

DIGITAL MEDIA COMMUNICATION

NARRATIVE ANALYSIS OF TIME TRAVEL IN THE FILM BACK TO THE FUTURE

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Abstract

The science fiction drama *Back to the future* tells the story of Marty, who is accidentally catapulted to 1955 and thwarts his first meeting with his parents. Back in 1985, he must find a way to make his parents fall in love. Doc Brown, Marty's teammate, provides assistance. The concept of time travel used in the movie *Back to the future* is the subject of this research. This research uses Nick Lacey & Gillespie's narrative analysis approach. This theory divides the flow of a story into five parts: balance, damage, damage recognition, damage repair efforts, and balance reinstatement. The results show that the movie depicts time travel. The character Marty travels through time twice, first from 1985 to 1955, then back to 1985. A time machine that resembles a DeLorean car is used to travel through time. The Butterfly Effect and The Grandfather Paradox are derived from some actions Marty took in 1955.

Keywords: lacey & gillespie narrative analysis; movies; the butterfly effect and the grandfather paradox

Introduction

Film is an audio-visual communication medium that conveys messages to a group gathered in one place (Asri, 2020). With audio-visual elements, films can convey many stories in a short time. When someone watches a film, they feel like they are entering into the time and space in the film. The film is considered an effective communication tool to convey a message to a group gathered in a place. Due to its audio-visual nature, films can convey many stories in a short period. When someone watches a film, they feel like they are stepping into a time and space that can tell a story of life and can even influence the audience. Films can provide life lessons and entertainment to the audience, to name a few. Filmmakers usually make films based on personal experiences or actual events. This is because films always record the reality in a society and then project it onto the screen.

In the cinematic world, various film genres began to emerge and attract the interest of film lovers. They are starting from comedy, drama, romance, fantasy, and fiction to horror genres. The amount of interest in films then encourages cinematics to make films in the science fiction genre. Science fiction as a film genre has become a subject of interest in various disciplines. It has been argued that science fiction and fantasy are part of the speculative genre fiction continuum (Menadue & Jacups, 2018). The science fiction genre is characterized by narratives that include futuristic, fantasy, or unrealistic elements (Fong et al., 2015). In addition, science fiction films often use fantasy narratives to reflect current and future society. One of the science fiction genre films is *Back to the Future*.

Back to the Future is a 1985 science fiction (sci-fi) film written and directed by Robert Zemeckis and Bob Gale. It stars Michael J. Fox, Christopher Lloyd, Lea Thompson, Crispin Glover, and Tom

Wilson. The film produces a compelling and entertaining story by combining elements of science fiction with comedy, drama, and adventure. The film tells the story of Marty McFly, a teenager, who is accidentally sent back in time through his friend Dr. Emmett "Doc" Brown's time traveling machine in 1955. While meeting young versions of his parents, Marty accidentally disrupts their first meeting, threatening his own life. After that, he has to find a way to reconnect with his parents, and he goes back to 1985 while avoiding some dangerous and scary situations.

Since its release, the film has managed to capture audiences' attention. The film generated \$383,336,762 in global revenue from all screenings, spending \$19,000,000 (*Back to the Future - Box Office Mojo*, 2023). In addition, the film received four nominations for the Academy Awards or Oscars in 1986 in the Sound Effect Editing category. In addition, the film won the award in the same year (Oscar, 2023). The film *Back to the Future* influenced many other pop culture works, such as television, films, and books. *Back to the Future* was included in the National Film Registry in 2007 for its historical, cultural, and aesthetic impact on American culture (Library of Congress, 2014).

Back to the Future's storyline is simple, but it is interesting. The concept of time travel is combined with elements of comedy and drama, making the film easy to understand even for viewers unfamiliar with the science fiction genre. Even small children can understand the story of this film. Not only does *Back to the Future* have an easy-to-understand storyline, but it also has some very famous and memorable characters. The character of Doc. Brown with his radiation vest has become a pop culture icon, and the main character Marty McFly is synonymous with his suit jacket and life vest (Pitman, 2023).

