

**STEPHEN HAWKING'S SELF ACTUALIZATION AS SEEN IN *THE
THEORY OF EVERYTHING* MOVIE**

A GRADUATING PAPER

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A FINAL PROJECT STATEMENT

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STEPHEN HAWKING'S SELF ACTUALIZATION AS SEEN IN *THE THEORY OF EVERYTHING* MOVIE

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ABSTRACT

"*The Theory of Everything*" is a movie about a famous physicist Stephen Hawking. He is a person who can realize his dream and become famous physicist despite having physical limitations and through many tests and struggles in life. Stephen diagnosed that he has motor neuron disease, Because of the disease, almost all of his body cannot be normally used, such as the ability to walk, talk and eat. Stephen also diagnosed that his life has approximately two years to live because of the disease. *The Theory of Everything* movie is important to be analyzed because this movie tells about Stephen Hawking's life who has motor neuron disease, Stephen who has motor neuron disease has a choice whether he will give up because of the disease or continue his life and reach his dreams. This research is a qualitative research, the researcher uses self actualization theory by Abraham Maslow, the researcher also applies film theory to analyze the pictures in the movie. The result of this research is that Stephen hawking who has motor neuron disease and depressed at the beginning finally changed, he can actualized himself, he can become a famous physicist after successfully fulfilled four basic needs before finally reach self actualization. The researcher also find some characteristics which indicates that people who have actualized themselves, which shows that Stephen is someone who has fulfilled those characteristics like the acceptance of self and others.

Key Words: Neuron disease, Physicist, Self actualization, change, fulfill, basic needs

STEPHEN HAWKING'S SELF ACTUALIZATION AS SEEN IN *THE THEORY OF EVERYTHING* MOVIE

By: Miftahul Faozi

ABSTRAK

Film *The Theory of Everything* adalah sebuah film yang bercerita tentang seorang fisikawan terkenal bernama Stephen Hawking. Stephen adalah seseorang yang bisa mewujudkan impiannya dan menjadi fisikawan terkenal meskipun mempunyai kekurangan fisik dan melalui banyak cobaan dalam hidupnya. Stephen didiagnosa bahwa dia terkena penyakit motor neuron, karena penyakitnya, hampir seluruh anggota tubuhnya tidak bisa digunakan secara normal, seperti kemampuan berjalan, berbicara dan makan. Stephen juga didiagnosa bahwa umurnya hanya sisa dua tahun karena penyakit tersebut. Film *the theory of everything* penting untuk diteliti karena film ini menceritakan tentang perjalanan hidup Stephen Hawking, Stephen Hawking yang menderita penyakit motor neuron mempunyai pilihan apakah dia akan menyerah karena penyakitnya atau melanjutkan kehidupannya dan meraih mimpi-mimpinya. Penelitian ini menggunakan metode kualitatif, peneliti menggunakan teori self-actualization dari Abraham Maslow, peneliti juga menerapkan film teori untuk meneliti gambar yang ada dalam film ini. Hasil dari penelitian ini adalah bahwa Stephen Hawking yang menderita penyakit motor neuron dan depresi pada awalnya, akhirnya bisa berubah, dia bisa mengaktualisasikan dirinya. Stephen menjadi seorang fisikawan terkenal setelah berhasil memenuhi empat kebutuhan dasar sebelum akhirnya mencapai aktualisasi diri. Peneliti juga menemukan beberapa ciri-ciri dari orang yang telah mencapai aktualisasi diri, yang menunjukkan bahwa Stephen adalah orang yang telah memenuhi ciri-ciri dari orang yang mencapai aktualisasi diri tersebut, seperti penerimaan terhadap diri sendiri, takdir dan orang lain.

Kata Kunci: penyakit motor neuron, fisikawan, aktualisasi diri, perubahan, memenuhi, kebutuhan dasar

MOTTO

The only source of knowledge is experience

-Albert Einstein-



DEDICATION

My beloved father, mother, brother and sister who have given supports and
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CHAPTER 1

INTRODUCTION

1.1 Background of Study

Movie is an audio-visual communication that is to convey a message to a group of people who gather in a certain place (Effendy, 1986: 134). However, a movie generally may include many kinds of message such as education and entertainment. In addition, movie could be designed to serve a public need for entertaining and educating. As long as the history of movie production, there are many movies based on true story or reality, which means not only fictional work with pure of imagination. A movie based on a real story called nonfiction might also be inspired from reality which shows the real condition of the society where the literary work is written (Wellek and Warren, 1993: 110). The movie itself is a media of entertainment that many people favored because of the story which is easy to understand. Movie also can deliver the literary messages and the moral values faster than others.

