

# PSYCHOLOGICAL FACTORS ON PAT SOLITANO IN SILVER LININGS PLAYBOOK

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## ABSTRACT

Film is one of literary work that interesting to discuss. The images on screen told a story and language in film established firmly the connection to literature. In this research, the writer tries to analyze the major character in film by using psychological factors. As the material of the discussion, the aim of the study is to find out psychological factors that influences Pat Solitano in *Silver Lining Playbook*. The writer used descriptive qualitative as research method. Besides that, the writer also used some books, dictionaries and internet to collect the data about psychological factors.. The result of the study showed that Pat Solitano has influenced by his attitudes, appetites, wants, emotions, feeling and attitudes and also social motives that makes Pat Solitano turns into unstable and a motivated person toward his life.

**Keywords:** Psychology, Character, Attitude And Human Motivation

## 1. INTRODUCTION

### 1.1 Background of The Study

A literary work can be a means of delivering some messages to those who are interested in it other than that there is a close relationship between psychology and literature. Psychological deals with the study of pattern of human behavior and literature exhibits how human beings behave in dealing with their problems and environment. The purpose of the psychological literature is to understand the mental aspects contained in literary work like novel, poetry and also drama they can be enjoyed easily through audio visual performance of films. Film become appropriate media to

describe the situations that are intended to tell.

Film visualizes a story or dialogue on the screen and film is produce by recording images from the world with cameras. Film also a fictitious story, which is one writing-related literature. Other than that the literature also relates to the intrinsic elements such as plot, characters, setting and the theme of the story. Character is one of important elements in the film, because there will be no film if there is no character according to Kamus Besar Bahasa Indonesia, character means. 1). Psychological traits, morals or character that distinguish one

person from another. 2). Character can also mean "letter."

Character is the figure who participates in the action in the story and character is representation of human being which is determined through the thought, speech and behavior. Character can be divided into two, namely the major character (main character) and the supporting characters (a minor character). According to Nurgiyantoro (2002:176-177) major character is the most presented character in the story he or she is the most telling character. Nurgiyantoro describe minor character is a character that appears less often than major character. Minor character is important character in the story after the main character. Without minor character, major character's role will not be perfect.

This research analyze about a film called *Silver Linings Playbook*. It is a 2012 American romantic comedy-drama film written and directed by David O. Russel and starring Bradley Cooper. This movie is about character with psychological disorder. *Silver Linings* received eight Academy Awards nominations, including best picture, best director and also best adapted screenplay. It became the first since 1981's *Reds* to be Oscar-nominated for the *Big Five Oscars* and it also achieved *Golden Globe Award* nominations with David O. Russel winning for Best Adapted Screenplay, four screen Actors Guild nominations and five Independent Spirit Award nomination, winning in for categories, including best film.

This research added a particular analysis about the psychological factors of major character Pat Salatano in film "*Silver Lining Playbook Film*" according to *Psychological Theory* by Karl S. Bernhardt. Psychological analysis is about analyzing a person behavior by his psychological point of view. *Silver Linings Playbook*

Filmis selected because after watching this over and over again make the writer realize that there is an interesting thing that can bring on this paper, which is about the psychological factors that can influence a major character of this film. The aim of this film can give the viewers a good impact about the psychological factors.

## 1.2 Problem Formulation

Based on the research background, the writer formulates the problem of the study is what are the psychological factors that influence Pat Solitano in *Silver Linings Playbook Film*?

## 1.3 Aim of the Research

The aims of the study is to find out psychological factors that influences Pat Solitano in *Silver Linings Playbook*.

## 1.4 Previous Research

### 1) Yousef Bani Ahmad - 2010

The title of this study is "*Psychological Approach: Emotion Analysis of the Main Character Evan Taylor In August Rush Movie by Using James-Lange Theory*". The writer try to know the character of Evan Taylor in August Rush Movie and to understand how emotion experiences of Evan Taylor described in the story of August Rush Movie. The method used in this study is qualitative descriptive method. The result of analysis showed the writer found the character of Evan Taylor re freak, optimistic, genius, miraculous, and music lover and Evan Emotion caused by music factor of psychological approach by James-Lange theory.

