

## Claire's Anxiety Disorder and Justine's Depression After Her Mother's Frustration in *Melancholia*

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### Abstract

The researchers selected the 2011 film *Melancholia*, written and directed by Lars von Trier, as the primary source of analysis because it offers significant insights that are relevant to contemporary society, particularly in understanding psychological and social phenomena. The film portrays circumstances and conditions that closely resemble issues experienced in modern life, especially those related to mental health and social instability. This study employs a qualitative research methodology to analyze the data presented in the film. As a science fiction drama, *Melancholia* provides a symbolic representation of human responses to crisis and existential threat. The researchers apply both sociological and psychological approaches in examining the narrative and characters. The sociological approach utilizes social conflict theory and social chaos theory to interpret the breakdown of social order and interpersonal tensions. Meanwhile, the psychological approach focuses on social rejection, anxiety disorders, and depression as experienced by the main characters. Through these analytical frameworks, it can be concluded that *Melancholia* (2011) depicts the genuine struggles of two sisters confronting severe mental health challenges with different underlying causes. Ultimately, the film illustrates resilience, emotional complexity, and human vulnerability in facing catastrophic uncertainty.

**Keywords:** Depression; Anxiety Disorder; *Melancholia*; Sociological Approach; Psychological Approach

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## Introduction

Literature is one of many products of language. It is also derived from the Latin term *litteratura*, which means "writing formed with letters," and refers to imaginative works like poetry, theater, fiction, nonfiction, and, in some cases, journalism and music. The term "literature" is used to refer to both written and spoken material. Literature has an impact on readers; in addition to amusing them, literary works also serve to educate readers and serve as a platform for writers to share the inspiration they encounter in their daily lives (Dinurriyah, 2013). Itsna Syahadatud Dinurriyah, M.A., in her paper titled *Theory of Literature: An Introduction*, stated that literature is too diverse to be constrained solely by topics. A byproduct of human life, literature is considered an aspect of human culture. However, understanding cultural products is often more complex than creating them (Dinurriyah, 2013). Even though literature is regarded as an essential part of human life, it is still seen as a challenging subject (Dinurriyah, 2013).

This essay will focus more specifically on psychology in relation to literature. The relationship between literature and psychology needs to be clarified for readers. Psychology holds that a person's life experiences influence their behavior. The experience of human existence provides authors with inspiration for creative works. According to Wellek and Warren (1948), psychology has sharpened writers' perceptions of reality and strengthened their powers of observation. However, psychology is merely a preparation for artistic creation; psychological truth has artistic value only if it contributes to the coherence and complexity of the work itself

(Wellek & Warren, 1948).

From a psychological perspective, depression and anxiety are classified as mood and anxiety disorders in clinical practice (American Psychiatric Association, 2013). Depression is characterized by persistent sadness, loss of interest, and cognitive distortions that affect how individuals interpret reality (Beck, 2008; World Health Organization, 2017). Beck (2008) explains that negative patterns of thinking play a central role in the development and maintenance of depression. Similarly, anxiety disorders involve excessive fear, worry, and heightened emotional responses, often accompanied by intrusive mental imagery (American Psychiatric Association, 2013; Gaglianone, 2025). Globally, depression and anxiety are among the most common mental disorders affecting individuals' daily functioning (World Health Organization, 2017).

In literary and film studies, psychological conditions such as depression and anxiety are frequently portrayed to reflect human experiences. Studies show that mainstream media and films often depict characters struggling with mood and anxiety disorders, influencing audience understanding of mental health (Mittmann et al., 2024; Rodrigues & Duarte, 2022). Furthermore, film-based narratives have been found to contribute to mental health awareness and education (Goodwin et al., 2021; Ilgin et al., 2024). Therefore, analyzing characters such as Justine and Claire through psychological theories allows readers to better understand the representation of depression and anxiety in literary works.

The writers aim to address several issues that readers may encounter in this essay. For better understanding, three main questions are formulated:

1. What are the reasons behind Justine's depression?
2. How did Claire develop her anxiety disorder?
3. How did the sisters cope with the situation after the incident occurred?

