gonna be happy, and they're gonna be drinking wine and they dance -- they both like to dance with each other, there's scenes of them dancing, which was boring, but I liked it, because they were happy. You think he ends it there? No! He writes another ending. She dies, Dad! I mean, the world's hard enough as it is, guys. It's fucking hard enough as it is. Can't somebody say, "Hey, let's be positive? Let's have a good ending to the story?"

(Silver Linings Playbook, 2012, 00.09.19)

The quotation above showed the scene where Pat obsessively devours the first book on Nikki’s syllabus, then WTF-ing it out the (closed) window and waking his parents in the middle of the night, all because the story didn’t have a happy ending. A “happy ending” is his desire, “Can somebody say let’s have a good ending to the story?” Pat’s belief is that no matter how dark the clouds of problems besetting you, if you can find the silver linings you have a shot at happiness. Another proof can be seen as follow :

Pat : “I just gotta get a strategy, you know?”
Tiffany : “Me too.”
Pat : “ We'd better get back to the letter.”
Tiffany : “Yeah, let’s get back to the letter.”
Pat : “What if you told Nikki when Veronica was in the bathroom?”
Tiffany : “Yes, yes that could work. I love that.”
Pat : “Oh, my God. I’m gonna go home and write the letter right now?”
(CONT’D)
Pat : “Can I just explain myself, please? I didn't want Nikki to think that I was associated with that kind of sexual

behavior because I've never done anything like that, okay?"

(*Silver Linings Playbook*, 2012, 00.46.49)

The quotation above showed the scene where Pat talked to Tiffany, the film's female lead, about his plans to win back Nikki. He expresses grandiose ideas about his ability to prove himself to her and believes he can overcome any obstacle. His rapid speech, excessive confidence, and racing thoughts illustrate the manic side of bipolar disorder. According to Freud, a distorted perception of one's own significance or superiority is referred to as grandiosity. In Pat's instance, his grandiosity is apparent in his conviction that his estranged wife's reconciliation will end all of his difficulties and result in a happily ever after. This lofty thinking may have its roots in unresolved childhood difficulties or unmet ambitions. Pat's obsession with his wife can be seen as an attempt to resolve these unresolved feelings, seeking validation and self-worth through her. Freud might argue that Pat's grandiose thinking is a defense mechanism to protect himself from feelings of inadequacy or insecurity.

Sleep Disturbances

Sleep disturbance is a common feature of bipolar disorder and refers to disruptions in the normal sleep patterns of individuals with the condition. Bipolar disorder can affect sleep in different ways depending on the phase of the illness (manic, depressive, or euthymic) and the individual's specific symptoms.

In Pat's case, he suffers from insomnia which is poor sleep quality, difficulty falling asleep, and difficulty remaining asleep, these are all symptoms of insomnia. During manic or hypomanic episodes, insomnia can be accompanied by racing thoughts, agitation, increased activity, and a generally heightened state of arousal. Early morning awakenings or an inability to acquire enough restorative sleep are two ways that insomnia might present itself during depressed episodes.

This indication is shown in Pat's personality and it can be proven.

PAT PACES IN HIS PARENTS BEDROOM.

Pat :(YELLING) "I just can't believe Nikki's teaching that book to the kids. I mean the whole time -- let me just break it down for you -- the whole time you're rooting for

this Hemingway guy to survive the war and to be with the woman that he loves, Catherine Barkley...

Dolores : "It's four o'clock in the morning, Pat."
(*Silver Linings Playbook*, 2012, 00.09.10)

The quotation above happened when Pat couldn't sleep and decided to read a book. But the ending of the book did not match what he wanted and made him furious and vent his anger to his parents room by yelling at them. One of the symptoms that he needs to face is sleep disturbances, a common symptom of bipolar disorder. He struggles with insomnia and often wakes up in the middle of the night, unable to fall back asleep. This disruption in sleep patterns further contributes to his erratic behavior and mood swings.

