JEALOUSY IN THE MOVIE *THE DEEP BLUE SEA 2011*

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Abstract

Jealousy is close to human's life. Human express it in different levels depending on the cause of the appearance. In this study, jealousy is analysed and exposed in the case of marriage relationship. This study is aimed to find out the cause of the jealousy phenomenon in the movie *The Deep Blue Sea*. This research used descriptive qualitative method to analyse deeply about jealousy depicted in the movie The *Deep Blue Sea*. The data analysis technique was taken from Miles ad Huberman's theory. This psychoanalysis research used the theory of Kingham and Gordon to analyse cause of jealousy. The result showed that jealousy in the movie was caused by locus of causality, controllability and stability. Besides, the affiliation concerning jealousy and protections was considerably sturdier for males than for females. It was defined that a relationship regarding jealousy as well as self-confidence did indisputably be existent, hitherto this was simply the instance for females. For males, jealousy was originated to be essentially associated with practice of defence.

Keywords: *jealousy; psychoanalysis; self-confidence; protection; defence*

INTRODUCTION

As one of expressions of human beings, literature represents human life. Literature word is derived from the word *littera* in Latin which means letter. It refers to the written or printed words. It has been stated that the best limitation of the term literature is the art of literature to imaginative literature (Wellek, 1963). Literature is also produced by imagination of the author in which literature is a product of the unlimited imagination. As such, literature can be studied using psychological perspectives (Martínez-León, 2017). Psychology is the scientific studies of individual activities relates to the environment. Particularly, it relates to people's daily life such as behaviour, activities, imagination and sense (Woodworth, 1957). There is a relationship between literature and psychology (Endraswara, 2013). Endraswara (2013) states that the relation between literature and psychology that the literary work is seen as a symptom of psychological, it presents mental aspects through the figures by chance the text in the form of prose or drama, whereas in the form of poem will be delivered through the lines and the dictions.

Jealousy is related closely to human's life. However, human express it in different levels which is caused by different reason. In this study, jealousy analysed and exposed in case of marriage relationship that most of all human will experience it. Jealousy often appear in a romantic relationship. Jealousy to be natural in romantic relationship and jealousy is often expressed as a sign of love. When you feel jealous, complex emotions will appear, from fear, anger, to insult. (Pines, 1998). Jealousy is a complex reaction that occurs when a real or imagined rival threatens a valued romantic relationship. The emotional experience, mostly anticipatory, is based on a deep fear of losing the loved person to a competitor. It is usually maintained by uncertainties: a jealous

person is confused about where he or she stands in comparison to a third person, what is actually going on in the life or mind of the beloved, and whether her reactions are purely subjective or based on an actual situation of betrayal. The study of literature and psychology have been studied since many years ago.

The researchers found several researches related to this research. Martinez-León (2017) says romantic jealousy is a complex emotion stimulated by an actual or perceived threat to the relationship. The reasearch found the inclusion criteria were categorized in pursuance of the variables associated with jealousy: a) personal variables (differences in sex, sexual orientation, hormones/use of contraceptives, self-esteem, attachment style and use of alcohol); b) interpersonal variables (*romantic* love, satisfaction and violence); c) sociocultural variables (transcultural comparisons, features of the rival and social networks). Adams (2012) found that jealousy was definitely interconnected with the individual defences of undoing, projection, passive aggression, acting out, devaluation, autistic fantasy, displacement, splitting, and somatization. Jealousy was negatively correlated with the individual defences of sublimation, humour and suppression. The relationship between jealousy and defences was frequently substantially stronger for men than for women. It was determined that a relationship concerning jealousy and self-esteem did undeniably be existent, yet this was merely the instance for women. For men, jealousy was found to be predominantly accompanying with usage of defences. Then Dewiastuti's analysis (2007) shows the cause and reflection of Leontes' jealousy were categorized in pursuance of the variables associated with jealousy: a) cognitive factor, b) Sexual dysfunction factor, and c) Social and marital factor.