These questions will be analyzed using literary theory and psychological perspectives (Rainsford, 2014; Dinurriyah, 2013; Wellek & Warren, 1948; American Psychiatric Association, 2013; Beck, 2008).

## Methodology

The researchers used qualitative method in conducting the research. The Qualitative Methods means that information on the major phenomena being investigated in a study, research participants, and the study's location are included in this sort of research. The research design used in qualitative research can also be stated. focuses on gathering information via open-ended and conversational communication. This strategy considers "what" and "why" individuals believe. According to John W. Creswell in his book titled 'Qualitative Inquiry and Research Design' : a series of: Choosing Among Five Approaches, (Cresswell, 2013: 22).

As Creswell said that the structure or framework of a qualitative method is adaptable. This method takes an inductive approach that focuses on specific meanings and translates the complexity of a situation. He also claims that Methodology for examining and comprehending the meaning attributed to social or human problems by some individuals or groups of people.

The Primary Data in this thesis, the writer uses Dialogues and some part of the scenes in the movie 'Melancholia' as a strong proof, because the things happen in the movie can also be the reason why the writer writes this thesis. Whereas for the Secondary Data, the writer uses some E-books and Journals as sources to get to know more understanding about the meaning behind the Dialogues and Scenes in the previous part, Primary Data. It can also be a supportive factor behind the Primary Data.

## Result and Discussion

### A. The Reasons Behind Justine's Depression

In the movie, there are some scenes which showed that there are some problems since the beginning of Part I which shows Justine's Situation. Those scenes are where the symptom of Justine's depression started to begin. The writer will put the specific answer based on the two approaches, Sociological Approach, and Psychological Approach. She will answer it using Social Conflict Theory and Social Chaos Theory as proof for Sociological Approach. And, she also uses Depression Theory and Social Rejection Theory as proof for Psychological Approach.

#### 1. Social Conflict

Social Conflict happens when two or more people interact socially, social conflict develops when they exercise mutual social power in an effort to achieve different goals while preventing the other from achieving theirs. In the movie, Social Conflict happened caused by the different perceptions among Justine, her family and people she knew.

There are some scenes which explain the answer on what are the reasons behind Justine's depression, and Social Conflict is one of the beginnings of it. The proof will be listed down below with its specific explanation.

##### a. Gaby's Desire

In this part of the movie, the scene shows that on Justine's wedding day, before everyone's having a banquet, John asked everyone to stand up for a second to do the cheers for the groom and the bride. Everyone's having a banquet after that. The party is held with smiles everywhere, the atmosphere is so joyful and the vibes are so very enchanting. Later on the schedule, every family member or work-partnership which has the closest relationship with the groom and the bride are needed to do the speech one by one in rotation. But suddenly, when everyone is having a banquet, Gabby says something shocking for Justine.

00:15:37 - 00:15:43

Gaby : Justine, I don't want to make a speech.

Justine : Why? Please.

In the dialogue above, Gaby says she doesn't want to do the speech, while Justine is questioning why and begging. In that scene, as it looks, Gaby is showing an uncomfortable facial expression which shows that she isn't even interested in doing any of the speech even for a bit. This dialogue becomes the first reason why Justine feels depressed because it is becoming the first conflict on her wedding day. This also shows that it is considered as a Social Conflict because there are some different desires between Justine and her mother, Gaby. As a bride, the queen of the party, of course Justine is having trouble to understand, that is why she asked 'why' to her mother because at least she needs to know the reason why her mother doesn't want to make a speech.

##### b. Jack's Demand

In this part of the movie, the scene shows that after everyone is happily having a banquet, Jack is clinking the spoon to the glass while he stands up, hoping for the attention from everyone because he wants to do the speech and has something important to say. Then, he started doing the speech right after everyone was quiet and paid attention to him.

00:16:41 - 00:17:41

Jack : Justine, listen up, goddammit. As most of you know, I'm here tonight playing sort of a double role. On Michael's side, I'm best man. And, coincidentally, I'm also the employer of the bride. I've got nothing bad to say about the groom, but... The bride... Justine... Gorgeous woman.. Where's my tagline? You were always great in coming up with a tagline in a hurry.