According to Freud's theory, dreams and sleep disturbances are influenced by the unconscious mind, which consists of repressed desires, unresolved conflicts, and hidden memories. In the case of Pat, we can explore the portrayal of his sleep disturbances in the film. For example, we see him frequently waking up in the middle of the night, experiencing vivid and intense dreams, and exhibiting signs of anxiety or distress upon waking. To uncover the latent content of Pat's sleep disturbances, we can explore the possible symbolic representations and underlying conflicts in his dreams. For instance, his dreams may involve recurring themes related to his failed marriage, his struggle with mental health, or his longing for emotional stability and connection.

The Cause of Bipolar I suffered by Pat

Bipolar condition, more specifically bipolar I disorder, is shown in the character Pat Solitano. An extreme mood swing disorder known as bipolar I disorder is characterized by episodes of mania and depression.

In the case of Pat's character in the movie, the specific genetic factors contributing to his bipolar disorder are not explored. The movie doesn't provide the main character's childhood story and focus of the film is primarily on his personal journey, relationships, and mental health challenges rather than the underlying genetic causes of the condition. The main influence that caused him to suffer from bipolar disorder was due to the affair carried out by his wife with a co-worker at her school. It can be proven by the following quotation.

Pat : “I get it. The song that was playing when my wife...was in the shower with the history teacher...”

Tiffany : “I heard about that.”

Pat : “...it was my wedding song and when I hear it, I go kinda crazy. Sometimes I hear it when it's not even playing.”

(*Silver Linings Playbook*, 2012, 00.46.20)

From the quotation above, it can be concluded that his wife's infidelity shook his psyche so much that he was always haunted by bad memories about his ex-wife. his mental state was also affected by his father's constant outbursts when talking to Pat, which is part of the environmental triggers. So the causes of Pat's bipolar disorder are genetic predisposition, neurochemical imbalances, and environmental triggers.

The Main Character's Mental State as the Sufferer of Bipolar Disorder Presented in Pat Solitano in David Owen Russell's *Silver Linings Playbook*

In this part, the researcher will explain about Pat Solitano's mental state as a bipolar disorder sufferer, the portrayal of Pat's mental state in the movie is an essential aspect of his character and the overall narrative. The followings are Pat's mental states which has been divided into several parts:

Pat's Mental State as a Grumpy Character

His grumpy side can be seen and proven as follow :

Pat : (YELLING) “I can't watch my wedding video, but I CAN hear the fucking song in my head, goddamn it! He grabs his head, to stop hearing the wedding song.”

FLASHBACKS OF NIKKI IN THE SHOWER, DOLORES AND PAT REACTING, NIKKI AND DOUG IN THE SHOWER, NIKKI SCREAMING, PAT BEATING DOUG, NIKKI TRYING TO PULL PAT OFF OF DOUG. PAT SOBS DOLORES, HUGS PAT FROM BEHIND; NICKI JUMPS ON PAT IN FLASHBACK TO STOP HIM FROM BEATING THE HISTORY TEACHER; PAT JERKS HIS ARM AWAY; KNOCKING DOLORES SPRAWLING ONTO THE FLOOR.

(*Silver Linings Playbook*, 2012: 00.33.12)

From the quotation above, it can be concluded that Pat can get angry as easily as when he can't find what he's looking for, he'll get angry over small things and can't control his anger and end up hitting his mom without him realizing. During

these moments, he often acts impulsively, expressing his emotions without considering the consequences. He becomes easily angered and frustrated, lashing out at those around him. In Pat's instance, his id wanted to get the videotape of his wedding to watch to fill his longing for his ex wife. He unknowingly vent his anger on the objects in his father's library and accidentally hit his mother, his superego woken up by him realizing that he hurt his mother and wreaks havoc that eventually wakes up his neighbors and brought the police to check his house. He apologized to his mother right after he realized he did wrong and started to calm down, this is part of his ego.