In this research, the *researchers* described the causes of jealousy depicted by the main characters in the movie. The source of data was taken from the movie in The Deep Blue Sea 2011. In the movie there are many problems but the researchers focuses on jealousy depicted by the main characters. In analysing the data, the researchers used theory of jealousy by Kingham and Gordon. This study can give a significant contribution on English teaching and learning, especially teaching literature in English department. The reader of this study would get information about how jealousy in a movie can build the audience emotional. In addition, this analysis would be worthy inspiration for those who want to analyse jealousy.

REVIEW OF LITERATURE

The word *jealous* is derived from the Greek word *zelos,* which signifies emulation and zeal and denotes intensity of feelings. The focus is not on jealousy in general but on *romantic* or *sexual* jealousy-the jealousy that emerges in the context of a romantic relationship. The phrase "romantic jealousy" means different things to different people. It evokes a variety of images, explanation, and definition (Pines, 1998). Here is some example: "It's a hard-to-control emotion that result from fear of losing an important person to someone else." "It's a feeling you have when you are afraid you are losing an important relationship. "It's the feeling of being betrayed by someone you trust." "It's when somebody else looks at a person I love the way I do." "It's when you are insecure about your relationship or about yourself, and you feel that you are not man enough." "When you love someone but the love they felt for you is gone."

Jealousy is a complex reaction that has both internal and external components (Pines, 1998). The internal component of jealousy includes certain emotions, thoughts, and physical symptoms that often are not visible to the outside world. The emotions associated with jealousy may include pain, anger, rage, envy, sadness, fear, grief, and humiliation. The thoughts associated with jealousy may include resentment ("How could you have lied to me like this?"), self-blame ("How could I have been so blind, so stupid?"), comparison with the rival ("I'm not as attractive, sexy, intelligent, successful"), concern for one's public image ("Everyone knows, and laughs at me"), or self-pity ("I'm all alone in the world, nobody love me"). The physical symptoms associated with jealousy include blood rushing to the head, sweaty and trembling hand, shortness of breath, stomach cramps, feeling faint, a fast heartbeat, and trouble falling asleep.

The external component of jealousy is more clearly visible and is expressed in some kind of behaviour: talking openly about the problem, screaming, crying, and making a point of ignoring the issue, using humour, retaliating, leaving, or becoming violent.

People have far greater control over the external component of their jealousy than over the internal component. They don't always realize this (and even when they do, they don't always want to admit it), but the can-if they choose to-talk about their feelings, make fun of the whole thing, cry their heart out, suffer silently and covertly or loudly and visibly, lash out in anger, get out of the relationship, try to make their mate jealous, or throw dishes. When one feels overwhelmed by jealousy, it is important to remember that while it may be difficult to control jealous feelings, changing the thoughts that trigger them helps keep the feelings in check. Furthermore, most people have significant control over what they decide to do about their jealousy (Pines, 1998, p. 2).

Jealousy is an emotion that brings happiness, unhappiness and distress in someone's mind towards others' bad and good results. Jealousy can be viewed as occurring in the relationship between three people in which there is a fear of loss of what one already has. White (1992) defines romantic jealousy as a complex series of thoughts, feelings and actions which follows threats to the existence or quality of the relationship, when those threats are generated by the perception of a real or potential attraction between one's partner and a (perhaps imaginary) rival. Meanwhile, Leahy (2008) explains that jealousy is one of the most serious problems encountered in romantic relationships. Jealousy leads to anxiety, depression, hopelessness, anger, intimidation, attempts to control, violence and, in some cases, death.

A number of theories have been advanced to account for jealousy. Evolutionary theory proposes that jealousy is a behavioural system that has evolved to protect the individual's "investment" in a relationship where procreation is a possibility. Leahy and Tirch also states that males and females differ as to the triggers for jealousy, where males more threatened (and more jealous) over sexual infidelity and females are more threatened by emotional infidelity. They also explain that males and females differ as to the triggers for jealousy, with males more threatened (and more jealous) over sexual infidelity, while females are more threatened by emotional infidelity.

