



MANIC DEPRESSIVE DISORDER OF THE MAIN CHARACTER AS SEEN IN *Mr. JONES* MOVIE (PSYCHOLOGICAL APPROACH)

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ABSTRAK: Penelitian ini bertujuan untuk mengetahui gejala dan pengobatan gangguan manik depresif yang terlihat dalam film "*Mr. Jones*". Penelitian ini menggunakan teori Hodges untuk menganalisis gejala dan pengobatan gangguan manik depresif. Metode yang digunakan dalam penelitian ini adalah deskriptif kualitatif. Dalam penelitian ini data di ambil dari kutipan berupa kata, frasa, kalimat, dan dialog. Hasil menunjukkan bahwa terdapat Lima puluh Dua ujaran yang mengandung tiga gejala dan pengobatan manik depresif atau gangguan bipolar. Data tersebut dikategorikan sebagai mania dimana terlihat ada tiga puluh sembilan data yang didalamnya terdapat mood yang sangat tinggi yaitu perasaan gembira yang berlebihan sebanyak empat data, iritabilitas sebanyak sembilan data, ucapan cepat sebanyak empat data, pikiran berpacu sebanyak empat data, impulsif enam data, dan belanja berlebihan enam data. Gejala hypomania sebanyak Lima data yang berisi keinginan dan dorongan untuk sukses. berisi keputusan Lima data. Sedangkan pengobatan untuk gangguan manik depresif adalah obat-obatan terdapat tiga data dan terapi untuk meningkatkan kesehatan jiwa dan kesehatan fisik sebanyak dua data.

Kata kunci: *Manic Depressive, Movie*

ABSTRACT : This study aimed at finding out the symptoms and the treatment of manic depressive disorder as seen in "*Mr. Jones*" movie. This study using Hodges theory to analysis the symptoms and treatment of manic depressive disorder. The method that used in this study were descriptive qualitative. The data in this study were taken from quotations such as word, phrases, dialogue and sentences. The result shows that there are fifty five utterances contain three symptoms and treatment of the manic depressive or bipolar disorder. These data are categorized as mania which data seen thirty nine data its contain of extreme elevated mood or euphoria is an excessive feeling of joy are four data, grandiosity are six data seen, irritability are nine data, rapid speech are four data, racing thought are six data, impulsiveness are three data, risk sexual behaviors is one data and excessive spending are six data. The hypomania symptoms are five data contain of desire and drive for success contain of hopeless are five data, and uncontrollable swings of racing thoughts which coincide with feelings of despair and blackness one data. While the treatment of manic depressive disorder are exercise to increase confident and positive image is one data, medications are three data, therapy to increase mental health and physical health are two data.

Keywords: *Manic depressive, Movie*

INTRODUCTION.

Nowadays, the society is very interested in fiction story. Besides gorgeous characters also the way of plot is running. The information or events those are not



real but rather imaginary. There are lots of fiction story that are still coming up and being made. The fiction movie that shows some beyond actions that is hard to be believed. But the story does not only tell about that, it also tells about how the character life in pressure condition. The pressure makes the character become flight, uncontrolled and kill themselves. This phenomena usually appear in society where the pressure of the behavior, or trauma of losing someone special, stress, make someone suffering manic depressive or bipolar disorder. As we know manic depressive or bipolar disorder is a mental health issue that needs attention from the world. Based on WHO data release (2016) there are around sixty million people affected by bipolar disorder.

Manic depressive and bipolar disorder are the same disorder but the label is outdated in 1980, the DSM-3 officially reclassified this disorder as a bipolar disorder. Because this disorder manifests itself with features of clinical depression and mania or hypomania. This mental illness ranked sixth in the main diseases that cause disability worldwide.

In this study, the writer chooses the *Mr. Jones* movie by Mike Figgis. The genre of this movie is drama romance which release in 2019. The duration of the movie about an hour and fifty five minutes. The related between literature and manic depressive disorder in this study because this study using one of literary work such as movie with the title *Mr. Jones*. In this movie the character suffering manic depressive disorder because of the trauma he has experienced in the past that his wife living him go to get his own life. He do not realize that he has a manic depressive he become unpredicted sometimes very happy, sometimes very irritable, in other times very sad. He actually cannot control himself. That's why this study choose to analyzed manic depressive disorder in a movie. Based on the background, this study analyzed the manic depressive disorder in a movie *Entitled Manic Depressive Disorder of The Main Character as Seen in Mr. Jones Movie*. There are two problems in this study, first is what are the symptoms of manic depressive disorder as seen in *Mr. Jones* movie?; and the second is what are the treatment that the character used to treat manic depressive disorder as seen in *Mr. Jones* movie?