The concept of time travel, which is easily understood by the audience, is used in *Back to the Future*. The film uses the butterfly effect, which means that changes in the past, even small ones, will impact changes in the future. The simile "One flap of a butterfly's wings in Brazil can cause a tornado in Texas," coined by Edward Lorenz, is the basis of this concept.

The concept of the butterfly effect is a concept that will not be far from the idea of the grandfather paradox because if they are linked together, minor changes made in the time traveler process can "kill grandfather," which means eliminating the existence of individuals in the past (Nazemi, 2022). In the context of communication science, a slight change in the communication process, such as the presence of bias, noise, the use of media channels, and other communication barriers, can have the potential to thwart previously designed circumstances (Manullang & Silaban, 2022). One example is the process of forming public opinion through the media; of course, in developing a framework, it is necessary to consider the complexity and dynamics of crisis management by considering the potential butterfly effect that will occur in the dissemination process.

Time travel is a plot device to explore the "what if" storytelling formula and create compelling storylines. The ability of time travel to add layers of complexity to the story allows for the emergence of effects such as the owl effect and the consequences of each decision made by the characters in the film. Therefore, it is essential to emphasize that the film's time travel should be clear and consistent. Otherwise, the audience will be bored. From a storytelling point of view, adding time travel elements can open up new stories and capture the audience's attention in different ways. Time travel often requires the audience to actively participate in films to remember how the main character passes through time. The audience can make the viewing experience more immersive and memorable if they are involved.

Director and writer Robert Zemeckis and Bob Gale, in an interview by Golden Globes (2015), also explained their inspiration for making *Back to the Future* based on an interesting question about the relationship between the past and the future. This inspiration came when Gale found his father's high school yearbook and asked if he would be friends with his father if they met in their youth. Through this inspiration, the story's idea to reconstruct the past grew. They were interested in the idea because it was a concept they had not seen before in time travel stories, which usually suggest that everything is predestined and cannot be changed. They wanted to try the concept that things in the past can affect things in the future. Of course, in describing this film, it certainly needs to be analyzed with narrative analysis. Based on the explanation above, the researcher intends to analyze the time travel narrative in *Back to the Future* using Nick Lacey and Gillespie's narrative analysis.

Theoretical Framework

Tzvetan Todorov is a Bulgarian literary and cultural expert. Todorov (Eriyanto, 2013) argues that every text has an arrangement or structure. Narratives are what is said and include chronological order, motive

and plot, and causal relationship of an event. According to Todorov, a narrative has a structure from beginning to end and is broken down into three parts. The narrative starts with balance or order, then disruption or distortion. The narrative ends with an attempt to restore the situation by stopping the disturbance. Todorov's three-part structure can be described as follows:

Tabel 1 Todorov Three Part Structure

Equilibrium (Balance)	▼	Disorder (Chaos)	▼	Equilibrium (Balance)
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Nick Lacey and Gillespie transformed Tzvetan Todorov's concept of storytelling structure into five parts of storytelling. The stage between disturbance and equilibrium shows the most significant difference. According to (Eriyanto, 2013), the added stages include the mounting disturbance, increased awareness of the disturbance and its climax, or mounting conflict, and adding a section to attempt to resolve the disturbance. The structure changed by Nick Lacey and Gillespie is divided into five parts: equilibrium, disruption, recognizing the disruption, attempt to repair the disruption, and reinstatement of the equilibrium (Keanu Adepati, 2018).

Equilibrium is the initial narrative in a normal, ordered, and balanced situation. Generally, superhero stories start with a calm city, a thriving kingdom, and so on; disruption The existence of disruption is the second structure of the story. It can be an action or a trait that disrupts order or balance. After the characters perform specific actions, their initial everyday lives turn abnormal; they recognize disruption or the awareness of disruption. The disruption becomes more severe in the third stage when the disruption becomes more severe and more pronounced. At this stage, the disruption reaches a climax: attempt to repair the disruption; at this stage, the character has experienced the disruption and thinks of ways to fix the disruption so that it will create order again. Although the attempt will fail, the character will continue to endeavor to reach the point of equilibrium again. Finally, reinstatement of the equilibrium is the final part of the story. The chaos that arose in the previous stage has been overcome and destroyed successfully, allowing the return of balance and order.

