

**ANXIETY ON THE MAIN CHARACTER REBECCA BLOOMWOOD IN
THE FILM P. J. HOGAN'S *CONFESSIONS OF A SHOPAHOLIC***

A GRADUATING PAPER

Submitted in Partial Fulfillment of the Requirements for Gaining
the Bachelor Degree in English Literature



By :

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FACULTY OF ADAB AND CULTURAL SCIENCES
STATE ISLAMIC UNIVERSITY SUNAN KALIJAGA
YOGYAKARTA**

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2014

A FINAL PROJECT STATEMENT

I certify that this thesis paper is definitely my own work. I am completely responsible for the content of this thesis. Other writer's opinions or findings included in the thesis are quoted or cited in accordance with ethical standards.

Yogyakarta, 05 February 2014

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Nomor: UIN.02/DA/PP.009/ 307 b /2014

Skripsi / Tugas Akhir dengan judul:

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P. J. HOGAN'S *CONFESSIONS OF A SHOPAHOLIC***

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ANXIETY ON THE MAIN CHARACTER REBECCA BLOOMWOOD IN THE FILM P. J. HOGAN'S *CONFESSIONS OF A SHOPAHOLIC*

By: Nida Nurul Huda

ABSTRACT

Confessions of a Shopaholic is the film that tells about American woman who has a shopping addiction and she gets anxiety in her life. The anxiety she undergoes is really crucial since it affects the main character of this movie. The aim of this final project entitled Anxiety on the Main Character Rebecca Bloomwood in the Film P.J.Hogan's *Confessions of a Shopaholic* is to show the psychological aspect of the main character Rebecca Bloomwood.

The data are taken from the movie in the form of images and dialogues. The method of the data analysis is a descriptive qualitative research. The writer applies psychonalysis theory especially the theory of anxiety, in which the theory relates to the idea of the anxiety proposed by Sigmund Freud. There are three kinds of anxiety proposed by Freud; neurotic anxiety, realistic anxiety, and moral anxiety that Rebecca Bloomwood as the main character in this movie undergoes. This theory is used to analyze the causes and the effects of Rebecca Bloomwood's anxiety.

Then, the conclusion is Rebecca Bloomwood as the main character in the film *Confessions of a Shopaholic* suffers from anxiety. In this story, Rebecca experiences three kinds of anxiety; neurotic anxiety, realistic anxiety and moral anxiety. The neurotic anxiety caused by her life background in childhood. In her childhood experience, she felt unfulfilled desire to shopping. Then, she has a big obsession to shopping in adulthood. Besides, Rebecca suffers from the realistic anxiety. The realistic anxiety caused by her bad habit in shopping. She has a lot of debts and she chased by a debt collector. She becomes panic everytime met her debt collector. Furthermore, Rebecca felt the moral anxiety caused by she felt guilty of her shopping behavior. She also had many bad effects in her relationship with the people she loves.

Keywords: *Character, Film, Psychoanalysis, Anxiety*

KECEMASAN TERHADAP TOKOH UTAMA REBECCA BLOOMWOOD DALAM FILM P.J.HOGAN *CONFESSIONS OF A SHOPAHOLIC*

Oleh: Nida Nurul Huda

ABSTRAK

Confessions of a Shopaholic adalah film yang menceritakan tentang wanita Amerika yang memiliki kecanduan belanja dan dia mendapat kecemasan dalam hidupnya. Kecemasan yang dialami benar-benar penting karena mempengaruhi karakter utama dari film ini. Tujuan dari skripsi berjudul Kecemasan Terhadap Tokoh Utama Rebecca Bloomwood Pada Film P.J.Hogan *Confessions of a Shopaholic* ini adalah untuk menunjukkan aspek psikologis dari tokoh utama Rebecca Bloomwood.

Data yang diambil dari film dalam bentuk gambar dan dialog. Metode analisis data merupakan penelitian deskriptif kualitatif. Penulis menggunakan teori psikoanalisis khususnya teori kecemasan, di mana teori tersebut berhubungan dengan gagasan kecemasan yang diusulkan oleh Sigmund Freud. Ada tiga macam kecemasan yang diusulkan oleh Freud, kecemasan neurotik, kecemasan realistik, dan kecemasan moral yang Rebecca Bloomwood sebagai karakter utama dalam film ini alami. Teori ini digunakan untuk menganalisis penyebab dan akibat dari kecemasan Rebecca Bloomwood.