Pat's Mental State as an Easily Agitated Character

Several things can make Pat feel uneasy, one of which is the scene where he hears his wedding song being played in the lobby of his therapy place. It can be proven as follow:

Pat : "Is that song really playing?"
Receptionist : "We have music sometimes."
Pat : "That song is killing me. Could you please turn it off?"
Receptionist : "I can't."
Pat : "What do you mean you can't?"
Receptionist : "I don't have controls. I'm sorry, I- -"
Pat : (INTERRUPTING) "Did Doctor Timbers put you up to this? Is there a speaker here?"
Pat : (PAT WALKS TO A MAGAZINE RACK) "Is, is the speaker here?"
HE OVERTURNS THE METAL MAGAZINE RACK. WAITING PATIENTS STARE, A MALE THERAPIST OPENS HIS OFFICE. DOOR, LOOKING AROUND. THE RECEPTIONIST REACTS.
Pat : (CONT'D) "I'm sorry. I'm sorry. Okay...I'm sorry. I'll fix all this, okay?"
PAT PICKS UP THE MAGAZINES, EMOTIONAL, EMBARRASSED.
(*Silver Linings Playbook*, 2012, 00.11.20)

Pat's ego is frequently overwhelmed by his emotions and impulses, leading to his agitated behavior. An example can be taken from the quotation above, during a scene at a therapy lobby, he heard his wedding song playing and he went into a very sensitive person. In Pat's case, his id wanted a peace of mind over the incident that he remembers about his wife's infidelities. He started being overly sensitive after hearing his wedding song played in the therapy lobby, started to

argue with the receptionist but his superego reminded him of social etiquette and realized that all the people in that lobby were watching him, urging him to control his emotions and maintain a calm demeanor. However, his ego is unable to fully heed the superego's influence, and he eventually lashes out in frustration, causing a scene of argumentation between him and the receptionist lady.

Pat's Mental State as an Impulsive Character

Throughout the movie, Pat engages in impulsive behavior, frequently acting without thinking about the consequences. It can be proven as follow :

PAT WALKS TO THE DOOR.
PAT SR. AS HE JOGS TO PAT. HE WALKS TO THE SIDEWALK AND
BEGINS STRETCHING.
PAT BEGINS TO JOG PAST PAT SR.

(Silver Linings Playbook, 2012: 00.10.20)

The quotation above showed when Pat decided to go outside to get some exercise and go for a jog. The aspect of Pat's personality that manages his impulsive inclinations, his ego, continually battles with them. He struggles to control his emotions, especially in instances where his bipolar condition is triggered. The needs of the outer world and Pat's impetuous wants are attempted to be reconciled by his ego. In this scene, Pat's superego can be seen when Pat engages in intense physical exercise, such as running or practicing boxing, as a way to channel his emotions and maintain some level of control over his impulses.

Pat's Mental State as a Narcissistic Character

Pat's narcissistic traits are evident in his self-obsession, grandiosity, and a sense of entitlement. He believes he deserves a "silver lining" after his struggles, and he often disregards the feelings and needs of those around him. His constant focus on his own problems and desires demonstrates a lack of empathy. It can be proven as follow:

PAT : "and I'm gonna be better with my wife, I'm working on that. I wanna acknowledge her beauty. I never used to do that. I do that now. Cause we're gonna be better than ever...Nikki. Just practicing. How'd Tommy die?"

(Silver Linings Playbook, 2012: 00.25.09)

From the quotation above, Pat tried to tell everyone that he is going better and will be better with his wife as soon as they're coming back together. In the context of Pat's character, his ego struggles to balance his desires and impulses with societal norms and moral values. He often displays narcissistic traits, such as a preoccupation with his own appearance and a need for validation from others. Pat's ego drives his relentless pursuit of self-improvement, both physically and mentally, in order to regain his wife's love and rebuild his life. His ego also fuels his belief that he is the "silver lining" in his own life, leading him to seek validation and attention from others. Pat's superego represents the internalized moral values and societal expectations that conflict with his ego's narcissistic tendencies. Throughout the film, Pat struggles to adhere to societal norms, often behaving inappropriately or impulsively. However, as the story progresses, he begins to recognize the importance of self-reflection and personal growth, which suggests the emergence of a stronger superego. This growth allows him to develop more empathy and consider the needs and perspectives of others. In this stage he started being nice to Tiffany because he realized that Tiffany may need his help to recover from her mental health too.