What happened? Did your emotional life suddenly take over? Did finding the man of your life render you unable to work? I'm just asking because if I were to choose between a woman for my dear friend Michael and an employee... I would always choose the employee. Advertising, Justine, advertising.

In the dialogue above, Jack says that he is playing a double role. When he says 'On Michael's side, I'm best man', meaning that the first role, Jack is an employee for Michael. Later on he says 'I'm also the employer of the bride' which means that in the second role, Jack is the boss of Justine. Shortly, Jack's position is in the middle between Michael and Justine. After introducing himself, Jack keeps asking Justine 'where's the tagline', being harshly sarcastic towards Justine in front of everyone, and demanding Justine's work right on her wedding party. Assuming that all the things that Jack said was just a joke, Justine and the others' reaction were just laughing. This dialogue becomes the second reason why Justine feels depressed because it is becoming the second conflict on her wedding day. This also shows that it is considered as a Social Conflict because there is a little bit of an awkwardness vibe when Jack says such a thing. As it looks, Justine shows a little bit of confusion by Jack's harsh statement which made her have no other choices to respond to Jack but laughing.

### c. Jack's Demand 2

In this part of the movie, the scene shows Justine joining the ballroom, trying to entertain herself by dancing by herself right in the middle of the crowd full of guests. As it looks, Justine's facial expression shows that she has lost her energy to do the rest of the scheduled events but she knows she should keep pretending like everything is okay while it's not considering the negative vibes she got. The next scene shows that Justine was dancing with her father, Dexter. He kissed her on the cheek and asked Justine if she was happy, and Justine said 'yes'. Later right after that, the scene shows that Justine accidentally met Jack and Tim which made her stop the dance right away just to have a little conversation with Jack.

00:39:46 - 00:41:02

Jack : This is the young man.

Tim : I'm Tim.

Justine : Hi, Tim.

Jack : Tim started working for us two days ago. Tim thought I wouldn't be able to squeeze that tagline out of you tonight.

Justine : Why, what are you pushing Tim into doing?

Jack : To get that damn tagline out of you tonight. Otherwise he's out on his ear, which sucks, considering the debts he's in.

Justine : Goodbye.

Jack : Once you give her a job, she won't let go. You gotta be there at the time of birth, so you follow her now. I mean, get that tagline.

In the dialogue above, Jack is introducing Tim to Justine. Tim is the new employee, started to work with the company two days ago. Then Jack suddenly became sarcastic towards Justine by saying 'Tim thought I wouldn't be able to squeeze that tagline out of you tonight'. Hearing the very uncomfortable sarcastic statement from Jack, Justine directly asked 'What are you pushing Tim into doing?' and with no hesitation, Jack answers 'To get that damn tagline out of you tonight' which means Jack purposely hired Tim to push Justine to do the work right on her wedding day. Not only that, Jack is also threaten Tim by saying to Justine 'Otherwise he's out on his ear, which sucks, considering the debts he's in' which means if Justine cannot finish her job right on that night on her wedding day, Jack will fire Tim if he cannot get Justine's tagline that

jack asked. This dialogue is considered as Social Conflict because there is some uncomfortable sentence that has been said by Jack which cannot be tolerated by Justine considering she also has so many problems before this scene happens.

## 2. Social Chaos

Social Chaos happens when individuals or groups are having a little problem, the little problem then gets bigger in every conversation which makes the whole vibes different and that whole situation is later changing into a huge impact for the future. In the movie, Social Chaos happened caused by argumentation about disagreements between both of Justine's parents, both of Justine and Claire, and both of Justine and her mother.

There are some scenes which explain the answer on what are the reasons behind Justine's depression, and Social Chaos is a huge reason considering those reasons are some roots of the huge problem itself. The proof will be listed down below with its specific explanation.

### a. Gaby's Frustration

In this part of the movie, the scene shows that Jack is having a speech, after that, Jack says "The father of the bride wants a word" (00:18:25-00:18:27). The purpose of Jack saying that right before his speech is finished is that he wants to give the father of the bride the turn to do the speech after him. The moment after Jack got back to his seat, Dexter started to stand up and start the speech. As usual, the speech started with compliments, but after the compliments went to the bride, Dexter started questioning something which is not necessarily questioned.