Kemudian, kesimpulannya adalah Rebecca Bloomwood sebagai tokoh utama dalam film *Confessions of a Shopaholic* menderita kecemasan. Dalam cerita ini, Rebecca mengalami tiga macam kecemasan, kecemasan neurotik, kecemasan realistik dan kecemasan moral. Kecemasan neurotik disebabkan oleh latar belakang kehidupan di masa kecilnya. Dalam pengalaman masa kecilnya, dia merasa keinginannya untuk belanja tidak terpenuhi. Kemudian, dia memiliki obsesi besar untuk berbelanja di masa dewasa. Selain itu, Rebecca menderita kecemasan realistik. Kecemasan realistik disebabkan oleh kebiasaan buruknya dalam berbelanja. Dia memiliki banyak hutang dan dia dikejar oleh penagih hutang. Dia menjadi panik setiap kali bertemu penagih hutangnya. Selain itu, Rebecca merasakan kecemasan moral yang disebabkan oleh dia merasa bersalah atas perilaku belanjanya. Dia juga mendapatkan banyak akibat buruk dalam hubungannya dengan orang-orang yang dicintainya.

Kata Kunci: *Tokoh, Film, Psikoanalisis, Kecemasan*

MOTTO

إن مع العسر يسرا

Verily, with every difficulty there is relief.

(Surah Al Sharh: 6)

DEDICATION

This thesis is dedicated to my beloved parents

*(Alm) Oyon Dahyan
and
Aah Sonnah*

ACKNOWLEDGEMENT

Bismillaahir Rahmaanir Rahiim,

Having finished writing this thesis is actually a miracle for the writer since it was firstly regarded as a job that would be very hard to do. However, it has now been denied since this thesis has finally been written. Then, the writer would like to thank Allah SWT for the blessing given to the writer so that the writing of this thesis has been finished without having some problems. Additionally, the writer is grateful to the following for their support and help.

1. Prof. Dr. Musa Asy'arie as the rector of State Islamic University Sunan Kalijaga Yogyakarta
2. Dr. Hj. Siti Maryam, M.Ag. as the Dean of Faculty of Letters and Cultural Sciences
3. Fuad Arif Fudiyartanto M.Hum. as the head of English Department
4. Danial Hidayatullah M.Hum. as my advisor
5. Witriani M.Hum. as my Examiner
6. Ulyati Retno Sari M.Hum. as my Examiner
7. Dwi Margo Yuwono M.Hum. as my academic supervisor
8. All Faculty of Letters and Cultural Sciences lecturers and staffs
9. All English Department lecturer and staffs
10. The writer's beloved Parents, Mah, Pak! Thanks for the support and prayer you have given to me. I love you!

11. The writer's beloved brothers, Andi, Erik and Iik! I love you!
12. The writer's entire family. Thanks for the prayer you have delivered to me
13. The writer's English Department friends, especially the class of Incredible English A 2009
14. The writer's boarding house friends
15. All people that cannot be named one by one. Thanks for your support!

In addition, the writer is fully aware of the limitation of this thesis, but the writer just hopes that it can little be useful for everyone who is always thirsty for knowledge.

Yogyakarta, 05 February 2014

The Writer

Nida Nurul Huda

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CHAPTER I

INTRODUCTION

1.1 Background of Study

Wellek and Warren say that literature presents the life, and that life is largely made up of social reality, although literature is also considered as a social phenomenon (1995: 109). Whereas, a literary work is a creative activity of a work of art. Literature is everything that is written and printed. In addition, the literature is also an imaginative work that is deemed a broader understanding of the work of fiction (1995: 3-4).

One of imaginative works is popular culture. Storey stated in his book *Cultural Theory and Popular Culture* that popular culture is simply culture that is widely favoured or well liked by many people. He also stated that popular culture as mass culture. The first point that those who refer to popular culture as mass culture want to establish is that popular culture is a hopelessly commercial culture. It is mass produced for mass consumption (2009: 5-8). There are many products of popular culture such as music, fashion, dance, film, television, radio, etc.

Films communicate information and ideas, and they show us places and ways of life we might not otherwise know. Important as these benefits are, though, something more is at stake. Films offer us ways of seeing and feeling that

we find deeply gratifying. They take us through experiences. The experiences are often driven by stories, with characters we come to care about, but films might also develop an idea or explore visual qualities or sound textures. A film takes us on a journey, offering a patterned experience that engages our minds and emotions (Bordwell and Thompson, 2008:2).

