

**DIVORCE ANXIETY IN *MARRIAGE STORY* (2019) AND *TWIVORTIARE***

**(2019)**

**A GRADUATING PAPER**

**Submitted in Partial Fulfillment of the Requirements for Gaining the Bachelor**

**Degree in English Department**



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**YOGYAKARTA**

**2024**



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dengan ini saya menyatakan bahwa skripsi ini dapat diajukan pada sidang munaqosyah untuk memenuhi salah satu syarat memperoleh gelar Sarjana pada Program Studi Sastra Inggris, Fakultas Adab dan Ilmu Budaya, Universitas Islam Negeri Sunan Kalijaga, Yogyakarta.

Atas perhatiannya, saya ucapkan terima kasih.

***Wassalamu'alaikum Wr. Wb***

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## **MOTTO**

You cannot skip chapters, that is not how life works. You have to read every line, meet every character. You will not enjoy all of it. Hell, some chapters will make you cry for weeks. You will read things you do not want to read, you will have moments when you do not want the pages to end. But you have to keep going.

Stories keep the world revolving. Live yours, do not miss out.

**(Courtney Peppernell)**



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## **DEDICATION**

The researcher dedicates this undergraduate paper wholeheartedly to myself, who has worked hard going through all the sleepless and overthinking nights doing this undergraduate paper; to my beloved parents for their endless prayers for me and for always being there for me; to my sister and my brother, who have supported me endlessly; to my advisor, Dr. Danial Hidayatullah, SS., M.Hum, who has guided me patiently; and to all my friends that make a time to hear my complaint about this undergraduate paper.





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guarantee that this graduate paper with title "Divorce Anxiety in *Marriage Story* (2019) and *Twivortiare* (2019) is entirely original to me. The entire content of this graduation paper is my responsibility. Any perspective or findings from other researchers implemented in this research are quoted or referenced according to ethical standards. If it is later discovered that the researcher plagiarized someone else's work, the researcher accepts all responsibility.

As a result, this final project statement was created and can be utilized as intended.

*Wassalamu 'alaikum Wr.Wb*

Yogyakarta, 12 January 2024



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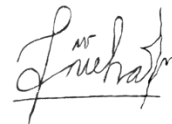
## ACKNOWLEDGEMENT

First, the researcher wants to thank my only one God, Allah SWT, for his blessing of healthiness, happiness, and trustfulness to me until the researcher can finish this battlefield, this graduation paper, completely. Second, the researcher also wants to thank my prophet, Muhammad SAW, who became our perfect example to walk on this world kindly and become our paragon. This graduation paper is not only to fulfill my undergraduate graduation requirements but also to understand the hardness of achieving something in life and that this is part of life. This graduation paper, of course, will only be completed with the help and support of many people. So, the researcher would happily say much thanks to the following:

