THE PSYCHOLOGICAL RESILIENCE OF AHMED IN *THE 13th*

***WARRIOR* (1999)**

A GRADUATING PAPER

Submitted in Partial Fulfilment of the Requirement

for gaining Bachelor's Degree in English Department

By:

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ENGLISH DEPARTMENT

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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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NOTA DINAS

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Assalamu'alaikum Wr. Wb

Setelah memeriksa, meneliti, dan memberikan arahan untuk perbaikan atas skripsi saudara:

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kami menyatakan bahwa skripsi tersebut sudah dapat diajukan pada sidang Munaqosyah untuk memenuhi salah satu syarat memperoleh gelar Sarjana Sastra Inggris.

Atas perhatian Bapak Dekan, kami mengucapkan terima kasih.

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MOTTO

"With extra time I'd like to think I would've done this better. The fact I could ever

fail never crossed my mind."

- Fox Stevenson

"A man might be thought wealthy... if someone were to draw... the story of his

deeds...."

- Buliwyf

"Keep your voice down when there is no silence, because one day you will be the
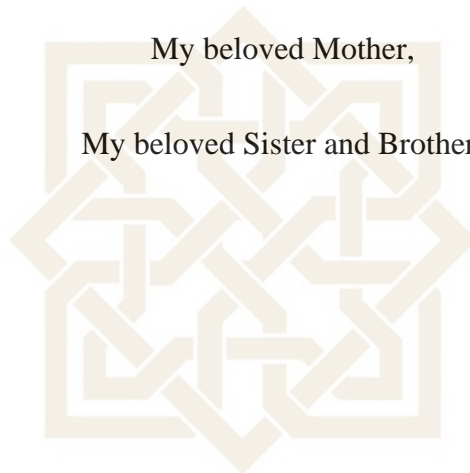
one who has big words when it comes to quiet."

- enesey

DEDICATION

This graduating paper is dedicated to;

My beloved Father,

My beloved Mother,

My beloved Sister and Brother.

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In the name of Allah, the Most Generous, the Most Merciful. Praise to Allah and Prophet Muhammad, Peace Be Upon Him, who have blessed me and guide me to finish this graduating paper entitled *The Psychological Resilience of Ahmed in the 13th Warrior (1999).*

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ABSTRACT

This research focuses on analyzing the resilience of Ahmed ibn Fahdlan, the main character in *The 13th Warrior* (1999). Resilience refers to the ability of a person to effectively deal with challenges, stress, changes, or difficulties in life. In the film, Ahmed deals with a variety of problems that require different displays of resilience. This film is selected as the subject of this study to explore how resilience can be seen in fictional characters. The researcher adopts resilience theory proposed by Reivich and Shatte as the theoretical framework which offers seven skills in shaping resilience, including emotion regulation, impulse control, optimism, empathy, causal analysis, self-efficacy, and reaching out. Additionally, film theory, particularly focusing on *mise-en-scene*, is used to support the analysis of Ahmed as a resilient person. This study uses descriptive qualitative research approach. Based on the analysis of the significant events of the film, it is concluded that Ahmed shows resilience by successfully demonstrating all seven skills proposed by Reivich and Shatte. He effectively overcomes challenges and difficulties by applying all the seven skills. The findings contribute to the broader understanding of resilience within the context of fictional character in literary works, while is supported with film theory.

Keywords: *Resilience*, *Fictional character*, *Film Theory*.

The Psychological Resilience of Ahmed in *The 13th Warrior* (1999)