There are many films throughout the world. Yet, the writer is interested in analyzing the *Confessions of a Shopaholic* film. Since this film is adapted from the best selling novel with the same title written by Sophie Kinsella, then, it becomes one of popular drama comedy films. Besides, this film got many nominations and awards. The nominations are nominated of Casting Society of America, USA 2009 in Outstanding Achievement in Casting - Big Budget Feature – Comedy (Denise Chamian) category, Teen Choice Awards 2009 in Choice Movie: Romance and Choice Movie Actress: Comedy (Isla Fisher) category. *Confessions of a Shopaholic* is the winner of ASCAP Film and Television Music Awards 2010 as top box office films (James Newton Howard) (<http://www.imdb.com/>).

Confessions of a Shopaholic is directed by P.J.Hogan and the screenplay is written by Tracey Jackson and Tim Firth. This is first-released on February, 13 2009 in USA. It is produced by Touchstone Pictures and Jerry Bruckheimer Films. The cinematography in this film is done by Jo Willems. The Original music is done by James Newton and Howard. This film is starred by Isla Fisher as Rebecca Bloomwood, Hugh Dancy as Luke Brandon, Krysten Ritter as Suze, Joan Cusack as Jane Bloomwood, John Goodman as Graham Bloomwood, Kristin

Scott Thomas as Alette Naylor, Leslie Bibb as Alicia Billington, Robert Stanton as Derek Smeath (Ibid).

Confessions of a Shopaholic tells the story of Rebecca Bloomwood, a woman whose daily work is a journalist at a gardening magazine. Since her addiction to shopping, Rebecca suffered of many debts. Because Rebecca is unable to pay of her debts, Rebecca suddenly dismisses from her job. Then, she was forced to apply for jobs to other companies by exaggerating her resume.

After receiving the work, Rebecca was forced to lie to her co-workers in order to avoid a debt collector who was looking her for a year to collect debts up to her new office. Aware she was addicted to shopping, Rebecca was in a therapy for people who were shopaholic. The situation increases into chaotic when her therapist forced her to give the dress given by her friend Suze to charity. Suze was furious because the dress should be worn by Rebecca at her wedding. At the end of the film, Rebecca was forced to auction off all the branded commodity that she had to pay the credit card bills that were increased and she compensated her mistake to Suze.

From the various problems that are described above, Rebecca Bloomwood gets the anxiety. This anxiety can be seen from the scenes and dialogues in the film, either personally or with the other figures. Furthermore, the writer tends to analyze the psychological aspect of anxiety that is experienced by the main character Rebecca Bloomwood in *Confessions of a Shopaholic* film because anxiety can be experienced by anyone. So, by analyzing the anxiety of Rebecca Bloomwood in *Confessions of a Shopaholic* film, it can benefit the reader in

understanding the anxiety. Besides, this film is interesting to be analyzed in this research, because this film genre is a drama comedy. While the films that other researchers usually analyze about anxiety is maybe totally serious drama, different from the main character in the film *Confessions of a Shopaholic* that represent anxiety with the sense of humor.

By using the theory of psychoanalysis suggested by Sigmund Freud, the writer observes the anxiety on the main character Rebecca Bloomwood in *Confessions of a Shopaholic* film. According to *Critical Dictionary of Film and Television Theory*, Roberta E. Pearson and Philip Simpson stated that:

Psychoanalytic approaches to film apply the theories of Sigmund Freud about the structures of the unconscious mind to the structures and imagery of film. Film is seen as an almost literal model of imaginative and unconscious mental processes, including the memory of early experiences such as infantile oral gratification, in which the screen is a version of the breast. Although psychoanalysis has stimulated a great deal of widely respected theoretical writing, more recent critics have expressed intense scepticism of this view of cinema. Psychoanalysis as a model for understanding human thought processes has also not been particularly influential within mainstream cognitive psychology although it is an important branch of the traditions of clinical and therapeutic psychology (2001:130).

Considering the explanation above, the writer limits the scope of this research in analyzing the film. The writer just focuses on observing the causes and the effects of anxiety itself that relates to the main character Rebecca Bloomwood in *Confessions of a Shopaholic* film by using psychological perspective.

1.2 Problem Statement

There are two problems that the writer hopes to solve in this graduating paper.