RESEARCH METHOD

Qualitative research is descriptive which the data is collected in the form of word s or pictures rather than numbers. Source of data in this study were form the *Mr. Jones* movie. This research focuses on analyzing symptoms that the character experienced in the movie and the treatment that used to heal the manic depressive disorder. The data source in this study is the movie entitled *Mr. Jones* by Mike Figgis, published in 2019. The analysis of this study was made by analyzing the utterance of the character in "*Mr. Jones*" movie through some steps follow:

The first Watching the movie. The second Reading and marking the symptoms and factor that causes the character experienced manic depressive disorder on the script And the third Identifying and classifying symptoms and treatment of manic depressive disorder based on the movie.

ANALYSIS

Symptoms of Manic Depressive Disorder in Mr. Jones Movie

A person with bipolar or manic depressive disorder may be unaware they're in the manic or hypomania or mixed episode phase. After the episode is over, they may be shocked at their behavior. But at the time, they may believe other people are being negative or unhelpful. Some people with bipolar disorder have more frequent and



severe episodes than others. And also many reasons why a person with manic depressive disorder may lie. They may not realize at the time that they said was untrue. Because of this, they may give another answer or explanation later on.

Mania

The difference between happiness and mania, according to some bipolar researchers, is how the all-encompassing euphoria of the manic state can start out as enjoyable, if somewhat distracting, but can turn volatile and transform into more extreme emotional states like anxiety, or even an anxiety attack. In *Mr. Jones* movie the symptoms of mania that Mr. Jones experienced are:

1. Extreme elevated mood or euphoria is an excessive feeling of joy.

Extreme elevated mood or euphoria is an excessive feeling of joy means considered to represent and unusually high level of happiness or contentment, beyond the occurring in in normal emotional reactions.

In this situation Mr. Jones, a man with manic depressive disorder feels happy he was on the bike riding to the work place with happy face he smiling and yelling. Mr. Jones utterances and action above shows that he is suffered by manic depressive disorder with mania symptoms. The first point of mania symptoms is feels euphoria. The utterance and the action above shows that the character (Mr. Jones) feel euphoria. It is can be proved by his action that he looking ahead like he enjoyed the situation and raise his hand and yelling **"Yeah"** then he laugh. He looks full of energy to start the day. He went to the work place and ask for a job.

2. Grandiosity

This type of delusion tends to feel that they are more powerful, great, intelligent, and have a higher social status, and believe that they made an important discovery or have great talent.

Susan : What are you, a musician?

Mr. Jones : **...beneath your soft wings. No. no, but I was a music student. I had this wonderful, beautiful girlfriend named Ellen. And she was a composer. She was really an extraordinary person.**

This conversation happen when Mr. Jones and Susan his new girlfriend want to watching an orchestra concert. They walk in the building and they hear the music so he grabbed Susan's waist and asked her to dance. She followed him and they are dancing. Then Susan asked him is he a musician? He did not immediately answer her question but he guiding her to enjoy the music **"Beneath your soft swings."** Then he answer **"no. no, but I was a music student. I had this wonderful girlfriend name Ellen. And she was a composer. She was really an extraordinary person."** In this situation Mr. Jones want show off that he is a musician student, and he praised Ellen like she is the most perfect.

3. Irritability

This symptom can be normal and its only indicator of illness if feelings become excessive drain energy mg thought also interfere with daily life.

Dr. Bowen : Mr. Jones, you have a disease. Manic-depressive disorder. It's like having diabetes.

Mr. Jones : **No sh*t! And here I thought I was just having a bad day!**

Mr. Jones was disturbing the orchestra concert so they bring him to the mental hospital. He was currently in a manic cycle. He looks agitated, he doing rapid speech, and he was very sensitive. The nurse hold him then tied his hand and foot



on the bed. He feels uncomfortable so when Dr. Bowen come he asked for get out from there. But Dr. Bowen said that she cannot do that. Then he was angry because of that. He realized about the rules but he feels hopelessness. Even he beg her that he want to out from there but she cannot help him. When Dr. Bowen tell him that he was suffer manic depressive disorder he became angry and cannot accept then he saying **"no sh*t! And I thought I was just having a bad day"**. Mr. Jones's angry expression and utterances above show the irritability symptoms of mania.