00:19:02 - 00:20:22

Dexter : So, what can I say without talking about your mother? My wife of yesteryear. Which is exactly what I don't wish to do. I don't think that I would be revealing any secret if I were to say that she can be very domineering at times.

Gaby : Domineering? What a load of crap! For those who don't know who I am, I'm Claire and Justine's mother. Justine, if you have any ambition at all, it certainly doesn't come from your father's side of the family. Yes. I wasn't at the church. I don't believe in marriage. Claire, whom I have always taken for a sensible girl, you've arranged a spectacular party. Till death do us part and forever and ever... Justine and Michael. I just have one thing to say... Enjoy it while it lasts. I myself hate marriages.

John : Gaby, please.

Gaby : Especially when they involve my closest family members.

Claire : Why did you even bother coming?

In the dialogue above, Dexter started to question such a sarcastic question for Gaby. Gaby is showing a really uncomfortable facial expression considering the dialogue before when she said she doesn't want to make a speech, At the same time, Dexter is staining Gaby's image for no reason instead of saying nothing. Gaby, at the same time, feels really offended by Dexter. She stood up and revealed everything about the family. Gaby said that Dexter is lying. She told everyone that everything good such as ambition about Justine or Claire never comes from the father's side of the family. She also told everyone that she does not believe in marriage considering she was divorced because of Dexter's fault. After feeling satisfied about her confrontation towards Dexter, she then being sarcastic towards Justine instead, told Justine to enjoy the marriage while it lasts. John already calms Gaby down, but she doesn't even want to listen until she finishes her speech first. After she finished her speech, Claire said "Why did you even bother coming?" meaning that if Claire knows there will be a hurtful argumentation from Gaby, then Gaby will not be invited. This dialogue is considered as Social Chaos because this is the only dialogue where everything starts. This dialogue consists of a huge argumentation, the

disagreement and the frustration of Gaby. This basically is a root that causes Justine to have depression.

#### b. Claire's Confrontation

In this part of the movie, the scene shows that after Jack demands Tim to ask Justine about the tagline, Tim always follows Justine wherever she goes. Justine is feeling too much for a conversation about Jack who is always demanding Justine to do the work on her wedding night, so she decides to dance by herself, but Tim is following her, so Justine just puts both of her hands on Tim's shoulders. At that moment, Justine looked like indirectly forcing Tim to dance with her. But after Justine felt enough of the dance, she went upstairs to go to the bedroom. Right before Justine wants to open the door, Tim asked her to do the tagline as Jack said, but Justine said to spare some time for her privacy and just shut the door. Inside the room, Justine's expression shows that she's shocked because there are Claire and Michael inside the bedroom, sitting on the couch together, looking like they're both mad. Michael looked at Justine in disappointment and left the room. Justine sits and starts to talk to Claire.

00:41:59 - 00:42:31

Justine : I'm thrilled about this wedding and I know it's costing John a lot of money.

Claire : John's filthy mouth... He needs to shut up about it. It 's not about the cost. It's just that I thought you really wanted this.

Justine : But I do.

Claire : Michael has tried to get through to you all evening to no avail.

Justine : That's not true. I smile and smile and smile...

Claire : You're lying to all of us.

In the dialogue above, Justine tried to convince Claire that she really wanted the marriage and the wedding party and she said that she knows that John cost a lot of money for her wedding. Claire is a little bit annoyed because John shouldn't have to talk about money to Justine. Claire said that what matters is that she thought Justine really wanted the marriage, the wedding, and the party, but Claire shows the disappointment expression to Justine and indirectly tells her that Justine doesn't want all of that. Justine keeps denying everything that has been said by Claire. Claire seems to be at the end of her rope and tells Justine that actually, Michael was always trying to persuade Justine to be happy about the wedding but Justine keeps feeling sad all the time like she doesn't feel happy inside the wedding vibes. Justine keeps saying that what Michael said is not true, but Claire is already mad at Justine and tells Justine that she's lying to everyone. This conversation indicates that when Michael sat together with Claire on the couch, it was actually just to talk about Justine. This dialogue is considered as Social Chaos because it really matters to Justine in the future. Justine tried to look for a defence in Claire but Claire doesn't seem to understand.