### 2) Cahyani -2008

The title of this study is "*A Psychological Analysis of the Main Character in Memoirs of Geisha*". The writer analyze of the character based on the psychological approach in the novel of *Memoirs of Geisha*. The discussion is focused on the

character *Sayuri* as the main character, *Sayuri* motivation and the factors that influence *Sayuri*. The theories used in analyzing her study were the theory of literature proposed by Warren and Wellek (1962) and Kenney (1966) and the theory of psychological proposed Bernhardt (1953).

She founds that the environment and childhood experience had influence the character *Sayuri* as main character in all dimensions. The study used descriptive analysis. The similarity between this study and Cahyani's study is analyzed a film with psychological approach. But the differences between this study and Cahyani's study are the writer in this study analyzed a film but Cahyani's analyzed a novel and Cahyan uses three theories first theory from Warren and Wellek (1962) and the second used Kenney (1966) and the last used theory from Bernhardt but in this study the writer only used on theory.

### **3) Milawaty -2011**

The title of this study is "A Major Character Analysis of Orphan Movie". The writer focused on Major Character of Ester in Orphan movie directed by James Collet-Serra. The method of this study uses descriptive-qualitative in analyzing the major characters of this movie. After analyzing a major character of Ester as major character writer realized Ester had a abnormal attitude make her family dangerous life and the writer found Ester was expresses her emotion in a ways to fulfill something called satisfaction of life that she had undergone in the past time.

The similarity between this study and Milawati's is analyzed the major character in the film but the difference of the study is the writer in this research analyzed major character with psychological approach but in Milwaty's study is only to know the characteristic of Ester in Orphan movie.

## **1.5 Position of The Study**

In this research there are similarities and differences between this research and other research. First, the similarity between Yousef's study and this study is that the present study analyzed the character in movie and based on psychological approach. The difference from this study is the theory in this study researcher used a psychological theory from Bernhard and the preview study used a psychological theory from James-Lange. Second, the similarity between this study and Cahyani's study is analyzed a film with psychological approach.

But the differences between this study and Cahyani's study are the writer in this study analyzed a film but Cahyani's analyzed a novel and she uses three theories first theory from Warren and Wellek (1962) and the second used Kenney (1966) and the last used theory from Bernhardt but in this study the writer only used one theory. For the last, the similarity between this study and Milawati's is analyzed the major character in the film but the difference of the study is the writer in this research analyzed Pat Solitano as major character with psychological approach but in Milwaty's study is only to know the characteristic of Ester in Orphan movie.

## **1.6 Scope of The Study**

There are so many aspects in this film that can be analyzed, but the researcher is more interested to analyzing the psychological factors of Pat Solitino main in film. Therefore, the scope of the study is focused only on the character of Pat Solitino from the *Silver Lining Playbook Film*.

## **1.7 Significance of the Study**

This study theoretically gives a contribution of knowledge to learner in analyzing main character

by using a psychological view because this study used the film as research material then it would be greatly help other researchers to be more understand the film and also the characters. So, practically the viewers can examine when they watch the film they will understand and able to analyze main character in psychological view.

## **2. LITERATURE REVIEW**

### **2.1 Theory of Psychology**

Karl S. Bernhard (1953) explained that is theory of psychology, namely psychological theory. It consists of Attitudes and Human Motivation according to Karl S. Bernhardt Human Motivation can motivates by something such factors: Appetites, Wants, Emotions, Feeling and Attitude, Feeling and Emotion and Social motives.

#### **2.1.1 Attitude**

According to Karl S Bernhardt there are psychological factors that influence human being. The one that included is attitude. Attitude is the way of thinking about someone feeling about what they like or dislike. Basically human has attitude it can be positive or negative toward a person, place, event or situation, it is often referred to as the attitude object.

