

THE DEVELOPMENT OF MO'S SEXUAL IDENTITY IN *BREAKING*

FAST (2020)

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A FINAL PROJECT STATEMENT

I certify that this graduate paper is definitely my own work. I am completely responsible for the content of this graduating paper. Other researcher's opinion or finding included in this research is quoted or cited in accordance with ethical standards.

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Atas perhatian Bapak, kami mengucapkan terima kasih.

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MOTTO

The more you give, the more you will get.

– Anonymous

*“Trust yourself. Create the kind of self that you will be happy to live with all your
life.”*

– Golda Meir

*“Kalau kita tidak pernah berjuang sampai akhir, kita tidak akan pernah
melihatnya walau ada di depan mata.”*

– Marshall D. Teach (One Piece)



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DEDICATION

This graduating paper is dedicated to my parents and siblings. My dearest people
who support and trust me.

And all the readers.



Perkembangan Identitas Seksual Mo dalam film *Breaking Fast* (2020)

Oleh Syaiful Rizal

ABSTRAK

Dalam film *Breaking Fast*, tokoh utama digambarkan sebagai seorang muslim yang taat namun memiliki ketertarikan pada sesama jenis. Hal itu bertentangan dengan norma agama dan budaya. Seorang Muslim seharusnya adalah seorang heteroseksual, tetapi dalam film ini, dia menjadi seorang homoseksual. Oleh karena itu, peneliti bermaksud menganalisis proses pembentukan identitas homoseksualnya. Perkembangan tersebut dapat dijelaskan dan dianalisis melalui enam tahapan Pembentukan Identitas Homoseksual oleh Vivienne Cass. Penelitian ini bertujuan untuk menemukan perkembangan identitas seksual yang digambarkan pada tokoh utama Mo pada film *Breaking Fast* (2020). Penelitian ini menggunakan metode kualitatif yang dilakukan dengan analisis deskriptif. Hasil penelitian ini menunjukkan bahwa Mo melewati semua tahapan dalam pembentukan identitas homoseksual pada teori Vivienne Cass, yaitu identity confusion, identity comparison, identity tolerance, identity acceptance, identity pride, dan identity synthesis. Hasil dari proses tersebut membuat Mo sukses mengintegrasikan identitas homoseksualnya dengan semua aspek dalam dirinya.

Keywords: Identitas Seksual, Homoseksual, Pembentukan Identitas, *Breaking Fast*.

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The Development of Mo's Sexual Identity in *Breaking Fast* (2020)

By Syaiful Rizal

ABSTRACT

In *Breaking Fast*, the main character is portrayed as a devout Muslim but has an interest in same-sex people. It is contrary to religious and cultural norms. A Muslim is supposed to be a heterosexual, but in this film, he becomes a homosexual. Therefore, the researcher intends to analyze the process of forming his homosexual identity. This development can be explained and analyzed through six stages of homosexual identity formation by Vivienne Cass. This study aims to find out the development of sexual identity as depicted in the main character Mo in the film *Breaking Fast* (2020). This study uses a qualitative method with descriptive analysis. The result of this study indicates that Mo goes through all stages in the formation of homosexual identity in Vivienne Cass' theory, these are identity confusion, identity comparison, identity tolerance, identity acceptance, identity pride, and identity synthesis. The result of this process makes Mo successfully integrates his homosexual identity with all aspects of himself.

Keywords: Sexual Identity, Homosexual, Identity Formation, *Breaking Fast*.

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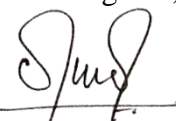
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Best Regards,



Syaiful Rizal

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CHAPTER I

INTRODUCTION

1.1 Background of Study

Sexual identity is a concept of sexual behavior that individuals choose. A person's sexual identity can refer to existing sexual orientations. Sexual orientation is feeling emotionally, romantically, or sexually attracted to other people. It can be identified as homosexual or heterosexual. In addition, according to Judith Butler (Judith Butler, 1990), sexual identity is the result of repetitive gender performativity and a continuous process in social interaction. She argues that sexual identity is not innate but is formed through repeated actions and displays of gender that are recognized by society. Someone who has a sexual identity means having a preference or choice to differentiate from one sexual orientation. On the other hand, sexual identity is a sensitive topic that most people do not want to discuss because it is personal, especially if someone has an identity different from what has been formed in society.

