



**THE QUARTER-LIFE CRISIS EXPERIENCED BY
MEGAN IN LYNN SHELTON'S *LAGGIES***

A THESIS

**In Partial Fulfillment of the Requirements for
the Sarjana Degree Majoring in American Studies of English Department
Faculty of Humanities Diponegoro University**

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PRONOUNCEMENT

The writer honestly confirms that she compiles this thesis entitled “*The Quarter-life Crisis Experienced by Megan in Lynn Shelton’s Laggies*” by herself without taking any results from other researchers in S-1, S-2,S-3, and in diploma degree of any university. The writer ascertains that she does not quote any material from other publications or someone’s paper except from the references mentioned.

Semarang, 30 June 2016

Atika Nur Hidayah

MOTTO AND DEDICATION

“The most difficult phase of life is not when no one understands you, it’s when you don’t understand yourself.”

– *Anonymous*

“life isn’t about finding yourself, life is about creating yourself.”

– *George Bernard Shaw*

“It does seem kind of stupid to make some sort of rigid plan for the future. but it’s stupider not to start paying attention to who you are and what makes you happy.”

– *Megan in the movie “Laggies”*

“Happiness is not about getting what you want all the time. It is about loving what you have and being grateful for it.”

– *Anonymous*

“Don’t procrastinate your life or you may suffer from life crisis.”

– *Anonymous*

“You can’t keep putting aside what you want for some imaginary future. you’ve just got to suck it up and go with your gut.”

– *Megan in the movie “Laggies”*

*I proudly dedicate this thesis to my beloved family and friends,
especially, to my beloved brother who is no longer in this world.*

Thank you for your support and everything.

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I realize that this thesis is still far from being perfect. Therefore, I will be glad to receive any constructive criticisms and suggestions to make this thesis better. I expect that this thesis will be useful for the readers.

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Abstract

Laggies (2014) is an independent movie directed by young director Lynn Shelton and writer Andrea Siegel. *Laggies* tells the story of Megan who experiences quarter-life crisis. Quarter-life crisis is a period of constant change, instability, and identity confusion. It hits young adult in the age of early 20s until early 30s where the adolescence transforms into the adulthood. In the movie *Laggies*, the main character, Megan suffers from quarter-life crisis in which she is in her mid-20s but she does not know what she wants to do for her future. In this thesis, the writer will describe the intrinsic aspects, which are narrative and cinematography elements and extrinsic aspect of the movie which is the quarter-life crisis experienced by the character. The objective of this study is to explain the quarter-life crisis experienced by the character in the movie *Laggies*. The method used in collecting the data is library research while the approach used is exponential approach to describe the intrinsic aspects and social psychological approach to describe the extrinsic aspects. The result of this thesis is that Megan in the movie *Laggies* has finally overcome her quarter-life crisis and lived according to her interest and values of life.

Keywords: social psychological approach, character, cinematography, quarter-life crisis, identity crisis, youth and crisis

CHAPTER 1

INTRODUCTION

1.1 Background of the Study

According to Thorspecken (2005:121), the quarter-life crisis is a growing phenomenon happened in American society suffered by many young adults in the age of 20s and 30s. It is a period of stress, instability and major life change. The quarter-life crisis happens when many young adults feel doubted about their future and feel like they are being trapped in their life choices. Young adults who are in the phase of quarter-life crisis will feel like they do not fit into the society and they will feel pressure to meet parents' expectation of their children.

Basically, people thought that the early adult years are filled with joy, youthful, fun and freedom. In fact, it is filled with personal struggle, confusion, anxiety, hurt, frustration, and grief (Smith, *et al*, 2011:226). Moreover, it is hard for young adults in the mid-20s because society expects them to have a definite life rather than being unemployed and unmarried. These young adults are more likely to experience a quarter-life crisis.

The stress of jobs, relationship and expectation are the contributing factors of the quarter-life crisis (Braconnier, 2011:1). The feeling of not achieving success, not giving many things society expected and not developing a good commitments make young adults try so hard to escape from their reality. The quarter-life crisis sometimes makes them feel not fit into the society because they think that they have a different point of view about something that society usually did.

The word 'quarter-life crisis' is first introduced by Alexander Robbins and Abby Wilner in their book *Quarterlife Crisis: The Unique Challenge in Your Twenties* (2001) as a result of Wilner's confusion about her future after graduating from college. It can be caused by several reasons such as confusion identity, frustration with relationship and career, disappointment over something, insecurity towards the future and etc.

The movie that the writer will discuss tells the story of a young adult who is in the phase of a quarter-life crisis. Megan, a character of the movie *Laggies* (2014), has suffered from a quarter-life crisis after she knows that she does not feel like adjusting to the society's system. She also has many problems relating to her future career and relationship. She feels anxious about her future career and marriage.

Laggies (2014) is an independent movie directed by young director Lynn Shelton and written by Andrea Siegel. The word 'laggies' is usually used by the youngsters in America which means someone who lags behind. In this movie, it means that those who lag behind in life. Even the symbol of the movie is a turtle which reflects someone that is slow in life. In the movie, we can also find the terms quoted by the character Megan such as 'floating' which means that someone who has no future plan and the feeling 'in-between' where someone is not adolescent anymore but not yet ready to accept the life of adults. The feeling 'in-between' and 'floating' is the contributing factor toward quarter-life crisis period.

By experiencing quarter-life crisis, Megan gets lag behind in her life. Most of her friends have already gone far ahead accomplishing their future while she was still figuring out what she wants to do for her life. She supposes to live as an adult but she just gets the feeling ‘in-between’ and ‘floating’. In this thesis, the writer will discuss how Megan experiences her quarter-life crisis and how she can overcome that crisis.

1.2 Scope of the Study

To make the research focus on the topic, the writer limits the discussion into two aspects which are intrinsic and extrinsic aspects. The intrinsic aspects consist of narrative and cinematography elements. The narrative elements include the characteristic, setting and conflict. Meanwhile, the cinematography elements are about the motion picture and audio visual. The extrinsic elements help to analyze the social issues experienced by the characters in the movie. It will explain the quarter-life crisis experienced by the character Megan in the movie *Laggies*.

1.3 Aims of the Study

The aims of the study are presented as follows

1. To explain about the quarter-life crisis experienced by young adults in general;
2. To explain about the quarter-life crisis experienced by the character Megan in the movie *Laggies*.

1.4 Method of the Study

The writer used two types of methods in collecting data which are the method of research and approach.

1.4.1 Method of Research

The writer used the library research method in analyzing the topic. According to Sypherd, Fountain and Gibbens (1957:123), “the library research paper is a study of defined topic, and the researcher’s task is to read and analyze the published materials on the topic.” The writer read and analyzed the references related to the topic. there are two ways to collect the data, which are:

1. Main data: a movie entitled *Laggies* directed by Lynn Shelton.
2. Supporting data: the supporting data are collected from books and articles from the internet related to the movie and the theories needed by the writer.

1.4.2 Method of Approach

To analyze the topic, the writer used exponential approach and sociological-psychological approach to literature. The writer used exponential approach to describe the intrinsic elements of the study. “Exponential approach deals with the inclusiveness of the term to suggest at once the several meaning of motif, image, symbol, and archetype (Guerin, 1992:197)”. This approach describes implicit meanings in a play or film which is represented by the motifs, symbols, images and basic patterns. However, the writer will analyze the intrinsic elements such as character, setting and conflict by using exponential approach.

In order to analyze the extrinsic elements of the movie, the writer used sociological-psychological approach to literature. Sociology of literature describe about the relation between society and literature as stated in Wellek and Warren in their book *Theory of Literature*:

“Literature is a social institution, using as its medium language, a social creation. Such traditional literary devices as symboism and meter are social in their very nature. They are conventions and norms which could have arisen only in society. But, furthermore, literature “represents” “life”; and “life” is, in large measure, a social reality, even though the natural world and the inner or subjective world of the invidual have also been objects of literary “imitation” (1949: 89).

