# Self Individuation Process in the Main Character of *Black Swan* Movie

**A THESIS**

**In Partial Fulfillment of the Requirements for**

**the Sarjana Degree Majoring in American Studies in English Department**

**Faculty of Humanities Diponegoro University**

**Submitted by:**

**Yohana Febry Chris Suprapto**

**13020112140078**

**FACULTY OF HUMANITIES**

**DIPONEGORO UNIVERSITY**

**SEMARANG**

**2016**

# PRONOUNCEMENT

The writer honestly declares that she compiles this thesis entitled Self Individuation Process of Nina Sayers as the Main Character of *Black Swan* Movie by herself without taking any result 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, 2016

Yohana Febry Chris Suprapto

# MOTTO AND DEDICATION

"I can do all things through Christ who strengthens me."

— *Philippians 4:13*

"The best way to predict the future is to create it."

— *Abraham Lincoln*

"Education is the most powerful weapon which you can use to change the world."

— *Nelson Mandela*

"To follow God and to do His will, to shine as a light in the darkness that I've been placed in. Not by chance but by sovereign purposeful design.

— *Yohana Febry Chris Suprapto*

*This thesis is dedicated to my king and savior, Jesus Christ*
*And to my beloved family*
*You are the love of my life and the joy to my soul*
*Thank you very much*
*I love you*

# APPROVAL

Approved by,

Thesis Advisor

Arido Laksono, S.S., M.Hum.

NIP. 197507111999031002

# VALIDATION

Approved by

Strata 1 Thesis Examination Committee

Faculty of Humanities Diponegoro University

on May 2016

Chair Person                                     First Member

Retno Wulandari, S.S.,M.A                  Sukarni S.,S.S.,M.Hum

NIP. 19750525 200501 2 002              NIP. 19721223 199802 2 001

Second Member                                    Third Member

Prof. Dr. Nurdien HK,M.A                   Drs. Siswo Harsono, M.Hum

NIP. 195211031980121001                  NIP. 19640418 199001 1001

# ACKNOWLEDGMENT

Praise be to My Lord and Savior, Jesus Christ who has given strength and spirit to me, so the thesis on "Self Individuation Process of Nina Sayers as the Main Character of *Black Swan* Movie" came to a completion. On this occasion, I would like to thank all those people who have helped me in completing this thesis. I especially extend my sincere gratitude to the following:

1. Dr. Redyanto M. Noor, M.Hum, as the Dean of Faculty of Humanities Diponegoro University.

2. Dr. Agus Maladi Irianto, M.A, as the Head of English Department, Faculty of Humanities, Diponegoro University.

3. Arido Laksono, S.S., M.Hum, as my thesis advisor. Thank you so much for the patience and insight you have shared to me in finishing my thesis.

4. All of the lecturers in English Department, especially in American Study section Faculty of Humanities, Diponegoro University who have transferred their knowledge and experiences which inspire, acknowledge and encourage me to finish my study.

5. My beloved family, Yohanes Prapto Basuki and Kristin Sri Sunarni, my beloved little brother Johans Filius Christy. Thank you for being my personal mentor and my joy maker.

6. My friends in English Department, Diponegoro University batch 2012 especially Class B. Thank you for the togetherness we had for this 4 years.

7. My second family in Semarang, PMK FIB Undip. For all my sisters, brothers and best friends that I can not mention one by one. Thank you so much for creating such remarkable memory, lesson, experience and blessing.

8. My beloved Sayap Pelindung friends, Dewintha, Karina, Della, and Abirzaim. Thank you so much for the togetherness, laughter, lesson, and experience we have shared.

9. Last but not least, my beloved partner, Rahadian Satria Pradipta. Thank you so much for being my energy booster. Thank you very much for the love and endless support you have given to me.

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

Semarang, 27 May 2016

Yohana Febry Chris Suprapto

# TABLE OF CONTENTS

# LIST OF PICTURES

# ABSTRACT

*Black Swan* movie directed by Darren Aronofsky is a movie which includes many psychological aspects in it. This movie tells us about a journey to find the true self of the main character named Nina Sayers. The writer uses library research in collecting the data. The objectives of this thesis are to describe both intrinsic aspects which include narrative (theme, character, setting and conflict) and cinematic elements (mise-en-scene, camera distance, and sound) and to explain extrinsic aspects. To analyze the extrinsic aspects of the movie, the writer uses psychological approach. The writer analyses how Nina finds her true self related to Carl Jung theory about self individuation process. There are four kinds of archetypes in order to acknowledge the self individuation process. They are "persona", "shadow", "anima and animus", and "Self". Eventually, the writer finds that Nina does not experience those four archetypes. The result of this thesis is the "shadow" and "persona" are two archetypes which dominate Nina. It can be stated that the main character does not succeed in the process of self individuation proposed by Carl Gustav Jung.

Keyword: life, journey, the true self, analytical psychology, self-individuation, archetype

# CHAPTER I

# INTRODUCTION

## 1.1    Background of the Study

Literature has become an important part of human beings for ages. It develops that literature not only become part of human's being life but also lifestyle for the consumer. As time goes by, technology also improves dramatically that literature can be enjoyed through film. The film functions as a media to depict the imagination, ideas, thoughts, feelings, or information toward the viewer. Therefore, the viewer can sense the message that the film maker makes. The film may contain several themes that the viewer may be interested in such as thriller, action, science fiction, or even psychology.

*Black Swan* is one of the movies involving psychological aspects. The writer is interested in analyzing how this movie actually describes the deepest side of human being. Most of the psychological aspect can be found in Nina Sayers as the main character. Eventually, she strives to gain a perfection which leads her to self destruction. This phenomenon reflects the self individuation process that is experienced by Nina. Self individuation is actually a term given by Carl Gustav Jung in his theory of analytical psychology.

Analytical Psychology is a development theory of Freud. Freud presents his psychoanalysis theory by emphasizing in sexual desire but in Jung's theory, the unconsciousness is his main interest. Jung analyzes more about human's spiritual of personality. As stated in *Psikologi Dalam* by Dewi and Kahija,

*"pemikiran Jung lebih bersifat spiritual dimana kepribadian manusia terpusat dan mengarah pada Self (diri terdalam). Upaya manusia seumur hidup adalah menemukan Self itu. Penemuan Self ini disebut individuasi diri. Perjalanan menuju individuasi diri adalah perjalanan panjang yang melewati berbagai tantangan, khususnya berbagai kompleks dalam ketidaksadaran personal dan berbagai arketipe dalam ketidaksadaran kolektif. Pribadi yang sehat adalah pribadi yang telah menyadari kompleks-kompleksnya dan mengenal arketipe-arketipe dalam dirinya"* (2012:52).*

In his theory, Jung considers that human has a spiritual journey in discovering himself. He states that it is a life time journey for human. This is also called individuation process. It is a very long journey which includes all obstacles and challenges in personal unconsciousness and various archetypes of collective unconsciousness. He says that a healthy personality is the one who recognizes all of his complex and archetypes. Jung divides two kinds of unconsciousness part, they are personal unconsciousness and collective unconsciousness.

Personal unconsciousness exists behind human's consciousness. It is relative since people sometimes realize, sometimes not if they do something. There are many complexes in personal unconsciousness. Jung states in *Analytical Psychology: Its Theory and Practice* that complex (1968 : 316) is a group of feeling, thought and perception which is related to certain emotional theme. It often derives from one's past experience. Complex can also be shown through dreams.