#### **2.1.2 Human Motivation**

Human motivation can define as a reason of human wants to achieve something. Human motivation can divide into two different theories as known as intrinsic (internal) motivation and extrinsic (external) motivation. The internal motivation is the self desire to seek out new things and new challenges in life to observe and to gain knowledge this motivation can from within individual behavior. Then, the external motivation is activity in order to attain a desired outcome and it is the opposites of internal motivation, usually external moti-

vation used to get something that is not attain from internal motivation both motivation can indicate of desire, interest, hopes, ideals.

#### **1. Appetites**

Man is so constructed that he requires certain things in order that he requires certain things in order that he may keep living.

#### **2. Wants**

People have their own wants that influence their life. The wants of each people are not the same because wants has make satisfied and try to get satisfaction from each other want. The wants change depends on their experience. They are will be satisfy if they get what he wants.

#### **3. Emotions**

Emotions are any feeling which can indicate emotional experience direct to activity. Emotion makes human behavior change, people sometimes do normal things and they have normal behavior but when they get emotion their behavior change quickly. Emotions seem to rule our daily lives. We make decisions based on whether we are fears, happy, angry, sad, love and also scared.

#### **4. Feeling and Attitude**

In feeling and attitude there is feeling tone scale ranging from extreme pleasantness to extreme unpleasantness and every experience can be located somewhere on this scale.

#### **5. Social Motives**

There are two tendencies, i.e. self assertion and self-submission. Self assertion is a universal tendency to strive and succeed and win out ahead of others.

## **3. RESEARCH METHODOLOGY**

### **3.1 Research Design**

According to Nunan (2000:4) there are two approaches in conducting a research, namely quantitative and qualitative approach. Qualitative

research are about to uncover prevalent trends in thought and opinion, generating ideas or hypothesis, and provide insight into the setting problem. Source of data in qualitative research is the words or action. In this research the writer used descriptive qualitative method. According to Burns and Grove (2003:19) describes descriptive research is design to provide a picture of a situation as it naturally happens.

The descriptive research belongs to data belongs to data obtained in the film. In this research, *Silver Linings Playbook* film provides data psychological factors through scenes and dialogues which those data are analyzed by the researcher.

### 3.2 Source of The Data

The primary data in this research is *Silver Linings Playbook* film directed by David. O. Russel. The film was published on November 16, 2012. The secondary data of this research are taken from dictionary, books and websites that related to the topic. The data are narration, quotations and dialogues which depict psychological factors that influence Pat Solitano in the *Silver Linings Playbook*.

### 3.3 Data Collection Procedure

The data collections are in the phases below:

1. Watching *Silver Linings Playbook* film thoroughly;
2. Watching *Silver Linings Playbook* film paying attention to the dialogues proposed by the characters in the film and the dialogues refer to the major character
3. Watching *Silver Linings Playbook* film again and paying attention to the psychological factors,
4. Collect the quotes of the scene from the film that related to the problems.

### 3.4 Data Analysis Procedure

In analyzing data, the writer used the following procedure:

1. Classifying data using Karl. S. Bernhardt theory
2. Classifying the data of the dialogues and action by the major character and clarify the psychological factors
3. Analyzing the data by using the theories to match the data with intended classification.

## 4. RESULT AND DISCUSSION

This chapter discusses the result of data that include kinds of simile, and translation techniques that applied in translating simile. The researcher found some of human motivation in Pat Solitano novel, that are attitude and human motivations.

### a) Attitude

Based on film *Silver Lining Playbook* Pat Solitano has positive or negative attitudes toward something as:

- In The Living Room/Solitano House

**Pat's Mother:** "Pat you have to take your medication"

**Pat Solitano:** "I can't Mom. I can't"

**Pat's Mother:** "I will call them. They'll come for you"

**Pat Solitano:** "Why would you do that? You wouldn't do that. Why you call them"

**Pat Solitano:** "I don't. I don't feel good when I'm on the, Mom. I don't feel good. I'm so much clearer without them. Mom, they make me bloated. I don't like the way it makes me look"

Pat Solitano tells his mother that he would not take the medication he thinks medication will make his condition getting worse. According to Karl S. Bernhardt states attitude is a way of thinking with someone feeling about what they like or dislike.