Sociological approach to literature is used to analyze the social phenomenon occurred in literary works. In this thesis, the writer used this approach to analyze the quarter-life crisis experienced by Megan in the movie *Laggies*.

Meanwhile, the psychological approach to literature is classified into the psychology of the author and his creative process, psychology of the character in the literary works, and psychology of the readers (Wellek and warren, 1949: 75). The psychological approach is used to analyze the psychology of Megan in the movie *Laggies* which includes the personality and behavior of Megan as she suffers from quarter-life crisis period.

1.5 Organization of the Study

The Organization of this thesis comprises five chapters as follows

CHAPTER 1 INTRODUCTION

This chapter consists of five sub-chapters. They are background of the study, scope of the study, aims of the study, method of the study, and organization of the study.

CHAPTER 2 SYNOPSIS OF THE MOVIE “*LAGGIES*”

In this chapter, the writer gives summary of the movie *Laggies*.

CHAPTER 3 THEORETICAL FRAMEWORK

This chapter consists of the theory and method used to analyze the research.

**CHAPTER 4 THE QUARTER LIFE CRISIS EXPERIENCED BY
MEGAN IN LYNN SHELTON’S *LAGGIES***

This chapter explains about the analysis of the theory in chapter three, which are intrinsic and extrinsic element of the movie.

CHAPTER 5 CONCLUSION

This chapter tells about the result of the problem discussed.

CHAPTER 2

SYNOPSIS OF THE MOVIE “*LAGGIES*”

Megan (Keira Knightley) is an aimless 28 years old woman who has nothing fixed in her life. She got her advanced degree but worked in her father's office as a sign girl for her father's tax advice company while her circle friends had already got their own proper job and one of them was going to get married soon and even had a baby. She was also in a relationship with her boyfriend since high school. He happened to propose her in one of her friend's wedding party but she got panic.

Due to shocked and confused feeling, she ran away from the wedding party and unexpectedly bumped into a bunch of teenagers who asked her to buy them alcohol because they were still minors. After buying the alcohol, Megan was about to leave but they asked her to play more. They stayed chatting until late and she realized that she had to go back to the party.

The party was over so she got back home and found her boyfriend talking about the proposal and marriage again. Knowing about her crisis, she pretended to have a personal development seminar out of the town for a week in order to escape from the trapping situation. Because she wanted to give herself time to think about her future, so she went out from home to go to the fake personal developing seminar.

While driving her car to nowhere, she got a call from Annika, one of the teenagers she bumped into when she escaped from the wedding. She asked for Megan's help to be her mother for ten minutes to meet the school counselor but in

exchange, Megan asked for Annika's help to stay at her house for a week because she had nowhere to go.

While staying at Annika's house, Megan met Annika's father. Craig is a divorced man who worked as a lawyer. Craig appeared as she explored her life by living in a new environment and living with new people. At first, neither Megan nor Craig showed interests to each other. However, time by time, Megan and Craig became close because they could understand each other situation and listened well to each other life problems. It happened that Megan had a feeling for Craig and so did he. Their relationship became more intimate than before.

The conflict happened when Annika knew that Megan had an affair with her father but she accidentally found out that Megan is a woman in a relationship. It made Annika upset. Getting caught by Annika, Megan finally confessed her complicated situation to Craig that she was actually a woman in a relationship. Her boyfriend proposed her and she just escaped from that trapping situation for a while as she could think about her life and came up with a fixed decision. However after exploring her life with Craig, Megan had a feeling for him. She confessed her lying and truth about her feeling but Craig started to get mad and got out of the office without saying anything.

Coming back to her fiancé, she continued her lying by saying that her seminar was going smoothly. Then she continued her relationship as nothing happened to her in the past a week. Megan and Anthony planned to have a wedding abroad without telling anyone. She was really happy with that idea

because she did not like the pressure the surroundings gave her relating to the marriage.

However, right before they took a plane, Anthony took their self-shoot photo and sent it to the group of their high school circle friends. She got surprised and asked why he did that. He said that he wanted to bring their friends in to celebrate their wedding too. She then said that it was wrong. They could not be together. She said that she was not part the group anymore while her boyfriend was. It meant that they did not belong to each other anymore. They were somewhere in the past. They were not in the present nor in the future.

In the end, Megan and her boyfriend canceled the wedding and broke their relationship off and continued their present life. After experiencing life crisis, Megan got a chance to explore her life by living in a new environment and meeting new people. After exploring her life, Megan finally came up with a new perspective and she can decide anything that is more suitable for her value and interests. In the end of this movie, she eventually chose to come to Craig and start her new life with him.

CHAPTER 3

THEORETICAL FRAMEWORK

3.1 Intrinsic Aspects

3.1.1 Narrative Elements

David Bordwell and Kristin Thompson in their book *Film Art: An Introduction* says that “narrative is a chain of events in cause-effect relationship happened in time and space” (2008:75). In order to analyze the quarter-life crisis experienced by Megan, the writer views three elements which are character, setting, and conflict.

3.1.1.1 Character

A character is a person who acts in a story and makes the story alive. A character behaves according to his nature and personality in a sudden and unexpected way. Bordwell and Thompson (2008:77) state that “a character is the agent of cause and effect that triggers and reacts to the events happened in the story.” Characters play roles within the formal system of the movie. They also explain that unlike the characters in the novels, movie characters have a visible body and traits which include attitudes, skills, habits, tastes, psychological drives, and other qualities that distinct the character (Bordwell and Thompson, 2008:78).

Richard Barsam and Dave Monahan in their book *Looking at Movies: An Introduction to Film* (2010) distinguish characters between major character and minor character.

3.1.1.1.1 Major Character

“Major character is the most important character in the story. They make the most things happen and have the most things happen to them” (Barsam and Monahan, 2010:135). The major characters explained in this thesis are Megan, Anthony, and Craig.

3.1.1.1.2 Minor Character

Minor character plays a less important role in the overall movie. Usually, they help to move the plot forward or flesh out the motivation of the major character (Barsam and Monahan, 2010:136). Minor characters explained in this thesis are Allison and Annika.

3.1.1.2 Setting

According to Barsam and Monahan (2010:138), the setting of the movie is the time and place in which the story occurs. It explains not only the time and place but also the social, educational, and cultural background of the character.

3.1.1.2.1 Setting of Time

The setting of time explains about the time of events in the story, for example, date or year when the story occurs (Barsam and Monahan, 2010:138). In this movie, the setting of time is in the modern era in which the quarter-life crisis experienced by the young adults mostly happened.

3.1.1.2.2 Setting of Place

The setting of place explains about the place where the event is located in the movie (Barsam and Monahan, 2010:138). The setting of place in this movie is Megan’s father’s house and Tax Company and Annika’s house.

3.1.1.2.3 Setting of Social Environment

The setting of social environment explains how the social background and environment is portrayed in the movie (Barsam and Monahan, 2010:138). Therefore, it covers the social circumstance around characters. In this movie, the social environment explained is the social environment of the young adults and social environment of the teenagers.

3.1.1.3 Conflict

Conflict is an important element in developing the story idea in the movie. According to Perrine (1988:1408), “conflict is a clash action, desire, ideas, or goals in the plot of the story or drama. Conflict may exist between the main character and other person or between the main character and some external force physical nature, society, or fate in his own nature.”

Meyer (1990: 45) divides conflict into two: internal and external conflict. Internal conflict occurs between a character and his mind. It usually happens when the character tries to decide something. Meanwhile, external conflict occurs between a character and another character or the environment. It can be identified easily because it is obviously visible in the conversations among the character.