Talking about movie, there are many genres of movie in this world, like drama, fantasy, comedy, horror and thriller. Here, the researcher chooses drama movie as the object of the research. Drama movie is a kind of movie that mostly deal with emotional themes. Drama has several types, such as drama comedy, drama romantic and drama tragedy (<https://literarydevices.net/drama/>).

In this research, the researcher takes *The Theory of Everything* movie as the research object and focuses on the main character, Stephen Hawking. The *Theory*

of Everything movie tells about the struggle of Stephen Hawking, who has motor neuron disease after he knocks down as he runs. Due to illness, almost all of his body cannot be normally used, such as the ability to walk, talk and eat. He is also diagnosed that his life approximately only two years left because of the disease. Stephen has motor neuron disease while he is still a student of cosmology at Cambridge University. Due to his illness, Stephen is very depressed at the beginning. Then, Stephen starts to get motivated when Jane comes and convinces Stephen that she will always be there for him. Jane is a literature student at Cambridge University. She meets Stephen at a party. Slowly Stephen starts to get used to with the disease and does not ashamed by the disease. Stephen gets married to Jane, they have a child then Stephen can graduate and get his doctoral degree with his theory of space-time singularity.

Motor neuron disease slowly makes Stephen loses his abilities. After he graduates from Cambridge, Stephen loses his walking ability. Now he uses wheelchair to help him to do his activities, and begins to lose his speaking and using his hand ability. He cannot speak clearly. Stephen, who begins to lose his ability, keeps his spirit to live his life. Stephen as a smart person develops a theory about black holes. Yet, the plot increases when Stephen is invited to attend an opera performance in Bordeaux and contracts pneumonia. The doctor tells Jane that if she wants Stephen to live, she has to approve the doctor's decisions to cut Stephen's throat and do tracheotomy surgery. After the surgery, Stephen will totally lose his speaking ability, he begins to use a spelling board to communicate and using a computer with a built-in voice Synthesizer. He uses the computer with

a built in voice synthesizers to write a book *A Brief History of Time*, which becomes an international best-seller and makes Stephen becomes one of the most famous physicists.

Stephen who almost lost all of his abilities does not desperate or depressed anymore, he can accept himself and others. Stephen can survive from his disease and maximizes his potential and becomes a world phenomenon physicist which signifies that he has become a self-actualizing person even though he has motor neuron disease. After that, Stephen who does not believe in god also confesses that he believes in god. This makes Jane so happy to hear that.

The researcher chooses this movie because in this movie, Stephen Hawking as a student of cosmology at Cambridge University who has motor neuron disease has a choice whether he will give up or continue his life. Stephen who has motor neuron disease gets depressed at the beginning, but then he can reach his dreams and get his life back although he has motor neuron disease. What makes this research different from other researches about self-actualization is in this research, the main character, Stephen Hawking himself is someone who has motor neuron disease and will totally lose all of his physical abilities, such ability to walk, talk, move his body, and only two years to live, while in the other researches, the main characters are a healthy person in physical, they can use their physical ability and have no problem with their health. The researcher also finds some different changes that happen over Stephen Hawking which indicates as a person that has already actualized himself. The researcher also chooses this movie based on some reasons, first is because in *The Theory of Everything* movie, Stephen Hawking

who has motor neuron disease and will lose all his physical ability still has a spirit to live his life and can fulfill basic needs and have a successful life to maximize his potential which indicates as someone who has fulfilled self-actualization. The second is because this movie has many moral values like how to appreciate other people although they have many faults in physics, and how to always live with full of spirits.

In this research, the researcher focuses on the main character, Stephen Hawking. The researcher explains about the changes that happen to Stephen Hawking. The researcher explains how Stephen Hawking, who has a motor neuron disease and gets depressed at the beginning will survive and use most of his lifetime to reach all his dreams. Then, the researcher analyzes how the changes that happen to Stephen Hawking can be explained. The researcher will explain about the hierarchy needs and self actualization that are fulfilled by Stephen Hawking to explain about how the changes of Stephen hawking run.