The writer realizes in this case Pat Solitano has negative attitudes toward his medication as we can see in the dialogue above that Pat Solitano does not like the medication because he feels the medication makes his weight get increase and change his condition it can influence Pat Solitano because when he doesn't take the medication his condition getting worst. He can be more rude and when he takes the medication his condition will get better.

#### b) Appetites

- In Solitano House  
Voice over by **Pat Solitano**  
The world will break your heart ten ways to Sunday, that's guaranteed. And I can't begin to explain that or the craziness inside myself and everybody else, but guess what? Sunday is my favorite day again. I think of everything everyone did for me and I feel like a very lucky guy Tiffany sits down on Pat's lap and they talk (we can hear them) and kiss and his mother Dolores watch them and smiling.

According to the monologue above Pat Solitano admitted there is always problems can break his heart. In that situation he believes on a positive thinks that would lead him into positive situation we can see that when Pat Solitano feels like that he is a very lucky guy because he has been through difficult times that makes Pat Solitano become more stronger than before. According to Karl S Bernhardt states (1953:44) they demand satisfaction then, when this is achieved, they lapse into quiescence for a time, only to return, after a period, to the active state again.

#### c) Wants

- In The Tiffany Garage/Dance Studio

**Pat Solitano:** "Listen, I need to ask you something. Tomorrow can I spend half the day with you and half the day at the Eagles game?"

**Tiffany:** "I'm gonna pretend that you didn't just ask me that."

**Pat Solitano:** "Why?"

**Tiffany:** "These are the two days that you have promised and that we have prepared to nail the big move."

**Pat Solitano:** "I know, but my dad opened up to me and it was really beautiful and I wanna be of service, okay? And he's worried that the juju from the Eagles is being fucked up and he's concerned that it's because I'm spending time with you."

01:15:37 - 01:17:59

- In The Stadium  
Pat's father slow the car and parks at the curb.  
**Pat's Father:** "Don't drink too much. Don't it anybody. You'll be fine."  
**Pat Solitano:** "Yeah. Dad I'm solid"  
01:22:29 - 1:22:34

From those scenes, we can see Pat wants to watch Eagles game in the stadium with his brother Jake because. His father asked Pat and his brother to do that thing because his father believes on Pat Solitano that he is good luck charm. Besides that his father was kicked out of the stadium because he beating everybody up. That's why he asked Pat Solitano to watch the game with his brother Jake. Pat wants to watch the Eagles game because he believes their relationship getting better. As we know the wants are something that a person would like to do, wants of each individual are not the same because wants drive person to do something that can satisfy themselves.

The writer realizes that Pat Solitano wants to spend his half time to watch the Eagles games with his brother at the same time Tiffany wants prepared the dance practice to get big move because times to dance competition is near. Pat Solitano prefers to watch the Eagles game with his brother Jake because when he watches the Eagles game he can't satisfy himself.

#### d) Emotions

- In the Dining room

**Mother's Pat:** "Be nice, it is a game day! I am making crabby snacks and homemade"

**Pat Solitano:** "Yeah, come on dad be nice come on, she is making crabby snacks and homemade. Come on, Dad!"

**Father's Pat:** "What are you so up about?"

**Mother's Pat:** "He is very happy"

**Pat:** "Yeah, I am happy"

Emotions comes due to stimulus, emotions control your thinking, behavior and actions there are many positive emotions in this world, i.e. cheerful means you are in the state of mind which is positive it means you are optimistic and happy. The writer realizes Pat Solitano influenced by positive emotions. We can see in the picture above Pat looks happy and optimistic toward his father. When someone is under influenced of a happy he may do many things with pleasure.