Material and Methodology

Research paradigms are essential in guiding and conducting research. The choice of research paradigm is critical because the paradigm shapes the entire research process, from methodology selection to data analysis (Brown & Dueñas, 2019). This research uses a constructivist paradigm that aims to construct phenomena into answers. The constructivist paradigm is the antithesis of a school that prioritizes observation and objectivity in obtaining reality or science (Umanilo, 2019). According to Hidayat, this paradigm views social science as a systematic analysis of meaningful social action through direct and detailed observation of social actors involved in forming and managing their social world.

This research uses qualitative research. Qualitative research is a study in the form of methods for exploring and understanding the meaning that several individuals or groups of people ascribe to social or humanitarian problems. Asking questions, collecting specific data, analyzing inductively, and interpreting data are some of the essential processes included in the qualitative process. Using qualitative methods, the research focus studied by analyzing dialogue, scenes, and sequences in the film will get maximum results because it tries to observe an event or phenomenon.

This research uses Nick Lacey and Gillespie's narrative analysis, which comes from the development of Tzvetan Todorov's model, which states that narratives contain motifs, plots, chronological sequences, and causal relationships of events. Todorov states that stories have a structure from beginning to end. A story begins with a balance disrupted by a disruption or disturbance and ends with an attempt to stop the disruption to restore balance. According to Todorov's narrative analysis, the narrative structure consists of three parts: 1) The initial plot (balance), 2) The middle plot (disruption), and 3) The end plot (balance). Nick Lacey states this structure is divided into five parts: 1) Equilibrium and 2) Disruption. This modification shows the stages of increasing disruption, increasing awareness of the disruption, and climax.

Result and Discussion









Equilibrium Stage Travel Narrative

At this stage, the scene dominates the appearance of characters close to Marty, such as Doc Brown, Marty's scientist best friend who succeeded in making the machine, and his family, such as his father, mother, and two brothers. In the selected scene, duration 12.21 - 14.12, Marty returns home from school on his skateboard. When he arrives home, he sees his father, George McFly, being scolded by supervisors, especially his high school friend who bullies him, Biff Tannen. Biff had an accident with George's car and towed his damaged car to the McFly home. Biff scolds George for not taking responsibility for the accident and asks him to use his insurance to fix his car. Marty is silent and smiles resignedly at his father and Biff. In addition, he then asks if George has completed his report assignment. However, George did not, and Biff bullied him by repeatedly tapping his head to show his weakness. This scene shows the life of the McFly family, especially the conflict between George and Biff, whom Biff has bullied since school. Biff has long had a crush on Lorraine, Marty's mother and George's wife.

The second selected scene in the equilibrium stage is duration 16.02 - 17.27. Marty, George, Lorraine McFly, and their two brothers, Marty, Dave, and Linda McFly, are having dinner with their family. Lorraine says that Uncle Joey's celebration cake will be eaten together if he does not get paroled from prison. While Marty is out, Linda tells Marty that his girlfriend, Jennifer, called him twice. His mum is not happy to hear this. She believes that chasing men will cause trouble. In addition, Lorraine compares herself to her mother, who never chased, called, or rode in a car with men.

Lorraine then tells the story of how she met George so that they could be together. She recounts that Lorraine's father hit George with his car, after which George was brought into her house and met her. Lorraine felt pity when she saw George, who looked beyond saving. In short, they would not have met if Lorraine's father had not hit George. Lorraine then recounted her first date with George. The story shows how Lorraine took George to her school dance. They danced there, and after the party ended, Lorraine knew she would spend the rest of her life with George.