3.1.2 Cinematography Elements

According to Bordwell and Thompson (2008:111), cinematography elements consist of four elements, which are mise-en-scene, cinematography, editing and sound. In this thesis, the writer will analyze the cinematography and sound of the movie.

3.1.2.1 Cinematography

Pratista (2008:2) says that cinematography can be divided into three elements, which are camera distance, framing, and picture duration. In this thesis, the writer will analyze the camera distance used in the movie.

3.1.2.1.1 Camera Distance

David Bordwell and Kristin Thompson explain about camera distance in *Film Art: An Introduction*:

One of the framing of image situation certain distance. Framing supplies a sense being far away or close to mise-en-scene of the shot. This aspect of framing is usually called camera distance. In presenting the term used various distance, we will use the standard measure: the human body (2008:190-191).

Camera distance is also the term used to describe how far the object is captured in a movie. According to Bordwell & Thompson, there are seven types of camera distances which are extreme long shot, long shot, medium long shot, medium shot, medium close-up, close-up and extreme long shot (2008:191).

1) Extreme Long Shot

“Extreme long shot is used to shot a picture from a long distance where the human figure is barely visible. It is used to frame the landscape and bird’s eye views of cities” (Bordwell & Thompson, 2008:191).



Picture 3.1
(*Film Art: An Introduction*, p.191)

2) Long Shot

“In the long shot, the figures are more prominent, but the background still dominates” (Bordwell & Thompson, 2008:191).



Picture 3.2

(*Film Art: An Introduction*, p.191)

3) Medium Long Shot

“In the medium long shot, the human figure is framed from the knees up” (Bordwell & Thompson, 2008:191). From this shot, the audience can see the character’s expression although it is not so clear.



Picture 3.3

(*Film Art: An Introduction*, p.191)

4) Medium Shot

“The medium shot is a shot that shows human body from the waist up. The gesture and expression of the character become more visible.” (Bordwell & Thompson, 2008:191).



Picture 3.4

(Film Art: An Introduction, p.191)

5) Medium Close up

“The medium close up frames the body from the chest up” (Bordwell & Thompson, 2008:191).



Picture 3.5

(Film Art: An Introduction, p.191)

6) Close up

“The close up shot is a shot showing just the head, hands, feet, or a small object. This shot particularly shows the facial expression of the character, the details of a gesture or a significant object” (Bordwell & Thompson, 2008:191).



Picture 3.6

(Film Art: An Introduction, p.191)

7) Extreme Close Up

“The extreme close up shows the detailed aspects of an object such as eyes, ear, nose and other small parts of an object” (Bordwell & Thompson, 2008:191).



Picture 3.7
(*Film Art: An Introduction*, p.191)

3.1.2.2 Sound

Sound is another cinematography element of the movie. It can be divided into dialogue, music, ambience, and effect tracks (Barsam and Monahan, 2010:28). In this thesis, the writer will only analyze the dialogue of the movie.

3.1.2.2.1 Dialogue

Dialogue is the speech of the characters expressing the feeling and motivation of the characters. Dialogue is a function of plot because it develops the situation, conflict and characters (Barsam and Monahan, 2010:379)

3.2 Extrinsic Aspects

3.2.1 The Definition of Quarter-life Crisis

In order to explain about the quarter life crisis experienced by the character in the movie, it is necessary to understand the definition of quarter life crisis. According to Alexander Robbins and Abby Wilner in their Book

Quarterlife Crisis: The Unique Challenge of Life in Your Twenties (2001), “the quarter-life crisis is essentially a period of anxiety and uncertainty and that often accompanies the transition to adulthood.” Quarter-life crisis is a phenomenon experienced by many young adults in the age around 20s and early 30s. It is also a response to overwhelming instability, constant change, too many choices, and a panicked sense of helplessness.

Erikson in his book *Identity: Youth and Crisis* explains about crisis experienced by the individuals:

The young person must develop some specific ideology, some set of personal values and goals. The teenager must not only consider what or who she is, but who or what she will be. If these identities are not worked out, then the young person suffers from a sense of confusion, a sense of not knowing what or who she is (1968:57).

The young adults experience a quarter-life crisis when they fail to develop their commitments. They should find their identity before they transform to the adulthood. If they fail to build that commitment, they will get identity confusion which leads to quarter-life crisis.

Robbins and Wilner (2001:2) agree that quarter-life crisis is an identity crisis. It is a time when individuals have many questions about themselves, mainly about who they are. The quarter-life crisis occurs when the individual moves into being responsible for themselves that creates anxiety and emotional crisis.

The quarter-life crisis happened in the period of emerging adulthood. According to Arnett in his book *Adolescence and Emerging Adulthood*, “emerging adulthood period is the age of identity exploration, instability, self-focused age, feeling in-between and the age of possibilities” (2007:10).

Meanwhile, Smith, *et al* (2011:231) state that “emerging adulthood means postponing setting down the real life of adulthood.” Emerging adulthood only exists in a culture where people can postpone entering adult roles such as marriage and parenthood until at least their mid-20s.

There are two main factors why someone postpones their future goals which are the fear of failure and the difficulties to move forward to do something that requires effort (Traina, 2014:12). Therefore, someone who experiences quarter-life crisis tends to delay their life goals such as career and marriage. They are afraid if their choice for their future is not right so they tend to explore many possibilities before making a right decision as Robbins and Wilner state in the introduction of their book:

The extreme uncertainty that young adults experience after graduation occurs because what was once a solid line that they could follow throughout their series of the educational institution has now disintegrated into millions of different options (2001:3).

The quarter-life crisis hits in the mid-20s until early 30s when many young adults feel that their life is far from the life of a supposed adult because it is not bringing them the satisfaction and inner peace they had expected (Robbins and Wilner, 2001:4). It is the time society somehow seems to expect them to have their lives all figured out. Sometimes, someone who experiences quarter-life crisis would get the feeling in between which is the feeling of not being adolescence anymore but not yet ready to be an adult.

3.2.2 The Causes of Quarter Life Crisis

The quarter-life crisis can happen because of many reasons, such as identity confusion; frustration with a relationship, working world, finding a

suitable job or career; insecurity towards the future; disappointment over something; family and peer pressure and so on (Robbins and Wilner, 2001:3). The quarter-life crisis causes young adults' conflicting emotions to show up in different ways. Sometimes they reach a state of panic sparked by a feeling of loss and uncertainty.

“The fact that people spend as much as 60 to 70 percent of their lives working is the only reason that work-related issues are probably the most common cause of a quarter-life crisis” (Robbins, 2004:91). Young adults who do not have much quality time for themselves tend to experience quarter-life crisis. It happened because of the pressure of the working world.

The difficulty in finding a suitable job and career is also the most cliché reason why the quarter-life crisis happened. Due to many possibilities and choices for career and work path, it sometimes makes young adults confuse of which one is suitable for them. Arnett (2007:329) says that many young adults nowadays tend to change job frequently because they do not only want to find a job with a good salary but also to find a job that suit to their identity and personal fulfillment.

Another way the quarter-life crisis can show up, particularly in the mid-to the late twenties, is a feeling of disappointment of "This is all there is?" Maybe the career and relationship turn out to be not so good and interesting (Robbins and Wilner, 2001:6). If those young adults cannot find the commitments, related to the work and relationship, that suit for their identity and fulfill their personal values, they will suffer from the quarter-life crisis.

“A crisis can happen if the commitment held by someone is no longer desired. It will be followed by an emotionally volatile period of change as that the commitment is terminated” (Robinson, Wright, and Smith, 2013:9). If the commitments which could be job, relationship, marriage, or social group do not suit the value and interests of someone’s life, he will feel lost and insecure. The only way to deal with it is to change that commitment into a new commitment that is in accordance with his personal values and interest.