#### c. Gaby's Cynicalness

In this part of the movie, the scene shows Justine being scolded by Claire because Justine's been lying to everybody about her feelings. Justine keeps saying that she's happy but everyone in the family feels that she is in sadness instead. After that scene, Justine's facial expression shows that she hold her tears back, she doesn't want to cry, instead, she looked at the book shelf and started to open every book which has the different pictures which describe about sadness and pain, collecting the opened book into one and gather the pictures in the bookshelf. Then, she brought her mother's bags from her room to her mother's room. When she went inside her mother's room, she started to talk and express everything she felt.

00:44:04 - 00:44:58

Justine : Mom...I'm a bit scared.

Gaby : A bit? I'd be scared out of my wits if I were you.

Justine : No, it's something else, I...I'm frightened, Mom. I have trouble walking properly.

Gaby : You can still wobble, I see. So just wobble the hell out of here. Stop dreaming, Justine.

Justine : I'm scared.

Gaby : We all are, sweetie. Just forget it. Get the hell out of here.

In the dialogue above, Justine started to say that she's scared. Gaby's response is not a good friendly response, Gaby said that she'd be scared if she was Justine. But Justine keeps saying that it's different, what Gaby said is not what Justine meant. Justine said that she's frightened this time, she also said that she has trouble walking properly describing how frightened she is. Again, Gaby's response seemed mocking Justine. Gaby said that Justine can still wobble, which means that Justine can still enjoy what she has that night, the party. Gaby is also told Justine to 'wobble the hell out of here', which means that Gaby told Justine to just get out of the circle she's in, to stop the party and not to get married. After that Gaby said "stop dreaming, Justine", which means that Gaby told Justine to stop dreaming of having a perfect marriage, perfect husband, and perfect life. Hearing that, Justine kept saying that she's scared for the last time. Also for the last time, Gaby told Justine in such a soft and low intonation saying "We all are, sweetie. Just forget it. Get the hell out of here.", that last sentence from Gaby is a clear command for Justine to just forget about everything she dreamt of and just get out of that life she dreamt of. This dialogue is considered as Social Chaos because Gaby is literally just pushing Justine away. Justine as a daughter needed at least a support, by Gaby saying such things and telling Justine to stop dreaming, Justine did not get anything at all when she needed her mother's support at the moment.

#### B. How Claire Got Her Anxiety Disorder

In the movie, there are some scenes which show that there have been some problems since the beginning of Part II which shows about Claire's situation. Those scenes are where Claire started to get her Anxiety Disorder.

The researchers put the specific answer based on the two approaches, Sociological Approach, and Psychological Approach. She will answer it using Social Conflict Theory and Social Chaos Theory as proof for Sociological Approach. And, she also uses Anxiety Disorder Theory and Social Rejection Theory as proof for Psychological Approach.

##### 1. Social Conflict

Social Conflict happens when two or more people interact socially, social conflict develops when they exercise mutual social power in an effort to achieve different goals while preventing the other from achieving theirs. In the movie, specifically in this part of the theory, Social Conflict happened caused by the different perceptions among Claire, her family and people she knew.

There are some scenes which explain the answer on how does Claire got her Anxiety Disorder, and Social Conflict is one of the beginnings of it. The proof will be listed down below with its specific explanation.

##### a. Claire's Confession

In this part of the movie, the scene shows that Claire is looking at the window, John is tidying up something, and Leo is playing with a golf ball on the floor in his room. Suddenly John came to Claire saying that her sister, Justine, literally cannot do anything by herself. John then handed the phone to Claire. Claire asked Justine to just open up the cab's door, and get in the car. In Claire's statement, it sounded like Justine cannot even walk. She cannot even move her body

properly to get inside the car. With annoyance, after Claire hangs up the phone, John said that Justine is a bad influence for Claire and Leo. When John wanted to leave the room, he suddenly just looked at Claire who was tidying up the bed. From that moment John started the conversation about Claire.