1. What are the causes of Rebecca Bloomwood's anxiety?
2. What are the effects of Rebecca Bloomwood's anxiety?

1.3 Objective of Study

Concerning on the problem statement, the objectives in this study are:

1. To find out the causes of Rebecca Bloomwood's anxiety.
2. To find out the effects of Rebecca Bloomwood's anxiety.

1.4 Significance of Study

The writer takes an expectation that this study gives significances as follows:

1. Theoretically, it is hoped that this research gives a contribution to the development of the larger body of knowledge, especially for other researchers who want to analyze the same subject with the writer, that is about the anxiety in general and also about anxiety which is viewed on this film.
2. Practically, the study is dedicated to the development of literary study in State Islamic University Sunan Kalijaga, especially in English Department and hopefully this research can give understanding in literary field as the

reference for the other researchers in analyzing this film into different perspective.

1.5 Literary Reviews

There are three researches that the writer finds about *Confessions of a Shopaholic* film. The first is “*Consumerism as Reflected in Rebecca Bloomwood Character Based on Confessions of a Shopaholic Movie*” written by Sitha Permata Dewi, 2011, graduating paper, Diponegoro University. In her research, she tells about the effect of being a consumptive person which is shown in confessions of a shopaholic film by P.J.Hogan. The purpose of this research is to learn about the characteristic of being consumptive and its effects. In answering the questions she uses exponential approach to analyze the intrinsic aspect. Sociological approach is also used to analyze the consumerism of Rebecca Bloomwood through the employment of consumerism theory by Jean Baudrillard.

The second is “*Shoping Behavior as the Reflection of the Hierarchy of Human Needs on the Main Character in the Film Confessions of a Shopaholic*” written by Erlina Pranistiasari, 2011, graduating paper, State Islamic University Syarif Hidayatullah. It tells about the character of Rebecca Bloomwood and her shopping behavior in the film *Confessions of a Shopaholic* that reflects the needs based on The Hierarchy of Human Needs of Abraham Maslow’s theory. She identifies the character’s characteristics and her shopping behavior because they influence the main character’s attitude in fulfilling her needs. The needs of the main character are analyzed based on Maslow’s theory from the lowest to the

highest stage of Maslow's theory to identify the stage of needs related to shopping behavior of the main character.

The last is "*Budaya Konsumerisme Dalam Film Confession of A Shopaholic (Analisa Semiotika Roland Barthes)*" written by Muanisa, 2013, graduating paper, Mercu Buana University. It tells about the description of a culture flourished in the modern society that is a culture of consumerism which is raised through the media of film, exactly *Confession of a Shopaholic* using the theory of semiotics by Roland Barthes.

Indeed, the researches that have been done by three people above are different with this research, because the writer tends to analyze *Confessions of a Shopaholic* film based on psychological perspective. The writer analyzes the main character's anxiety and its causes and effects as the main problem by using Sigmund Freud psychoanalysis.

1.6 Theoretical Approach

In this research, the writer uses psychoanalysis theory by Sigmund Freud to analyze the anxiety that the main character shows in the film *Confessions of a Shopaholic* which is illustrated by Rebecca Bloomwood. This research analyzes the anxiety, so this theory is useful to analyze the characters in this film psychologically. There are many scenes and dialogues found in this film that express Rebecca Bloomwood's anxiety that is delivered by director to the viewer.

Psychoanalysis theory proposed by Freud divides personality into three parts, *id*, *ego* and *superego*.

1. Id

The sole function of the *Id* is to provide for the immediate discharge of quantities of excitation (energy or tension) that are released in the organism by internal or external stimulation. This function of the *Id* fulfills the primordial or initial principle of life which Freud called the pleasure principle (Hall, 1955: 22).

2. Ego

The transaction between the person and the world require the formation of a new psychological system, the *ego*. The *ego* is governed by the reality principle. The aim of the reality principle is to postpone the discharge of energy until the actual object that will satisfy the need has been discovered or produced. The reality principle is served by a process which Freud called the secondary process because it is developed after and overlays the primary process of the *Id*(Hall, 1955: 28-29).

3. Superego

The *Superego* is the moral or judicial branch of personality. It represents the ideal rather than the real, and it strives for perfection rather than for reality or pleasure. The *Superego* is the person's moral code. It develops out of the *ego* as a consequence of the child's assimilation of his parents' standards regarding what is good and virtuous and what is bad and sinful (Hall, 1955: 31).