Table 1 Time Travel Narrative in Back to the future Film Based on Nick Lacey & Gillespie's Narrative Analysis (equilibrium stage)

Equilibrium Stage	
Duration 12.21 – 14.12	Duration 16.02 – 17.27
	
	
	
	

Source: Researcher processed (2023)

Disruption Stage Journey Narrative


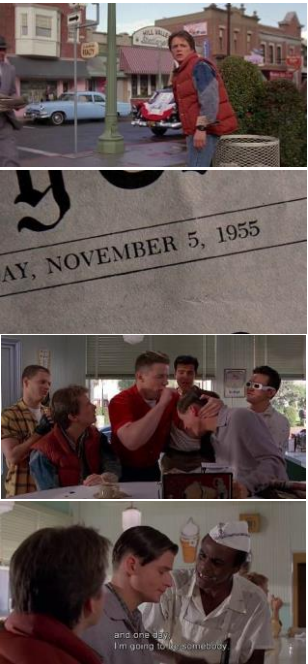
The disruption that occurs in a story is known as disruption. The story's journey towards the middle act of Back to the Future marks the stage of disruption. After Marty learns that Doc. Brown,

Marty's best friend, built a time machine out of a DeLorean, there is a disruption in the form of an attack from a Libyan terrorist group who learned that Doc. Brown had stolen their plutonium to turn into the energy center of his time machine. Under worsening circumstances, Marty accidentally rides the time machine and is thrown to the year 1955. At this point, the focus is on scenes of Marty investigating 1955 and realizing that a mistake has been made that Marty must quickly resolve. He must also find a way to return to 1985.

In the selected scene of the disruption stage, duration 19.27 - 31.30, as directed by Dr Brown, Marty comes to Twin Pines Mall at 1.15 am on a skateboard to test the time machine. Einstein approaches Dr Brown's dog as Dr Brown prepares to demonstrate his latest time machine invention. Doc Brown finally leaves the van with the time machine, the DeLorean.

After greeting Marty and telling him about his latest experiment, Dr Brown stated that he had been looking forward to this test all his life. Doc Brown gave him a camera and asked him to document the experiment. Doc Brown told the camera that he would conduct his first-time machine experiment, putting Einstein inside and sending him one minute into the Future. To control his car from the outside, Dr Brown positioned it from a distance and pointed it at him. Dr Brown tells Marty that when the car reaches a speed of 88 miles per hour, something extraordinary will happen. Then, he accelerates the car to 88 miles per hour, and suddenly, the car disappears and leaves a line of flames. Seeing that, Marty was confused. Doctor Brown confirmed that this was the proper process.

Table 2 Time Travel Narrative in Back to the future Film Based on Nick Lacey & Gillespie's Narrative Analysis (disruption stage)

Equilibrium Stage	
Duration 12.21 – 14.12	Duration 16.02 – 17.27
	

Source: Researcher processed (2023)

The car reappeared a minute later. The car still had Einstein intact and healthy. Doc. Brown showed the car clock, which had jumped one minute forward. After the first successful experiment, he showed the time-traveling mechanism of the time machine. The car has a time-circuit module that must be switched on. The time display will appear once switched on. Dr Brown showed the destination, current, and last departure dates. Doc Brown recalled the date 5 November 1955 as he explained the date. Doc Brown emphasized that the date was significant as it was the first time he thought of building a time machine. He recounted that he was at the end of the toilet, hanging a clock, and then fell and hit

his head on the toilet. When he came, he had the idea of the flux capacitor, which is now in his time machine. It is a device that allows time travel.

A group of Libyan soldiers wanted to kill Dr Brown for stealing their plutonium as he prepared to time travel. Marty was shocked to see the terrorists shoot Doc Brown, as he did not have time to fight back. After that, he tried to escape in the time machine car. Unbeknownst to him, the car reaches a speed of 88 miles per hour and accidentally travels 30 years to 5 November 1955.

The second selected scene in the disruption stage is duration 32.24-37-15. Marty still cannot believe what he is experiencing. He sees the city he is used to, but there are many differences. Marty looks left and right in wonder. To make sure, he picked up an old newspaper that someone else had read and looked at the date. He became curious and looked at the date in the newspaper, which showed 5 November 1955. He was convinced that he was 30 years in the past, long before he was born, and his parents were still teenagers and in college.