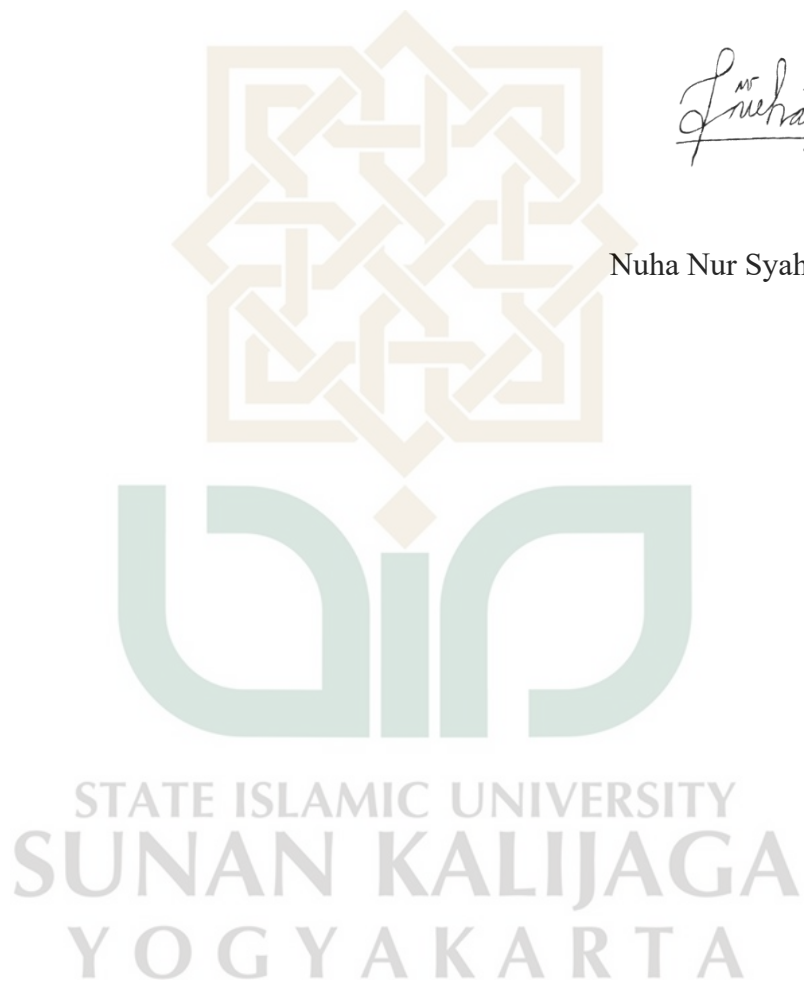
1. The Dean of Adab and Cultural Science Faculty, UIN Sunan Kalijaga, Yogyakarta, Prof. Dr. Muhammad Wildan, M.A.
2. The Head of the English Department, Ulyati Retno Sari, S.S. M.Hum, who had given her best to the department.
3. The researcher's graduation paper consultant, Dr. Danial Hidayatullah, SS., M.Hum, who has guided me and helped patiently until the researcher finished this graduation paper.
4. All of my English Department Lecturers who teach me patiently.
5. All of my family members that the researcher loves, my mom, my dad, my sister, and my brother, for all the endless *du'a*, love, support, and be there for me, always.

6. My 'shoulder to cry and always there for me' friend, Yunika Widyaningsih, Larasati Sukarno Putri, and Siti Rohmah.
7. All of my English Literature friends that had given me wonderful memories.

Yogyakarta, 12 January 2021



Nuha Nur Syahidah





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# **DIVORCE ANXIETY IN *MARRIAGE STORY* (2019) AND *TWIVORTIARE***

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## **ABSTRACT**

In *Marriage Story* (2019) and *Twivortiare* (2019), both female main characters divorce, leading to trauma and eventually causing anxiety. By comparing both films, this research aims to compare the divorce anxiety expressions of the female main characters in both movies and how they cope with it, although they come from different settings—America and Indonesia. This research uses the descriptive-qualitative method because it collects and uses data from both movies by close-reading the film and seeing the dialogues, action, discourse, setting, and all supporting evidence. This research uses the anxiety theory by Ricky Emanuel and the coping mechanisms in the anxiety theory by Wilfred Bion. The result of this research shows similar ways in which both female main characters express their divorce anxiety, although they come from different settings, like crying when they are getting divorce. They also show similar ways of coping with it, like by busying themselves with their jobs to avoid thinking about the divorce. However, their work environment, culture, values, and social factors influence their divorce anxiety expression and coping mechanisms.

**Keywords:** Divorce, Anxiety, Coping Mechanism

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## **KECEMASAN PERCERAIAN DALAM *MARRIAGE STORY* (2019) DAN *TWIVORTIARE* (2019)**

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### **ABSTRAK**

*Dalam film Marriage Story (2019) and Twivortiare (2019), kedua pemeran utama wanita mengalami perceraian, sehingga menyebabkan trauma sampai mengaibatkan kecemasan. Dengan membandingkan kedua film tersebut, penelitian bertujuan untuk membandingkan ekspresi kecemasan perceraian pada pemeran utama wanita dan bagaimana mereka mengatasinya, walaupun mereka berasal dari dua latar yang berbeda, yaitu Amerika dan Indonesia. Penelitian ini menggunakan metode deskriptif kualitatif karena data yang digunakan dan dikumpulkan berasal dari kedua film dengan cara close-reading film tersebut dan mengamati dialog, gerak gerik, wacana, latar, dan bukti pendukung lainnya. Penelitian ini menggunakan teori kecemasan dari Ricky Emanuel dan teori mekanisme koping dari Wilfred Bion. Hasil dari penelitian ini menunjukkan bahwa adanya kesamaan antara cara para pemeran utama wanita mengekspresikan kecemasan perceraian mereka, seperti menangis ketika mereka akan bercerai. Mereka juga mengatasi kecemasan mereka dengan cara yang sama, seperti menyibukan diri mereka dengan bekerja agar tidak memikirkan perceraian mereka. Namun, lingkungan kerja, budaya, kebiasaan, dan masyarakat sekitar mempengaruhi bagaimana mereka mengekspresikan kecemasan perceraian dan mengatasinya.*