1.2. Research Questions

Based on the background of study explained above, this research focuses on two questions. Those are:

1. What are the changes that happen over Stephen Hawking?
2. How can the changes that happen over Stephen Hawking be explained?

1.3. Objectives of Study

Relating to problem statements mentioned above, the purposes of this research are:

1. To find out the changes that happen over Stephen Hawking
2. To explain the changes that happen over Stephen Hawking

1.4. Significances of Study

Based on the problem statements and the significance of the study, there are two significances of this research. Theoretically, the researcher hopes this research can enrich the knowledge about self actualization theory. It can be useful for the reader who study about self actualization and can be a reference for the next researcher who analyze about self actualization. Practically, the researcher hopes the reader especially the students and the lecturer of English literature get benefit from this analysis. This analysis can be a reference to understand about the importance of self actualization. Also it can be a reference to see how self actualization theory applied in this research.

1.5. Literature Review

This Research analyzes self actualization as seen in the major character. There are three papers which have similar topic to this paper. The first paper is in Ristiani's graduating paper, the student of Surakarta Muhammadiyah University. She writes the paper entitled "Self actualization in Shekar Kapur's the golden age". Ristiani analyzes how the major character, Queen Elizabeth actualizes

herself in Shekar Kapur's *The Golden Age*, and the objective of the study is to analyze Shekar Kapur's *The Golden Age* based on the structural element and Maslow's self actualization theory. This study belongs to qualitative research, and in the method, there are two types of data sources used namely primary and secondary data sources. The primary data source is the novel. The secondary data source is taken from books and other sources which support the analysis. The technique of data collection is library research and technique of data analysis is descriptive analysis technique. Ristiani concludes that Queen Elizabeth as the major character of the movie can actualize herself. She can pass the four basic needs (Physiological needs, Safety needs, Love and Belongingness needs, Self esteem needs) which are the characteristics of self actualization.

The second paper is taken from Stikubank University, entitled: "*Self Actualization of the Main Characters in Peter Segal's Film 50 First Dates Based on Abraham Maslow's Theory of Needs*" by Ardi Pamungkas. Ardi Pamungkas uses Maslow's self actualization theory, and to collect the data, he takes all of self actualization in the conversation of "Peter Segal's film 50 First Dates" to be the data of the research. In finding out the phenomena of self actualization, Ardi analyzes the conversation of main characters in "Peter Segal's film 50 First Dates". In analyzing the data, he applies descriptive qualitative analysis. The research result reveals that several self actualization are found in the selected data. The types of self actualization mostly found are creativity, and acceptance of fact.

The third paper is taken from UIN Sunan Kalijaga, entitled "Self actualization of Bradley Cohen character in *Front of the Class* film" by Sya'roni

Abdul Jalil. The problem statements of this study are how is self actualization of Bradley Cohen character in *Front of the Class* film, and what factors motivate self actualization of Bradley Cohen character in *Front of the Class* film?. This study uses Maslow's Self Actualization Theory. In analyzing the data, he applies qualitative method. The result of this research is Bradley Cohen who has Tourette syndrome can fulfill the basic needs and become able to actualize himself by becoming a good teacher.

1.6. Theoretical Approach

In this research, the researcher uses two theories, first is self actualization by Abraham Maslow and the second is film theory. Here are the explanations about the theories:

1.6.1. Self Actualization Theory

Self-actualization theory is a movement which feature humans as living being is free and always moving towards with all of their abilities and potentials (Koswara, 1991:109). The researcher analyzes the movie with self actualization theory by Abraham Maslow. Self-actualization theory focuses on a healthy human in psychology, creative, and able to maximize their potentials.

According to *Psikologi Kepribadian* book by Alwisol, Maslow says that humans are motivated to fulfill the needs of their life. Those needs are called the Hierarchy of needs ranging from the lowest (physiological needs) to the highest (self-actualization needs). Hierarchy of needs of Maslow states that humans have five kinds of needs, those are physiological needs (physiological needs), safety

needs (need for protection), love and belonging needs (need for compassion and a sense of belonging), self-esteem needs (the need for self-esteem), and self-actualization (being needs). To fulfill self actualization, people must satisfy four basic needs first before fulfilling self-actualization needs (Alwisol: 2006). Here is the explanation.

1.6.1.1. Physiological Needs

These types of needs are related to the fulfillment of basic needs of all human beings such as eating, drinking, breathing air, and so on. The needs for having rest, poop, pee, and having sex are also included (Alwisol: 2006: 240).