Another unconsciousness part of human is called collective unconsciousness. It consists of some archetypes which exist in every person. Archetype comes in various forms. Actually, these archetypes are commonly known but sometimes they are uncommonly recognized. All those forms are

symbols needed to be understood. There are five main kinds of archetypes in Jung's theory which are "persona", "shadow", "anima" and "animus", "manna", and "Self". These archetypes must be recognized its existence in order to manage the process of self individuation.

Jung explains that self individuation must be experienced by one's life. The writer will use this theory as tools to examine the extrinsic aspect of the *Black Swan* film. The writer will also analyze more about the self individuation process experienced by the main character of the film, Nina Sayers. Therefore, the writer entitles this thesis Self Individuation Process Reflected on Nina Sayers as the Main Character of *Black Swan* Movie.

1.2    Aims of the Study

1.  To describe both intrinsic and extrinsic elements of *Black Swan* movie.
2.  To explain the self individuation process reflected on Nina Sayers as the main role in *Black Swan* based on Carl Gustav Jung theory.

1.3    Scope of the Study

Understanding the scope of the study is important since we should keep focus toward the topic. In intrinsic aspect, the writer will explain more about narrative elements and cinematic elements of the movie. In extrinsic aspect, the writer will examine self individuation process reflected on Nina Sayers as the main character of the movie *Black Swan* based on analytical psychology theory of Carl Gustav Jung.

1.4    Method of the Study

1.4.1    Method of Research

The writer uses library research to collect the data for both intrinsic and extrinsic aspect of the movie. As it is stated by Mary W. George that "library research involves identifying and locating sources that provide factual information or personal / expert opinion on a research question; necessary component of every other research method at some point" (2008:6). The sources are some library material related to the subject analyzed. There are two kinds of main data :

1. Main data which is a film entitled *Black Swan* directed by Darren Aronofsky.

2. Secondary data which are collected from books, scripts, journal and articles related to the film and the theory of the study.

1.4.2    Method of Approach

The writer also uses two methods of approach. They are exponential approach and psychological approach. Exponential approach is an approach which is used to analyze the intrinsic aspects such as narrative and cinematic aspects. In this thesis, the writer only analyses the theme, character, setting, and conflict. According to Guerin in *A Handbook of Critical Approaches to Literature,* "we designate this method as the exponential approach because the inclusiveness of that term suggest at once the several meanings of motif, image, symbol and archetype" (1992:197). Exponential approach describes implicit meaning in a film

which is represented by symbol, image or any basic pattern. On the other hand, psychological approach is used to analyze the extrinsic element. The writer will focus on Nina's personality to examine the self individuation process reflected in *Black Swan*. Thus, the writer chooses the analytical psychology theory by Carl Jung as a tool to analyze the extrinsic elements.

1.5    Organization of the Writing

CHAPTER I : INTRODUCTION

This chapter contains background of the study, aim of the study, scope of the study, method of the study and organization of the writing.

CHAPTER II : SUMMARY OF THE *BLACK SWAN* MOVIE

This chapter contains the summary that is reliable to theme of the thesis based on the movie used.

CHAPTER III : THEORETICAL FRAMEWORK

This chapter contains the theoretical review which can support the thesis. The theory deals with definition of character, setting and conflict. It is also about self individuation process existed in the film that will explained by Carl Jung's theory.

CHAPTER IV : ANALYSIS

This chapter is the main part of the thesis. It analyzes the theoretical review connected with the story in the film in term of its intrinsic and extrinsic elements.

# CHAPTER V : CONCLUSION

This chapter provides the result of the analysis in the previous chapter.

**CHAPTER II**

**SUMMARY OF *BLACK SWAN* MOVIE**

*Black Swan* is basically a psychological thriller movie directed by Darren Aronofsky. Its story mainly tells about the main character, Nina Sayers. The story is started in a prestigious ballerina company in New York which opens a new season. Thomas, the director of the company, has to choose the main role who will play as the swan queen. He has forced Beth, the senior ballet dancer, to retire and end her career in the company. Therefore, Thomas can choose someone else. Nina, one of the dancers in the company, insists to get the main role as the swan queen. This new season requires the main role to be both white and black swan describing the kind and evil version at the same person. Nina who was perfectly fragile, innocent yet flawless is so ambitious to get the main role. She eventually can not dance the black swan part. Thomas asks her to loose herself. He states if he only needs the white swan, the role will belong to Nina for sure. Then Thomas points Lily, a new comer dancer whom Nina considers as her rival. Lily is actually lacking of Nina's technique yet she somehow can show what Nina can not do. Since then, their relationship become tense. One evening, Lily comes to Nina's house inviting her to go out. In a restaurant, Lily offers a capsule to relieve her stress and to loose her out. At first, Nina rejects it but somehow Lily puts it secretly into her drink. That night, both of them are so drunk and Nina begins to loose

herself. Her mother is so protective that she keeps contact Nina but she rejects it. After that, Nina and Lily go home together and lock themselves in Nina's room. They have sex inside. Tomorrow morning, Nina is all alone in her room. She is late coming to the rehearsal. Then, she meets Lily and asks her why she does not wake her up in the morning. Lily says that last night she sleeps with a man whom she met in the club. At that time, Nina starts to realize that it is all her hallucination. When she comes home, her mother who concerns about her condition decides to tell Thomas that Nina can not perform tomorrow. Realizing the fact that she is not permitted to perform, Nina forces her mother to let her go.

Since her mother tells Thomas that Nina is sick, he points Lily to take over Nina's role. Knowing the fact, Nina confronts Lily and hits her to the mirror until she is not conscious. She is looked dead already but then awake in second. Suddenly, Lily's face changes become Nina's copy. Then, she starts to strangle Nina who grabs a piece of glass . Nina stabs the glass into her stomach and die. Nina takes and hides her body in a bathroom then begins to put some make up and returns to the stage.

Right after the incident, she somehow transforms into a very different version of herself. After she dances the version of black swan, she comes to Thomas and kisses him sensually. Before reaching the final act of her performance, Lily congratulates Nina in her room making her so surprises and confused at the same time. She starts to check the body that has already been missing in the bathroom. She just realizes that she

actually stabs herself with the glass till bleeding. Then, she returns to the stage performing her final act with blood shed in her stomach. At the end of the performance, all the audience give standing ovation toward Nina's stunning performance. Thomas and others congratulate her as she falls in a hidden mattress. They are so shocked finding Nina is bleeding so much. Thomas asks her what has happened yet she says with a smile on her face that she feels perfect.

# CHAPTER III

# THEORETICAL FRAMEWORK

## 3.1 Intrinsic Aspect

Intrinsic aspect is very important and essential to be understood in a film. It reveals the situation, environment, society and other aspects which build from the inside of the story. Hence, the viewer will not be confused since they understand the intrinsic aspect. Intrinsic aspect consists of two elements. Those are narrative and cinematic elements.

### 3.1.1 Narrative Elements

Narrative element is one of the elements of intrinsic aspect. Narrative element of the movie consists of theme, characters, setting and plot. As stated in *Narrative and Media,* Fulton states that narrative is historically and culturally positioned to turn information and events into structures that are already meaningful to their audiences (2005 : 1). Therefore, it is concluded that narrative elements are tool to help the viewer to understand the film well. Here, the writer will explain about theme, character, setting and conflict.

### 3.1.1.1 Theme

As explained by Kennedy in his book *The Introduction of Fiction*, he stated that theme of a story is whatever general idea or insight the entire story reveals (1991 :144). Theme is basically a main idea explaining the whole story of

the film. It defines a big line toward the content of the story. It is also related to the genre of the film itself. It can be defined by the scenes dominating the film.