Marty borrowed a payphone at a nearby cafeteria to call his friend, Doc. Brown, in 1955. Then, he sat down and ordered a drink. Before long, he heard someone calling him from behind. Much to his surprise, he heard that it was Biff in 1955. However, Biff did not call Marty, but George, who was next to Marty. Marty was even more surprised by this. He realized how Biff had been harassing his father since he was in high school. Biff's actions towards George are very similar to what Biff did in 1985. Biff demanded that George complete his schoolwork and threatened terrible things if he did not. Biff and his gang left the premises after confronting George.

Narrative of the Recognise Disruption Stage Journey

Recognize Disruption is when the story's main character realizes the Disruption. When Marty realizes that he accidentally canceled his mother and father's first meeting, and his mother likes him instead of his father, the stage of recognizing Disruption occurs in *Back to the Future*. After realizing his mistake, Marty looks for a way to fix everything. In addition, he asks the Doctor for help. At this point, there is a scene where Marty realizes the Disruption, which Doc. Brown validates that what he has done is a fatal mistake that could cause Marty to be erased from the world because his father and mother are threatened with never marrying and then giving birth to Marty.

The scene selected at the disruption stage is duration 41.28-42.27. Marty chases George all the time. He finds George's bicycle after a tired run. Marty looks left and right and finds George in a tree wearing binoculars to peek at Lorraine in the house across the street, who is changing her clothes. George slipped off the tree trunk with vigor and fell onto the road. At the same time, a car drove by. Upon seeing this, Marty quickly tried to push George out of the way so the car wouldn't hit him. Unfortunately, Marty was the first to be hit by the vehicle and fell unconscious. George, who had no injuries, immediately ran away with his bicycle. The driver who accidentally hit Marty got out of his car to see Marty's unconscious condition and asked his wife to help take Marty home for medical treatment. Until the evening, Marty was unconscious.









The second scene selected in the disruption stage is duration 53.23-55.52. After a long walk, Marty finally finds Doc—Brown's house. Doc. Brown immediately told Marty to enter his house because he was conducting a mind-reading experiment that night. Marty then explained to Doc. Brown that he came from the Future through the time machine he made and asked for help to return him to 1985. Dr Brown didn't believe him since he had never built a time machine.

Marty went to great lengths to show that he was from the Future by pulling out a photo of him and his two older brothers, but Doc. Brown thought the photo was fake and edited. He then tried harder to tell Doc. Brown by recounting what happened to Doc. Brown when he got the inspiration from the flux capacitor. After listening to that, Doc. Brown began to believe Marty would show him the footage of the documentation he had recorded.

Marty showed Dr. Brown the footage he recorded during Dr. Brown's time travel experiment in 1985 to Dr. Brown in 1955. Dr. Brown was shocked to hear that the engine car at that time required 1.21 gigawatts of energy because he thought only a giant lightning bolt could produce that much power. Doc. Brown was delighted to hear Marty recall a leaflet he received in 1985 stating that lightning struck the tower at 10.04 pm on 12 November 1955. He was eager to help Marty travel back to 1985. Doc. Brown reminds Marty to avoid getting in touch with everyone in 1955 as changes that could affect the Future could occur. However, Marty tells Doc. Brown that he has met his father and accidentally messed up his father and mother's first meeting. Upon hearing that, Doc. Brown asks for back photos of Marty and

his two brothers and finds that some of his brother's pictures are missing, suggesting that he is beginning to not exist.

Table 3 Time Travel Narrative in Back to the future Movie Based on Nick Lacey & Gillespie's Narrative Analysis (recognise disruption stage)

Equilibrium Stage	
Duration 12.21 – 14.12	Duration 16. 02 – 17.27
	
	 <p style="font-size: small;">Sekarang, aku butuh pertolonganmu untuk kembali ke tahun...</p>
 <p style="font-size: small;">(HORN HONKING)</p>	
	 <p style="font-size: small;">Lalu... jangan kesedaku, anak masa depan...</p>

Source: Researcher processed (2023)

Attempt to Repair the Disruption Stage Journey Narrative

In the section called Attempt to Repair the Disruption, the story's main character tries to build strategies or ideas to repair the disruption so that they can return to normal. The outcome of the story depends on what the main character does. Towards the end of the film Back to the Future, the middle part is an attempt to repair the disruption. Dr Brown is very helpful to Marty; he wants to help him return to 1985. He uses his scientific expertise to design Marty's return by considering when lightning will strike and how the time machine can reach the 88 miles per hour point in time.