1.6.1.2. Safety Needs

When a person's physiological needs to be fulfilled, the need for security begins to appear. Safe state, stability, and protection will be an increasing need. If they are not fulfilled, then there will be a sense of anxiety and fear that may hinder the fulfillment of other needs (Alwisol, 2006: 240).

1.6.1.3. Love Needs/ Belonging

When a person feels that the two types of the above needs are fulfilled, they will begin to arise the need for love and belonging. It can be seen in a person's attempt to find and get a friend, a lover, a child, or even a desire to be part of a community. According to Maslow, the failure needs of love and affection is the source of all forms of psychopathology. (Alwisol, 2006: 240).

1.6.1.4. Esteem Needs

After the three needs above fulfilled, there will be needs for self-esteem. According to Maslow, self-esteem need is the need for status, attention, dignity, confidence and reputation (Alwisol, 2006: 240).

1.6.1.5. Self-Actualization Need

The Last need according to Maslow's hierarchy of needs is the need for self-actualization. These types of needs are closely related to the desire to be creative (they can use their ability) and develop their potential. (Alwisol, 2006: 240).

1.6.2. Film Theory

According to Pratista, movie is formed from two elements, there are the narrative elements and the cinematic elements. The narrative elements in movie are time, character, problem, location, and the conflict. The cinematic elements is technical aspect of movie production. In cinematic elements, there are four principal elements, they are mise-en-scene, cinematography, editing and sound (Pratista, 2008:1). Here, the researcher uses cinematic elements and applies *Mise-en-scene* and cinematography to analyze the pictures and get the meaning of the pictures in the movie. Because every picture which is displayed on the screen has meaning, the meaning can be understood through the film theory.

Mise-en-scenes is the world of movie because it supposes to make movie such a real life. The lighting as a component of *Mise-en-scene* has a

function to express emotion. There are five primary types of directional lighting: frontal lighting, side lighting, back lighting, under lighting, and top lighting. Those components above help the researcher in analyzing the picture in the movie. The other theory of film that is used in this research is cinematography. It consists of two components: framing techniques and camera angle. According to movie studies: the basics, framing techniques are divided into seven types:

- a. Extreme Long Shot (ELS), in which one can barely distinguish human figures;
- b. The Long Shot (LS), in which humans are distinguishable but remain dwarfed by the background;
- c. The Medium Long Shot (MLS), in which the human is framed from the knees up;
- d. The Medium Shot (MS), in which we move in slightly to frame the human from waist up;
- e. The medium close up (MCU), in which we are slightly closer and see the human from the chest up;
- f. The close up (CU), which isolates a portion of a human;
- g. The extreme close up (ECU), in which we see a more portion of the face (an eye, the lips),(Villarejo, 2007:38).

1.7 Method of Research

1.7.1 Type of Research

To analyze this research, the type of this research is qualitative. In which according to Sugiyono, a qualitative approach is a kind of research which does not use numeral in collecting the data, it is more into describing, using word and picture, while the quantitative one is using numeral, (Sugiyono, 2003:14).

1.7.2 Source of Data

There are two data sources, the main data and the supporting data. The main data as the primary data used in this research is *The Theory of Everything* movie. The forms of the data in this research are some pictures (scenes), text, sign, and actions from the movie that relate to the main character's self actualization Stephen Hawking. The supporting data as the secondary data in this research are the other information gained from some books, article and internet sources that have relation to the topic which will help the researcher in analyzing the main data.

1.7.3 Technique of Collecting Data

To collect the data, the researcher uses observation method. The researcher reads the *Theory of Everything* movie carefully. Then, the researcher classifies and divides every scene and text in "*The Theory of Everything*" movie and chooses which parts would be chosen to be analyzed with the theory, the researcher takes the act and signs from *The Theory of Everything* movie. The researcher also collects some data such books and internet source as the supporting data. Since the research is about Stephen Hawking's Self-actualization,

the data are classified in order to find the proper data related to self actualization and hierarchy of needs to define the changes that happen over Stephen hawking and how the changes that happens over Stephen Hawking.

1.7.4 Data Analysis Technique

The researcher uses qualitative technique to analyze the data. The researcher conducts some steps to analyze the data. First, the researcher classifies the data found into some categories (the changes) based on the form. The forms of the data are some pictures (scenes), text, sign, and actions. Second, the researcher analyzes how the changes that happen to Stephen Hawking can be explained. The researcher explains about hierarchy needs and self-actualization that is fulfilled by Stephen Hawking to explain how the changes of Stephen Hawking. Finally, the researcher makes the conclusion of the analysis.