### 3.1.1.2 Character

According to the journal of *Elements of Fiction,* Hallet states that character is the mental, emotional, and social qualities to distinguish one entity from another (people, animals, spirits, automatons, pieces of furniture, and other animated objects) (1968 : 143). On the other words, character defines the figure playing some roles in the film whether they are human, animal or other animated object. There are many character in a film where each of them relate one another to create such a story in a film. That is why they bring idea, thought, motives and themes toward the content of the story. Each of them surely have different personality that build the idea of the story. Finally, those characters give the viewer some values or messages through the role they play. Character is basically divided into two, which are major character and minor character.

### 3.1.1.2.1 Major Character

Major character is the one who dominates the whole story of the film. It is seen obviously by his or her portion who has the most appearance in the screen compared to other character. On the other words, in a movie, major character is the character who is always seen in the movie. Major character can be neither a protagonist nor antagonist.

### 3.1.1.2.2 Minor Character

It is contrary with the major character. Minor character are the ones who get smaller portion of the scenes in the film. They also play role in supporting the major character. It helps major character in building the whole story. Just like major character, minor character can be either protagonist or antagonist.

### 3.1.1.3 Setting

According to Michael Meyer in his book, *The Bedford Introduction to Literature,* "setting is the context in which the action of a story occurs. There are three major elements of setting. These elements establish the world in which the characters act" (1990: 107).

The first setting is setting of time which explains when the event happened or is delivered in the movie. Setting of time includes date, month, year, century and also natural condition such as morning, afternoon and night. The second is setting of place. Setting of place explains where the story happens. Setting of place can be a nation, a city, a village, or a room. It depends on the story. And the last is setting of social environment. Setting of social environment can be defined as customs, traditions, cultures, norms and other social conditions of the story.

### 3.1.1.4 Conflict

Conflict is one of the basic aspect in a film where it constructs the whole story line in a film. According to Perrine, in her book, *The Story Structure, Sound, and Sense* (1988),

"Conflict is a clash of action, desire, ideas, or goods in the plot of a story or drama. Conflict may exist between the main character and some other

person or persons (man against man); between the main character and some external force, physical nature, society, or fate (man against environment); or between the main character and some destructive elements in his own nature (man against himself)" (1988: 1408).

Moreover, Meyer also states in his book, *The Bedford Introduction to Literature*, conflict is separated into two parts (1990: 45), they are internal conflict and external conflict.

a. Internal conflict; the conflict may also be internal; in such a case some moral or psychological issues must be resolved within the protagonist.

b. External conflict; the protagonist's physical struggles with a formidable foe or the ever-present dangers of a dense jungle echoing wild screams provide plenty of excite. It may place the protagonist in opposition to another individual, nature, or society (Meyer, 1990: 45).

### 3.1.2 Cinematic Element

Cinematic element is another part of the intrinsic element of the movie. The difference with the narrative element is that it is brought by the film maker itself. Cinematic element consists of camera distance (shot), mise-en-scene and sound, lighting, costume and make up.

### 3.1.2.1 Camera Distance (Shots)

Camera distance takes role in placing camera distance toward the object. Jill Nelmes stated "it refers to the range of shots which suggests the apparent distance of an object from the camera; it is conventionally defined according to the framing of the human form" (Nelmes, 2012 : 93). There are six kinds of camera distance or shot.

**a. Extreme Long Shot**



**Picture 1**
**(An example of extreme long shot technique where the whole figure is visible)**
(http://lensafotografi.com/teknik-pengambilan-gambar/)

This technique is used when the scene is taken overall in one frame. It also depicts that the human figure is barely visible as seen in the picture above.

**b. Long Shot**



**Picture 2**
**(An example of long shot technique where the whole body of figure is more visible)**

(http://lensafotografi.com/teknik-pengambilan-gambar/)

Long shot technique deals with the figures or object that more visible the whole body.

**c. Medium Long Shot**



**Picture 3**
**(An example of medium long shot technique framed from knees to the head)**
(http://lensafotografi.com/teknik-pengambilan-gambar/)

Medium Long Shot technique is taken when the object or figure is framed

from about the knees up to the head.

**d. Medium Shot**



**Picture 4**
**(An example of medium shot technique framed from waist to the head)**
(http://lensafotografi.com/teknik-pengambilan-gambar/)

Medium Shot technique depicts the object which is taken from the waist up to

the head.

**f. Close Up**



**Picture 5**
**(An example of close up technique framed from shoulder to the head)**
(http://lensafotografi.com/teknik-pengambilan-gambar/)

The framing of Close Up is shot from the shoulder up to the head. On the

other words, it shows the detail of the significant object or figure.

**g. Extreme Close-Up**



**Picture 6**
**(An example of extreme close up technique focusing on particular part)**
(http://lensafotografi.com/teknik-pengambilan-gambar/)

This type of framing focuses on a particular part of body. It is commonly

used to frame part of body or face.

**3.1.2.2 Mise-en-scene**

As stated in *Film Art: an Introduction, 8th Ed* (2006) by Bordwell and

Thompson, "*mise-en-scene* was applied to the practice of directing plays" (2006:

112). Mise-en-scene consists of some aspects such as costume and make up and lighting.

### 3.1.2.2.1    Costume and Make Up

Costume and make up are unity that are related one another. They play a significance function in a film. Costume can be used to depict the character and the social environment of the film. Therefore, the viewer can identify how the character looks like. Make up is also necessary along with the costume. The film maker uses make up to enhance the appearance of actors in the screen. (2006:122)

### 3.1.2.2.2    Lighting

According to David Bordwell,

"In cinema, lighting is more than just illumination that permits us to see the action. Lighter and darker area within the frame help create the overall composition of each shot and thus guide our attention to certain objects and actions. A brightly illuminated patch may draw our eye to a key gesture, while a shadow may conceal a detail or build up suspense about what may be present."

From the statement above, it is concluded that lighting is very important in supporting the whole story in a film. The film maker manipulates the lighting into a various way to describe the character or the environment of the scene. Bordwell isolates some major features in film lighting which are the lighting quality, direction, source and color.

Lighting quality tells about the relative intensity of the illumination. Hard lighting defines a clearly shadow, texture, sharp edge whereas soft lighting defines

a diffused illumination. Lighting direction tells about the position of the light from its source to the object. It can be distinguish among frontal lighting, side lighting, back lighting, under lighting and top lighting.

Next is lighting source which can be identified either it is a soft light (key light) or hard light (fill light). It is all depending on the type of shadow it creates. The other aspects is the lighting color. It is the use of color in source of lighting. Sometimes the story may allow the color to be used in ways that the scene needs the lighting effect.

(Bordwell, 2006 : 124)

### 3.1.2.3 Sound

Sound is the other aspect of the cinematic element which plays important role in the movie. It supports the way the story delivered toward the viewer. Sound is used to depict the atmosphere of the scenes. It is also related to what Bordwell stated that "sound can actively shape how we perceive and interpret the image" (2006 : 265). Jill Nelmes also states that sound of the movie is divided into three, they are dialogue or speech, music and sound effect (Nelmes, 2012 : 100).

Dialogue is a verbal communication between two or more characters in the story. Music is an element which strengthens the atmosphere in the movie. For example, the up-beat music depicts a happy atmosphere whereas the slow beat music reflects a sad atmosphere. Next is sound effect which is usually called

noise. It is all additional sound besides the sound of dialogue, song, and music. For the examples are the sound of animal, thunder, wind, rain, and others.