By putting Freud's theory as a basis for analyzing, solving the problem of the anxiety in the main character will be gradually bridged. According to Corey, theory of psychoanalysis has given the contributions, one of them, this theory provides a framework for understanding the ways that individuals uses in the face

of anxiety (2003:13). So, it is ideal to use psychoanalysis theory to analyze the anxiety of Rebecca Bloomwood.

In the film *Confessions of a Shopaholic* directed by P.J.Hogan, psychoanalysis theory is used to view the personality as a structure consisting of three elements, namely the *Id*, *Ego*, and *Superego*. These elements have an important role in the appearance of anxiety.

Based on Freud theory, there are three types of anxiety; neurotic anxiety, moral anxiety and realistic anxiety (1964:34).

1. Neurotic anxiety

Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the *ego* depends on *id* because it can only produce anxiety.

2. Moral anxiety

In moral anxiety, the *ego* depends on *superego*. So, the dependence of *ego* causes a conflict between *ego* and *superego* that can produce anxiety. It is about the conflict between realistic needs and the dictates of their *superego* after children establish a *superego*.

3. Realistic anxiety

The *ego* depends on the outer world in neurotic anxiety. The outer world leads the *ego* to realistic anxiety. Realistic anxiety is closely related to fear. But, they are different. In fear, the object is specific. However, in realistic anxiety, the

object does not involve a specific object. It is only an unpleasant feeling involving possible danger.

1.7 Method of Research

1.7.1 Type of Research

Type of research is divided into two types: quantitative research and qualitative research. Quantitative research is a process of discovering knowledge which use the data in the form of numbers as a mean of analyzing the information about what the researcher wants to know. While Bogdan and Taylor as cited in Moleong, state that qualitative research is a research procedure that produces descriptive data in the form of words written or spoken of the people and observed behavior (Moleong,2010:3). Thus, the type of this research is qualitative research.

1.7.2 Data Sources

The data of this research can be divided into two parts, the main data and the supporting data. According to Lofland and Laofland (Moleong, 2010: 157) the main data can be in the form of words and actions, and the supporting data is usually information from document and others.

The main data of this research are taken from *Confessions of a Shopaholic* film. Meanwhile, the objects of this research are the scripts of the film of *Confessions of a Shopaholic* which shows the anxiety of Rebecca Bloomwood. The supporting data are obtained from some books, websites, and other matters that are relevant to this research.

1.7.3 Method of Collecting Data

Method of collecting data is divided into seven methods. They are sampling, interview, observation, documentation, questioner, triangulation and reading (Ratna, 2010:210). To collect the data, the writer uses the documentation method. Sugiyono states in his book that documentation is a record of the events that had passed; the document may take the form of writing, pictures, or the monumental works of man.

In this research, a film is a kind of documentation which is formed as writing. In the documentation, the writer does it by doing library research and web surfing. The library research is done by doing some observations from some books that have relation to the topic of this research, while web surfing is done by searching some websites that support the writer in doing the analysis.

This documentation method consists of some steps. The first step is watching the film of *Confessions of a Shopaholic* repeatedly, the second step is searching the script of the film from internet and reading the script of that film, the third step is making the point in the script to make easy in analyzing it, the fourth step is taking notes of necessary parts in both main and supporting data, the fifth step is classifying and determining the relevant data into some categories and the last step is taking notes from the material and some other resources related to the film and the analysis.

1.7.4 Data Analysis

The method of analyzing data that is used in this research is descriptive analysis. The writer attempts to understand the story in this film and content analysis to gain the data. The writer uses those data to analyze the main character in *Confessions of a Shopaholic* film by employing the psychoanalysis theory of Sigmund Freud related to anxiety.

1.8 Paper Organization

This research is divided into four chapters. Chapter one is introduction. It introduces the background of study, problem statements, objectives of study, significances of study, literature review, theoretical approach, method of research, and paper organization. Chapter two is the intrinsic elements of the film. It deals with the intrinsic elements of the film such as: character and characterization, setting, theme, and plot. Chapter three is discussion. It discusses about the analysis of causes and effects of the anxiety of the main character Rebecca Bloomwood by using the psychoanalysis theory by Sigmund Freud. The last chapter is conclusion. It concludes the entire discussion and suggestions from the writer for the future research.

CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter is the conclusion of the research. This conclusion refers to the answer of the problems of research that has been presented by the writer in the previous chapter. This chapter also contains the suggestions that the writer gives for the future researchers and readers.