The frustration over relationship is one of many reasons causing the quarter-life crisis. When someone starts to doubt his long-term relationship and think that the person he is dating is not the one, then it is a wasting time. Robbins in her book *Conquering Your Quarterlife Crisis* (2004) says that that kind of feeling is the sense of uncertainty that can cause a quarter-life crisis as she thought that she is only staying together with someone because she is afraid to break up (Robbins, 2004:88).

Therefore, it can be inferred that someone experiencing the quarter life crisis will feel if the commitments are not right, those have to be changed.

3.2.3 The Phases of Quarter Life Crisis

Dr. Oliver Robinson *et al* (Robinson, Wright, and Smith, 2013:9-11) from the University of Greenwich in London conducts an in-depth research about quarter-life crisis and the result shows that there are 5 phases of the quarter life crisis period, which are:

1) Locked in

The first phase of quarter-life crisis experienced by the young adults is the feeling of being trapped in their life choices. It indicates that a crisis is built in a person's life. It is defined by a central commitment within a life structure that is no longer desired. This leads to a sense of powerlessness and being trapped. The commitment that is no longer desired could be work, relationship, marriage, social group or any other role they are in (Robinson, *et al.*, 2013:9).

2) Separation/ Time out

The second phase happened when a person starts to distance himself mentally and physically from the commitment he or she is in. The separation phase is the most intense period of a crisis. It could grow the motivation for change and escape. Meanwhile in the time-out phase, a person intentionally takes time away to reflect on their transitional situation, to resolve painful emotions, and to develop a new foundation for their adult identity. During the time-out period, either before or after final separation, a person often travels or moves to a different physical location in order to gain some distances and a new perspective (Robinson, *et al.*, 2013:10).

3) Exploration

In this phase, new commitments and goals are tried out and explored. A person in a quarter-life crisis period purposefully looks for ways of developing a life structure that is more aligned with their own values, aspiration, and inner identity than pre-crisis. For those whose crisis around the relationship, exploration phase typically involves experimentation with a new relationship, sexuality, and

new partners. Otherwise, those whose crisis over their job or career, this phase will involve trying out a new career avenue and options for retraining (Robinson, *et al.*, 2013:10).

Getting through a quarter-life crisis is really about taking control our life so that we can be satisfied. Therefore, if something is not going as we expected well, we have to explore the other opportunities and create new ones if we feel that could be working (Traina, 2014:24).

4) Rebuilding

In this phase, a person will renew engagement with long-term commitments and clear plans. Identity is more coherent; inner values, preferences, feelings, and goals are now expressed in outward behavior, leading strong sense of authenticity (Robinson, *et al.*, 2013:11).

5) Developing a new life that is more focus on their interests and values. After someone get through the phases of the quarter-life crisis period, they will eventually decide their final decision and develop that decision according to their interest and values of their life (Robinson, *et al.*, 2013:11). A quarter-life crisis is not something you have to suffer and wait for it to end but it is a sign for you to make a change (Robbins, 2004:224). In the end, we should know how to overcome a quarter-life crisis. Therefore, by making some changes in life, someone can get out from the quarter-life crisis and start a new phase of life which is more focus on their interest and values.

CHAPTER 4
THE QUARTER-LIFE CRISIS EXPERIENCED BY MEGAN IN LYNN
SHELTON'S *LAGGIES*

4.1 Intrinsic Aspects

4.1.1 Narrative Elements

In this chapter, the writer will describe the intrinsic and extrinsic aspects of the movie. For the intrinsic aspects, the writer will analyze characters, setting, conflicts and cinematography elements. Meanwhile, the writer will explain about the social problem experienced by the character for the extrinsic aspect.

4.1.1.1 Character

There are two kinds of character, which are major character and minor character. Here is the character appeared in the movie *Laggies*.

4.1.1.1.1 Major Character

Major character is the character that mostly appears from the beginning to the end. The major characters in this movie are:

1) Megan Burch

Megan Burch is the main character of the movie. She suffers from the quarter-life crisis period because she still cannot figure out what she wants to do for her future while people at her age have already achieved something for their life and future. As you can see from the picture below which is taken using medium shot, it shows Megan who has no proper job but working as a sign girl for her father's tax company.



Picture 4.1 (00:03:34)

Megan's Mom : Megan, I don't think that I like this new habit. I spoke with Anthony and he said that you were meeting with career counselor today.

Megan : God, I know exactly what she's going to say. It's just a waste of time

Megan's Mom : Megan, honey, I don't want to see you throw away your education. You have an advanced degree

(*Laggies*, 00:08:39 – 00:09:00)

Megan Burch is the main character of the movie experiencing quarter-life crisis because she is in her mid-20s getting her advanced degree but still cannot figure her future out. She cannot figure about who she is and what makes her happy. As we can see from the dialogue between Megan and Allison bellows:

Megan : I didn't realize that my dad wanted to work until 6:00.

Allison : I can't believe that you're still filling for your dad's old sign girl.

Megan : Well, You know, I'm still trying to figure out what kind of counseling I'm going to do. (*Laggies*, 00:04:10 – 00:04:16)

2) Anthony

Anthony is Megan's boyfriend. As we can see from the picture which is taken using medium close up shot, Anthony is calm and quite. He works as a photographer. Anthony is Megan's long lasting boyfriend since high school. He is a procrastinator and not a progressive person.



Picture 4.2 (00:07:32)

Anthony : I know it's taken me a really long time to get here.

Megan : What are you talking about?

Anthony : Okay, Well you know how I took that guy's seminar last month? It comes up that I'm a procrastinator.

(*Laggies*, 00:11:44 – 00:11:59)

Anthony : That's awesome Meg. I'm so all for that, you know they do this thing where they give you the animal to help you visualize new behavioral patterns. And mine was shark. It helped me to remind me that I need to keep progressing, otherwise I'll just sink. (*Laggies*, 00:22:59 – 00:23:20)

From the dialogue above, we can conclude that Anthony is a procrastinator. He likes to delay everything, for example, his relationship with Megan and because he is slow in a progressing, that is why he waits for so long to eventually propose and ask Megan to get married.

3) Craig



Picture 4.3 (00:34:00)

Craig is a lawyer whose house is used as Megan's escapade when she gets the period of quarter-life crisis. He is a cool father and a really annoying lawyer. As we can see from the picture above, He is good looking and looks

younger than his age. This picture is taken using medium close up shot which shows how annoying Craig is.

Craig : Senior year, I was voted “best gorgeousness” and most likely to pump gas when I get older. And then I realized it would be fairly easy for me to argue for a living if I wasn’t doing it on my behalf.

(*Laggies*, 00:42:29 – 00:42:59)

From the dialogue above, we can see that Craig is popular when he was young because his good appearance but people do not like his behavior as he got older.

4.1.1.1.2 Minor Character

1) Allison



Picture 4.4 (00:24:56)

Allison is one of Megan’s high school best friends. As we can see from the picture 4.4, she looks annoying and arrogant. She likes to complain and intervene someone’s business. She is the character who gives Megan pressure over her career and relationship. She is also the one who brought up the conflict with Megan. Allison is strict yet loyal to her friends. Picture 4.4 is taken using close up shot and shows clearly the expression of the character.

Allison : Well, it is not like everybody else’s.

And why would you tweak the nipples on Buddha? That seemed, like, disrespectful.

Megan : Disrespectful to who? To you? Did you convert to Buddhism?

(*Laggies*, 00:06:18 – 00:06:52)

Allison : I feel like I should tell Anthony that you never left.

Megan : What are you talking about? Oh my God. You're supposed to be my friend. I mean it was you and me and Savan and Danielle before he ever even asked me out.

Allison : But I'm not going to tell him. Because he bought a ring and he's going to propose you. Yeah that's right. He did.