## 3.2        Extrinsic Aspect

Extrinsic aspect is as important as intrinsic aspect. To know the extrinsic aspect is essential to understand the film well. In this paper, the writer will explain more about the theory of Carl Gustav Jung concerning about self individuation process. The writer finds it interesting because this film concerns more about psychological aspects which is suitable with Jung's theory.

### 3.2.1        Self Individuation

Self individuation is a term given by Carl Gustav Jung to explain about an actualization of someone in figuring out who they are. It is a very long journey in order to find out one's self. Jung believes that every person's development leads to this process. Self individuation talks about how human bring consciousness and unconsciousness part all together. It can be inferred that it is every one's struggle to bring ego as the center of consciousness to the unconsciousness (Self). Jung states,

> "The unconscious is  a process, and that the psyche is transformed and developed by the relationship of the ego to the contents of the unconscious… Through the study of… collective transformation processes and through understanding alchemical symbolism I arrived at the central concept of my psychology: *the process of individuation*." (Jung in Nicolaus, 1995: 235)

Therefore, it is concluded that a healthy personality must acknowledge the unity of the ego (consciousness) and the Self (unconsciousness). The

consciousness part is very important since it is related to the outer world. Through this part we can understand what happens around us. Meanwhile, the unconsciousness is the part we cannot understand easily. Unconsciousness part consists of personal unconsciousness which includes many complex in it, and collective unconsciousness involving many archetypes in it. These all archetypes will help the formation of self individuation in one's life. If a person already recognizes all the archetypes in his life, then it can be said that he has experienced the self individuation process well.

There are five main archetypes which will help the process of the self individuation. They are "persona", "shadow", "anima and animus", "manna", and "Self". The relationship between self individuation process with the archetypes involved can be seen in this diagram below.

OUTER WORLD

PERSONA

EGO

Consciousness

Personal
Unconscious

Collective
Unconscious

SELF

SHADOW

Anima-Animus

Consciousnes

Personal
Unconscious

Collective
Unconscious

INNER WORLD

(Source: https://misinvention.com/tag/carl-jung/)
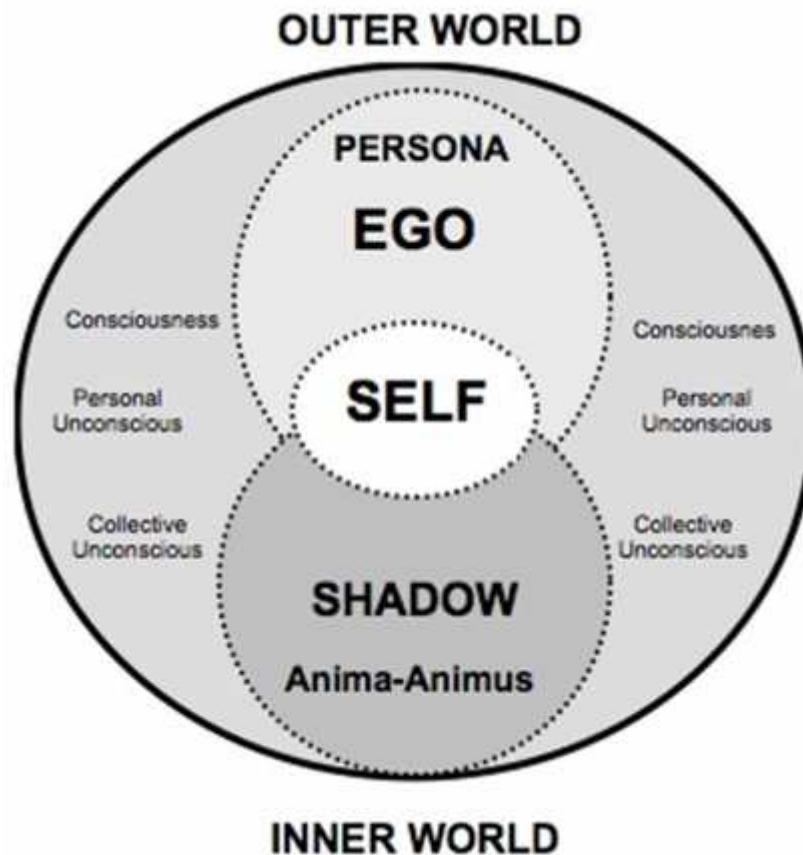
### 3.2.1.1 Persona

Persona is one of the archetypes existed in Jung's theory of Analytical Psychology. Persona is often synonymous as hero/heroine. According to Cassement in her book *Key Figures in Counselling and Psychotherapy,*

> "The definition of persona is that it represents that aspect of an individual which is in relation to the outer world. It derives from the Greek word for 'mask' and denotes those masks that were worn by actors in performing comic/tragic parts in Greek plays. The less acceptable parts of the personality are kept hidden behind the persona. A well-differentiated person develops a well – fitting persona and the latter is essential for survival" (2001 : 142).

As stated above, persona or hero/heroine tries to reveal the fake figure of someone who pretends to be someone which is not himself. It can also be seen in

the diagram above that persona always relates to the outer world. The purpose is for the sake of approval or survival of the society or environment. The writer believes that each of individual has something he/she has to deal in life. It leads someone to 'wear' that mask in order to be approved in that situation, environment or society. Although it causes him to lie or cheat himself to be someone else. Jung's theory believes that every human being has his own mask that is not recognized by people except one's self.

The rise of the acceptance of the social requirements is very important in which it leads people to 'put on' the mask. This assumption derives from the fact that people manage to actualize themselves by becoming what society wants them to be. Jung called this phenomena as a compromise between one and society in order to fit in into the community or environment. On the other word, people willingly appears to be someone different so they can fulfill the demand of the society.

### 3.2.1.2    Shadow

Shadow is another archetype in Jung's theory. Jung states that it is the first stage or journey in the process of the self individuation. It is completely different from persona. Shadow reflects the dark side of human being. As we know that shadow depicts the dark or black color, therefore, it actually refers to the dark or evil side of human being. It is in line with Cassement's statement (2001 : 143) "Archetypal shadow is identified with the dark side of the self, which is here treated as an archetype. It is the archetypal shadow that Jung was referring to when he talked about the existence of evil."

According to Fordham in Killick's book *Art, Psychotherapy and Psychosis (:*
*244),*

> "The shadow is the personal unconscious; it is all those uncivilized desires and emotions that are compatible with social standards and our ideal personality, all that we are ashamed of, all that we do not want to know about ourselves. It follows that the narrower and more restrictive the society in which we live the larger will be our shadow."

The statement above implies that shadow is a kind of archetype which opposing the true self or personality. It can be inferred that the shadow's existence is against the ideal personality. Shadow always tends to do anything which break the social rules or standards. Therefore, Jung states that shadow depicts the image of evil.

Copra pictures that the existence of shadow is undeniable. In his book *The Shadow Effect: Illuminating the Hidden Power of Your True Self,* he states

> "Ignoring or repressing our dark side is the norm, the sobering truth is that running from the shadow only intensifies its power. Denying it only leads to more pain, suffering, regret and resignation. If we fail to take responsibility and extract the wisdom that has been hidden beneath the surface of our unconscious minds, the shadow will take charge, and instead of us being able to have control over it, the shadow winds up having control over us, triggering the shadow effect" (2010 : 2).

It can be summed up that shadow is "the existence" we should admit. The more people deny its existence, the more it destroys and takes over their personality. Thus, recognizing the shadow is one's responsibility toward himself.