Oleh: Nugroho Septiajie

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ABSTRAK

Penelitian ini berfokus terhadap analisis resiliensi pada karakter Ahmed ibn Fahdlan, yang merupakan tokoh utama dalam film *The 13th Warrior* (1999). Resiliensi mengacu pada kemampuan seseorang untuk secara efektif menghadapi tantangan, stres, perubahan, atau kesulitan hidup. Dalam film tersebut, Ahmed berhadapan dengan berbagai masalah yang membutuhkan penggunaan resiliensi yang berbeda. Film ini dipilih sebagai subjek penelitian untuk mengeksplorasi bagaimana resiliensi dapat dilihat pada karakter fiksi dalam karya sastra. Peneliti mengadopsi teori resiliensi yang dikemukakan oleh Reivich dan Shatte sebagai kerangka teori yang menawarkan tujuh keterampilan dalam membentuk resiliensi, antara lain regulasi emosi, kontrol impuls, optimisme, empati, analisis kausal, efikasi diri, dan peningkatan aspek positif. Selain itu, teori film, terutama yang berfokus pada *mise-en-scene*, digunakan untuk mendukung analisis karakter Ahmed sebagai seorang yang resilien. Penelitian ini menggunakan pendekatan penelitian kualitatif deskriptif. Melalui analisis peristiwa penting dari film tersebut, disimpulkan bahwa Ahmed menunjukkan resiliensi dengan berhasil mendemonstrasikan ketujuh keterampilan yang dikemukakan oleh Reivich dan Shatte. Dia secara efektif mengatasi tantangan dan kesulitan dengan menerapkan ketujuh keterampilan tersebut. Temuan ini berkontribusi pada pemahaman yang lebih luas tentang resiliensi dalam konteks karakter fiksi dalam sebuah karya sastra, sekaligus didukung dengan teori film.

Kata Kunci: *Resiliensi*, *Karakter fiksi*, *Teori Film*.

CHAPTER I

INTRODUCTION

1.1 Background of Study

The 13th Warrior tells a story of Ahmed Ibn Fahdlan who is sent as an ambassador far to the north. On his journey, he encounters many adversities, but he manages to get out of those adversities. It may be due to Ahmed being physically strong or his resilience helping him. In this research, the focus is on analysing the character of Ahmed Ibn Fahdlan from the movie *The 13th Warrior* using the resilience theory proposed by Reivich and Shatte. The researcher aims to explore Ahmed's attitudes and resilience skills demonstrated in the movie.

Reivich and Shatte (2003) define resilience as a person's capacity to respond to a traumatic event in a healthy and productive way in order to adapt and survive difficulties. They also state that most of people perceive themselves to be fairly resilient. However, most of them aren't emotionally and psychologically prepared to deal with difficulties. Resilience is necessary and essential for everyone, because it is the key to the development of a psychologically healthy individual.

Reivich and Shatte (2003) offer seven skills in shaping one's resilience. The seven skills are emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. These seven skills are vital in building resilience, but according to Reivich and Shatte (2003) not all of these skills are owned and needed in developing one's resilience. In other words, while not

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everyone possesses all of these skills, individuals can significantly improve their resilience by mastering and applying just one or two of them.

There are several other viewpoints on resilience formation besides Reivich and Shatte. For examples, Grotberg's (1999) perspective on the three sources of individual resilience: I have, I am, and I can. Despite the fact that there are different viewpoints on the components that make up resilience, the researcher is more interested in adopting Reivich and Shatte's perspectives since the researcher believes that the skills offered are more detailed than Grotberg's perspective of resilience. And the other reason for the researcher uses Reivich and Shatte's theory is that this theory includes many aspects of life. And because hardly everyone possesses all of these skills, this can show a person's ability to develop resilience. Reivich and Shatte find that many people see a significant improvement in their resilience after mastering and applying just one or two of these skills. Resilience is not only seen within someone in a real world, but it also can be seen within a character in literary works.

Literature is a work created by authors as a place for all kinds of expression of life to be conveyed through words and writings. Authors turn all their ideas, imaginations, or experiences into literary works. Literary works can be broken down into two categories, fiction and non-fiction. According to Abrams and Harpham (2009), fiction is something made up or the imagination of the author, while non-fiction refers to literary works that are considered as something that happens in real events. Literary works of fiction basically include poetry, drama, novels, and movies. In recent times, movies have become a medium that are in great

demand by people as amusement other than novels. Meanwhile, movie refers to motion or moving pictures. A sequence of images that creates an illusion when displayed. It is categorized as literary work because movie and literature have the same purpose of evoking amazement in the human imagination and understanding, and movie elevate the human intellect by imitating human life through action, visuals, and words (Ramrao, 2016). Therefore, *The 13th Warrior* can be analysed and interpreted in the same way as literature work.