01:08:01 - 01:08:38

John : Have you been going online again? Claire, you promised.

Claire : I'm afraid of that stupid planet.

John : That stupid planet? That wonderful planet, you mean. First it was black, now it's blue. Blocking Antares, hiding behind the sun. Darling, this is going to be the most amazing experience we will have in our lives. It won't be here in five days, and it is not going to hit us. Just like it didn't hit Mercury, as we knew it wouldn't. And it didn't hit Venus, as we well knew it wouldn't. And it won't hit Earth, as we know it won't.

John : Claire, look at me. Sweetheart, you have to trust a scientist.

Claire : They say that it will hit...

John : No they don't, that's not true. Not the real scientists. Melancholy is just gonna pass right in front of us. And it's gonna be the most beautiful sight ever. Now, I wish you'd watch it through the telescope with me.

In the dialogue above, John is asking whether Claire is going online again or not. Before Claire even answers, John continues to tell her that she already promised not to go online again. Claire has no opinion but to answer that she's afraid of the planet that is going to hit the earth. She even called the planet with "stupid" because she was literally so anxious. John then answered that what Claire mean is a wonderful planet, means that John is get rid of all Claire's anxieties by saying that the planet is not stupid, it's wonderful. John also said that it didn't hit the other planet as the scientists know that they wouldn't.

John talked about Mercury and Venus, that planet will not hit the earth like it didn't hit Mercury and Venus. John keeps saying that Claire needs to trust scientists that it is going to be the most beautiful sight and the most amazing experience for them. Claire still said that "they say it will hit...", which means that "they" refers to the internet. But John keeps dismissing it by saying no, because people on the internet are not real scientists. While John is the real scientist so Claire needs to trust him. John also said that he wanted to watch the planet pass through the telescope with Claire. This dialogue is considered as Social Conflict because it explains about the first conflict that happened in the second part of the movie. It also clearly shows that this dialogue is the roots of How does Claire got her anxiety disorder because this is where everything started.

#### b. Handmade Device

In this part of the movie, the scene shows Claire sitting on the backyard's chair with Justine. Claire is just daydreaming, while Justine is also sitting and having a cup of tea in front of her. Suddenly, Leo and John appear on the scene. They both are riding the golf car and laughing together. Then after they finished playing with each other, John and Leo are headed to the spot where Claire and Justine are sitting. Then John started the conversation towards Claire.

01:24:33 - 01:24:52

Leo : Look.

John : Our son has invented a very fine device. If you adjust the steel and point it towards the planet from your chest it'll tell you how fast it's approaching and ultimately how fast it will recede.

Claire : Okay.

In the dialogue above, after Leo said "look" while he headed to Claire, he showed the device that he made from stick and wire to Claire. The purpose of this device that has been made by Leo is to see if the planet which will cross earth is not going to hit the earth. After that, John is explaining to Claire the way of how the device works, it's just put the point of the stick to the centre of the chest and match the wire to the planet to see if it is getting bigger or not. Hearing John's explanation, Claire shows the facial expression which tells that she is very frightened about the planet. She is scared that the planet will hit the earth. While Claire is very frightened, at the same time, John and Leo are very excited about tomorrow night because they will watch such a beautiful moment that the planet will pass the earth.

### c. John's Fickle Mind

In this part of the movie, the scene shows Justine leaving the building and heading to the spot near John and Claire who is holding Leo inside her hug. Three of them are looking up to the sky. Then John asked Claire to take a look through the telescope and John stood behind Claire while kissing her back while Claire was bowing using the telescope.

01:35:35 - 01:38:26

John : Take a look. Are you afraid?

Claire : No, it looks...It looks friendly.

John : Yes. That's what I've been trying to explain to you. My God.

John : I'd like to raise a toast. To life.

Claire : To life? What do you mean, to life? You said it was going to be okay.

John : There was no sense in alarming everybody.

Claire : So, you're saying that our lives were in danger?