Freud (1959) describes three layers or stages of jealousy: normal, projected, and delusional. The first type originates in the Oedipus complex. It is a compounded of grief, the pain caused by the thought of losing the loved object and of the narcissistic wound. Freud believes that if an individual denies feeling this type of jealousy when a romantic relationship is threatened then it has undergone severe repression an jealousy of the second layer, the projected, results from an individual's actual unfaithfulness or from impulses toward it which have been repressed. This unconscious process in which one projects his own impulses to infidelity on to the partner to whom he owes faith consequently plays an important role in the unconscious of the individual. Jealousy of the second layer, the projected, results from an individual's actual unfaithfulness or from impulses toward it which have been repressed. This unconscious process in which one projects his own impulses to infidelity on to the partner to whom he owes faith. Provides relief from the guilt of infidelity. The third layer of jealousy which Freud describes as the true delusional type also originates in repressed impulses toward unfaithfulness, except that the object in these cases is the same sex as the jealous individual.

Kingham & Gordon (2004) explain that morbid jealousy describes a range of irrational thoughts and emotions, together with associated unacceptable or extreme behaviour, in which the dominant theme is a preoccupation with a partner's sexual unfaithfulness based on unfounded evidence. In morbid jealousy, the content of the psychopathological experience is the preoccupation with a partner's sexual infidelity. The most commonly cited forms of psychopathology in morbid jealousy are delusions, obsessions and overvalued ideas.

Weiner B. (1985) differentiated explanations according to particular attribution dimensions that impact the subsequent emotional experience. In earlier versions of attribution theory, Weiner

identified several dimensions but gave prominence to three: Locus of causality, Stability, and Controllability.

Locus of causality differentiates the causes of behaviour that originate within the individual (internal causation) from those that spring from the context (external causation). In the example of the spied kiss, an internal cause might be that the individual was inattentive to the mate, whereas an external cause might be the intoxicating party setting. Causes given for negative events that are internal to the actor have been found more likely to elicit low self-esteem and depression (Anderson, C. A., & Arnoult, L. H., 1985) than do external attributions.

Stability distinguishes long-term causes from more transient and temporary causes. For example, the kiss might be attributed to the mate's chronic lack of respect (a stable cause), or to the mate's desire for vengeance after a recent tiff (an unstable cause). In the case of negative events, attributions to stable causes elicit feelings of hopelessness, whereas attributions to unstable causes permit feelings of optimism in regards to the future (Fontaine, 1974); (Weiner, B., Nierenberg, R., & Goldstein, M., 1976).

Controllability characterizes causes according to the degree of control a person can exercise over them. For example, attributing the kiss to one's own neglect of the mate is a more controllable cause than if the kiss were attributed to the sex appeal of the interloper or the ribbing of friends. For negative events, controllable causes have been shown to arouse guilt (Covington, M. V., & Omerlich, C. L., 1984), whereas personal uncontrollable causes are more likely to elicit shame (Brown, J., & Weiner, B., 1984); (Graham, S., Doubleday, C., & Guarino, P. A., 1984); (Weiner B. G., 1982)

METHOD

The research investigated the causes of jealousy among the main characters in the movie The Deep Blue Sea 2011. Qualitative research was applied with the emphasis in literary research. In this research, the researchers took literature research because of its relevance with the source of the data, which is a movie entitled The Deep Blue Sea 2011. Literary research is a careful effort to search data and give meaning both constantly and critically of the literary issues (Semi, 1993). At this point, literary research was observed as an effort to search for knowledge and interpret analytically and continuously on literary occurrences. It was not only simply reading for comprehension or the research of the work itself but also a research of human being in their aspects that include the extrinsically approach of literary research, besides the intrinsically approach such as structural and semiotic approach.

Qualitative research is an inquiry process of understanding based on distinct methodological traditions of inquiry that explore a social or human problem (Creswell, 2007). The researchers only described or explained a phenomenon without manipulating the data. This research used descriptive-qualitative method to analyse the data because the data of this research are nonnumeric. The data of descriptive-qualitative method are in the form of utterances and behaviour (Moleong, 2010). The researchers analysed jealousy phenomenon by using psychological approach, because it supports to analyse the causes of jealousy depicted by the main characters in the movie The Deep Blue Sea.

