

Nina Sayers's Schizophrenia in Andres Heinz's *Black Swan* Movie Script

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Abstract

The research focuses on Nina Sayers's schizophrenia in *Black Swan* movie script. The researcher conducts a qualitative research using the *Black Swan* movie script as source of data. The finding shows that Nina Sayer's symptoms of schizophrenia are portrayed by three symptoms. They are hallucination, delusion, and negative symptoms. The hallucination that experiences by Nina consists of auditory hallucination, visual hallucination and tactile hallucination. Besides, the causes of Nina Sayers's schizophrenia are use of certain drugs and environment. The environment consists of stress and anxiety disorder. The effect of Nina Sayers's schizophrenia is aggressive behavior. Nina's aggressive behavior makes Nina dies because of her own delusion. Nina's aggressive behavior also makes her mother disappointed. She also feels that she has lost her old Nina.

Keywords: Schizophrenia, movie script

A. INTRODUCTION

Nowadays, mental health issue has become one of the society's problems around the world. In Indonesia however, the topic of mental health is not quiet understood by the community. The lack of mental health knowledge becomes one of the biggest problems faced by people who are suffering mental illness. In 2017 Human Rights Watch reports that in various regions of Indonesia, people believed that someone having mental disorder was being possessed by an evil spirit due to being a sinner, committing immoral acts, or also lacking of faith.

According to National Alliance on Mental Illness (2017:5), in the book entitled NAMI Family & Friends mental illness is a condition that affects thinking, feeling or mood of a person. Such conditions may affect someone's ability to relate to others and function

each day. Each person will have different experiences, even someone with the same diagnosis. Mental illness stigma affects almost everything in a patient's life, from personal relationships to performance at daily activities. It also prevents someone with mental health problems from seeking help and treatment. A recent report in 2003 by WHO said stigma is one of the greatest obstacles for people suffering from mental illness to get properly treated.

In 2017 Human Rights Watch reports that in various regions of Indonesia, people believed that a person's mental health condition comes from being possessed by an evil spirit, due to being a sinner, committing immoral acts, or also lacking of faith. The lack of medical services and poverty in Indonesia lead to the usage of traditional method, such as go to shaman, religious medicine or even worse the patient will be shackled.

There are many kinds of mental disorder, such as depression, bipolar disorder, trauma and schizophrenia. Schizophrenia is one of mental disorder that is many people are still not familiar with. Morris (1976:515) in his book entitled *Psychology An Introduction* states that schizophrenia is a psychotic disorder that causes severe mental disturbances that disrupt thoughts, emotion, and behavior.

Schizophrenia is mental disorder that must be considered seriously. Otherwise, this will lead to a criminal case such as murder. One of the terrible cases occurred in Melawi, West Kalimantan in February 2016. According to Kompas.com (2016) Brigadier Petrus Bakus, a member of the Intelligence and Security Unit of the Melawi District Police, West Kalimantan, mutilated Fabian (5) and Amora (3), his biological children. The results of the interim examination indicated that the perpetrator was suspected of having schizophrenia. . Windri Hairin Yanti as Petrus's wife said that about a week before the fateful incident, her husband often got angry at home by himself because he felt a subtle spirit had come to him. Her husband also often gets whispers. The provisional examination results revealed that the perpetrator had experienced the same thing since he was four years old. When he was child, he also often heard some whispers and made him sick.