John : No, I was saying...No, I'm saying that when dealing with science and calculations of this magnitude...you have to account for a margin of error. That's all I'm saying.

John : I'm sorry.

Claire : It's not fun any more.

John : Actually it's moving away from us as we speak. Come here. Put this to your chest. Aim it up at the planet. Hold on.

Claire : Is that right?

John : Yes. In five minutes... it'll be smaller.

In the dialogue above, after John asked Claire to take a look, John asked her whether she was afraid or not. Claire responded that she was not afraid, and the planet looks friendly, unlike what she thought inside her head. John felt a relief hearing Claire's answer and said to her that that was the thing that he was trying to explain to her. Then John, Claire, Leo, and Justine are headed to the dinner table outside the building. They were all sitting there, but then John said to Claire that he would like to raise a toast to life.

John's statement is shocking to Claire, it made Claire suddenly ask John about so many questions which jumped to the conclusion that now John is the one who is more afraid that his calculation can be wrong. He made Claire doubt his calculations already because John said "you have to account for a margin of error" which means that he is not sure if the planet they are living on is safe because John is indirectly saying that there is a probability or chance that the planet will hit the earth. After being truthful that he is not sure about his calculation, John distracts Claire by saying that the planet is moving far away as they speak and told Claire to put Leo's handmade device on her chest to calculate the size of the planet that time and said that five minutes later it will be smaller. This dialogue is considered as Social Conflict because this dialogue is one of the reasons that Claire's Anxiety Disorder is relapsed once in a while. Also,

Claire and John had time to argue about John's calculation.

In this part of the movie, the scene shows Claire sitting on the backyard's chair with Justine. Claire is just daydreaming, while Justine is also sitting and having a cup of tea in front of her. Suddenly, Leo and John appear on the scene. They both are riding the golf car and laughing together. Then after they finished playing with each other, John and Leo are headed to the spot where Claire and Justine are sitting. Then John started the conversation towards Claire.

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In the dialogue above, after John asked Claire to take a look, John asked her whether she was afraid or not. Claire responded that she was not afraid, and the planet looks friendly, unlike what she thought inside her head. John felt a relief hearing Claire's answer and said to her that that was the thing that he was trying to explain to her. Then John, Claire, Leo, and Justine are

headed to the dinner table outside the building. They were all sitting there, but then John said to Claire that he would like to raise a toast to life.

John's statement is shocking to Claire, it made Claire suddenly ask John about so many questions which jumped to the conclusion that now John is the one who is more afraid that his calculation can be wrong. He made Claire doubt his calculations already because John said "you have to account for a margin of error" which means that he is not sure if the planet they are living on is safe because John is indirectly saying that there is a probability or chance that the planet will hit the earth. After being truthful that he is not sure about his calculation, John distracts Claire by saying that the planet is moving far away as they speak and told Claire to put Leo's handmade device on her chest to calculate the size of the planet that time and said that five minutes later it will be smaller. This dialogue is considered as Social Conflict because this dialogue is one of the reasons that Claire's Anxiety Disorder is relapsed once in a while. Also, Claire and John had time to argue about John's calculation.

## 2. Social Chaos

Social Chaos happens when individuals or groups are having a little problem, the little problem then gets bigger in every conversation which makes the whole vibes different and that whole situation is later changing into a huge impact for the future. In the movie, specifically in this part of the theory, Social Chaos happens caused by the climax part when John has hesitation towards his own calculation and decides to leave things behind.

There are some scenes which explain the answer on how does Claire got her Anxiety Disorder, and Social Chaos is a huge reason considering those reasons are some roots of the huge problem itself. The proof will be listed down below with its specific explanation.

### a. Sign of Horses

In this part of the movie, the scene shows that Claire who is opening the backyard door and greets John by saying "hi darling". She walks toward John who is busy taking notes and looking at the telescope once in a while. Claire is holding a cup of tea and asks John if John wants something to drink or not with a happy facial expression and body gesture, but John answers "no, thank you" with a little bit of fear and worry facial expression. When Claire walks into the wooden beach chair, the camera angle is spotting John. His facial expression shows that he is so frightened.