### 3.2.1.3      Anima and Animus

Jung believes that anima and animus is the second stage in discovering the self individuation process (Huskinson, 2014). In Latin language, words which is

ended with suffix "-a" refers to female/feminine while suffix "-us" refers to male/masculine. Anima is woman's soul which is existed in male. On the other side, animus is male's soul which exists in female. Huskinson states in his book,

> "Jung's concept of the anima and the animus is enabled many individuals to accept themselves as they are and not as they should be according to rigid gender stereotypes. On the other hand, in describing anima and animus, Jung is basically using the established gender stereotypes of his time to define what is female and what is male."

There are stereotypes made by the society in depicting the characteristic of male and female. Male is characterized as a person who is decisive, bold, argumentative, responsible, working hard, etc. On the other side, female is characterized as a person who is gentle, patient, passionate, easy to forgive, etc. Therefore, this archetype tells that male has female's component and male also has female's component. Anima and animus often appear in a dream. Sometimes they appear in many symbols related to the gender. For example, female's symbol is often described as earth, cow, cat, cave, or ship. While male's symbol is described as eagle, lion, penis, tower or castle (Dewi and Kahija : 2012).

### 3.2.1.4    *Self*

Self is the center or the deepest part in human unconsciousness. Jung views "the Self as both the center and the totality of the psyche, it has a strong claim to be regarded as the central concept of his entire psychology. The Self is the goal toward which the process of individuation strives" (Papadopoulos : 2006).

Self can also be translated as who we really are or our true self. Human should recognize the self into the consciousness part in order to have a healthy personality. Self appears in a very complex way in our collective unconsciousness. In a dream, there are various symbols which depict a power and figure that looks strange and unrecognized. These are some examples of symbols that might appear in a dream.

**Person** : Old priest, Wise Old Man or Woman, little kid, hermafrodit, king or queen, inner voice whispering, guardian angel, devil or a very genius man. Physically, we do not recognize them.

**Animal** : Phoenix (a bird which is scorched and reborn from its ashes), Uruboros; totem.

**Things** : Things that give particular direction, Holy Grail, Elixir of Immortality, Star of Bethlehem, the Philosopher's Stone.

**Geometrical Picture** : A picture of a circle which is centered to one point. This is also called "Mandala".

# CHAPTER IV

## Self Individuation Process Reflected on Nina Sayers as the Main Character of *Black Swan* Movie

### 4.1 Intrinsic Aspect

### 4.1.1 Theme

The theme of this American movie entitled *Black Swan* actually uses the story of Swan Lake ballet as the tool. From the story of the Swan Lake, it can be seen the whole theme of this film. It is about ambition and striving for perfection. It is shown right in the beginning of the film. The scene starts with Nina's dream of becoming the swan queen in swan lake ballet. It depicts how Nina really wants to be the main character of it. Mainly, the whole story is driven by the ambition of Nina. This later leads her to such a disaster to her own personality or life which will be discussed in the extrinsic elements. Picture 7 which is taken with medium long shot describes Nina's dream one night that she beautifully dances the white swan part of Swan Lake ballet. Picture 8 which is taken by using medium shot depicts the disaster which starts to appear regarding to her personality. In the picture, Rothbart which symbolizes the evil or dark side begins to control Nina.

Another evidence showing the striving of perfection or excellence is in the middle of the ballet practice in the studio. When Thomas, the director of the ballet company, states that there will only one person who plays the role as both white

and black swan. Picture 9 which is taken by using close-up shot describes Nina's face of how ambitious she is to gain that role. In the end of the story, it concludes all the theme of the film. It is shown in the picture 10 which is taken with close up shot where she stated that she felt perfect and she enjoyed about it.



**Picture 7 (00:01:56)**



**Picture 8 (00:02:35)**
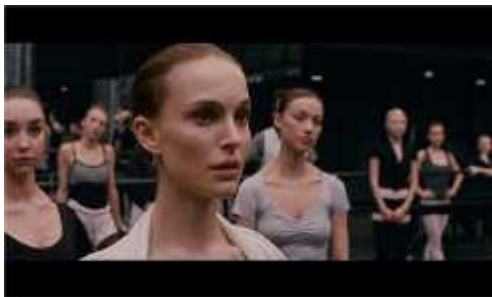
**Picture 9 (00:10:40)**
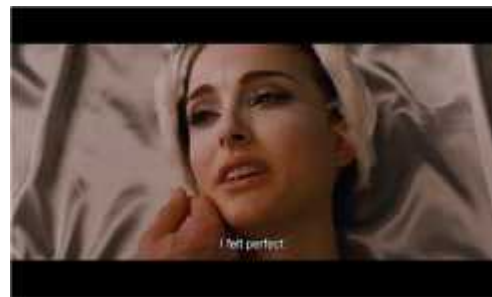
**Picture 10 (01:42:34)**

**4.1.2          Character**

**4.1.2.1       Major Character**

In this film, the are two persons who become the major characters. It is because both of them dominate the scenes in the film compared to other

characters. They also have big influence in playing role as the character in the film. These two persons are Nina Sayers and Thomas Leroy.

### 4.1.2.1.1    Nina Sayers

Nina Sayers is considered as the main character because she plays a very important role in this film. She is described as a young and talented woman. She is one of ballet dancers in a famous ballet company in New York. She is portrayed as a beautiful, fearful and also fragile. She has a pointed nose and light – brown hair. Some scenes show that she is a very competitive kind of person. On the other words, she is categorized as a perfectionist one. These scenes below indicate that she is very competitive or a perfectionist. Picture 11 which is taken by using long shot and picture 12 which is taken with close up shot shows when Nina saw Lily whom she considers as her rival. At that time, she watches how Lily is admired by Thomas. These scenes indicates the jealousy of Nina that relates to her competitiveness. Another scenes depicting the competitiveness of Nina is described in picture 13 that is taken with medium long shot and picture 14 that is taken with close up shot. They depict the jealousy and feeling afraid of being competed. Picture 13 shows when Nina hallucinates as if she sees Lily having sex with Thomas in backstage. While Picture 14 basically tells the same thing where Lily flirts with Nina's partner played as his prince in the dance.

Another character Nina has is her hard-working. Some scenes show her hard-working when she practices the dance until late. She even still practices it at

home in order to look perfect. Picture 15 which is taken with medium long shot is one of the scenes describing that Nina is a hard-worker.



**Picture 11 (00:29:00)**



**Picture 12 (00:29:02)**



**Picture 13 (01:20:27)**



**Picture 14 (01:30:40)**



**Picture 15 (00:17:18**

### 4.1.2.1.2    Thomas Leroy

Thomas can be categorized as major character as well for he dominates most scene and influence the whole story. In the film, he is the director of the famous ballet company in New York. He is quite tall. He has a pointed nose, blue

eyes and black hair. He is not too old which is under forty years old. Just like Nina, he is considered to be a perfectionist too. He wants everything to be as he wants to be. On the other words, he wants everything to look perfect. This character is shown in one of this dialog with Nina in the film in minute 00:36:57 – 00:37:21.

> Nina : Excuse me?
> Thomas : Ah come on, sex. Do you enjoy it?
> Nina : …. (smiling)
> Thomas : We need to be able to talk about this.
> Nina : …. (remain silent)
> Thomas : I've got a little homework assignment for you. Go home and touch yourself.
> (***Black Swan, 00:36:57 – 00:37:21***)

The dialogue above shows how innocent Nina is. Thomas, who is a perfectionist wants Nina to perform the black swan as well as she plays the white version. Therefore, he somehow asks Nina to explore more of herself so she manages to dance the black version.