According to American Psychiatry Association (2013:94) a person can be diagnosed schizophrenia through several symptoms. They are hallucination, delusion, negative symptoms, disorganized thinking, disturbances in motor behavior and cognitive symptom. American Psychiatry Association (2013:95) explain that hallucination happens when a person sees, hears, smells, tastes, or feels things that are not real and "hearing voices" is common for people with schizophrenia. The second symptom is delusion. According to Oltmanns and

Emery (2012: 336) delusion is false internal beliefs based on an incorrect perception or misinterpretation of the real, external environment. The second symptom of schizophrenia is disorganized thinking. Based on Barboto (1996:4) disorganized thinking is one of the primary symptoms of schizophrenia and it can lead to a variety of thought process disorders that cause disjointed thoughts, a collapse or sudden stop in thought process, randomly spoken words, and complete incoherence. The next symptom that indicates schizophrenia is disturbances in motor behavior. Barboto (1996:4) disturbances in motor behavior have a range of expression. When some people are ill, may become agitated or display strange postures or movements. Negative symptom is the next symptom of schizophrenia. Based on American Psychiatry Association (2013:88) in schizophrenia, there are two negative symptoms prominent; Diminished emotional expression and avolition. Diminished emotional expression requires decreases in the expression of facial expressions, eye contact, voice intonation (prosody) and hand gestures, head and face, which usually give speech an emotional focus. The last symptom of schizophrenia is cognitive symptom. Based on American Psychiatry Association (2013:88) these symptoms are detected only when specific tests are performed. Cognitive symptoms also make the schizophrenic find difficulty to process information to make decisions and have trouble in paying attention.

Schizophrenia is caused by a complex interaction between biological and environmental factors. Thus, both nature and nurture are involved in the disorder. According to Groves (2007:9) in his book entitled *Understanding Schizophrenia*, the exact causes of schizophrenia remains unknown. However, Grooves says that schizophrenia is not caused by a single cause, but on various factors. Such as the role family genetic, brain abnormalities, use of certain drugs and environment such as stress and anxiety disorder.

Schizophrenia can also have devastating effects if not treated properly. Some of schizophrenic can also had a devastating effect on her schizophrenia. There are many evidences that schizophrenia patients have an increased risk for aggression and violent behavior, including homicide. According to Maurizio Pompili, MD, PhD in <https://www.psychiatrictimes.com/view/aggression-and-impulsivity-schizophrenia> aggressive behavior and impulsivity are often found in paranoid schizophrenia. According Raine (2006:280) psychotic symptoms, such as delusions and hallucinations may result in aggressive behavior. Aggression may be impulsive and it is caused by an environmental frustrating event. Patients may be more aggressive and violent during acute episodes.

B. Research Method

Since the research does not give priority to number and tables, the researcher conducts a qualitative research. . It is in accordance with Krathwohl's theory in Wiersma (1995: 12) defines qualitative research as research that describes phenomena in words instead of numbers or measures. It does not use statistics or replication as standards of proof.

C. Analysis

In order to answer the statements of the problems, the researcher find some symptoms, some causes and some effects of schizophrenia that experiences by Nina Sayers.

1. The Portrayals of Nina Sayers's Symptoms of Schizophrenia

a. Hallucination

The portrayal of Nina's schizophrenia is shown by hallucination that she experiences. It happens when Nina on rehearsal alone and she hears noises. When she comes to the noises, she sees the form of Lily and Leroy making love. Shortly after that, Nina sees Leroy's face change into a creepy figure. It can be proven in the quotation below.

Nina tiptoes past some off-stage SETS and LIGHTING EQUIPMENT. And peeks around a piece of SCENERY... Catching a glimpse of Leroy fucking Lily further backstage. She's wild, clearly enjoying it. Nina looks away, disgusted. She peeks back one more time. Leroy has become the demon Rothbart, ravishing the Double. She meets Nina's eyes and smiles. (Heinz, 2010:80)

According to the quotation above, it shows that Nina see something that is not real. In fact, she is the only one who is still on rehearsal. This proves that there should be no one there but Nina. It is clear that the figure Lily and Leroy that Nina sees is a part of her hallucination. Moreover, Nina sees that Leroy's face has turn into a creepy figure.

b. Delusion

The second symptom of Nina's schizophrenia is delusion. Delusion is simply false beliefs based on an incorrect perception or misinterpretation of the real. As a schizophrenic, Nina is also struggling from delusion. The delusion makes Nina confused. She struggles hard to distinguish between reality and her own delusions.