(*Laggies*, 00:58:50 – 00:59:15)

From the dialogue above, we can see that Allison always has a conflict with Megan, first when they are visiting their friend's new restaurant and Megan makes a joke with the nipples of the Buddha which becomes the decoration of the restaurant but Allison seriously criticizes Megan's behavior by saying that it was a disrespectful action. In the second dialogue, it can be inferred that Allison likes to intervene Megan's relationship life yet she is still loyal by not saying to Anthony if Megan lied to him.

2) Annika



Picture 4.5 (00:30:54)

Annika : Uh yeah I don't know. I mean it's kind of seems stupid to plan that far in advance when you're just gonna change your mind anyway, right?

(*Laggies*, 00.30.50 – 00.31.03)

Annika is a high school student who coincidentally meets Megan and turns into her best friend. Annika is simple minded and loyal to her friends. Picture 4.5 is taken using close up shot and shows the expression and mimic of the

character. Annika is a simple-minded teenager where she thought that planning far for future is just a waste of time if she will change her mind anytime. Annika appears in Megan's exploration towards her future life. She is the one who gives Megan the space to think about her future and get a new perspective on her life.

4.1.1.2 Setting

Setting explains about the place, time and situation of the events happened in the movie.

4.1.1.2.1 Setting of Time

The setting of this movie is taken in the modern era where many young adults get a chance to experience quarter-life crisis because the life in modern era gives many possibilities to explore their life more. It can be seen from the usage of online chatting, the architecture of the modern buildings and modern clothes worn by the character.



Picture 4.6
(00.49.45)



Picture 4.7
(00.09.29)



Picture 4.8
(00.09.48)

We can see from the picture 4.6 that the online chatting or video call is already common, and it is shown from the picture 4.7 where the building is sophisticatedly built and it is taken using extreme long shot to depict the advance of the country. Furthermore, we can see from the clothes people wore for the wedding in picture 4.8 which is taken using a long shot. It depicts that

women in the modern era will just wear one piece dress and men wear a suit for the wedding. Therefore, from those pictures, we can conclude that the setting of time in the movie is in modern time.

4.1.1.2.2 Setting of Place

1) Megan's Father's House and Office



Picture 4.9 (00:08:25)



Picture 4.10

The scene at the beginning of the movie mostly takes place in Megan's father's house (Picture 4.9) and Office (Picture 4.10) where Megan do her job as her father's assistant while she is figuring out her willing job. Picture 4.9 and 4.10 are taken using a long shot to depict a landscape or place.

2) Annika's House



Picture 4.11 (00:32:28)

The scene, in the middle and almost to the end of the story, takes place in Annika's House where Megan asks to give her the accommodation for a week because she wants to give herself time to think about her life and future. Picture 4.11 is taken using long shot and depicts the setting of the place clearly.

4.1.1.2.3 Setting of Social Environment

The movie discusses the social environment of young adult and teenager. At first, it shows the social environment of the young adults in which they talked about their business, marriage and future life supposed to live by the young adult when they gathered. Meanwhile, when the main character suffers from the quarter-life crisis and decides to take some time to think about her future, she meets her teenage friend coincidentally and lives with her for a while. She tends to hang out with her teenage friends because she thinks that the life of the teenager is simpler and not stressful. At that time, we can see the environment of teenagers who like to hang out and party.



Picture 4.12
(00.05.11)



Picture 4.13
(00.05.15)



Picture 4.14
(00.36.00)

From the picture 4.12 and 4.13, the young adults gather and talk about adult stuff such as, marriage and future plan, meanwhile in the picture 4.14, we can see those teenagers gathered up for a party in someone's house whose parents are out of town. Megan is in those situations where in the beginning of the scene she is still hanging out with her adult friends and talks about adult stuff otherwise when she is in her quarter-life crisis period she escapes to Annika's house and starts to join the party of teenagers.

4.1.1.3 Conflict

There are two types of conflicts which are internal conflict and external conflict. In this thesis, the writer will analyze about the external conflict between the main characters with the other characters.

1) Conflict between Megan and Allison

External Conflict happened between Megan and Allison. Picture 4.15 and 4.16 are taken using medium shot and show the gesture and expression of the characters.



Picture 4.15 (00:06:28)



Picture 4.16 (00:06:58)

Allison : wait, why would you put Matt's name in it?
Megan : Well, this is supposed to be about you, right?
Allison : No, They are about marriage, they're not about my marriage.
Megan : Right, but it's a joke like everyone else's
Allison : Well, it is not like everybody else's.
 And why would you tweak the nipples on Buddha? That
 seemed, like, disrespectful.
Megan : Disrespectful to who? To you? Did you convert to Buddhism?
(*Laggies*, 00:06:18 – 00:06:52)

At the beginning of the movie, a small conflict happens between Megan and Allison. They argue about something that is proper and improper for joking. In that conflict, it shows that Megan had a totally different perspective from her friend. On that scene, Megan and her friends play some games about marriage stuff and it can be inferred that her friend can get the rules of the games while Megan cannot get it. It seems like Megan's joking does not match with her friends'

joking anymore. It also shows that Megan cannot fit into her surroundings anymore.

2) Conflict between Megan and Annika



Picture 4.17 (01:12:25)



Picture 4.18 (01:12:47)

Annika : Are you married?
Megan : I'm only engaged.
Annika : only engaged. Who's the A?
Megan : You don't know him.
Annika : My dad knows about him?
Megan : No.
Annika : Are you going back to him?
Megan : Yes.
Annika : God, you're even worse than my mom. You know, at least when she pulled my dad into her bullshit, she didn't know she was gonna leave.
(*Laggies*, 01.12.37 – 01.13.20)

The conflict between Megan and Annika happens when Annika coincidentally finds Megan's engagement ring where there is Megan and Anthony's initial name craving on it as you can see from the picture 4.17 and 4.18 which are taken using the medium shot. She gets angry about that situation because she knows that Megan has an affair with her father but in fact, she is a woman in a relationship. She even compares Megan to her mother who left her when she was young. She thinks that Megan is worse than her mother because Megan knows that she will leave but she still makes a relationship with Annika and her father.

3) Conflict between Megan and Craig

Another conflict happens by the end of the movie between Megan and Craig when Megan confesses to Craig about her real situation. This picture is taken using medium shot and shows the expression and gesture of Megan and Craig.



Picture 4.19 (01:20:25)

The conflict becomes more intense when Megan told Craig that actually she is a woman in a relationship and going to marry tomorrow. However she has already given him hope to have some kind of relationship with her, so that makes him more upset.

Megan : Craig, I've got something to tell you, you're gonna hate me
Craig : I doubt that.
Megan : I'm not waiting for a new apartment. My boyfriend, the one that I got "best couple" with, he proposed. And I needed some time. I'm engaged to be married.
Craig : So you, so you didn't lose your lease? That's not why you've been staying over?
Megan : No, I just needed to get my head together, and I gave myself a week.
(*Laggies*, 01:17:21 – 01:19:37)

Megan decides to stay in Annika's house mainly because she wants to escape from many pressures she got in her life and she wants to give herself time to overcome her quarter-life crisis. But then, she meets Annika's father, Craig, who listens well to her problems. At the beginning, Megan lies to Craig that she

cannot move to her new apartment because she loses her lease so he lets her stay in his guest room. However, it turns out that they have a good feeling to each other. So after Megan confesses everything about her real situation, Craig gets angry and leaves Megan without words.

4) Conflict between Megan and Anthony

The conflict happened in the end of the movie when Megan decides to break off her relationship with Anthony because she feels that they do not belong to each other anymore. Picture 4.20 and 4.21 are taken using close up shot and show clearly the expression and mimic of the characters.



Picture 4.20 (01:27:23)



Picture 4.21 (01:27:37)

The conflict ends when Megan and Anthony are about to get married abroad when suddenly, Anthony tells their friends that they will marry. He also sends their picture to the chat group. That makes Megan shocked and realized that something is wrong. They do not belong to each other anymore. They are trapped somewhere in the past.

Megan : No. No, I mean that we can't be together.