4. Rapid speech

This symptoms is the common symptom in bipolar disorder and other mental health conditions. Its typically occur when a person is experiencing manic episodes.

Mr. Jones : **"I'm late, I'm late for a very important date" Hi, I'm a doctor! I'm also a "late-oholic". I'm late! I work late! I get up late. I sleep late. I eat late. It's too damn late to do anything about it.**

Mr. Jones and Dr. Bowen were talking on the corridor. Mr. Jones was waiting for her there because he was in love with her since his first meet yesterday. The police bring him to the mental hospital yesterday because he was trying to flying scam on the building roof. He saw Dr. Bowen was walking on the stairs to the corridor, he immediately approached him and said **"I'm late, I'm late for a very important date. Hi I'm a doctor! I'm also late-oholic. I'm late! I get up late. I sleep late. I eat late. It's too damn late to do anything about it."** He said those words with one breath while walking beside her. Mr. Jones's utterance and action above showing the rapid speech symptoms.

5. Racing thoughts

This symptoms are often one of the first symptoms to develop when someone with bipolar disorder is entering a hypomanic episode.

Mr. Jones : Okay. Hey, guys! What's your name, man?
Howard : Howie. What's yours?
Mr. Jones : **(Look above it's a plane then he look follow the plane until its landing. He make a beat box. Then he dancing.)**

Mr. Jones was on the roof with Howards and the other. This is his first day in the work place. They were talking, Howard asking him what is his name. But his attention was distract by the plane above them. He immediately looking above and hid eyes follows the plane until it landing. He also make a beat box and then dancing. This situation showing the symptoms of racing thought. Mr. Jones's thought was racing when he hear the plane.

6. Excessive spending

The act or an instance of spending in excess of one desires or what one can afford or is allocated

Mr. Jones : **Take them all out to dinner. Do that.**
Howard : What's this?
Mr. Jones : **I just found it on the street. It's \$100.**

This situation take place on the roof of the building. It was his first day. He have a new friend name Howard. He looks happy and full of energy to enjoy the day. He guess that Howard have seven children. And it was true so he immediately give his money. It was \$ 100. Even though Howard refuse him at first but in the end he accept his money. Mr. Jones's action above showing the symptoms of excessive spending.

Hypomania





Hypomania is a condition in which a person have a period of abnormally elevated, extreme changes in their mood or emotions, energy level or activity level. Symptoms of hypomania as follows:

1. Desire and drive for success

Some individuals with bipolar see a link between their diagnosis and their high achievement sometimes as a result of hypomania's enhanced energy and creativity level and sometimes because of the degree of focus and self-management required to address symptoms and prevent or cope with mood swings.

Mr. Jones : **Look. Give me this. This first day, I work for free. I give it to you, it's a gift. Second day, you pay me for two days. Third day, I have your job. One day! One day!**

The foreman : All right. One day. Start upstairs. On the roof.

Mr. Jones came to the construction and looking for job. He know the information from the newspaper. He enter the room with high energy and telling the foreman that he was their new carpenter. But the foreman refuses him first, he still persuade the foreman by saying **"look. Give me this. This first day, I work for free. I give it to you, it's a gift. Second day, you pay me for two days. Third day, I have your job. One day! One day!"** the method the he used to persuade him is very touching so that the foreman give him a chance to join them. He trying with unique method so that people agree with him or allow him. Mr. Jones's action and his utterance above showing the symptoms of desire and drive for success.

Treatment for Manic Depressive Disorder

Medications

Bipolar disorder requires lifelong treatment with medications, even during periods when someone with this disease feel better. Those are the medications that used in the *Mr. Jones* movie lithium, haldol and amytal.

1. Lithium

This is lithium medication works in the brain to help stabilize mood

Dr. Bowen : Do you?

Mr. Jones : How can I get suicidal? I have my little friends here.
"Lithium."

Mr. Jones and Dr. Bowen was on the corridor out of the court room. Dr. Bowen was upset because Mr. Jones denying her when she saying that he is suffer by manic depressive disorder in the room. Mr. Jones know that she upset so he wait on the corridor and saying want to go bowling? She said do not looking for her if he get trouble. But Mr. Jones said that he was fighting for freedom in there. Then Dr. Bowen ask him did he get crash or suicidal. Then he answer, how can I get suicidal? I have my little friends here. **"Lithium"**. Mr. Jones clearly saying lithium is the medication that he used to heal the suicidal. The utterance of the picture above can be a proven that Lithium can used to heal manic depressive disorder

2. Amytal

This is amytal type of barbiturate drug this drug will reduce the response and activity of the central nervous system by disrupting the flow of signal transmission in the brain. That way, a sedative (sedative) and hypnotic effect will be produced.