Nina's delusion occurs when Nina goes out to dinner with Lily. After returning from dinner, Lily decides to stay at Nina's apartment and they make out to each other in Nina's

room until finally Nina falls asleep. However, the next morning Nina asks about what happened last night to Lily, and she says that she does not stay that night. It can be proven in the quotation below.

Nina : I overslept.
Lily : Oops... Least you had a good time, right? Nina doesn't answer.
Lily : Hello?
Nina : You put something in my drink.
Lily : (obviously) Yeah..
Nina : And took off this morning.
Lily : This morning?
Nina : Yeah, you slept over.
Lily : Uh, no. Unless your name's Tom and you have a dick.
Nina : But we....
Nina stops herself.
Lily : What, Nina?
Lily can read something on her face.
Lily : What, you have some kind of lezzy wet dream?
Nina glances at the dancers, nervous they've heard. Nina : You're lying. Lily : (tickled) Oh my god, you totally fantasized about me.
(Heinz, 2010:74-76)

The quotation above shows that Nina tells to Lily that she is over sleeps, however, Lily does not get what Nina means. Nina asks Lily about what happened last night. She feels confused about what really happens. Nina thinks that Lily lies to her because she feels what she went through last night was really real. After she hears the explanation from Lily, she realizes that what she had last night is not real. This is a clear portrayal that as a schizophrenic, Nina believes that what she went through with Lily last night was real, but it was not.

c. Negative symptoms

The third symptom of Nina's schizophrenia is negative symptom. Negative symptoms refer to social withdrawal, difficulty to show emotions, or difficulty to function normally. As a schizophrenic, Nina is also struggling from negative symptoms such as social withdrawal and difficulty to show her emotions. From the story, Nina often chooses to be alone and does not like to socialize.

Nina's negative symptom is that she avoids people and finds it difficult to socialize. It can be seen when Nina finally gets the Black Swan role, she decides to call her mother. She chooses to call her mother in the bathroom and locks herself there due to privacy. It is seen in the quotation below.

INT. THEATER BATHROOM - DAY

Nina bursts in through the door and heads directly for one of the stalls. She locks herself in for privacy and dials a number on her CELL PHONE. She holds it to her ear, anxiously waiting for the person to answer. (Heinz, 2010:21)

From the quotation above, it shows that Nina is more comfortable calling her mother in the bathroom cubicle. She prefers privacy and solitude.

2. The Causes of Nina Sayers's Schizophrenia

a. Use of Certain Drugs

The Use of certain drugs usually leads schizophrenic with reactive develop. The use of certain drugs can also exacerbate the symptoms experienced by schizophrenics. In this story, Nina is not a drug addict. However, the drugs she consumes worsen the symptoms of her schizophrenia.

Lily : You can't leave, I bought you a drink.

Lily holds out the doctored beverage. Nina eyes it, tempted to go down the rabbit hole...

Nina : I really shouldn't, we're on the stage tomorrow.

Lily : What, you gonna go home to mommy? Live a little.

Nina grins sheepishly and takes the drink. Lily smiles.

Nina : Just a couple of hours?

Lily : Tops.

Nina takes a tiny sip.

Lily : Go on.

Nina takes another sip and smiles. (Heinz, 2010:62-63)

From the quotation above, it shows that Nina finally consumes the pill. It is obvious that after consuming the pill given by Lily, Nina's symptoms of schizophrenia are worse. She experiences delusion after consume it. Like in the previous quotation in the delusion section, in her delusions Nina feels that she is coming home with Lily and Lily is staying in his room, but it is clear that it is not real. This was the first delusional Nina had, of course the pill she took made her worse.

b. Environment

Stressful surroundings also play an important role in causing schizophrenia. It also happens to Nina. Nina's schizophrenia is also caused by stress. It is seen when Nina has big ambitions to get the role of Swan Queen. That is what makes Nina feels stressed in undergoing every rehearsal to be perfect. Nina also often feels stressed because Leroy, the

leader and the coach of Swan Lake, always says that Nina is not good enough to get the role of Swan Queen. It can be proven in the quotation below.