In this research, the writer chooses *The 13th Warrior* as the subject of the research. *The 13th Warrior* is a movie directed by John McTiernan and Michael Crichton, which is released in 1999. It is adapted from Michael Crichton's *Eaters of the Dead* and the narration of Ahmed ibn Fahdlan's expedition from Baghdad to North Europe. The film is starred by several well-known actors, such as Antonio Banderas as Ahmad Ibn Fahdlan and Vladimir Kulich as Buliwyf. The reason for the researcher to choose this movie is because the movie has successfully portrayed of Arab and Northmen cultures. In this movie, the main character also shows the virtue of mentally strong character which is related to the theory being used. The film follows Ahmed, a Muslim poet sent as an ambassador to the land of Tossuk Vlad. He encounters the Viking group led by Buliwyf and he is eventually forced to join their expedition to the Hrothgar Kingdom. The kingdom is under attack from mysterious creatures, and Ahmed, along with the Vikings, faces numerous challenges and battles to protect the village.

From the brief explanation above, it can be seen that Ahmed's character faces many difficulties. As a devoted Muslim, Ahmed must be able to solve the problems

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he is facing by maintaining his ego and his beliefs. So, it is possible to say that Ahmed demonstrates the attitude of never giving up, even in the face of adversities. Therefore, the author is interested to analyse Ahmed's attitudes shown in the movie using resilience theory by Reivich and Shatte. Since Ahmed lives in the midst of the challenges of a fast-paced world, the resilience theory is used in this research. This is because the researcher wants to find out if Ahmed can deal with any problems that occurred and how he dealt with them. Ahmed's capacity to solve all the problems may be influenced by his cultural background. Because, as shown at the beginning of the movie, Ahmed previously resided in Baghdad then finds himself far to the north, where the culture is very different from his own. And since Ahmed is pictured as a faithful Muslim in the movie, Ahmed's resiliency may be due to religious factors as well.

Resilience in the perspective of Islam is the same as اختار (*ikhtiar*). *Ikhtiar* refers to a person's decision to strive to achieve a desired result. Someone is not getting satisfactory results without effort and hard work. Islamic teachings contained in the Qur'an or Hadith can be served as the foundation for the development of someone's resilience (Nadhifah & Karimulloh, 2021). Hence, the concept of resilience can be viewed through the lens of Islam. In Islam, people are taught to always give it their best in coping with life's difficulties in order to become successful. Ahmed's character in the movie exemplifies this attitude. Ahmed may have the virtue of resilience in all situations in order to seek achievement. This is in accordance with Islamic teachings in the Quran Surah Al-Najm: 53:40, "*and that man will have nothing but what he strives for*" (Muḥammad & Aḥmad, 2015). The

verse can be interpreted that if someone works hard to achieve something pleasing to God, then God's grace comes to those who are serious about their effort. One of the efforts that Ahmed showed is that when he travels with the Vikings, he is the only Arab in the group. He is teased since they know that Ahmed does not understand. However, Ahmed demonstrates his efforts by constantly observing the Vikings as they speak until he eventually learns their language. Ahmed is able in overcoming one of the difficulties caused by his surroundings.

From the story above, it can be said that Ahmed may possess resilience skills mentioned by Reivich and Shatte. Thus, the researcher is interested to analyse the resilience skill based on Reivich and Shatte's theory in shaping the resilience attitude of Ahmed in *The 13th Warrior*. However, recalling what Reivich and Shatte mentioned, the factors that make up this resilience are divided into seven skills. So, the researcher aims to analyse the skills that affect Ahmed's resilience in each conflicts of the movie and how Ahmed in *The 13th Warrior* movie can be said as resilience character. This research also seeks to find out whether the seven skills offered by Reivich and Shatte is being used by Ahmed or not. This research is also supported with film theory in order to strengthen the arguments about the analysis of *The 13th Warrior*.

1.2 Research Question

The particular questions discussed in this research are:

1. What resilience skills does Ahmed apply throughout the movie?

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2. How do the resilience skills affect Ahmed's attitude?

1.3 Objective of Study

Based on the research question above, the purpose is to identify the resilience skills that Ahmed use and to describe how these skills affect in Ahmed's attitude throughout the movie.

1.4 Significances of Study

This research has some significant contributions. Firstly, it serves as a beneficial reference for studies that explore the application of Reivich and Shatte's theory of resilience, especially in literary research. By analysing the resilience skills through the main character, this research can provide the broader understanding of the concept of resilience within literary works. Additionally, this research intends to make a substantial contribution to the scope of resilience psychology research, which generally focuses on real life issues, but is now applied in literary works. Moreover, the significance of this research lies in the utilization of film analysis and this approach broadens the understandings of fictional characters.