Dr. Bowen : That's not Haldol.

Mr. Jones : What is it?

Dr. Bowen : **This is Amytal.** You've heard of it?

Mr. Jones : oh okay. Yeah.

Mr. Jones was in the room of the mental hospital. The security bring him here because he tried to disturbing the orchestra concert. He was in a manic cycle so he



feel angry, upset, hopelessness, agitated. When Dr. Bowen came he beg for go out from there but she cannot help him to get out early. It is need time until seventy two hours they would let him go. Dr. Bowen want to give him a medicine to help him rest. He refuse the medicine first until she tell him that she want to give amytal not Haldol. He realized the effect of Haldol that they give when he try to jump from the construction. So he do not want to take Haldol anymore. When Dr. Bowen said it is amytal not Haldol then he agree and he want to take it. The conversation of the picture above can be the proven that amytal can used to heal manic depressive disorder.

3. Haldol

Haldol is an antipsychotic drug used to treat bipolar disorder.

Dr. Bowen : What did they give him?

Dr. Patrick : **"Haldol, 10 milligrams"**. That's pretty heavy. It seems to have worked.

This situation take place in the hospital, the police take Mr. Jones because he tried to doing a high-wire act on a roof. When he came in, he was highly agitated, delusional, and having auditory hallucinations. Dr. Bowen enter the room and ask the doctors if they has examined him and what the medications that they give, Dr. Patrick said answer that they diagnosed him suffer paranoid schizophrenia so they give him **"Haldol, ten milligrams"**. And it is pretty heavy. From the scene above the reader know that Haldol can used as the medicine to heal manic depressive disorder

Therapy to increase mental health and physical health

Hodges (2012: 84) stated that therapy can work in helping to restore capacity because it is include in several based on cognitive behavioral therapy or CBT.

1. Music

Music is therapeutic approach that uses the naturally mood elevating properties of music to help people improve their mental health and overall wellbeing. The reason why music is choose to therapy someone with manic depressive disorder, because music make someone calm, music also make some souls peace.

Mr. Jones : **No. Can you play it faster? I mean really fast. (Dancing)**

Mr. Jones and Susan was in the piano's store. He want to buy the piano, but he want to listen the sound first before he buy. He approached the first piano and start to play. The piano shop keeper came and help him to play the piano. He listen and start to enjoy the music. He take Susan's hand and they are dancing. He look satisfied with the piano and he said, he will buying the piano. Mr. Jones action that he enjoy the music and he dancing when he hear the music can be categorized that music can heal him from the disease the he suffer.

CONCLUSION

Manic depressive also called bipolar disorder; it is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When a person is difficult to understand the mood changes and hard to make decision, in certain day feels high, feels over excited and sometimes low or feels very sad it means that person suffering manic depressive disorder. The person also experiences mania, which is characterized by extreme enthusiasm and excitement, as well as disorganized thinking and behavior (Basia and Joann, 2012). According to Hodges (2012: 18), there are three symptoms of manic depressive or bipolar disorder are seen. Those symptoms are



mania, hypomania, and mix-episode. While the treatment Hodges (2012: 81) stated that there are there treatment are seen, those treatment are: Exercises to increase confidence and positive image, medication and therapy to increase mental health and physical health.

There are two problems were studied namely what are the symptoms and the treatment that use in *Mr. Jones* movie. This study aims at finding out the symptoms and the treatment that use in *Mr. Jones* movie. From the data analysis, it was found there are 52 utterances contain three symptoms and treatment of the manic depressive or bipolar disorder. These data are categorized as mania which data seen thirty nine data its contain of extreme elevated mood or euphoria is an excessive feeling of joy are four data, grandiosity are six data seen, irritability are nine data seen, rapid speech are four data seen, racing thought are six data, impulsiveness are three data, and excessive spending are six data. The hypomania symptoms are five data contain of desire and drive for success. contain of hopeless are five data seen. While the treatment are the medications are three data, therapy to increase mental health and physical health which is music are two data.

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