Sexual identity includes multiple dimensions, including heterosexual and homosexual. Heterosexual is a term used to describe individuals who feel romantically and sexually attracted to people of the opposite sex. Meanwhile, homosexual is a term used to describe individuals who feel romantically and sexually attracted to individuals of the same sex. (Laura Reiter, 1989). In heterosexual relationships, attraction occurs between the man and the woman. For example, a man feels attracted to women, while a woman feels attracted to men. In

homosexual relationships, attraction occurs between individuals of the same sex. For example, a man who is attracted to men is called gay, while a woman who is attracted to women is called lesbian. These two sexual identities are part of the diversity of sexual orientations that exist in society.

A person's sexual identity is a part of the spectrum of human sexuality, which is complex and can develop over time and life experiences. Sexual identity development refers to changes, processes, and experiences over time that can involve awareness, exploration, appraisal, commitment, integration, and communication concerning a person's identity as a sexual being (Hall, Dawes, & Plocek, 2021). The process of forming a sexual identity experienced by an individual has various stages. These stages explain the behavior or actions that represent the identity, thoughts, and feelings experienced by the perpetrator. In the process of finding their own sexual identity, individuals often experience an identity crisis centred on themselves and society. This is because the development of finding sexual identity in homosexual individuals is a complex situation at the psychological and social levels, where social discomfort often occurs and personal struggles for self-identity (Laumann, 1994, p. 298-301).

Sexual identity formation in LGBT (Lesbian, Gay, Bisexual, Transgender) individuals involves a complex and challenging process that may differ from the dominant heteronormative norms in society. LGBT is an acronym that refers to a group of sexual identities and orientations that differ from the heterosexual norm. At the beginning of self-discovery as individuals, many inner conflicts occur in the individuals concerned. They feel a heavy dilemma when faced with the

environment regarding their existence in society. LGBT tend to conceal their sexual identity because in society, homosexuality is considered a social deviation that is certainly opposed to its existence. This makes it difficult for them to make a decision on their sexual identity, because of the social demands in their environment which is dominated by heterosexuals. Most LGBT people are forced to hide their identity and have difficulty accepting themselves, even though self-acceptance is one of the stages of self-identity formation. When an individual has decided that he is LGBT, then he has gone through a long process in forming his identity.

The researcher uses the film *Breaking Fast* (2020) as the main object of this study because there is the issue related to the topics discussed. *Breaking Fast* is a romantic drama film directed by Mike Mosallam. The film's story centers on the main character Mo, a Muslim man of Middle Eastern descent, who is observing the fasting Ramadan. The film explores Mo's emotional journey in dealing with internal challenges and conflicts as he feels torn between his strong religious beliefs and his interest in a romantic relationship with a man. In the course of the film, Mo begins a deep search for identity. He tries to understand and accept himself, with all the weaknesses and uniqueness of his identity. This process involves questions about how to integrate religious beliefs and sexual orientation into one unified identity. Therefore, the researcher chooses this movie because it shows how the development of sexual identity in the main character, where he is portrayed as a devout Muslim but also becomes a homosexual, and this contradicts his religious norms where he is supposed to be heterosexual.

In this study, the researcher uses a homosexual identity formation based on Vivienne Cass' theory to examine how the development of sexual identity is presented in the film. Additionally, the researcher applies Ami Vilarajo's mise-en-scene film theory to identify the components of the film. The researcher hopes to understand better how *Breaking Fast* portrays the process of self-identity formation until finally the individual decides to be homosexual and ventures to reveal his sexual identity. Therefore, this research aims to contribute to current issues about the development of homosexual Muslim.

1.2 Research Question

Based on the background above, the research question in this study is how is the main character's sexual identity development in *Breaking Fast* portrayed?

1.3 Objective of Study

The purpose of this research is to find out how the main character's sexual identity development is presented in *Breaking Fast*.

1.4 Significance of Study

In terms of the significance of the study, this research can provide additional understanding about the formation of sexual identity using Vivienne Cass' theory, and it can be applied to the film *Breaking Fast*. And also, the researcher hopes this research can be a useful reference for further research that applies similar theories. This study intends to make a significant contribution to the scope of research on the formation of sexual identity which generally focuses on real-life problems but is now being applied in literary works.

1.5 Literature Review

The researcher has not found any studies that analyze *Breaking Fast* as a research object, but the researcher has found studies that apply the same theory. The researcher also presents a review of previous research on the formation of sexual identity using the Vivienne Cass theory as follows:

The first research is a thesis entitled "Perubahan Hasrat Seksual Tokoh Utama dalam Film Serial TV Transit Girls karya Masato Maeda" written by Dinda Paramitha (2022) from Jenderal Soedirman University. This study aims to find out the description of the process of forming sexual identity so that sexual identity can identify its sexual role, and to find out the impact on the psychological aspect after the process of coming out and its influence on the character's psychological condition. She uses Vivienne Cass' theory of homosexual identity development and Michael Denise Vaughan's coming out development model.