1.5 Literature Reviews

The researcher finds some studies that used *The 13th Warrior* or the resilience theory as the subject of the research. The first is an article that published by Lynn Shutters entitled "*Viking through the Eyes of an Arab Ethnographer: Constructions*

of the other in the 13th Warrior" (2007). The journal aims to analyse how the film the 13th Warrior's medieval setting allows for a more positive portrayal of Arabs than Arabs as heretical sheikhs, religious fanatics, and cold-blooded terrorists, especially given the pejorative use of "medieval" in contemporary political discourse. Although there are many unfavourable cinematic representations of Arabs in medieval settings and even the identified "good" Arabic characters fit some Orientalist stereotypes.

The second is an article that published by Judith Klinger entitled "*Otherness Redoubled and Refracted: Intercultural Dialogues in the 13th Warrior*" (2014) The journal examines why the 13th Warrior considered as failure both at the box office and with the critics. Despite adhering to mainstream historical cinema's aesthetic standards, Warrior defies the conventional limits of tolerable alterity in several ways. Klinger thinks the cinematic Middle Ages have long served as a mirror, reflecting both modernity's achievements and flaws. The inter-period dialogue that each medieval film initiates is frequently trapped in a dichotomous pattern.

The last is thesis written by Patricia Gooding, Judith Johnson, A. Hurst, and N. Tarrier entitled "*Psychological Resilience in Young and Older Adults*" (2012). The thesis aims to compare psychological resilience in older adults to that of young adults (under 26 years). The method is that participants were given questionnaires that measured depression, hopelessness, general health, and resilience. Social support, emotional regulation, and problem solving were the three subscales of the resilience measure.

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From the literature reviews above, this research has differences in the theory and the application of the theory. This research focuses on the main character that influences the movie rather than a period setting. This research looks at the psychology traits that happen in the main character of the film *The 13th Warrior*. And this research focuses its analysis on understanding the resilience that appears in the main character of the film instead of the differences of resilience within a person based on the ages.

1.6 Theoretical Framework

Atkinson and Hildgard define psychology as a discipline that studies the behaviour and mental processes of living beings (Nolen-Hoeksema et al., 2009). All behaviour and mental conditions are affected by their environment. The environment referred to is people, symptoms, circumstances, or events that occur around humans. And from this environment is going to form the challenges of life. As a result, a person's psychological resilience grows.

1.6.1 Resilience Theory

Resilience is the ability to respond positively to adversity or trauma in order to seek good outcomes. Resilience can change things. With resilience, any difficulties can be turned into challenges, failure can be turned into success, and from being weak can be turned into strong. People who have successfully overcome a traumatic event are referred to as resilient, but this resilience is not constant. That is, if they are confronted with other problems in the future, then they must retrain

their resilience. Resilience is not a trait that is genetically determined from birth, nor that a person becomes resilient once they has attained it (Reivich & Shatte, 2003). It means that resilience does not remain in a person, but is a dynamic process that can be developed and controlled. With resilience, a person can swiftly make the right decisions when faced adversity.

Reivich and Shatte (2003) state that inner resources are vital in developing a resilient mindset through keeping a positive attitude. Self-efficacy has been shown in studies to be an important factor in steering through chronic stress. People with high self-efficacy continue to keep themselves on the right track when the original solution doesn't work in solving problems. They are confident when they are forced to solve a problem in any new ways to cope. Developing self efficacy takes more time and effort. But by knowing the seven skills of resilience, one's resilience can be improved and is able to steer through difficulties.

In this research, the researcher uses the resilience theory by Reivich and Shatte. Reivich and Shatte, over the last fifteen years, have developed the seven skills of resilience that everyone can use to help them struggle in adversity. These seven skills are emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out (Reivich & Shatte, 2003). These skills are the main components of resilience. By mastering these skills, people are able to maintain emotions or perceptions in the coping process when they are faced with difficult or stressful situations.

a. Emotion Regulation

Emotion regulation is the ability to maintain emotions by remaining calm when under pressure (Reivich & Shatte, 2003). It is important to keep one's emotions and behaviour in a positive way. If a person fails to control the emotions, that person is going to have a hard time in maintaining and developing his relationships with other. And it can also adversely affect that person's decision making.