Megan : How am I gonna explain this to you, right? The animal thing, right? God, Anthony. That could never be my speed. But if it helps you to understand what I'm trying to say to you, then, I'm a snake. I'm a snake that's been dragging my old skin around with me for way too long. I'm a snake. You have to see this about me. I'm dropping out. I'm dropping out of the group.

Anthony : Okay, I mean, that's okay, 'cause that's them, and you can

just cut down on the amount of time you hang out with them. 'cause that's just them. That's not us.
Megan : No, you're still part of the group. You and me, we're somewhere back there. You know, we're in the past.
(*Laggies*, 01:25:55 – 01:28:00)

From the dialogue above, we can see that Megan is aware of her quarter-life crisis. When she said that she is dropping out of the group, it means that she has no longer fitted into her society, she does not belong to that surrounding anymore. Meanwhile, Anthony is still part of the group. It means that they are not in the same situation. They are somewhere in the past where they cannot get out of it. When Megan gets aware of her situation, she tries to get out of it so she decides to break off her relationship.

4.2 Extrinsic Aspects

4.2.1 The Definition of Quarter-life Crisis



Picture 4.22 (00:03:34)



Picture 4.23 (00:04:05)

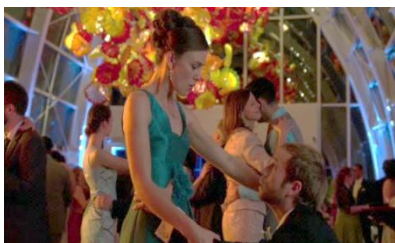
The quarter-life crisis is a phenomenon experienced by many young adults in the age of 20s to 30s where they cannot figure out their future and feel anxious, confused and insecure about that. In this movie, the character Megan experiences quarter-life crisis period. She is in her mid-20s but still cannot get a proper job and has not got married while all her friends have achieved their own future. We can see from the picture 4.22 which is taken using the medium shot

where Megan has nothing to do besides becoming her father's tax company sign girl. Meanwhile, in the picture 4.23 which is taken using long shot, it depicts Megan's friends who look like the elegant women who are financially stable.

Megan : I didn't realize that my dad wanted to work until 6:00.
Allison : I can't believe that you're still filling for your dad's old sign girl.
Megan : Well, You know, I'm still trying to figure out what kind of counseling I'm going to do. (*Laggies*, 00:04:10 – 00:04:16)

From the dialogue above we can see when Allison questions why Megan is still working for her father's sign girl rather than finding a proper job and developing her career. It happens that Megan experienced quarter-life crisis period as she still cannot figure out her future career yet.

The quarter-life crisis is also a period of anxiety in a response to instability, constant change, too many choices and a panicked sense of helplessness. Megan shows her state of quarter-life crisis period in the picture when Anthony purposely proposes her in Allison wedding that makes Megan surprised and panic. Picture 4.24 is taken using medium shot and shows how Anthony proposes Megan while picture 4.25 is taken using close up shot and shows Megan's panic expression.



Picture 4.24 (00:12:18)



Picture 4.25 (00:12:34)

Anthony : Okay, Well you know how I took that guy's seminar last month? It comes up that I'm a procrastinator
Megan : Who makes up those test?

Anthony : Experts. Like a really smart people. But that's not important. What's important is that I've been such a bonehead in waiting to do this for so long (Anthony kneeled down to propose Megan)

Megan : No, no, no, get up, get up

Anthony : Okay, I'm up, listen I know we have had our trouble in the past with recognizing our moments, but this is it. This is our moment.

Megan : No, this is not our moment, this is Allison's moment, this is her wedding. (*Laggies*, 00:11:44 – 00:12:30)

In this scene, Megan seems not ready to accept Anthony's proposal even though they are the longest couple than their friends are. We can see from the expression of Megan when Anthony kneels down to propose her. After she asks him to get up, she looks so shocked and afraid of Anthony's proposal. Megan seems wanting to escape from that situation.

The quarter-life crisis results in the feeling of not fitting in with society. Megan, as we know from the previous analysis, shows the characteristic of someone who suffers quarter-life crisis finally expresses her feeling of not fitting in with her surroundings. Picture 4.26 is taken using the medium shot.



Picture 4.26 (00:17:41)

After escaping from the party because she got panic after her boyfriend's proposal and even found her father cheating with someone who is not her mother at the party, Megan goes to the convenience store to buy some properties for the party. Coincidentally, she bumps into a bunch of teenagers who ask her to buy

them alcohol and it happens that she hangs out with them for a while before going back to the party. While chatting with her teenage friends, Megan starts to think about her problem with them, in which she feels that she does not match with her adult friends anymore.

Megan : You know when you go to a party drunk and everybody else is sober? Or no. Or maybe like, maybe you're the sober one and everybody else is drunk. God, you'd think that somebody you've known for forever would have known what you meant about nipples and it's like, hey, hey, maybe like, using Buddha as a restaurant decoration is the bigger joke, right? Or maybe actually they're the ones that are telling the jokes and I'm the one that missing them. You know?

(*Laggies*, 00:17:20 – 00:18:00)

From the dialogue above, we can see that Megan feels like she does not fit into her surroundings. When she makes a joke about the nipple of the Buddha which is used as a decoration of a restaurant, she gets criticized by Allison. On the other hand, she thinks that using Buddha for the decoration of the restaurant is even a worse joke. We can see that Megan's joke is not match with her friends' joke anymore. It makes her questioning if it is her who is unfit into the society or her friends that cannot understand her anymore.

4.2.2 The Causes of Quarter-life Crisis

The quarter-life crisis can happen because of many reasons, such as confusion identity; frustration with a relationship, a working world, finding a suitable job or career; insecurity towards the future; disappointment over something; family and peer pressure and many other things. It can happen relating to work, relationship or social life.

4.2.2.1 Family Pressure

The quarter-life crisis can happen because of family pressure. In the picture 4.27 and 4.28, Megan gets a pressure from her mother who asks her to find a proper job rather than hanging around at her father's house and doing nothing. Picture 4.27 is taken using long shot and shows her mother scolding Megan who is playing around in her house while picture 4.28 is taken using medium shot which shows the expression of her mother who is angry.



Picture 4.27 (00:09:01)



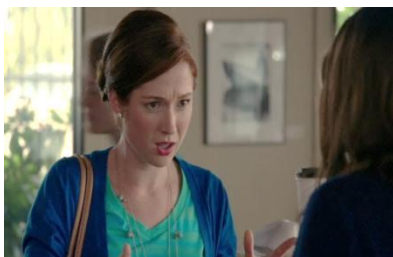
Picture 4.28 (00:08:42)

Megan's Mom : What is this?
Megan : What's what, I'm just gonna watch some TV
Megan's Mom : Megan, I don't think that I like this new habit. I spoke with Anthony and he said that you were meeting with career counselor today.
Megan : God, I know exactly what she's going to say. It's just a waste of time
Megan's Mom : Megan, honey, I don't want to see you throw away your education. You have an advanced degree
(*Laggies*, 00:08:39 – 00:09:00)

From the dialogue above we can see that Megan's mother scolds her because Megan still cannot get a proper job. It makes her mother angry because she does not go to the career counselor to get a consultation for her future but she just hangs around and wastes her advanced degree away by working in her father's office as a sign girl. Family pressure and expectation to get a good job can lead someone to experience quarter-life crisis period.

4.2.2.2 Peer Pressure

Peer pressure is one of the causes which can drive to a quarter-life crisis. In this movie, Megan gets her quarter-life crisis because of the pressure that Allison gave her. In the beginning of the movie, Allison asks her why she does not want to find a proper job instead of being her father's tax company sign girl. Furthermore, in the middle of the movie, when she coincidentally bumps into Megan getting chocochinos with Annika, she gets mad of finding Megan's lying in which she said that she went away to attend a personal development seminar to figure out her future career. In fact, she just escapes in Annika's house and hangs out with her. From the picture 4.29 and 4.30, we can see that Allison is criticizing Megan and makes her more confused about her life. This picture is taken using Medium close up shot to show the expression of the character clearly.