The primary data are the data where the information unswervingly related to the research taken. The primary source of data in this research was movie The Deep Blue Sea released in 2011 directed by Terence Davies with duration 98 minutes. This movie was adapted from Terence Rattigan play in 1952 entitled The Deep Blue Sea 2011. The research data were in the form of utterances, gestures, and behaviours in the movie The Deep Blue Sea 2011. The data which contain causes of jealousy depicted by the main characters were sorted and chosen to be discussed.

In this research, the researchers conducted documents analysis. It delivered precious sources for text data for a qualitative research because it does not oblige transcription data to be examined, contrasting observation and interview (Cresswell, 2007). By inspecting related document, the

researchers could collect supplementary data which cannot be achieved from the observation and interview. It was agreed that data taken from the observation and interview would be more precise and trustworthy if they were strengthened by documents (Sugiyono, 2011). The documents investigated were the script of the dialogue of the movie The Deep Blue Sea 2011. To collect the primary data, the researchers used some criteria from the phenomena of jealousy. There are some ways to analyse the data, one of them is descriptive analysis. The researcher used interactive model as proposed by Miles and Huberman.

FINDINGS AND DISCUSSION

Jealousy is an expression of emotions experienced by someone who is anxious of his/her love or affection and expression so that it may cause some abnormal expression to realize the feeling. It is divided in three terms which are locus of causality, controllability and stability. Locus of causality refers to the extent to which individuals perceive their own actions as a result of either external or internal reasons (Turban, 2007). It exists when a behavior is experienced to be initiated or regulated by an informational event, whether the event occurs inside or outside the person (Ryan, 2000). Locus of causality can be observed in many scenes in this movie. One of them can be seen from William's expression at minute 00:25:02.

Sir William	: "And who else do you call darling? I assume this means what I think it means? Well, how long?"
Hester	: "William."
Sir William	: "How long has this been going on?"
Hester	: "For some months."
Sir William	: "I see. I'll meet you at the car after I've said goodbye to mother. I don't want her upset unnecessarily."

From the conversation above, we can see that there is a cause for William's jealousy towards the person called "Darling" on the phone by Hester. From the scene, the locus of causality was the uneasy feeling inside William after hearing the conversation between Hester and the man.

Stability is the manifestation of personal maturity, which is related to the ability to aim at certain goals and to organize one's own activity with the nature of time perspective. It integrates a whole system of skills, including ability of self-development, development of one's own individuality, and is the manifestation of compatibility of consistency and variability of a personality. Development of a personality's psychological stability is the result of interaction between cognitive, emotional and behavioral fields of the mind (Petrova, 2016).

Stability can be observed in many scenes in the movie The Deep Blue Sea 2011. It can be seen from William's attitude after realizing that his wife was having an affair and did not have any intention to go back to his arms at minute 00:27:42.

William	: "Do you realize what you're doing?"
Hester	: "Yes, William."
Hester	: "I do."
William	: "It's just a sordid little affair."
Hester	: "No, it's not. I love him."
William	: "It's infatuation."
William	: "There's more to love than... physicality."
Hester	: "Well, there isn't for me anymore."

From the conversation, it can be concluded that even though William discovered that his wife, Hester, was having an affair, he kept persuading himself and his wife that it was just a repugnant little affair. He alleged that his wife looked at Freddie physically without any desire or love. We can observe that William was established belief about his feeling even though his wife betrayed him.

Controllability, principally, is the capability to organize something (Rees, 2005). It is a

personality characteristic that contributes to personal development and psychological adjustment to threats or events (Mardiyono, 2011).

Based on the explanation above, we are required to associate the definition with the scene in the movie. We can perceive the controllability happens in the main character, William. Here are the proof at minute 00:28:02.