However, Marty must also strategize to get his mum and dad to date and like each other, which is essential for survival. At this point, the scene is dominated by the characters trying hard to achieve their desires. This includes Marty trying to get back to 1985 with the help of Dr. Brown and George wanting to dance with Lorraine.

The first scene selected in the Attempt to repair the disruption stage is duration (1.08.09-1.12.40). Marty returns to Dr Brown's house to continue preparations to return to 1985 after helping George get Lorraine. Dr Brown's grand plan is depicted in the form of a diorama. In addition, this scene shows how to use the flux capacitor to channel energy from lightning into the time machine car, which can produce the equivalent of 1.21 gigawatts of power. Doc Brown also reminds Marty to encourage George to marry Lorraine.

The second selected scene in the Attempt to repair the disruption stage is 1.12.42-1.23.46). Marty comes to George's house to offer a dramatic plan to get Lorraine enamored with George; their goal is to dance and kiss together. George, on the other hand, is not confident and fears that the plan will not work. Marty patiently explained that everything would be fine and end well so things would return to normal. George prepares to play his part in the mock drama when the day of the dance arrives. According to the scenario, Marty will harass Lorraine in the car, and then George comes along, hits

Marty, and saves Lorraine. However, it turned out that Biff, abusing Lorraine, was in the car. Then, with great determination, he strikes Biff.

The third selected scene in the Attempt to repair the disruption stage is 1.24.38-1.31.12. George invites Lorraine to the school dance. Seeing them from a distance, Marty is pleased. George and Lorraine almost kiss, but a man comes and grabs Lorraine, so they can't do it. After seeing that, Marty felt empty and as if he was starting to disappear from the world because he would never have been born if his Mum and Dad hadn't kissed. However, things got better thanks to George's courage to eliminate the annoying man. George looks intently at Lorraine, and they end up kissing passionately, which makes Marty feel better. Marty's Attempt to mend his mum and dad's relationship is successful, but he has to return to 1985.

Scene Four in the Attempt to repair the disruption stage is 1.31.32-1.41.41. Doc. Brown has been waiting for Marty in the clock tower, where lightning will strike with force. Doc. Marty tells Doc Brown that his father has beaten Biff, although George has never been that brave with Biff. Doc Brown was suspicious and felt Marty had changed his past a little, but Marty shrugged it off. Afterward, Doc Brown explained what Marty should do. Marty never forgot to thank Doc Brown for the help back in 1985 and decided to meet again for 30 years.

Reinstatement of the Equilibrium Stage Travel Narrative

Reinstatement of the Equilibrium, which occurs after the main character has overcome various disturbances, occurs at the end of the story. In *Back to the Future*, this stage is characterized by a return to 1985, when George and Lorraine are husband and wife and have three children, including Marty. Some scenes illustrate how Marty's life became much better and established in 1985 after returning from 1955.

The scene selected at this stage is duration 1.48.50 - 1.49.15. Marty returned to his home in 1985 after successfully returning. However, the changes that occurred surprised him. The family life was more luxurious and well-established. Unlike before, his father and mother were living a healthy lifestyle. However, the fact that Biff was now working for the family caught Marty's attention. That never happened. However, small actions in the past can change the future. George tells Marty that he once beat up Biff in high school. Since then, he's never been afraid of Biff again.

Discussion of Time Travel Narrative in *Back to the future* Film Based on Nick Lacey & Gillespie's Narrative Analysis

Back to the Future, released in 1985, directed and written by Robert Zemeckis and Bob Gale, tells the story of Marty McFly, a teenager living in Hill Valley, California. George McFly, his father, is constantly being bullied by his boss, Biff Tannen, and his mother, Lorraine, seems unhappy with her family life. George, Lorraine, and Biff attend the same high school. Marty and his good friend, Dr Emmett Brown, are involved in a crazy but clever experiment where they build a time machine from a DeLorean car. As they try out the time machine, terrorists attack them, forcing Marty to flee in the DeLorean and accidentally sending himself back in time, to 1955, to be precise.