The second research is a thesis entitled "The Development of Mateo's Homosexual Identity in Adam Silvera's Novel They Both Die at The End" written by Dewi Nur Masitha (2020) from Airlangga University. This research tries to see how the main character, Mateo, develops his homosexual identity. However, she only found five stages in the identity development of the main character in this study.

The third research is a thesis entitled "The Development of Homosexual Identity of Adèle in Blue Is the Warmest Color" written by Prisca Revina Putri (2021) from Soegijapranata Catholic University. The purpose of this research is to analyze the developmental stages of Adèle's homosexual identity based on Cass'

theory. However, she shows that Adèle experienced five of the six stages of homosexual identity development as a result of research.

The fourth research is a journal entitled "Identitas Queer Tokoh Aihara Yuzu dalam Budaya Populer Jepang: Studi Kasus Yuri Manga Citrus Karya Saburouta" written by Dalilah Inas Tsabithah and Putri Elsy (2018) from Airlangga University. This study aims to analyze the sexual identity crisis through Saburouta's manga character Citrus by using the first three stages of the Cass Identity Model to find out how the sexual identity crisis is depicted in the manga.

Based on previous research, it can be concluded that this research is different from previous research. Some of these differences are in the research object and the background of the object. This study uses the film *Breaking Fast* which tells the story of a Muslim from Lebanon who lives in West Hollywood, United States. Moreover, the researcher uses all stages of Vivienne Cass' theory.

1.6 Theoretical Framework

In this research, the researcher applies two theories to answer the research questions. The first is the theory of sexual identity. This theory aims to determine the factors of the sexual identity of the main character published. Then, the researcher also applies *mise en scene* theory. This theory aims to find a description of the certain scene depicted and reflected through the meaning.

1.6.1 Sexual Identity

The researcher uses the Cass Identity Model created by sexologist Vivienne Cass as a theory. This theory is a guideline for analyzing the process and development of a lesbian or gay individual in experiencing the development of

sexual identity in themselves. It has six stages usually occurring sequentially and depending on an individual, a particular stage may undergo repetition. Not all homosexuals reach stage six, depending, within each stage, on how comfortable a person is with their sexual orientation. Identity formation does not always occur regularly, nor does it usually occur suddenly.

The following is a description of the sequence of six stages of the Cass Identity Model:

- a. Identity confusion is the first stage when a person wonders and experiences doubts about himself. This is usually preceded by the question "Who am I?/Why am I like this?" and awareness of feelings and thoughts about liking the same sex. The characteristics of individuals who are in this stage are a lot of self-denial and self-deception.
- b. Identity comparison is the second stage when the person asks "Could I be like that too?" while comparing himself to other people with lesbian or gay identities. This person has begun to accept that they identify with the same possibility, but there are still remnants of self-denial from the first stage, such as having the notion, "This is just a temporary phase" or "I'm not a homosexual, it's just because I like that one person."
- c. Identity tolerance or identity tolerance is the next stage when the person begins to realize that he is not alone in having feelings of liking the same sex. At this stage, the person usually begins to build connections with LGBT people and seeks a safe or shelter in LGBT communities to combat feelings of isolation from society.

- d. Identity acceptance or acceptance of identity is the fourth stage when the person finally fully accepts all feelings, thoughts and identities which state that he likes the same sex. This person is usually getting away from heterosexual circles and more trying to blend in with people and or the LGBT community.
- e. Identity pride is when the person begins to have the courage to tell the public about who he is. It is in this stage when someone who identifies as LGBT comes out, or wants and will admit, show off, show, and be proud of their identity to the world.
- f. Identity synthesis or identity integration. At this stage, the person has not only accepted his homosexual identity, but also considers that sexual orientation is not the only thing that defines him, but is just a part of his identity which is neither something special nor something that needs to be proud of.

1.6.2 Film Theory

Film theory is important in this study because the researcher analyzes data from films, and the images taken help the researcher find the data. Film theory is also used to analyze the data itself. In this study, the researcher used *Mise en scène* to analyze this film. *Mise en scène* is a French word for “put into scene or put on the podium” and means everything that is contained within the frame (Villarejo, 2013). *Mise en scène* has six elements to make the film come true, such as setting, lighting, costume, hair, makeup, and character figure.