However, sadness or anger does not always have to be suppressed. Because the expression of negative and positive emotions is equally important because it is a healthy and constructive thing when handled correctly. The proper emotional expression is one of being resilient. Therefore, suppressing emotions completely can interfere with one's resilience.

b. Impulse Control

Impulse control is an individual's ability to regulate the desires, urges, likes, and pressures that arise within oneself. Someone who has difficulty in controlling impulses is going to experience unstable emotional changes when confronted with varied situations (Reivich & Shatte, 2003). Someone becomes angry, aggressive, and even lose the temper, which is going to have an impact on the environment. The environment becomes uncomfortable which adversely affects social relations. So, if someone can control the impulses, that person is going to be able to respond correctly to the problems.

c. Optimism

Reivich and Shatte (2003) state that a resilient person is someone who has an optimistic attitude. Optimistic people believe that they can change things for the better and can steer their lives in the proper direction. With an optimistic attitude, a person is going to experience depression less often, can do things better, and be more productive than a pessimist. Also, someone is going to be more confident when solving problems. They feel they are be able to solve the problems they confront in the future.

d. Empathy

Empathy is the ability to understand other's psychology and emotions. People can read other people's facial expressions, tone of voice, and body language to figure out what they are thinking and feel (Reivich & Shatte, 2003). If people have empathy skills, they are more likely to have good social relationships. People with low empathy tend to generalize all the emotions of others, showing an opposite attitude of resilience. And this can be detrimental, both in the context of work relationship and personal relationship, because people need to be understood and valued.

e. Causal Analysis

Causal analysis is a person's capability to accurately identify the cause of a problem. By identifying the causes of the problem, individuals can avoid the problem so that it does not occur in the future. On the other hand, if a person fails to identify the root of the problem, the same mistake is not repeating itself. It is essential for a person to master this skill to be resilient (Reivich & Shatte, 2003).

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f. Self-Efficacy

Self-efficacy refers to an attitude of confidence in themselves that they are able to solve the problems they face effectively. People with strong self-efficacy are more devoted to problem solving and are less likely to give up until they succeed. People who believe in their ability to solve challenges rise to the top, while those who don't have faith in their efficacy find themselves lost in the crowd. Because they never have any worries or doubts and can always find the best solution. Thus, self-efficacy is important to become a resilient person.

g. Reaching Out

Being resilient is not just about how they overcoming the adversities, controlling their emotions, and making the right decisions, but also how they can reach the positive aspects of life after the misfortune that befalls them (Reivich & Shatte, 2003). Their ability to reach out is based on their ability to be resilient, and many people are unable to do so because they have been taught to avoid failure rather than confront it. They are afraid of the failure that could happen from overthinking the worst-case scenario. As a result, they have a character that is far from resilient. However, people who always improve their positive aspects find it easier to overcome life's problems, and play a role in improving interpersonal skills and emotional control.

1.6.2 Film Theory

Another theory used in this research is film theory. The term "movie" or "film" refers to a set of moving images in a single sequence that projected onto screen. Films can be based on true or fictional stories. Even so, the discourse in a film is frequently drawn from real-life issues that occur within communities. Film is mostly considered to have cultural discourse, but social and political discourse are also prevalent (Hayward, 2000). Therefore, films can be used not only as a means of entertainment, but also for academic purposes.

Cinematography is one of the important elements of filmmaking. This term refers to the art and technique of film photography, shooting, and lighting effects, as well as a person who is an expert and is in charge of capturing or recording images in a film. Cinematography is a part of *mise-en-scene* concept. And this concept can be used as the data collection of this research. So, the researcher uses the *mise-en-scene* concept as the supporting data.

Mise-en-scene has the same meaning as "setting", but it has a broader meaning such as to signify the director's overall conception, staging, and directing of theatrical performances (Abrams & Harpham, 2009). According to Villarejo (2010), there are some components to *mise-en-scene*: setting (set and props), lighting, costumes, and make-up.

a. Setting

Setting is the place used in the making of the film. The use and placement of sets and props are also taken into account. This intends to make the film appear

more natural. Without a prop, film is likely to seem bland to watch. Thus, it is important to set a prop before the shooting.

b. Lighting

In general, the lighting in a film is used to set the tone and draw attention to details that might otherwise be overlooked. The essence of a film is going to be more visible with the use of light manipulation. Lighting can give an atmosphere into the film.

c. Make-up and costumes

Costumes and make-up are important elements in the film that help to shape the characterization of the film's actors. Characters wear costumes in the form of clothing or accessories. And makeup is a technique to create the effect of a character in certain situations.