In 1955, Marty accidentally prevented the first meeting between his parents, jeopardizing his life. To keep the timeline uninterrupted, Marty must ensure George and Lorraine fall in love. He enlists the help of a younger version of Dr. Brown, who is initially skeptical but then intrigued to help Marty return to the Future. After several excruciating events for Marty, one of which is meeting the young version of Biff, Marty must successfully reunite with his parents. Marty returns to 1985 right after he left with the help of Dr Brown. Then he discovers that his past actions have helped his Future improve: his father became a confident writer, and Biff became a humble worker.

During the film, time travel occurs. The researcher used Nick Lacey and Gillespie's narrative analysis based on the passage of time. The storyline is divided into five parts by this narrative analysis. They are balanced (equilibrium), disturbance (disturbance), recognition of disturbance (the realization that there is a disturbance), attempt to correct the disturbance (attempt to fix the disturbance), and restoration of balance (Eriyanto, 2013). Using dialogue and non-dialogue elements, this study analyses the form and concept of time travel in each part of the film's story.

The equilibrium stage tells the life of an ordinary teenager named Marty McFly in Hill Valley in 1985 with a disharmonious family relationship. George McFly, his father. His father is described as timid and often humiliated by his boss, Biff Tannen. His mother, Lorraine McFly, seems unhappy with

their lives. Marty's everyday life in 1985 turns into a situation of order or balance in the storyline of the film *Back to the Future* because Marty befriends Doc Brown, a genius mad scientist.

A disruption occurs when Marty meets his friend, Doc Brown, who built a time machine out of a DeLorean car. During a demonstration of the time machine experiment, Doc. Brown is attacked by terrorists, which forces Marty to escape in the DeLorean and accidentally send himself to 1955. Marty can only believe he is in 1955 once he picks up that day's newspaper and sees the date is 1955. His parents were teenagers and had just entered high school when he met the younger versions of his father, George and Biff. So, George never dared to fight Biff in 1985 because the bullying had already happened when they were teenagers.

When Marty realizes he has prevented his parents' first meeting, he ends up putting his existence in danger. So, this section explains the conflict Marty has to face: making his parents fall in love and going back to 1985 to save himself. Marty goes to Doc. Brown's house because he is the only person who can help him. Although he has to try hard to convince Doc. Brown that the time machine he built is from the Future, Doc. Brown finally believes after Marty tells him how the idea of the time machine originated. In 1985, Doctor Brown finally decided to help Marty and made his parents fall in love.

To fix the disruption, Marty tries to fix time by ensuring his parents fall in love and find a way back to 1985. To enable Marty to go back to the Future, Dr. Brown helps Marty create a plan for the return with the help of information from the Future that shows that a lightning strike will occur in the middle of the city on Saturday at 10.04 pm, which helps start the time machine in the DeLorean car in place of the plutonium they did not have in 1955. To make his plan easy for Marty to understand, Dr Brown uses dioramas to explain his plan using accurate calculations. To mend his Mum and Dad's relationship, Marty creates a scenario with George to get Lorraine enamored with him, triggering feelings of love. Marty convinces George that the plan will work. The plan will be carried out just before the school dance begins to prove that George is the man of Lorraine's dreams.

However, the plan could have gone better. During a moment of drama, George approaches Lorraine's car, where he thinks Marty is, but when he opens the door, Biff is inside. In a fit of rage, George hits Biff so hard that he passes out. The Future is automatically changed from the present because George has never dared to fight Biff before.

Instead, Doctor Brown hoped Marty would arrive in the city center to perform a rescue in 1985. The rumbling sound of lightning began, signaling that Marty was coming home. He waited for the signal to put the DeLorean into motion. As the car reached a speed of 88 miles per hour, lightning struck the clock tower. Electricity flowed down the wires leading to the car's mast and into the time machine, allowing Marty to travel back to 1985, just as he left for the first time.