Leroy : So Nina, would you like to be the Swan Queen?

Nina : If you want me to be.

He leans in and talks softly so the other girls can't hear.

Leroy : Well, if I was just casting the White Swan, she'd be yours.

She can't help but smile, flattered. He pulls away from her.

Leroy : But I'm not.

He turns to the PIANO PLAYER.

Leroy : Maestro, Odile's Coda.

The piano player rifles through the song book.

Leroy : Show me your Black Swan, Nina. (Heinz, 2010:9-10)

From the quotation above, it shows how Leroy pushes Nina to be the perfect Swan Queen. This condition actually makes Nina feel stressed. Nina has a huge ambition to be Swan Queen; however, she still finds difficulty to play as the Black Swan.

Anxiety disorder becomes one of the causes of Nina's schizophrenia. It happens when Nina always feels anxious because of her ambitions to become a Swan Queen. Her anxiety appears because she is very worried if Lily will replace her role as Swan Queen. It can be proven in the quotation below.

Nina pays close attention to Lily, sizing her up. Her dancing is explosive, exudes sex.

Leroy : Watch the way she moves...

Leroy has snuck up behind Nina at the doorway and gets very close to her.

Leroy : Imprecise, but sensual. She's not faking it. Pay attention.

Lily makes a small mistake, but cracks up laughing, amused rather than bothered by her blunder. Nina stares at her, attracted and threatened. (Heinz, 2010:25-26)

From the quotation above, it is seen that Leroy asks Nina to pay attention on Lily's movement. According to Leroy, Lily's movement is perfect and amazing. Nina admits that because Nina is also interested in seeing Lily's movement. However, Nina also feels anxious and threatened by this condition

3. The Effects of Nina Sayers's Schizophrenia

The effect of Nina's schizophrenia is aggressive behavior. The aggressive behavior that she experiences makes her killed by herself. It happens when Nina is under control by

her delusion. Nina thinks that she murders Lily; however, the one who is murdered by her is herself. She stabs her own stomach with the glass shard. It can be seen in the quotation below

She looks over at the broken mirror. Sees her reflection staring back at her. She stares at it for a long beat, and realizes something. She touches her stomach and winces a little. Pulls back her hand. It's coated with red liquid. Blood. It's started to soak through the costume, creating a faint red spot. The fabric is ripped at the center of the stain. She feels inside for confirmation. And discovers a stab wound, in her own stomach. (Heinz, 2010:100)

The quotation above shows after Nina realizes that she does not kill Lily. The shard of glass that should have been aimed to kill Lily stabs Nina herself. However, Nina decides to continue the show while her stomach is bleeding. In the end of the story Nina dies after her performance on the stage because of the wound on her stomach.

D. CONCLUSION

The first portrayal of Nina Sayers's symptoms of schizophrenia is auditory hallucination. It is seen when Nina sometimes hears voices that are not real. The second portrayal of Nina Sayers's symptom of schizophrenia is visual hallucination. It is seen when that Nina sees something that is not real. The third portrayal of Nina Sayers's symptoms of schizophrenia is tactile hallucination. It is seen when Nina feels something that cannot be explained. The fourth portrayal of Nina Sayers's symptoms of schizophrenia is delusion. It is seen when Nina gets confused and struggles hard to distinguish between reality and her own delusions. The fifth portrayal of Nina Sayers's symptoms of schizophrenia is negative symptoms. It shows that Nina is a type of schizophrenic who is a social withdrawal. The causes of Nina Sayer's are the use of certain drugs and environment including stress and anxiety disorder. The effect of Nina Sayers's schizophrenia is aggressive behavior.

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