The following are some of the framing techniques and camera distances that were used:

a. Extreme Long Shot

This type of shot displays objects from a very distance position. In this shot, the human figure can barely be seen. The purpose of extreme long shots is to show the environment widely. It can be used when the director wants to show the surrounding area.

b. Long Shot

A camera view of an object or character taken from a distance, making it appear small in the frame. In this shot, a human figure can be seen clearly but remain

small. Its purpose can be varied but it is usually used to distinguish the object with the background.

c. Medium Long Shot

Medium long shots show objects that are relatively far away but also close. For example, if the object is a person, what is visible is only the knees up. This type of shot is considered a neutral shooting technique.

d. Medium Shot

A medium shot is camera shot taken from a medium distance. If the object is human, the shot is taken from the waist up. The background is still visible, even it gets more frame than the object itself.

e. Medium Close-Up

Medium close up is a shot technique that is relatively close to the object, and it aims to make the audience has a clear picture of the object. If the object is human, the shot is taken from the chest up. If the person is facing the camera, the director wants to show the head of the actor but it is not solely focused on the face.

f. Close-Up

Close up is a shot made from a close distance in which the object's scale is magnified. It appears relatively big, and it covers the entire frame to draw attention to it and emphasize its meaning.

g. Extreme Close-Up

In contrast to extreme long-shot, an extreme close-up is a shot of a part of a character (e.g., face, head, hands) to highlight detail. It is also known as detail shot

or close on. The distance between the object and the camera is close so it can get more frame than the background. Even sometimes, the background is not visible because it is obscured by the object.

1.7 Method of Research

1.7.1 Type of Research

The researcher uses descriptive qualitative type as a method for the research in this study. Qualitative research, according to Creswell, is the assumption and application of an interpretive/theoretical framework to the study of comprehending the meaning of individuals and groups in relation to social and humanitarian issues (2013). In this regard, Creswell emphasizes qualitative research as a process that begins with philosophical assumptions, then moves on to interpretative lenses, and then to procedures in understanding social or human problems. While Lincoln (1987) says that qualitative research is conducted in a natural setting with the intention of interpreting the phenomena that occur, utilizing existing tools (Meleong, 2018). This research utilizes qualitative research methods to thoroughly examine the concept of resilience in the context of literature, specifically focusing on the character of Ahmed in *The 13th Warrior*. The researcher uses diverse qualitative techniques, including observations and document analysis, to gather and analyse data. These methods facilitate a comprehensive and detailed depiction of the research subject, allowing for a deep understanding of the topic. Through the utilization of qualitative research, the researcher intends to acquire profound

insights into the portrayal of resilience and its effects on Ahmed's attitude in the film.

1.7.2 Data Sources

There are two sources of data used in this study: main data and supporting data. The main data is taken from *The 13th Warrior*, which consists the script, pictures, acts, and discourses. The researcher thoroughly examines the movie in order to gain understanding of how Ahmed's resilience is showed. The movie serves as the important resource and provides rich narratives and visual representation that forms the basis for the analysis.

Additionally, the supporting data serves to strengthen the main data. These sources are in the form of books, journals, articles, internet, and other sources related to the formal object and material object in this study. These provide theoretical frameworks, academic discussions, and studies relevant to resilience, literature, or film analysis that may influence resilience. By collecting these sources, the researcher may get a complete knowledge of the resilience within the context of the movie.

1.7.3 Data Collecting Technique

In the data collecting technique, the researcher begins by identifying the film's intrinsic elements, such as summary, theme, plot, setting, character, and characterization with a purpose to get a full understanding of the movie's context.

The researcher then collects data from the film scene that is relevant to the theory of resilience, as well as using the script as the supporter. The script is used to help the researcher in collecting the dialogues of the film. It is meant to examine how resilience is displayed in the movie. And lastly, researcher then searches for additional reference data through journals, articles, the internet, and other sources that are helpful for the research to enrich the research findings. By using this data collecting technique, the researcher aims to collect information from both main and supporting data. This method makes sure that the film's depiction of resilience is thoroughly examined and it improves the validity and reliability of the research findings.

1.7.4 Data Analysis Technique

There are several steps in the data analysis technique in this study.

1. Examination of discourse: The researcher begins by examining the film's discourse, such as analysing dialogues of the movie and describing the visual and auditory aspects of the movie to comprehend various messages conveyed in the movie.