Another characterization of Thomas is discipline. Because he wants everything to be perfect, he is very strict toward everything especially toward Nina as the main character of swan queen. It is shown in this dialogue below in minute 00:54:06 – 00:54:28

> Thomas : Maybe you need a little break. A day or two. Or maybe a month. What do you think?
> Nina : She shouldn't have said anything.
> Thomas : No, you shouldn't whining in the first place.
> Nina : I didn't.
> Thomas : You could be brilliant. But, you're corward.
> Nina : Sorry.

> Thomas        : No, stop saying that! That's exactly what I'm talking about. Stop being so fucking weak. Again!
> (*Black Swan* **(00:54:06 – 00:54:28)**

The dialogue above truly shows his anger toward Nina because he is so strict toward the performance. He is very discipline that he is so mad finding Nina become so weak complaining about what she is going through. Therefore, Thomas keeps pushing her to do her best.

**4.1.2.2        Minor Character**

There are several minor character who support the whole story and the major character, such as Lily, Nina's mother, Beth, Veronica and others. But here, the writer will explain about Lily and Nina's mother only.

**4.1.2.2.1        Lily**

Lily is one of the minor character in this film because she does not appear many times in the scenes. Lily is also a young and free – spirited kind of girl. It is rather different with Nina who is more gentle and fragile. Lily looks more energetic and attractive. Picture 16 which is taken with medium shot technique depicts how attractive Lily is . Thomas ever states that she does not fake it for it comes spontaneously. She is a beautiful woman with pointed nose, dark brown hair and brown eyes.

Lily is also described as a mischievous and flirtatious woman. It is described in picture 17 that is taken by using extreme close up technique. At that time, Lily offers Nina some ecstasy pill to get her more relax yet Nina rejected it at first.



**Picture 16    (00:29:23)**



**Picture 17 (01:00:01)**



**Picture 18  (01:30:43)**

Another scenes depicting her flirting can be seen in picture 18 which is taken by using medium close up shot. It depicts when Lily flirts the man which plays a role as Nina's prince. Lily does it in front of Nina to make her jealous.

**4.1.2.2.2    Nina's Mother**

Nina's mother is also the minor character in this film since she does not dominate many scenes. But here she also supports the whole story and influence

the major character. Nina's mother is depicted as a not so young woman. She may

be around 50 years old. She has a bold kind of face. She used to be a ballet dancer

just like Nina but somehow she lets it go because she is pregnant. It is depicted in

the conversation below in minute 00:56:21 – 00:56:32.

Nina's mother      : I just don't want you to make the same mistake I did.
Nina      : Thanks.
Nina's mother      : Not like that. I just mean as far as my career was concerned.
Nina      : What career?
Nina's mother      : The one I gave up to have you.
(***Black Swan* 00:56:21 – 00:56:32**)

She is very protective toward Nina. Just like the dialogue above, it maybe

derives from her past so she does not want Nina to be failed on her career. Picture

19 and 20 basically tell how protective she is toward Nina. Some scenes show that

she often takes care of Nina just too much. She often puts her clothes and

accompanies her to sleep. She somehow treats Nina just like little girl. Picture 21

which is taken by using close up technique also proves her protectiveness. It is

when Lily asks Nina to go out but she does not permit it.



**Picture 19 (00:04:57)    Picture 20 (00:18:39)    Picture 21 (00:58:11)**

**4.1.3          Setting**

**4.1.3.1          Setting of Place**

There are some places shown in this film but basically this film takes place in New York, America. They are depicted in these pictures below. Picture 22 which is taken by using extreme long shot shows Nina's house which mostly appears in the film. Picture 23 portrays the studio of The Royal ballet company in New York itself. This place also dominates most scene. It is used by the dancer to practice regularly. This place is also used as a place for the performance of the Swan Lake ballet.  Bar is also shown in this film as seen in picture 24 which is taken by using medium shot, when Nina goes out with Lily one night. Another place shows up in this film is in the hospital as seen in picture 25. Nina comes to see Beth who is hospitalized because of an accident.

**Picture 22 (00:03:49)          Picture 23 (00:08:37)          Picture 24 (01:01:56)**

**Picture 25 (00:42:40)**

**4.1.3.2      Setting of Time**

The setting of time of *Black Swan* movie is not explicitly told. But it is seen from some scenes below. Basically, those scenes are telling us that it is from the modern era of 19th century. Picture 26 which is taken with close up shot technique depicts that there is a pub bar or club bar already. Club bar's emergence in America is popular around 19s century. Another setting of time shown in this film is the winter season. It can be seen from most scenes depicting the winter fashion worn by people, such as coat, jacket and scarf. Picture 27 taken by using extreme long shot technique also describes there is a Christmas tree in The Royal building. It can be said that it occurs in winter season. The last is picture 28 depicting the party atmosphere where people wear suit and gown which show the modern era of the film.



**Picture 26      (01:03:00)**          **Picture 27      (00:41:25)**



**Picture 28      (00:32:07)**

**4.1.3.3     Setting of Social Environment**

The social environment in this film is showing an upper class society in America. It is proven with picture 29 which is taken by using medium shot technique. In the picture, we can see the atmosphere of a party where they are wearing nice suit and gown, drinking beer. This film truly shows an environment of wealthy people because ballet performance is usually enjoyed by uncommon people. It is portrayed in picture 30 where many people wears suit and tie come to enjoy the performance of Swan Lake dance in The Royal.



**Picture 29     (00:30:54)**            **Picture 30  (01:28:52)**

**4.1.4       Conflict**

**4.1.4.1     Internal Conflict**

Internal conflict happened in the film is about Nina with her true self. She is dealing with her own personality. She is confused whether she has to maintain her true personality or to metamorphose denying her true self. It is depicted in the Thomas' monologue below in minute 00:27:39 – 00:28:00

> Thomas       : Thank you Nina. It is very nice. It is very nice. But I knew the white swan wouldn't be a problem. The real work will be your metamorphosis into her evil twin. And I know I saw a flash of her yesterday. So get ready to give me more of that bite.

Nina faces such a dilemmatic situation. The white swan actually depicts her character. But on the other side, she must be able to do the black swan dance which is difficult to do. Moreover, Thomas emphasizes that Nina should 'metamorphose' into the evil version. This dilemmatic situation is also shown in picture 31 which is taken by using medium shot technique. This picture describes how Nina decides to throw away all of dolls in her room depicting the 'weak' side of her. Picture 32 is also another proof of how Nina put away 'the little girl' decoration in her room by throwing her little ballerina toy.



**Picture 31 (01:14:40)**          **Picture 32 (01:14:27)**

### 4.1.4.2    External Conflict

External conflict occurs when Nina is dealing with the society and environment. The environment here means between Nina and her mother and also Nina with Thomas. Nina is raised by a mother who is very protective. The way she raised Nina leads her to be a perfectionist one in which she must be the best in everything. She gets possessive very often that leads Nina to rebel. It is proven with picture 33 which is using close up shot technique. Her mom insists to not letting Nina meets Lily. But at that time, Nina is finally brave enough to rebel. There is also a dialogue between them showing Nina's rebellion toward her mother. It can be seen in minute 01:07:20 – 01:08:13.