1.8. Paper Organization

The research is divided into four chapters. The first chapter explains about the background of study, problem statements, objectives of study, significances of study, literature review, theoretical approach, method of research, and paper organization. The second chapter contains the description about the intrinsic elements of *The Theory of Everything* movie: character and characterization, setting, plot and theme. The third chapter is the analysis of the data with self-actualization theory. The last chapter is the conclusion of this research. It concludes the entire analysis and suggestions from the researcher.

CHAPTER IV

CONCLUSION

The researcher explains about Stephen Hawking that in his life he successfully reaches self-actualization. Stephen Hawking successfully fulfills four basic needs as the requirements before someone reaches self-actualization. These needs are physiological needs, safety needs, love and belonging needs, and self-esteem needs. After all those basic needs are fulfilled, people will easily reach self-actualization.

The researcher finds that Stephen has already fulfilled those four basic needs. He does not struggle to satisfy his hunger. He also has his own apartment and house with Jane. His safety need is satisfied by the wheelchair he used to do for his daily activities. He also gets his safety need from Jane and his friends who always help him in his condition. His love and belonging are satisfied by the love that he gets from Jane, his family, his children, and his friends. The self-esteem need is satisfied by the prestige from professors who tests him, Stephen gets his professor degree and his thesis theory about space time singularity which makes him more respected and have dignity, He is also a confident person although he has neuron disease.

Four basic needs are already satisfied by Stephen Hawking. Stephen also achieves Self-actualization need which is with his conditions who has disabilities because of his motor neuron disease and after successfully graduated from Cambridge University, he develops a theory of black holes and becomes a world

renowned physicist. He is also capable using all his talents and his knowledge to make a book entitled *A Brief History of Time* which becomes bestselling book in the world. Therefore, due to his talents and his hard work, he gets many awards for his contributions in science.

As someone who already actualizes himself, Stephen Hawking also has traits characterized as someone who has actualized himself, accepted themselves, others, and destiny. Stephen who has motor neuron disease is not embarrassed with his condition. In fact, he lives passionately and successfully reaches his potential. He also accepts other people like Jane, Brian and Jonathan who always help him. Stephen also has brevity in presenting his desire, thought and will. He has a mystical experience by confessing the existence of god, Stephen who does not believe in a God, slowly he believes in the existence of God. He also has more efficient perception about reality and have a sense of humor which not causes hostility since he prefers to laugh at himself to make people around him happy.

Suggestion

The Theory of Everything is a movie about Stephen Hawking's life, and the researcher analyzes about self-actualization achieved by Stephen Hawking. Learning from Stephen Hawking's life, as human beings, people should not give up in facing this life. People should always do the best we can do to achieve something that we want, as Allah says in the Holy Qur'an, Surah Ali 'Imran verse 139 and surah Al-Baqarah verse 216:

وَلَا تَهِنُوا وَلَا تَحْزَنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ (١٣٩)

From Surah Ali 'Imran verse 139 above, Allah tells that as human beings, people should not be weak and desperate. God creates human being as a creatures who has the highest degree. If people do their best, then certainly there will be a way out for their problems. People have to make bad experience as a lesson to go forward, not to make desperate.

And Al- Baqarah verse 216

كُتِبَ عَلَيْكُمُ الْقِتَالُ وَهُوَ كُرْهُ لَكُمْ وَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَهُوَ خَيْرٌ لَكُمْ وَعَسَى أَنْ تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَكُمْ وَاللَّهُ يَعْلَمُ وَأَنْتُمْ لَا تَعْلَمُونَ (٢١٦)

which means: Fighting has been enjoined upon you while it is hateful to you. But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not.

From Surah Al-Baqarah verse 216 above, It can be concluded that people need to believe in God, believe in themselves. Do their best and always be positive thinking, never give up and do not regret for decisions that people have made because people do not know what will happen next.

The writer believes that this research is still far from the perfection. Thus, the writer humbly opens the chance for the reader to give the criticism and suggestion to make this research better. The writer also suggests to the next researcher who will analyze *The Theory of Everything* movie to make a new research, for example analyzing about the feminism in the theory of everything movie.



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