**Kata-kata kunci:** Perceraian, Kecemasan, Mekanisme Koping



## CHAPTER I

### INTRODUCTION

#### 1.1 Background of Study

Divorce is the formal breakup of the marriage relationship; it is the complete separation of a man from his wife following accepted tradition (Ukpong, 2014, p. 185). Divorce takes time and can be pretty difficult in some situations; it never happens in a day (Eyo, 2018, p. 173). So, it is stressful and tiring for the mind and body (Sun et al., 2014, p. 132), which may lead to trauma. Laplanche and Pontalis (1973) state in their book *the Language of Psychoanalysis* that Freud (n.d.) defines trauma as a loss or separation that causes a gradual build-up of tension until the subject cannot control the excitations and is overpowered by them (Laplanche & Pontalis, 1973, p. 48), like anxiety.

Anxiety is a sad response about our ability to live up to a suitable object's expectations of us (Emanuel, 2000, p. 4). Anxiety may happen in divorce because no one expect to divorce in the first place of marriage. Divorce anxiety refers to the responses of worry and uncertainty that many people experience when contemplating, going through, or after a divorce (Hepburn Delaney, n.d.). In order to deal with anxiety, people use coping mechanism. Coping mechanisms are ways that help people cope with anxiety, stress, and unpleasant feelings, whether they realize it or not (Bailey, 2022). The symptoms might appear physically as sweating, a racing heart, or restless nights, and mentally as worries about the future (Hepburn Delaney, n.d.).

This research uses *Marriage Story* (2019) and *Twivortiare* (2019) as object research because both leading characters have gone through a divorce and show anxiety because of the divorce. *Marriage Story* discusses the marriage between Charlie and Nicole, which was on the brink of divorce (Baumbach, 2019). After all their efforts to save their marriage, divorce is the answer for them, even though they have one son. The movie also describes the cause of their divorce. Their divorce process is long and makes them go through many fights. It is also a stressful process that makes them cry. However, at the movie's end, they can pass all the processes, get a divorce, and continue their own lives.

Meanwhile, *Twivortiare* is based on Ika Natassa's best-selling novel of the same name. The title is "*Twivortiare*" because Alex frequently tweets on her Twitter account about all the events in her life, including her divorce. *Twivortiare* tells the story of Alex and Beno, who fall in love quickly and decide to marry each other (Setiawan, 2019). Their marriage, however, did not last long. They decided to divorce after two years of marriage. In the movie, the divorce does not mark the end of their relationship. They continue to meet, and the spark of their feelings resurfaces. They want to remarry, but the last marriage and their problems made them question their decision to remarry again. Because of that, the character shows the same anxiety expression because of the trauma of their divorce.

This research compares the expression of the divorce anxiety of the main female characters in both movies and how they cope with it. This research compares the female main characters' expressions of divorce anxiety because they show that women's emotions are more clearly visible than men's. According to numerous

studies, women's responses are more accurately read than men's (Fischer & Lafrance, 2015, p. 26). Women are more likely to express their emotions and have more extraordinary facial expressions than men (Fischer & Lafrance, 2015, p. 26). Women's anxiety is also important to be researched because, in comparative literature, it is rare to find research about women's main characters expressions of divorce anxiety.