Nina's Mom : Do you have any idea what time it is?
Nina : Mmm-hmm.. Late?
Nina's Mom : Where have you been?
Nina : To the moon and back.
Nina's Mom : You've been drinking. What else? What else have you been doing?
Nina : Oh. You want to know their names?
Nina's Mom : You need to sleep this off.
Nina : There were two. There was Tom, there was Jerry.
Nina's Mom : Be quiet, Nina.
Nina : And I fucked them both.
Nina's Mom : Shut your mouth!
(*Black Swan* **01:07:20 – 01:08:13**)

Another external conflict is between Nina and Thomas. Thomas is also a perfectionist. He wants everything is done as he wants. Therefore, Thomas looks very strive and discipline toward Nina who can not dance the black swan version. This causes Nina, who is gentle, fragile yet fearless metamorphoses to be evil. It can be seen in picture 34 which is using close up shot. It shows how Thomas seduces Nina in a practice. He uses that way since Nina still can not understand how to 'lose herself' in order to do the black swan part successfully. Picture 35 which is also taken by using close up shot shows Nina's frustration. She told Lily that it was hard and tough to do the best. Another evidence of the conflict between Nina and Thomas is also can be seen in Thomas monologue in minute 01:27:34 – 01:27:48.

Thomas : The only person standing in your way is you. It's time to let her go. Lose yourself.
(*Black Swan* **01:27:34 – 01:27:48**)

**Picture 33  (00:57:44)**



**Picture 34  (00:48:50)**



**Picture 35  (00:50:44)**

**4.2**     **Extrinsic Aspect**

**4.2.1**     **Self Individuation**

According to the theories stated in previous chapter, self individuation is the process that must be encountered by everyone. In order to successfully manage to the self individuation process, one must face a very long process in his entire life. Therefore, the writer will analyze if the main character of the movie has successfully experienced the self individuation. The key of success in this process is to recognize all the complex and archetypes that help the process of self individuation. There are main archetypes that will be analyzed through the main character, Nina, they are "persona", "shadow", "anima or animus" and "Self".

### 4.2.1.1          Persona

Jung believes that each of person has persona. Persona is often symbolized as 'mask' covering our face. Therefore, people will not see our true self unless they let go the mask. This theory proposed by Carl Gustav Jung is experienced by Nina as the main character of this film.

This persona actually begins when Nina convinces Thomas that she can dance both the white and black swan. In fact, Nina is an innocent yet is very perfectionist. It can be said that she accepts the 'challenge' to dance both although she has to be someone else. The conversation between Nina and Thomas is depicted by the dialogue in minute (00:20:37 – 00:21:25).

| | |
|---|---|
| Thomas | : When I look at you, all I see is the white swan. Yes you're beautiful, fearful, fragile. Ideal casting. But the black swan? It's a hard fucking job to dance both. |
| Nina | : I can dance the black swan too. |
| Thomas | : Really? In four years, every time you dance, I see obsess getting each and every move perfectly right but I never see you lose yourself.<br>Ever. All that discipline for what? |
| Nina | : I just want to be perfect. |
| Thomas | : You what? |
| Nina | : I want to be perfect. |
| `Thomas | : Perfection is not just about control. It's also about letting go. Surprise yourself so you can surprise the audience. Transcendence. |

(***Black Swan*** (00:20:37 – 00:21:25)

The moment when she lied or cheat to herself to become someone who is not herself brings such a depression on her. Some scenes show how Thomas asks Nina to 'seduce' the audience in the middle of the practice. He also asked Nina to give him more than just a 'bite'. This pressure somehow makes Nina to put that mask on so she can impresses Thomas and prove to everybody that she is perfect.

It is proven in picture 36 which is taken with medium shot technique. It depicts that Thomas asked Nina to metamorphosed into the evil twin of white swan.



**Picture 36     (00:27:49)**          **Picture 37     (00:12:44)**

Another evidences which reflect the persona of Nina is the fact that she admires Beth Macyntire and wants to be like her. She is obsessed to be like her until she steals Beth's stuffs like lipstick, ear ring and knife. It is depicted in picture 37. This act leads her to be as stunning as Beth so everyone impressed by her. Beth is one of a senior ballet dancer in The Royal. But because of some controversy, she has to retired to the career. Beth character is very different with Nina's. But here Nina wants to be like Beth when she dances because she is terrifyingly beautiful. The fact that Beth can dance bot terrifying and perfect can be proven in this dialogue in minute (00:41:34 – 00:41:56)

| | |
|---|---|
| Thomas | : You know what, I'm almost sure she did it on purpose. |
| Nina | : How do you know? |
| Thomas | : Because everything Beth does comes from within, from some dark impulse. I guess that's what makes her so thrilling to watch. So dangerous. Even perfect at times. But also so damned destructive. |

(***Black Swan* 00:41:34 – 00:41:56**)

**4.2.1.2        Shadow**

As stated in the theory previously that shadow is the dark side of human being. It is all those uncivilized desires and emotions that are compatible with

social standards and our ideal personality, all that we are ashamed of, all that we do not want to know about ourselves. In this film, it can be seen clearly that shadow is reflected indeed on Nina as the main character. It actually begins with her character which is a perfectionist one then it leads her to wear the 'mask' in order to be accepted or gained praises from people. The story continues reflecting how shadow influences her character and life.



**Picture 38 (00:15:55)        Picture 39 (00:40:10)    Picture 40 (00:51:24)**

The shadow mechanism firstly is shown in picture 38 where Nina sees someone exactly looked like her wearing black clothes. In fact, it is just her hallucination that she is just someone else. This picture depicts the sign of her other self or the other words, the evil side of her personality. The story continues when Nina starts to touch herself just what Thomas asks her to. She masturbates in her room where she never does it before. She eventually stops it as she realize her mother is next to her. The event is portrayed in picture 39. The sound background used is using strings orchestra instrumental which depicts tense atmosphere.

Eventually, the shadow mechanism is developing as Nina starts to metamorphose leaving her true personality. Picture 40 which is taken with close up technique shows when she masturbates again in the bathroom. After she

masturbates, there is some shed of blood on the water symbolizing sign that she is going to die. The picture is described in picture 41. Then, picture 42 symbolizes the appearing of the figure of her shadow.

Another evidences regarding to the mechanism is when she kisses a boy in a club. At that time, she already loses herself or even trains herself by letting the shadow influence and control her. It can be seen in picture 43. Then, picture 44 is another proof that Nina already loses herself. The picture depicts when Nina and Lily have sex in Nina's room. In fact, it is all just Nina's hallucination since Lily confesses she does not sleep with Nina that night. The sound background used in the scene is the same as picture 39 which uses strings orchestra instrumental depicting a tense situation.



**Picture 41 (51:50)**    **Picture 42 (00:51:53)**    **Picture 43 (01:05:20)**



**Picture 44 (01:08:48)**    **Picture 45 (01:16:54)**    **Picture 46**



**Picture 47 (01:10:13)**    **Picture 48 (01:22:37)**    **Picture 49 (01:20:39)**

**Picture 50 (01:33:15)**

The figure of the shadow appears multiple times in picture 45, 47, 48, 49, and 50. Picture 45 describes when Nina prepares the clothes for the performance. In picture 47, the figure of the shadow appears when Lily hallucinates of having sex with Lily. In fact, it is the mechanism done by the shadow. Another mechanism is shown in picture 48 when Beth turns into Nina's copy and begin to stab herself with a knife. Picture 49 depicts another hallucination of Nina when she sees Lily and Thomas having sex in the backstage. Eventually, Lily's face also turns into Nina's copy. The last time the shadow appears is in picture 50. It is again Nina's hallucination when Lily tries to replace her role as the swan queen. Lily's face transforms into Nina's copy (shadow). The conversation can be seen below in minute 01:32:56 – 01:33:20.