Picture 4.29 (00:57:40)



Picture 4.30 (00:57:43)

Allison : Anyway the baby is here, and you are not out of town at all. You're not immersed in some seminar, trying to get your life moving in the right direction. You are driving around getting chococinos with.... who the hell is that? I don't even know who that is. (*Laggies*, 00:57:05 – 00:58:00)

Megan : Okay, look, here's the thing. No, I'm not on Orcas Island. But I'm on Orcas, if you think about Orcas on a bigger level like symbolically. I just, you know... I just needed a second of personal time, you know, I mean, it's a week, but in terms of my life, it's more like just a second to get my shit together. And then I'm going home in a couple of days. Okay?

Allison : I feel like I should tell Anthony that you never left.
(*Laggies*, 00:58:03 – 00:59:00)

The scene between Megan and Allison shows that Megan experienced her quarter-life crisis by getting peer pressure. Allison always asks and criticizes her life which is not the same as others. For Allison, as soon as they become an adult, they have to find a job, get married, have a baby and live a normal life as an adult. Meanwhile, Megan has a different perspective that she, as an adult, has to find and figure out something that she really wants and makes her happy in the terms of future career and relationship.

4.2.2.3 Insecurity towards Future

Megan is aware if she has a problem in putting aside her future because she wants to find a suitable one for her. Hence, that insecurity towards her future becomes severe when she cannot achieve it. She keeps putting aside everything either career or her relationship. Then, when she realizes that her time almost comes, she becomes more insecure. As we can see from the picture 4.31 which is taken using medium shot, Megan shows her insecurity towards her career future and even her relationship.



Picture 4.31 (00:23:06)

Megan : My God, I really wanted to go to that personal development seminar because you know I'm twirling a sign for my dad, and I don't know what to do with my future.
(*Laggies*, 00:22.51 – 00:23.03)

When eventually, Anthony proposed Megan in Allison's wedding and Megan got panic and shocked, she tries to find many ways to escape from the trapping situation. She lies that she will go to the personal development seminar in order to postpone her marriage plan. When she lies about going to the personal development seminar, she expresses her insecurity towards her future.

4.2.2.4 Disappointment over Something

Another factor why Megan gets her quarter-life crisis is that her disappointment over her father who cheats on her mother. She cannot believe by her father's behavior. That makes her more insecure towards relationship and it can be the reason why she cannot directly accept Anthony's proposal because her expectation to get a happy future marriage has been crushed down by her father who has an affair with someone else.



Picture 4.32 (00:25:54)



Picture 4.33 (00:26:01)

Father : Let's just quietly talk about this for a second.
Megan : Talk about what? I'm sorry, talk about what?
Father : I don't know, People grow together, they grow apart. It's always shifting.
Megan : Oh, right. Three decades of marriage to Mom and you're going to describe what I saw as shifting?
(*Laggies*, 00:25:46 – 00:26:21)

Megan gets disappointed over her father's behavior. He said that he just did it for a while because he thinks that as people grew up their mind or heart will change sometimes. However, Megan cannot accept his betrayal towards her mother. We can see from the picture above which shows Megan's disappointed expression who finds her father cheating with someone who is not her mother.

4.2.2.5 Frustration with Finding Suitable Job and Career

Megan gets many experiences to work and do internships as well as finish her advanced degree. However, she realizes that what she imagines she would like to do in the future is actually not something that she wants.

Megan: After college, I worked some random jobs, time went by. I'm gonna skip to..... okay I went back to grad school to get my marriage and family therapist degree because I thought I wanted to have honest conversation with people but... but... I did my internship and I... I couldn't relate to any of my clients. I felt like a total fraud. So you know, I kind of found myself in this place. Like... this kind of weird in-between place, you could say, you know? And I don't know, I was kind of floating.
(*Laggies*, 00:40:54 – 00:41:33)

As we can see from the dialogue above, Megan tells a story of her life when she first graduates from college and gets some random jobs and finally continues her advanced degree because she has some kinds of imaginary future where she can be a counselor and has an honest conversation with people but then she finds out that those jobs are not suitable for her. Therefore, it makes her suffer from quarter-life crisis in which she finds that she has a feeling in-between where she likes to hanging out with Annika and her friends but she is not in that age anymore. Moreover, she also feels floating in life where she does not know what to do for her future because too many choices in her life.

4.2.2.6 Frustration with Relationship

Frustration with Relationship also can lead to quarter-life crisis. It happens to Megan when Anthony purposely proposes her in Allison wedding that makes Megan surprised and panic.



Picture 4.34 (00:12:18)



Picture 4.35 (00:12:34)

As we can see from the picture above Megan shows her panicked expression. Her expression tells that she does not ready to accept the proposal. The proposal continues after they go back home and that makes Megan come up with an excuse to attend a fake personal development seminar to escape from the sudden event that makes her panic. She has to escape from her crisis because of frustration with her relationship.

As we can see from the explanation above, the reasons Megan experience her quarter-life crisis is not only because of family and peer pressure related to work and future career but also her disappointment with her father's relationship and the frustration over her relationship with her lover. Megan as the reflection of the young adults nowadays shows by how young adults can experience their quarter-life crisis period.

4.2.3 The Phases of Quarter-life Crisis

4.2.3.1 Locked in

The quarter-life crisis experienced by the character Megan in this movie is related to how Megan acts in facing her relationship with her boyfriend who asks her to get married. We can see from the picture 4.36 and 4.37 which is taken using medium close up shot, it shows the confused expression of the character. Megan expresses her confusion when her boyfriend convinces her to get married to him.



Picture 4.36 (00:21:41)



Picture 4.37 (00:21:46)

Anthony : I know why you're hesitant.

Megan : Why?

Anthony : It's the planning and the pressure and all the trappings of all that. But we don't have to do it that way. No, because we can elope. I was thinking we don't need to tell our parents. We don't have to tell our friends. We could go to a beach or Vegas because we could just check that step off and we could be married tomorrow. Oh no, we have brunch with Matt and Allison tomorrow so we can do it the day after tomorrow.

(*Laggies*, 00:21:51 – 00:22:20)

The first phase people experienced the quarter-life crisis is that when they feel that they are being trapped by their own commitments. In this movie, that commitment is a relationship. From the dialogue above, we can see that the main reason of Megan's experience of her quarter-life crisis phase is her confusion about her long-lasting relationship with her boyfriend. As the first phase of the quarter-

life crisis, she feels like being trapped in her relationship by something called marriage. She feels afraid if that marriage is not something she wants.

4.2.3.2 Separation/ Time-out

After experience the locked in phase, Megan get through the next phase of quarter-life crisis, which is separation. Separation is a period when a person starts to distance himself mentally and physically from the commitment he is in and time-out is a period when a person decides whether to have final separation or rebuilding his old commitment. In order to escape from the trapping, Megan lies to her boyfriend saying that she will go to the personal development seminar.

Megan : I can't the day after tomorrow.

Anthony : What do you mean? Why? Why?

Megan : My God, I really wanted to go to that personal development seminar because you know I'm twirling a sign for my dad, and I don't know what to do with my future.

(*Laggies*, 00:22:40 – 00:23:51)

As we can see from the picture 4.38 and 4.39, Megan is in the middle of escaping from the marriage planning by lying that she will go to the personal development seminar even though she does not know where she will go. Picture 4.38 is taken using medium shot while picture 4.39 is taken using medium close up. Both of them show clearly Megan's expression of confusion.