This research also compares and use America and Indonesia film, *Marriage Story* and *Twivortiare*, for various reasons—first, the differences in cultural values. Cross-cultural research has revealed significant differences in values, beliefs, and problem-solving methods (Hall, 1976; Triandis, 1995). Second, there are different communication styles. How individuals express and interpret meanings through communication is a crucial distinction between East and West (Hall, 1976). Besides that, there are differences in seeing divorce between Americans and Indonesians. The American family sees divorce as a result of changes rather than the cause of them (Riley, 1997, p. 4). Meanwhile, Indonesians see divorce as a source of shame and identity (O'Shaughnessy, 2009, p. 20).

As a result, because divorce is complicated and causes traumas that lead to anxiety, like what the main female character shows in *Marriage Story* and *Twivortiare*, and the way they cope with it, this research compares the way the female main characters in *Marriage Story* (2019) and *Twivortiare* (2019) express their divorce anxiety and the way they cope with it. However, since they come from different settings, will their differences affect how they express their divorce anxiety and the way they cope with it? This research uses the anxiety theory by

Ricky Emanuel and the coping mechanism theory by Wilfred Bion because their theories are relevant to this research.

## 1.2 Research Question

The researcher identified a problem that should be addressed based on the background of the study above, which is:

1. How do the female main characters in *Marriage Story* (2019) and *Twivortiare* (2019) express their divorce anxiety?
2. How do the female main characters in *Marriage Story* (2019) and *Twivortiare* (2019) cope with their divorce anxiety?

## 1.3 Objective and Significance of Study

This research aims, as you can see from the research question above, to:

1. Describe the expression of the divorce anxiety of both female main characters in *Marriage Story* (2019) and *Twivortiare* (2019).
2. Describing the coping mechanism of the divorce anxiety of both female main characters in *Marriage Story* (2019) and *Twivortiare* (2019).

The researcher hopes that this research can help everyone who reads it gain more knowledge about literature, especially about divorce anxiety in females and how they cope with it. The researcher also hopes that this research will become a reliable resource for future research, especially with the same objects, which are *Marriage Story* (2019) and *Twivortiare* (2019), or the same topic, which is divorce anxiety. This study aims to raise awareness about the fact that divorce affects not just the children but also the female party.

#### 1.4 Literature Review

This research is interesting because it is the first that compares the expression of divorce anxiety and coping mechanisms in American and Indonesian female main characters in *Marriage Story* (2019) and *Twivortiare* (2019). However, although this research is the first to compare them, it has similarities in an object study with previous research. Dira & Lazar (2019), with the title *The Study of Code-Switching in Twivortiare Movie*, studied three categories of code-switching in *Twivortiare*'s dialogues. They used the descriptive qualitative method as the research method and code-switching as the theory. They find that there are all three categories of code-switching in *Twivortiare*. It is a good study because, in *Twivortiare* dialogue, there are a lot of characters that mix between the Indonesian and English languages when they talk. However, this study explores the dialogue and not the tweets, when in this movie the female main character tweets a lot on her Twitter account. Meanwhile, this research studies the dialogue and every scene in the movie.

Feolita et al. (2021), with the title *Psychological Analysis of Nicole Barber in Dealing with Conflict in Marriage Story Movie*, analyze the connection between a divorce conflict that occurred to the main female character in *Marriage Story* and its psychology. The researcher uses the research methods of Bernhardt's psychology theory and descriptive, qualitative, documentation, and note-taking. This research focuses on the psychological aspects of the way Nicole brings up and handles the conflict. The aspect is the aspect of human motivation: appetites, wants, emotions, feelings, attitudes, and social motives. The researcher can connect the psychology

and the conflict in the movie, which is important because the movie itself tells the exhausting process of divorce, which appears to have much conflict between them. The researcher, however, analyzes the first 34 minutes of the movie; meanwhile, the conflict appears a lot from midway through until the last minutes. Meanwhile, this research analyzes and compares the whole movie with other movies.

Awaliya (2022), in her study with the title *Nilai-Nilai Pernikahan Ideal Perspektif Hadis dalam Film Twivortiare*, discusses the ideal marriage values from a Hadith perspective featured in *Twivortiare*. The researcher uses consecutive thematic, *takhrij*, and *syarah* techniques and the living sunnah to find the ideal marriage values in *Twivortiare*. The researcher finds that there are values for ideal marriage in *Twivortiare* and connects them with Hadith. The excellent point of this research is that the researcher can connect the ideal marriage relationship in *Twivortiare* scenes with Hadith, which is interesting because the researcher tells the scene with the ideal value of marriage and verifies it with Hadith. The researcher, however, uses Hadith as a perspective of an ideal marriage and not the Quran to connect it with *Twivortiare*, and this research does not tell the story of the bad behavior in the marriage in *Twivortiare*. Meanwhile, this research shows the bad side of marriage, which is the anxiety of divorce.