4.1 Conclusion

Based on the problem statements, the writer takes several conclusions. The most dominant anxiety felt by Rebecca Bloomwood as the main character of *Confessions of a Shopaholic* film is the neurotic anxiety. There are a case that the writer founds in this research. She suffers from obsession of shopping. The second dominant anxiety felt by Rebecca is the realistic anxiety. Since Rebecca is a shopaholic, she has a lot of debts. Then, she always feels panic every time she meet her debt collector. Furthermore, the last dominant anxiety felt by Rebecca is the moral anxiety. It is caused by the guilty feeling of her mistakes.

There are three causes of anxiety felt by Rebecca. In this case, the most dominant cause is the childhood experience. This moment is important for the main character's anxiety when she is adult. The second dominant cause is the spirit of the era. Since, there are many shopping centers and a credit card that support her behavior. The third dominant cause is the conflict. Since her desire to shopping, then she avoids her debt collector.

There are two effects of Rebecca's anxiety. The most dominant is the financial effect. Rebecca cannot stop her shopping habit. Then, she has a lot of debts that she cannot pay. The second dominant effect is the emotional effect. In this case, the writer found the emotional effects with Luke Brandon, Suze and her parents. It is because her behavior who always lies to cover up the problem.

Rebecca Bloomwood's anxiety as a shopaholic occurs because of this behavior is the typical of her. The neurotic anxiety which the most dominant felt by her has a correlation with her bad experiences in childhood. Then, she gets many effects of what she has done. In adulthood, she has financial problems because of her addiction to shopping. It is different if the most dominant anxiety felt by her is the moral anxiety. If she got the moral anxiety when she was a child, she would not be a shopaholic and she would not get a lot of bad effects, because the moral anxiety can influence her personality when she grows up.

4.2 Suggestion

Based on the conclusions, the suggestions that the writer suggests for the next researchers that the next researchers who conduct the similar research, are expected to use this study as a basis or additional reference with the development of problems from different perspectives like using the compulsive shopping behaviour theory to elaborate more about the main character of this movie. Furthermore, the next researcher can use the theory of human developments to investigate the main character's development from the childhood to the adulthood to see why this character is addicted to shop.

Furthermore, the readers can take many moral messages from this study. As humans, we should be able to control ourselves over the temptation of many products in the market and should be wise to use our credit cards. Do not buy something we want, but buy something we need. Whereas in Islamic perspective, the holy Al Qur'an said in surah Al-Israa' verse 29:

وَلَا تَجْعَلْ يَدَكَ مَغْلُولَةً إِلَىٰ عُنُقِكَ وَلَا تَبْسُطْهَا كُلَّ الْبَسْطِ فَتَقْعُدَ مَلُومًا مَّحْسُورًا

Translation:

“And do not make your hand to be shackled to your neck nor stretch it forth to the utmost (limit) of its stretching forth, lest you should (afterwards) sit down blamed, stripped off”.

The verse above explains that Allah SWT prohibits us to be extravagant in issuing the treasure. Allah SWT tells us to remove it as needed, and do not exceed the capabilities. Since, if we do this, we will regret in the future. For example, the main character in the *Confessions of a Shopaholic* film finally has a lot of debts and loses things she loves.

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APPENDIX 1**CURRICULUM VITAE****A. IDENTITY**

Name : Nida Nurul Huda

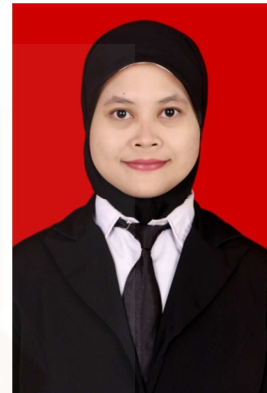
Place of Birth : Ciamis

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Sex : Female

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**B. FORMAL EDUCATION**

1998-2004 : Islamic Elementary School Cisaray Ciamis

2004-2006 : Islamic Junior High School Mathlaul Khaer Tasikmalaya

2006-2008 : State Islamic Senior High School Cibereum Tasikmalaya

2009-2014 : State Islamic University of Sunan Kalijaga Yogyakarta

C. LANGUAGE ABILITY : able to use Sunda, Bahasa, and English

APPENDIX 2

THE POSTER OF *CONFESSIONS OF A SHOPAHOLIC*