2. Classification of events: After examine the discourse, the researcher focuses in classifying the events occurred in the movie. This classification helps in categorizing the narrative structure of the movie.

3. Examination of resilience skills: Based on the classified events, the researcher then examines data that is relevant to the theory of resilience

according to Reivich and Shatte within Ahmed's character. This analysis involves identifying instances where emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out are displayed. The goal is to understand how these resilience skills are applied and their effectiveness within the film's narrative.

4. Description of resilience in Ahmed's attitude: The next step, the researcher describes the resilience attitude within Ahmed, such as his effort to adapt with the situations, overcome challenges, and maintain his strength in the face of adversity. This helps the researcher has a deeper and broader understanding of how his resilience is demonstrated.

5. Drawing conclusion: Lastly, the researcher draws conclusion in accordance to the analysis of the data. This part gives a well-rounded understanding of how resilience is portrayed in the movie and what it means for the study as a whole.

1.8 Paper Organization

This research is broken down into 4 chapters. The first chapter is the introduction, which includes background of study, research questions, objective and significance study, literature reviews, theoretical framework, research method, and paper organization. The researcher goes on to explain some of the intrinsic elements of *The 13th Warrior* in the second chapter. The third chapter is a discussion of the

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analysis of resilience theory and with the support of film theory. The researcher then draws conclusions from the results or the data that have been obtained into the fourth chapter. In addition, the researcher provides suggestions for further research if using the same formal object or material object.

CHAPTER IV

CONCLUSSION AND SUGGESTION

4.1 Conclusion

Upon analysing the resilience skills in Ahmed character through the lens of resilience theory proposed by Reivich and Shatte, it can be concluded that Ahmed is a character who has an attitude of resilience. From the beginning of the movie, Ahmed shows resilience despite initially struggling to adapt to his situations. However, he swiftly learns how to react to the situations at hand, effectively overcoming the difficulties. Ahmed consistently demonstrates the ability to solve the problems that arise. His resiliency not only positively impacts his own character development, but also enables him to handle the pressures he faces. Ahmed not only uses the seven skills of resilience without knowing it, but he can also master these skills. So, when he has to face difficulties in the future, he can easily get out of the problems.

Ahmed becomes aware of his own emotions, strengths, and weaknesses, enabling him to better understand and manage his responses to challenges. Ahmed also can effectively manage his emotions and reactions during difficult situations. He maintains a positive mindset, believing that he can overcome obstacles. He adapts his perspective and approaches challenges from different angles, enhancing his problem-solving abilities.

Ahmed has successfully demonstrated all the resilience skills offered by Reivich and Shatte throughout the movie. But as the researcher mentioned in the beginning, these skills are not permanently stay within one self. It may be change as the time follows. However, by accurately identifying one's strengths and weaknesses, resilience can be developed in no time. And it is applied to all of the people, not only Ahmed. It is important to note that while resilience skills are not inherently permanent, they can be developed over time. By accurately identifying one's strengths and weaknesses, resilience can be cultivated within oneself. This applies not only to Ahmed but to all individuals. Overall, Ahmed's journey highlights the importance of resilience and these skills in shaping one's potential and overcoming life's problems.

4.2 Suggestion

This research has finally succeeded in findings resilience skills within the main character, which is Ahmed ibn Fahdlan, by using resilience theory of Reivich and Shatte. However, there remains a multitude of unexplored issues in the film that demand further analysis. Future researchers might also examine the use of relevant theories in addition to Reivich and Shatte's resilience theory to strengthen the analysis. For instance, defence mechanism could be used to examine the characters' attitudes in relation to resilience. Alternatively, developmental theories could be employed to examine phases of human development due to growth, perception and values.

The researcher would like to suggest for future researchers to consider about examining other movie characters who also demonstrate resilience. The analysis can be conducted from various angles. Researchers may investigate internal factors such as personal attributes, beliefs, and coping strategies that contribute to resilience. Alternatively, they could explore external factors such as social support systems, environmental influences, or cultural contexts that shape resilience. This flexibility allows for a comprehensive understanding of resilience across different contexts and characters.

Future researchers should choose an object or theory based on specific research questions and objectives. Future studies can contribute to a more thorough understanding of resilience by examining various aspects and taking both internal and external factors into account, not only in the context of the main character but also in the larger context of resilience theory.

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