Sanastia and Candria (2022), with their research titled *Language Functions Used by the Main Characters of The Marriage Story Movie*, analyze six language functions used by Nicole and Charlie, the main characters. They use the six language functions (emotive, conative, referential, metalingual, phatic, and poetic) by Roman Jakobson as the research theory and use the descriptive qualitative



method. The finding of this research is that the most dominant language function in the *Marriage Story* is the emotive function (30%), followed by the referential function (25%), the conative function (22%), the phatic function (15%), the metalingual function (7%), and the last poetic function (1%). This research is interesting because it analyzes the language function in *Marriage Story*, which no one has analyzed before, but sadly, it only analyzes the main characters, not all characters. If the research analyzes all characters, the researcher can tell which characters use language functions and the most dominant language functions. This research does not mention why they choose only the main character to analyze; meanwhile, my research tells why they chose the character.

Many research uses *Marriage Story* and *Twivortiare* as an object besides the research above, but on diverse topics. In *Marriage Story*, the previous researcher has used many topics like conflict talks and its causes (El-Gindy, 2021), the type of family conflict and its factors (Rante et al., 2022), the relation between divorce conflict and its psychology (Wake, 2021), the struggle for happiness (Agustin, 2020), the hierarchy of needs and characterization (Eliza, 2023), parental alienating behaviors (Paquelet & Brown, 2023), the lessons of the legal and emotional aspects (Treuthart, 2021), and language style and illocutionary acts (Putri, 2023). Besides the previous research above that uses *Twivortiare*, there is just one other research that researched the transformation of the novel *Twivortiare* into the film *Twivortiare* (Adriani et al., 2023).

### **1.5 Theoretical Framework**

This research uses three theories related to the problem to help the researcher analyze it. The first theory is the anxiety theory by Ricky Emanuel, which examines further the expression of the main female character in *Marriage Story* and *Twivortiare*, which shows divorce anxiety. The second theory is the coping mechanism in Anxiety by Wilfred Bion, which examines the way the female main characters cope with their divorce anxiety. The last theory is film theory by Amy Villarejo, which examines the film elements that can explain the character and help the research look at the expression of divorce anxiety and the coping mechanism of the main female characters.

### **1.5.1 Anxiety**

This research uses the anxiety theory by Ricky Emanuel. Anxiety is included in psychoanalysis. Psychoanalysis's history has been focused on trying to understand the core anxieties of the human condition (Hinshelwood, 1988, p. 218). Anxiety refers to an intimidating or tormented responses related to the dread of being harshly judged (Emanuel, 2000, p. 4). However, it also refers to a distinct sort of anxiety, a sad response about our ability to live up to a suitable object's expectations of us (Emanuel, 2000, p. 4). Anxiety is crucial in alerting the organism to potential threats, whether actual or imagined, to prevent it from being emotionally overstimulated (Emanuel, 2000, p. 49). Anxiety can response like stomach aches, a racing heartbeat, unpleasant sensations, or a hazy but enduring sense of worry (Emanuel, 2000, p. 6). Therefore, anxiety is associated with an emotional event that is expected to occur soon and highlights its unknown nature (Bion, 1963, p. 64). One even

that can cause anxiety is divorce. When couples divorce, they never know what is coming up soon, which causes anxiety because it is new for them. This research compares the divorce anxiety of female main characters in *Marriage Story* and *Twivortiare* and their coping mechanism