Pat's Mental State as an Insomniac Character

Insomnia is one of the indications that Pat suffers from bipolar disorder. The following is evidence and analysis using Freud's theory to see Pat's side as an insomniac character.

INT. SOLATANO HOUSE/ATTIC - EVENING
PAT SITS, READING A BOOK. SIGHS. HE TURNS A PAGE.
PAT LIES ON HIS BED, READING. DOLORES ENTERS AND SETS A TRAY OF FOOD ON THE BED FOR DINNER.
INT. SOLATANO HOUSE/MASTER BEDROOM - NIGHT
PAT SR. AND DOLORES GET INTO BED.
INT. SOLATANO HOUSE/ATTIC - NIGHT
PAT'S HAND TURNS A PAGE.
PAT LIES ON HIS BED, READING.

(Silver Linings Playbook, 2012: 00.08.52)

The ego represents the rational and decision-making aspect of one's personality. In the case of Pat as an insomniac character, despite his sleepless nights, Pat tries to maintain a sense of control and determination to overcome his insomnia and

improve his overall well-being. Pat's id recognizes his condition and attempts various strategies to manage his insomnia, such as reading books, exercising, or practicing mindfulness. Pat's ego may experience frustration due to his inability to fall asleep, leading to heightened anxiety and restlessness. Pat tries to maintain composure and engage in constructive activities during his sleepless nights, attempting to prevent impulsive or erratic behaviors.

As an insomniac character, Pat may have high self-expectations, desiring to overcome his insomnia and return to a "normal" routine. He may place additional pressure on himself to conform to societal standards. Pat's superego may be overly critical of his insomnia, viewing it as a personal failure. This self-criticism can lead to feelings of guilt and shame. Despite the challenges posed by his insomnia, Pat's superego may foster resilience and a determination to improve his mental well-being.

Conclusion

In this chapter, there are two topics that would be present. It is divided into two sections, there are conclusion and suggestion. In the first section, it has a conclusion which contains the summary of the finding. It is about the indication of bipolar disorder reflected in Pat as the main character in Silver Linings Playbook movie and the mental state of Pat. The theory which is used by the researcher are abnormal psychology and Freud's psychoanalysis. In the second section, it is a suggestion which contains the suggestion of researcher for the next researcher who wants and is interested in studying the same topic.

Based on the analysis in chapter IV, the researcher concludes that David O. Russel's Silver Linings Playbook contains the issue stated in the problem statements. The first issue is about the indications of bipolar disorder reflected on the main character Pat in Silver Linings Playbook movie and the second issue is about the mental state of the main character in psychological condition who suffers from bipolar disorder.

The type of bipolar disorder suffered by Pat is Bipolar I, with the indications shown are mood swings, irritability and agitation, impulsive behavior, grandiosity and racing thoughts, and the last one is sleep disturbances. The mental

state of Pat that is shown in the movie are grumpy, easily feeling agitated, acting impulsively, narcissistic, and has insomnia.

The psychological condition of the main character is about the condition of a bipolar disorder sufferer analyzed by using Freud's psychoanalysis. The main character (Pat) started to feel extreme mood swings, racing thoughts, insomnia, and depression. His id wanted him to do a lot of efforts to fulfill his love and longing for his ex-wife. The ego tried to keep himself in line by doing something that makes him happy such as remembering his wife, watching the memory of them, and building a good image to get his wife back. The acts of the main character were rejected by superego by taking the medicine, doing treatment, joining sport activities to forget his wife and also takes the suggestion from the people around the main character so he can recover from bipolar disorder.

The portrayal of Pat's mental state in "Silver Linings Playbook" aims to provide a nuanced representation of bipolar disorder and its impact on individuals and their relationships. While the film highlights the challenges and struggles faced by Pat, it also emphasizes the importance of empathy, understanding, and support in helping someone with bipolar disorder navigate their condition and find stability.

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