Ultimately, restoring balance means Marty returns to a new equilibrium where his past actions have influenced the Future: his father is now a successful writer, and Biff is a humble worker. One of the key moments that changed the Future was when George dared to fight back and knocked Biff unconscious. This small act can affect the Future. It causes a significant change in the lives of the McFly family, and only Marty realizes the change. According to Eckstein (2013) several methods can be used to travel in time to the past and Future, such as pursuing the speed of light, strong gravity, sleeping in cryo, wormholes, and time machines. Researchers interpret that the existence of a time machine or time clock can cause time travel in this film. A modified DeLorean car serves as the time machine in the film. Inside the car are several components; the flux capacitor serves as the main component of the time machine; the time circuit serves as a screen that shows the time, date, destination, and last departure time. The date, month, year, and hour are shown on each display. Lastly, the time machine's components require 1.21 gigawatts of power. Plutonium provides the energy.

In a time travel narrative, there needs to be at least two components of the film's story. According to Sprenkels (2013), the two components travel through time and change things. The researcher interpreted that both components are present in *Back to the Future*. The element of traveling through time occurs when Marty, born in 1985, accidentally travels through time to 1955 using a DeLorean car time machine. Finally, in 1985, he returned to the Future after going through many conflicts and difficulties. When Marty does something by accident in 1955, circumstances change, thwarting his parents' first meeting and giving advice and input to George, the younger version of his father, makes George finally dare to fight Biff, which results in a change in the Future.

Sprenkels (2013) explains three types of story structures that these two elements can form: undoing things in the past, preventing things from happening in the Future, and unintentional and

unwanted changes made by traveling through time. The researcher interprets the time travel structure in *Back to the Future* to fall into unintentional and unwanted changes made by traveling through time. This structure shows the urge to do something unwanted.

Paradoxes always arise due to the past and Future causal relationship. A paradox is when a valid assumption or rationale is mixed with another statement considered accurate, causing a contradiction or counterintuitive condition (Yuningsih et al., 2021). The researcher uses The Grandfather Paradox and The Butterfly Effect paradox to interpret the time travel narrative in the film *Back to the Future* as a storyline that drives the main plot so that the story has continuity.

The film *Back to the Future* uses a linear plot by showing the consequences of each step taken. Using different year settings makes it easier for the audience to understand and compare what changes occurred in 1985 due to actions taken in 1955. In addition, using a DeLorean car as a time machine illustrates the process of time travel easily. The time machine's operation is also easy to understand without complicated scientific explanations. In this film, the time travel narrative is used as a plot device for the main story. Although the film does not focus on time travel, *Back to the Future* is a family drama about a child who wants to save his parents. Time travel is part of the story to make the film enjoyable. This makes *Back to the Future* iconic as a time travel film.

Table 4 Visual Model Discussion

Equilibrium	Disruption	Recognize Disruption	Attempt to repair the disruption	Reinstatement of equilibrium
Marty's everyday life. His father became Biff's subordinate. His mum is unhappy.	Thrown to the year 1955	Thwarting his parents' first meeting Seeks a way to switch on the time machine using a plutonium substitute	Make his parents fall in love with each other. Streams lightning into the time machine to switch on the components	Return to 1985 with a few changes. His father became a famous book author. His mum becomes a happy wife. Biff becomes her friend.

Source: Researcher processed (2023)

Conclusions

According to Nick Lacey and Gillespie's narrative analysis, the film *Back to the Future* is divided into five sections, each depicting the passage of time. In the equilibrium stage, the unideal, bored, and spiritless lives of Marty McFly and his family in 1985 are described. When Marty McFly time travels to 1955, the disruption stage shows his recklessness and his attempts to unite his parents. The recognition stage of disruption shows Marty McFly's character accidentally thwarting his parents' first meeting and realizing that he will be erased from the world if his mother and father don't get married. The attempt to repair the disruption stage shows Marty McFly's efforts to bring his parents together by giving George McFly a lot of input. In this effort, Marty boosts George's confidence, which allows him to beat Biff Tannen with a hard punch. In addition, Dr Brown continued to try to help Marty after returning to 1985. In the reinstatement stage of balance, Marty returns to 1985 and finds that his life is better and brighter.

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