### 1.5.2 Coping Mechanisms in Anxiety

A coping mechanism, or defensive behavior, is used to defend oneself rather than adapt to environmental changes (Allman & Jaffe, 1978; Dreman, 1991). This research uses the coping mechanism theory stated by Wilfred Bion in Ricky Emanuel's book *Anxiety Ideas in Psychoanalysis* (Emanuel, 2000, p. 52). Bion (1962) describes three ways of dealing with anxiety in the book by Ricky Emanuel titled *Anxiety Ideas in Psychoanalysis* (Emanuel, 2000, p. 52). First, you can modulate mental pain (Emanuel, 2000, p. 52). Meltzer and Harris stated in this book that it can be done primarily by thought, leading to understanding and behaviors that can successfully adjust or adapt to the external world or internalize new qualities into internal objects that can comfort or strengthen the personality (Emanuel, 2000, p. 53). Second, you can try to modify the situation to fit how you want it to be, such as by involving a distortion of the truth by idealizing or denigrating it (Emanuel, 2000, p. 53). Third, you can avoid it by destroying the ability to know reality or disregarding the facts (Emanuel, 2000, p. 53).

### 1.5.3 Film

Every aspect of the film needs to be carefully analyzed in order to uncover its hidden meanings and purposes. The elements of a film include narration,

sound, editing, *mise-en-scène*, and cinematography (Villarejo, 2007, p. 10). A narrative is a sequence of events that follow a cause-and-effect relationship (Villarejo, 2007, p. 12). A sound actively influences our perception and interpretation of images (Villarejo, 2007, p. 49). Editing is the process of combining film clips or shots to create longer sequences (Villarejo, 2007, p. 43). *Mise-en-scène* comprises six elements: setting, lighting, costume, hair, make-up, and figure behavior (Villarejo, 2007, p. 29). Cinematography is everything related to the camera, including placement, angle, movement, distance, and focus (Villarejo, 2007, p. 36). The researcher analyzes the movie using only three elements: lighting, figure behavior, and cinematography.

The first element is lighting. Lighting is “one of six elements of *mise-en-scène*” (Villarejo, 2007, p. 156). Lighting helps viewers understand the setting, characters, and actors (Villarejo, 2007, p. 33). There are three-point lighting elements that style of lighting, which are key light, fill light, and backlight (Villarejo, 2007, p. 32). The key light is the primary source of light in the shot, illuminating the subject and producing the strongest shadows (Villarejo, 2007, p. 32). The fill light softens the illumination on the subject and its surroundings, making up for the brightness and propensity of the main light to produce harsh shadows (Villarejo, 2007, p. 33). The backlight balances the brightness of the key light by backlighting the subject from behind and separating it from the background (Villarejo, 2007, p. 33).

The second element is figure behavior. Figure behavior refers to the movements, expressions, and behaviors of actors and other figures in a shot

(Villarejo, 2007, p. 35). It is the important element in *mise-en-scene* because it helps to analyze the figure's feeling through their facial expression, gesture, and posture. Figure behavior in film analysis is typically used to describe the various acts that actors perform, such as talking, fighting, fucking, killing, cursing, and cross-dressing (Villarejo, 2007, p. 35).

The last element is cinematography which is camera angle. Camera angle refers to how the camera is positioned in reference to the subject being recorded (Villarejo, 2007, p. 153). Every camera angle can be examined using the distance between the camera and its object(s) described by seven techniques (Villarejo, 2007, p. 38). First is extreme long shot which makes it difficult to differentiate people (Villarejo, 2007, p. 38). Second is long shot in which people can be seen but are still quite small against the background. Third is medium long shot which the subject is framed from the knees up. Fourth is medium shot when the subject is framed from the waist up by a small inward movement. Fifth is medium close-up which brings the subject closer and allows us to see their chest up. Sixth is close-up which focuses on one particular area of a person—most notably, their face. Seventh is extreme close-up where only a small section of the face (the lips, an eye) is visible.

## **1.6 Research Method**

### **1.6.1 Type of Research**

This research uses the descriptive-qualitative method. Creswell (2012, p. 223) defines qualitative research as studying meaning in social phenomena or problems. The qualitative research method is suitable for this research,

which aims to analyze the expressions of divorce anxiety of the female main characters and how they cope. It also fully describes social phenomena, such as divorce and anxiety, in the context of the problem and area of research.

### **1.6.2 Data Sources**

This research primarily takes the data from two movies: *Marriage Story* (2019) and *Twivortiare* (2019). Both movies were chosen for data research because they show the expression of divorce anxiety and ways of coping with it. This research examines their dialogues, scenes, and settings. This research also takes secondary data from books, articles, and websites that are related to this research.