Sir William   : "You can drop me here, Flitton!" (His driver).
Sir William   : "<u>I won't consent to a divorce</u>.
Hester   : "Bill."
Sir William   : "<u>I intend to make it as difficult as possible for you.</u>"
Hester   : "You sound exactly like my father."

William, with all the power and abundant wealth he had, tried to preserve his wife by his side. He attempted to make his divorce problematic with his reluctance to sign the divorce documents. He had the intention to complicate the divorce and anticipated that sooner or later his wife would recognize his affection and returned to him.

The researchers determined the cause of the main characters' jealousy in three positions that can be seen below:

Locus of Causality

The main characters' jealousy ascends as a result of the affair between Hester and Freddie, the uncomfortable feeling inside the heart of William after recognizing the affair throughout the telephone conversation and the unfaithfulness of William's Hester towards their marriage and Freddie's disloyalty of the acquaintance with William.

It is consistent with the philosophy of locus of causality according to the expert. Locus of causality refers to the extent to which individuals perceive their own actions as a result of either external or internal reasons (Turban, 2007). It exists when behaviour is experienced to be initiated or regulated by an informational event, whether the event occurs inside or outside the person (Ryan, 2000).

Stability

The main characters' jealousy arises as a result of the influence of the stability of the attitude of William recognizing his wife was partaking an affair and disinclined to come back to protect the marriage. Even though his wife acquiescently stated that she was having an affair and would stay in Freddie's love until her death, William was still resilient and established belief that his wife would come to him once more.

It is consistent with the philosophy of locus of stability according to the expert. Stability is the manifestation of personal maturity, which is related to the ability to aim at certain goals and to organize one's own activity with the nature of time perspective. It integrates a whole system of skills, including ability of self-development, development of one's own individuality, and is the manifestation of compatibility of consistency and variability of a personality. Development of a personality's psychological stability is the result of interaction between cognitive, emotional and behavioural fields of the mind (Petrova, 2016).

Controllability

The main characters' jealousy ascends as a consequence of the ability to control the situation, to control the feeling when they encountered the complications. William attempted to control the situation by giving hard time and problematic divorce to his marriage. He intended to complicate the divorce with his power and associations in the marriage law court, with the prominence on the return of his wife after she recognized that she was indelicate on leaving William.

It is consistent with the philosophy of locus of controllability according to the expert. Controllability, principally, is the capability to organize something (Rees, 2005). It is a personality

characteristic that contributes to personal development and psychological adjustment to threats or events (Mardiyono, 2011). Based on the explanation above, we are required to associate the definition with the scene in the movie. We can perceive the controllability happens in the main character, William.

CONCLUSIONS

The Deep Blue Sea encompasses many features that we can discover in life as a couple. Marriage betrayal theme is the main theme in this movie which is a very interesting theme to explore and study. The researchers took the theme of jealousy as the main features in this writing as a consequence of the close relationship between the themes of betrayal with jealousy.

Based on the study, the researchers attain an insinuation that understanding literary works particularly drama is not effortless, even, with observing the drama performed on the movie. By watching drama, we possibly will confront difficulties in interpreting the drama because of there are insignificant narrations and descriptions of the drama, specifically when there are merely a small number of societies exploring the drama itself. So, we determine by ourselves about the situation of jealousy between the characters. In literary works, we are publicized many features of its, both intrinsic and extrinsic features. When we investigate it, first, we choose which we will use. Then, what kind of viewpoint we decide. In extrinsic one, exclusively, psychological approach, we take what kinds of conflict that ascend the movie. Jealousy is one conflict that occurs in the movie that is confronted by Hester, William, and Freddie as the central characters in the movie. The main characters in the movie The Deep Blue Sea did all the acts as the result of jealousy among them.

The result showed that jealousy in the movie was caused by locus of causality, controllability and stability. Besides, the affiliation concerning jealousy and protections was considerably sturdier for males than for females. It was defined that a relationship regarding jealousy as well as self-confidence did indisputably be existent, hitherto this was simply the instance for females. For males, jealousy was originated to be essentially associated with practice of defence.

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