Picture 4.38 (00:28:13)



Picture 4.39 (00:28:32)

In this phase, Megan tries to give her a time to think about her future so that she lies to her boyfriend that she will go to the personal development seminar

on the Orcas but actually she does not go anywhere. She happens to meet Annika again and hangs around with her and her friends. She also asks Annika to let her stay in her house for a week because she wants to give herself time to think about everything before she comes up with a fixed decision for her future.

4.2.3.3 Exploration

In the phase of exploration, new commitments and goals are tried out and explored. After giving herself time off to think about her future, Megan starts to explore many possibilities that might be best for her future either for her career or relationship. In the picture 4.40 and 4.41 which are taken using medium shot, we can see Megan accompanying Annika who gets counseling from Annika's teacher because Annika does not have a future plan. In this scene, Megan discovers that counseling at school is a good job to be done for a living.



Picture 4.40 (00:30:28)



Picture 4.41 (00:30:32)

- Teacher : Mrs. Hunter, I realize you must have a very busy life. But I was hoping that we could all come up with a plan today.
- Megan : Okay, sure. A plan. Do you have one?
- Annika : Uh yeah I don't know. I mean it's kind of seems stupid to plan that far in advance when you're just gonna change your mind anyway, right? (*Laggies*, 00:30:25 – 00:31:03)
- Megan : I'm sure it does seem kind of stupid to make some sort of rigid plan for the future. but it's stupider not to start paying attention to who you are and what makes you happy. Otherwise you just float. So there's the start of her plan. Good meeting, Mrs. Halpsky. You've given us a lot to think about. So this is kind of an interesting job to have huh? What kind of licensing does it take?
- (*Laggies*, 00:31:21 – 00:31:51)

When talking about Annika's future, Megan gets a chance to think a little seriously about her future. Even though Annika said that it was not important to think about the future in advance because people change their mind every time, Megan comments by saying that it could be worse if we do not think about who we are and what makes us happy. From the scene, it indicates that Megan starts to a bit discover about something good for her future.

In the phase of separating with her previous life and relationship, she meets Annika and her father, Craig, as her new exploration. She finds fun by hanging out with Annika and her teenage friends and she can talk about life seriously with Craig. At first, she does not show her interest in Craig. However, when she found out that Craig is a good man, she starts to have a feeling for him even though at that time she is still in a relationship with Anthony and going to elope a week after she comes back from her fake personal development seminar. Craig becomes very angry later after he found out about Megan's real situation. He thought that Megan is sincere to him and wants to have a real relationship with him.



Picture 4.42 (01:18:35)



Picture 4.43 (01:19:00)

Megan : That's all the lies though. You know, the rest is true. However, I acted around you, that was true. Whatever happened between us, that was true. And I know I shouldn't have kissed you. I know I shouldn't have done that. It just got so confusing. 'cause I had this feeling like I was already in love with you.

(*Laggies*, 01.18.50 – 01.19.37)

As we can see from the dialogue above, Megan actually has fallen in love with Craig but she is just confused because she is still in a relationship with Anthony and has to get married the day after. She gets confused and anxious because she cannot find the best option for her future life. However, we can see that Megan, who is in the phase of separation, can explore something and come up with a fixed decision later.

Eventually, Megan decides to go back to her previous boyfriend and elopes somewhere to get married without telling anyone. Nevertheless, when Anthony starts to bring out their friends by sending their picture together in the airport in their chat group, Megan becomes angry and decides to break off her relationship with him because she thinks that they do not belong to each other anymore. They are trapped somewhere in the past. Picture 4.44 and 4.45 are taken using close up shot and show clearly the expression and mimic of the characters. It depicts Megan who finally exposes her real feeling of confusion to Anthony.



Picture 4.44 (01:27:23)



Picture 4.45 (01:27:37)

Megan : No. No, I mean that we can't be together.
Megan : How am I gonna explain this to you, right? The animal thing, right? God, Anthony. That could never be my speed. But if it helps you to understand what I'm trying to say to you, then, I'm a snake. I'm a snake that's been dragging my old skin around with me for way too long. I'm a snake. You

have to see this about me. I'm dropping out. I'm dropping out of the group.

Anthony : Okay, I mean, that's okay, 'cause that's them, and you can just cut down on the amount of time you hang out with them. 'cause that's just them. That's not us.

Megan : No, you're still part of the group. You and me, we're somewhere back there. You know, we're in the past.

(*Laggies*, 01:25:55 – 01:28:00)

Following the phase of separation and exploration, someone who has experienced quarter-life crisis will either rebuild and renew their old commitment or terminate it when they are ready to go through their new life. From the dialogue above, we can see that Megan is aware of her quarter-life crisis and she tries to get out of it. She decides to break up with her boyfriend because she thinks that they cannot be together again. Megan is not same as she was before and that they are trapped somewhere in the past. Therefore, they have to accept the reality that they do not belong to each other anymore. In this movie, Megan chooses to terminate her old commitment which is her relationship with Anthony and starts to build a new commitment with someone else.

4.2.3.4 Rebuilding and Developing New Commitment

Following the exploration and terminating the old commitment, someone who experiences quarter-life crisis will build and develop a new commitment that is more focus on the interest and values of their life. During the exploration phase, Megan meets Craig and has some affectionate feeling towards him. However, she tries to get her new commitment with Craig and develops her new commitment. Therefore, after she explores her life by hanging out with Annika and her friends, staying in Annika's house and meeting Craig, Megan decides to have a new life with a new relationship.

Megan has realized that she cannot put aside her future for just finding a suitable one for her because whenever she tries to put it aside, it will just make her confused and stressed. That is how her quarter-life crisis started. When she does not satisfy with her job, she becomes insecure about her future. Because she has not found a proper job yet, she gets pressure from her friends and family. Because she gets disappointed by her father who has affairs with another woman, she becomes more frustrated with relationship and marriage. These things make her suffer from a quarter-life crisis. However after experiencing the phases of the quarter-life crisis, she can learn something about her life better.

Megan : Okay, I'm gonna tell you two things that I've gotten some perspective on after being out of high school for a while now. The first is that a lot of the math they're teaching you that they swear you use in your life, you won't. You're never going to need to use parabolas and you really, really don't need to know shapes that have more than eight sides. The second, which I've only got some perspective on recently, but it's this. You can't keep putting aside what you want for some imaginary future. you've just got to suck it up and go with your gut.

(Laggies, 01.31.17 – 01.32.15)

From the dialogue, we can see that Megan has already overcome her quarter-life crisis. She comes up with a perspective that she cannot put everything aside just because of her imagination about the best future. She just needs to find something she wants and makes her happy and just goes with it.

By experiencing quarter-life crisis, Megan can get a new light of her life. Before, she was just a woman with no future. Nevertheless, after meeting new people and living in a new environment, she can get time to think about her life seriously and comes out with a fixed decision. She can continue her life by rebuilding and developing her new commitment.

CHAPTER 5

CONCLUSION

The quarter-life crisis is a social phenomenon experienced by many young adults in the age of 20s to 30s. Young adults who experience quarter-life crisis sometimes feel anxious, confused, and insecure towards their future due to the availability of many choices and possibilities. The quarter-life crisis can happen because of several reasons such as confusion identity; frustration with the relationship and career; insecurity towards the future; disappointment over something; family and peer pressure and many other things.

The character Megan in the movie *Laggies* gets to experience quarter-life crisis period because she is in her late twenties but she cannot get a proper job yet, and still has not got married while all her friends has already achieved their future life. The causes of her quarter-life crisis are not only the pressure from family and friends related to career and marriage but also her frustration with her relationship and finding a suitable career for her.

Megan gets to experience the phases of quarter-life crisis by her confusion over her relationship with her boyfriend. After she gets through the locked-in phase, she tries to separate herself from her previous life and explore many possibilities available. Eventually, she comes up with a decision to terminate her previous commitment, then rebuild and develop a new commitment for her future.

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