### **1.6.3 Data Collection Technique**

The data collection in this research is done using the note-taking technique. First, the researcher searches for two movies about divorce. Then, after finding them, the researcher downloads both movies, *Marriage Story* (2019) and *Twivortiare* (2019), from Netflix as the source and watches them several times. The researcher not only watches but also closely reads the movie, carefully watching the dialogue, scene, setting, and emotion needed for analysis. The researcher captures all the scenes or dialogue that have a problem to analyze and captures the time it happened. Then, the researcher organizes them into Excel to make searching easier.

### **1.6.4 Data Analyzing Technique**

The researcher analyzes the data by thoroughly preparing all the dialogue, scenes, and settings that consist of a problem related to the research



by watching *Marriage Story* (2019) and *Twivortiare* (2019). Then, the researcher sorts the scenes in both movies by showing the similarities in how they show their anxiety or how they cope with it using Excel. Next, the researcher describes the data about the reason why the female characters show their anxiety or how they express their anxiety or cope with it and compares it with each other. The researcher also describes how the social environments of the female main characters in both movies make them express or cope with anxiety in that way. All of the data are presented in an informal manner, through paragraphs, sentences, and dialogues.

### **1.7 Paper Organization**

The researcher divided this research into four chapters. First is the introduction, which includes the background of this research, research questions, objective of the study, significance of the study, literature review, theoretical framework, research methods, and paper organization. The second chapter is the intrinsic elements, which includes the summary, theme, settings, and plot of *Marriage Story* (2019) and *Twivortiare* (2019). The third chapter is the discussion. This chapter discusses the female main characters' expression of divorce anxiety and the way they cope with it. The last chapter is the conclusion. This chapter contains the conclusion of this research and suggestion for the research.

## CHAPTER IV

### CONCLUSION AND SUGGESTION

#### 4.1 Conclusion

Nicole and Alex both express their divorce anxiety and cope with it in the same way, although they have different settings (America and Indonesia), different environments, and different cultures. They express their divorce anxiety by crying to show their sadness about their divorce situation. They show hopelessness to strengthen themselves that divorce is the right thing. They feel fearful when they will not get everything they want. They also show their nervousness and worriedness of the divorce.

Nicole and Alex's coping mechanisms for their divorce anxiety are to avoid it, modulate their pain, and modify the situation into something they like. Their coping mechanism is to keep themselves busy. Nicole works to free herself by doing every job she wants because she cannot do that while living with Charlie. Alex works to enjoy herself because she loves her job so much. They both also cope with spitting out everything about their feelings. Nicole spits out to strengthen herself that divorce is the best way because Charlie is a jerk. Alex spits out to make herself feel better so she can tell Beno about her feelings when she is with him.

Nicole also copes with her divorce anxiety by dying her hair to express that she is ready for divorce because she has hired two lawyers to help her. Alex copes with her anxiety by tweeting on her Twitter account to talk about her feelings and relieve herself after deciding to divorce Beno. Nicole also manages by hooking up with a man for revenge, while Alex hooks up with a man to show that she has

forgotten Beno. Nicole and Alex also cope with their divorce anxiety by raising their voice about not fixing their marriage. Their coping mechanism is affected by their habits and work environment.

#### 4.2 Suggestion

The combination of a *Marriage Story* and *Twivortiare* is still rare, so future researchers can dig more into it by using different perspectives. The researcher recommends that future researchers combine those movies again through the lens of the male main characters or the divorce process. The future researcher can compare the anxiety and coping mechanisms of male characters. The male character in each movie comes from a different family. Charlie has an abusive parent and leaves and lives all alone in a new country, while Beno is from a harmonious family whose parents always support him. Those differences may affect the male main character's behavior in both movies.

The future researcher can also combine one movie in this research with another more comparable movie—for example, *Marriage Story* with another movie through the lens of the difference in the divorce process. Because *Twivortiare* shows a little bit of the process of divorce, the researcher thinks it will be a little bit difficult for the future researcher to analyze it. The future researcher can find another movie from a different region of America and show the different of exhausting, long, and stressful aspects of the divorce process so that they can compare them more easily.

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