Apart from *mise-en-scène*, there is another important aspect in analyzing the scene. It is the cinematography. Villarejo states that there are two important aspects to analyzing a movie scene: *mise en scene* and cinematography. Cinematography is a technique used to analyze everything related to a camera and its movements. “Cinematography refers to what to do with camera movement” (Villarejo, 2013). According to Villarejo, cinematography has seven framing techniques. The following is an explanation of the cinematography technique used:

- a. Extreme long shot (ELS), which can distinguish human figures.
- b. Long-shot (LS), where humans can be distinguished but remain small in the background.
- c. Medium-long shot (MLS), in which the human is framed from the knees up.
- d. Medium shot (MS), where the viewer moves slightly to frame the human waist up.
- e. Medium close-up (MCU), where the viewer gets a little closer and sees Humans from the chest up.
- f. Close-up (CU), which isolates a portion of the human.
- g. Extreme close-up (ECU), where the viewer only sees part of the face (Villarejo, 2013).

The researcher combines the sexual identity theory and film theory to analyze how the development of sexual identity of the main character is portrayed in *Breaking Fast* (2020).

1.7 Research Method

This section covers the methodology of this research, which describes what the researcher does in research and how they do it. This section consists of the type of research, data sources, data collection technique, and data analysis technique.

1.7.1 Type of Research

The researcher uses a descriptive qualitative method because the data collected from the movie scenes and dialogue texts cannot be calculated and to explain the phenomenon in detail in the data studied. The qualitative method is a method that produces descriptive data in the form of words written or spoken by someone (Moleong, 2002:5). A descriptive method is a research approach that aims to describe events, occurrences, or phenomena that are currently happening. According to Creswell, the goal of the descriptive method is to provide a systematic and detailed explanation and description of the research object (2009, p. 141). This research uses a qualitative descriptive method to analyze problems of how the development of Mo's sexual identity is depicted in *Breaking Fast* using Vivienne Cass' theory of homosexual identity formation.

1.7.2 Data Sources

The data sources for this research have two categories, primary data and supporting data. The main data in this research comes from the movie *Breaking Fast*. The supporting data that are used for this research come from books, journals, articles, and reviews related to the movie and the analysis.

1.7.3 Data Collection Technique

This research uses observational data collection. When collecting data, the researcher must watch the film first to understand the film's story, then record dialogues and scenes related to the development of sexual identity in the film. The data collected includes film conversation texts, screenshots of movie scenes, and theoretical variables. Then, the researcher uses a theoretical approach to analyze the data.

1.7.4 Data Analysis Technique

The researcher uses the objective approach to analyze the data. It is based on the movie *Breaking Fast*. First, the researcher collects and categorizes data suitable for this research, such as events, objects, and character actions. The researcher analyzes this object by using the theory of sexual identity. The researcher does not only analyze the main character but also other characters as supporting data. The researcher also uses film theory to analyze scenes, expressions, and dialogues. Finally, the researcher concludes all analyses.

1.8 Paper Organization

This research consists of four chapters. The first chapter is the introduction of research. It consists of a background of the study, literature reviews, theoretical approach, methods of research, and paper organization. The second chapter consists of intrinsic elements of *Breaking Fast* movie. The third chapter discusses the analysis of the data. The fourth chapter consists of the conclusion of the research and also suggestions. The fourth chapter answers the research question.

CHAPTER IV

CONCLUSION AND SUGGESTION

4.1 Conclusion

Based on the results of the analysis described in the previous chapter, the researcher found that the identity formation process experienced by Mo in *Breaking Fast* using Vivienne Cass's Homosexual Identity Formation theory goes through six stages and successfully integrates his homosexual identity with all aspects of himself, but these stages do not occur sequentially. The findings taken for each stage are not sequential in the storyline. The stage sequence experienced by Mo is identity comparison, identity tolerance, identity confusion, identity pride, and identity synthesis. It follows what Cass stated that this model is not intended to apply in all respects to all people because individuals and situations are inherently complex. (1979, p. 235). In the film *Breaking Fast*, Mo shows his sexual identity as a homosexual and continues to practice his religion as a Muslim. Finally, he remains in both positions by integrating his religion and sexual identity through all the stages in the theory proposed by Cass.

4.2 Suggestion

After conducting research on the process of forming a homosexual identity using the concept of Vivienne Cass in the film *Breaking Fast*, the researcher suggests the next researcher to analyse the negotiation of sexual identity by outlining the complexity of the *coming out* process because this problem is also depicted in this film. Furthermore, the next researcher can also use queer theory.

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