Lily    : Rough start, huh? Must have been pretty humiliating.
Nina   : Get out of my room.
Lily    : See, I'm just worried about the next act. I'm just not sure
          you're feeling up to it.
Nina   : Stop. Please, stop.
Lily    : How about I dance the black swan for you?
Nina   : Leave me alone!
(***Black Swan*** **01:32:56 – 01:33:20**)

Meanwhile, in picture 46, another mechanism of shadow on Nina is seen. It shows how Nina somehow kills Lily whom she considers as her rival. In fact,

she does not realize that actually she kills herself by stabbing the knife on her stomach.

In dialogue in minute 01:21:50 – 01:22:25, it is highlighted that shadow is somehow overcome Nina's life. Nina came to the hospital to see Beth and tell her the truth that she is obsessed with Beth.

> Beth : What are you doing here?
> Nina : I'm so sorry. I'm so sorry! I know how it feels now. She's trying to replace me. What do I do?
> Beth : You stole my things?
> Nina : I was just trying to be perfect like you.
> Beth : Perfect? Oh, I'm not perfect.
> (***Black Swan* 01:21:50 – 01:22:25**)

The final mechanism is occurred in the end of the performance when the black feathers start to cover her whole body symbolizing the shadow that totally influences and changes her personality. It is depicted in picture 51 and picture 52. Picture 51 is taken by using long shot technique. In the picture, the shadow somehow destroys her own personality which symbolizes her whole body covered by the black feathers. Picture 52 depicts how the feathers starts to grow covering her whole body. The sound effect supports the scene with the sound of the feather's rise on her whole body. In the end, this symbolization leads Nina to death.



**Picture 51 (01:36:37)**     **Picture 52 (01:36:02)**

### 4.2.1.3      Anima and Animus

Since the main character of *Black Swan* is a woman then it can be said that she has men's soul according to Jung's theory. On the other words, she has "animus" mechanism on herself. Jung believes that unconsciously there is some male elements which exist on female. We can see from the main character, Nina who somehow acts like a man along with male's characteristic.

Some evidences are shown from some scenes that Nina is very determinant, competitive and working hard. In a dialogue between Nina and her mother, it implies that Nina is a work harder kind of person because she practices the dance everyday. It is shown in minute 00:17:45 – 00:18:10.

Nina's Mom   : You're working yourself too hard. We all have off days.
Nina             : If that girl hadn't barged in…
Nina's Mom   : I'm sure she didn't mean to. Remember when you first started? If I hadn't taken you to each of your classes, you would have been completely lost.
Nina             : I'm going to talk to him tomorrow. I'm going to tell him I finished it.
Nina's Mom   : You don't need to lie. It won't convince him one way or the other.
(***Black Swan* 00:17:45 – 00:18:10**)

The next morning, Nina eventually goes to see Thomas to ask for a part. It is a very brave act since Nina must have known that Thomas had to choose any role in his project of Swan Lake. But she takes a further step to see Thomas if he wants to give the main character to her. It is seen in picture 48 which is taken by using medium shot. In picture 49 which is taken by using extreme close up technique, her hard working nature is also shown where her foot finger is attached one another. It proves that Nina puts too much effort in it which cause her foot that way.

46

**Picture 53 (00:19:28)     Picture 54 (01:28:28)**

**4.2.1.4        *Self***

After recognizing all the archetypes above, *Self* is the archetype which becomes the center of the unconsciousness. It appears in a dream in various symbols. But in fact, the writer cannot find the existence of Self mechanism on Nina as the main character. The scenes are dominated with Nina hallucination not in her dream. Therefore, in this film, it can be concluded that Nina has not encountered this archetype yet.

# CHAPTER V

# CONCLUSION

Self individuation is a process that must be encountered by every single person in order to recognize their true self. This life-time process requires much effort to acknowledge all of the complex and archetypes in our unconsciousness. Self individuation is considered succeed if one can admit the existence of all the complex and archetypes. The main archetypes are persona, shadow, anima and animus, and Self. These archetypes help people in order to manage the process of self individuation.

The writer found that all archetypes are experienced by the main character, Nina Sayers except the Self. There are four evidences of persona mechanism which can be found. These evidences are determined because of Nina's characteristic. Her characteristic shows that she pretends to be someone else in order to be accepted by the environment. This leads to her transformation becoming someone who is really different. Another characteristic found on persona mechanism is her ambition in striving for perfection. Her ambition itself is the reason why she must become someone else.

Shadow is another archetypes who mostly dominates Nina. There are 17 evidences the writer has found based on her characteristic. Shadow tends to appear in her other figure, which is the evil one. In the film, shadow appears in many scenes. Another characteristic regarding the mechanism of the shadow is the dramatic metamorphosis of Nina. The tendency of shadow is to overcome one's

self. Nina shows how shadow eventually controls her whole personality unconsciously. Later, the shadow somehow destroys herself making her die.

Animus is male's characteristic existed on female. Nina is considered to have many characteristic of male. There are 3 evidences which show its mechanism toward Nina. They are the competitiveness, hard-working and courage.

However, the archetype of Self cannot be found on Nina. Self is appeared through a dream symbolizing various figures or object. But in this film, its mechanism do not exist since Nina mostly hallucinates things instead of dreams about it.

Hence, it can be concluded that Nina does not manage the process of self individuation successfully. It is because she can not recognize all of her archetypes well. In fact, based on the analysis previously, the mechanism of shadow and persona mainly dominates the main character. This is the reason of Nina's disability to control these archetypes which finally causes her to death.

# REFERENCES

Bordwell, David and Kristin Thompson. 2006. *Film Art: An Introduction*. New York: Mc. Graw-Hill Companies

Casement, A. (2001). *Key Figures in Counseling and Psychotherapy.* Sage Publications Inc.

Chopra, Deepak. *The Shadow Effect: Illuminating the Hidden Power of Your True Self.* Harper Collins, 2010. Print.

Dewi, Kartika, and Kahija. *Psikologi Dalam (Depth Psychology).* Fakultas Psikologi, Universitas Diponegoro, 2012. Print.

Scholes, Robert. *Elements of Fiction*. New York: Oxford UP, 1968. Print.

Fulton, Helen, et al. *Narrative and Media*. New York: Cambridge University Press, 2005. *libgen.* Web. 3 November 2015. gen.lib.rus.ec

Huskinson, Lucy. *Nietzche and Jung: The Whole Self in the Union of Opposites.* East Sussex: Brunner-Routledge, 2004. Print.

Kennedy, X. J. *An Introduction to Fiction*. Canada: Little, Brown and Company, 1991. *libgen.* Web. 2 November 2015. gen.lib.rus.ec.

Killick, Katherine. *Art, Psychotherapy, and Psychosis*. Psychology, 1997. Print.

Meyer, Michael. 1990. *The Bedford Introduction to Literature*. Boston: Bedford Books St. Martin Press. *Libgen.* Web. 1 November 2015. gen.lib.rus.ec.

Nelmes, Jill. *Introduction to Film Studies.* New York: Routledge Taylor and Francis Group, 2012. *libgen.* Web. 2 November 2015. gen.lib.rus.ec.

Nicolaus, Georg. *C.G. Jung and Nikolai Berdyaev: Individuation and the Person: A Critical Comparison*. Routledge, 2010. Print.

Papadopoulus, Renos K. *The Handbook of Jungian Psychology: Theory, Practice and Applications.* New York: Routledge, 2006. Print.

Perrine, Laurence. 1988. *The Story Structure, Sound, and Sense (Rev. Edition).* New York: Harcourt.