#### e) Feeling and Attitude

- In The Alleyway

**Tiffany:** "Hey (Tiffany Reappears from another alleyway behind Pat)."

**Pat Solitano:** "What the fuck?" I'm married!"

**Tiffany:** "So am I"

**Pat Solitano:** "What the fuck are you doing? Your husband's dead!"

**Tiffany:** "Where is your wife?"

**Pat Solitano:** "You're crazy!"

**Tiffany:** "I'm not the one that just got out of that hospital in Baltimore."

**Pat Solitano:** "I'm not the big slut!!"

*Tiffany stops and reacts, bending over and Pat Solitano stop and walks*

**Pat Solitano:** "I'm sorry. I'm sorry. I'm sorry (Breathes heavily)"

**Tiffany:** "I was a bog slut, but I;m not anymore. There's always gonna be a part of me that's sloppy and dirty, but I like that, with all the other parts of myself. Can you say the same about yourself, fucker?! Can you forgive are you any good at that? (Tiffany turns and walks)"

00:37:09-00:37:47

At this scene, Pat Solitano being rude we can see that in the dialogue above Pat Solitano running by himself and then there is Tiffany who behind him, Pat feels uncomfortable and trying to tell that Tiffany shouldn't follow him, he tells bad things about her. According to Karl S. Bernhardt theory feeling and attitude has meaning to evaluate someone feeling, The researcher realized in this scene Pat Solitano influenced by feeling and attitude we can see Pat Solitano realized that he being rude toward Tiffany he evaluate that experience as unpleasant and he tends to discontinue that experience because he realized that he was wrong and he tends to apologize.

#### f) Social Motives

- In The High School/Hallway

**Nancy:** "Get away from me! Get away!"

**Pat Solitano:** "I'm better. I just want to let you know, I'm better now. Okay? I'm better. I feel good. I feel

so good. Look at my eyes. Look at my eyes. Look at how clear they are. I'm not a complainer anymore. I'm a positive guy. Okay?"

**Nancy:** "You know, a lot went down people will get over it. It'll be all good. It'll work out"

**Pat Solitano:** "Yes it will be!"

**Pat Solitano:** I'm gonna take that as a silver development. Nancy! A silver lining development! That's a silver lining!"

**Nancy:** "Good luck"

Pat Solitano wants to feel that he is secure in socially it means he wants to feel accepted in his environment because according to Karl S. Bernhardt states human want to feel that he belongs, that he is liked, accepted in his world. In this scene, Pat Solitano wants to feel accepted by his friend as someone who has changed into a better person as we can see in the dialogue above Pat Solitano trying to show Nancy that he not complainer anymore and he being a positive person with the clear eyes. It was clear that Pat Solitano influenced by social motives because he wants to feel accepted by his friend Nancy.

## 5. CONCLUSION AND FUTURE RESEARCH

### 5.1 Conclusion

Based on the analysis on Pat Solitano as major character in Silver Lining Playbook by David O. Russell the result of the study that the writer analyzed, Psychological factor that influence Pat Solitano could be found through Attitude and Human Motivation in this motivation can be divided into five factors that can influence human motivation such as, appetites, wants, emotion, feeling and attitude, social motives.

Pat Solitano has positive and negative attitude. Pat Solitano as major character totally influence by positive attitudes because Pat Solitano in Silver Linings that can makes him being positive toward his life. In other time Pat Solitano has negative attitudes it influenced by his point of view that makes his life getting worst. Pat Solitano who suffered bipolar disorder needs the medication to cope emotion and his behavior. Pat Solitano wants to do something can lead him to turns into a better person he want to be focus and get discipline.

Pat Solitano has influenced by his emotions because Pat Solitano diagnosed bipolar with mood swings and weird thinking that can make his emotional changes quickly. Pat Solitano evaluates his experience as pleasant and unpleasant that makes his perspective changes. Pat Solitano has influence by social motivates he want to be accepted by his family and his friend as a man who suffered bipolar disorder with positive minds and feelings.

### 5.2 Suggestion

The writer hopes this research can help other researcher to study about psychology especially in the film as reference with development problem and also can give knowledge and information for learners especially for student in the study of literature about psychology especially in the film.

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