Logically a few minutes before, when he looks busy taking notes and after that he looks frightening, it means that his calculations about accounting errors are true. The camera angle is back to Claire which shows that Claire has fallen asleep. When Claire woke up, she noticed that John was no longer there, sitting on the chair and taking notes while checking the telescope. Then Claire walks near the telescope and uses Leo's handmade device to calculate the size of the planet. She waits for some minutes and checks it up again and this time she is really shocked because the size of the planet is bigger than the circle wire of Leo's handmade device. He started to scream, calling for John.

01:44:27 - 01:46:07

Claire : John! John!John!John!John!John!John!

Claire : I can't find John. Do you know where he is?

Justine : No. I was just listening. There's something different. The horses...They've come down.

In the dialogue above, Claire started to scream and calling out for John repeatedly. She was looking for John while calling him but John is nowhere to be found. Then, she found Justine in one of the rooms, she asked her about John. Does Justine know where John is? Justine said no but she explained that she was just hearing something very strange happened. It turns out that the

horses are whining. Hearing Justine say such a thing, Claire's facial expression started to be more frightening because she realised that she hadn't even looked for John in a horse stable. Then she walked faster and headed to the horse stable.

### 3. Anxiety Disorder

Anxiety Disorder happens when someone has the feeling of irrational worry over some events, specifically before the events are going to happen. This anxiety is various things, for example: money, family, health, and the future. It is very difficult to manage, and there are also some non-specific psychological physical symptoms. Panic Attack is the example of Claire's. There are some scenes which explain the answer on how does Claire got her Anxiety Disorder, and Anxiety Disorder is the impact that Claire should take considering all the Social Conflicts and Social Chaos that happened after Justine's wedding Day. The proof will be listed down below with its specific explanation.

#### a. Claire's Research

In this part of the movie, the scene shows that in the middle of the night, Claire went to the backyard. She looked up at the sky while walking slowly towards the telescope. Claire's facial expression shows that she is so worried about the planet that she did research about it on the computer. She searched with the keyword "MELANCHOLIA" and there's a lot of things saying that it will hit the planet earth. She clicked one of them and the title of the web is "Earth & Melancholia. Dance of Death". She printed it, and called John out.

01:26:51 - 01:28:42

Claire : Earth & Melancholia. Dance of Death. John!John!

John : Coming. We're prepared for this. The power will be back on in a few days. Claire Tomorrow evening Melancholy will pass us by and you'll never have to see it again, okay? Claire : So it won't hit us?

John : Not a chance.

Claire : What if your scientists have miscalculated and...

John : They haven't.

Claire : You promise?

John : Of course I do. I promise. It's rising again. Just like the moon. Because of the Earth's rotation. Exactly like they said it would.

In the dialogue above, Claire called John twice. John said that he will be coming, which means that he's doing something at that time. After she went towards Claire, he said that he already prepared for this experience. He also said that the power will be back in a few days. When he walked past Claire, he suddenly stopped and said that the planet Melancholia will only pass by the earth. Claire asked John again, wanting the certainty, even asking John to promise and John said yes. This dialogue considered as Anxiety Disorder because Claire's facial expression, body gesture, and even her dialogue is clearly showing that she is afraid, worry, and frightening about the planet that will hit the earth, that is why she is asking for John's validation that that planet will not be able to have a single chance to hit the earth.

#### b. Another Side of Justine

In this part of the movie, Claire went to the library room. There's Justine who seems relaxed. Justine read a book while eating some little snacks and having tea. Claire asked her to take a bath but Justine said she already had a bath. Claire looked confused because she thought that Justine still cannot move properly. Because on the previous scene, the social conflict theory part a; Claire's Confession, when Justine cannot even walk properly and cannot even getting into the cab, the scene shows that she cannot even take a bath, Claire hardly pursue Justine to take a bath

in the bathroom, Justine's naked already but cannot even lift her foot one by one to get into the bathtub. After having a thought that Justine cannot move but Justine already said that she had a bath and she's very clean, Claire then tried to open the conversation.

01:30:50 - 01:33:03

Claire : It'll pass us by tonight. John is quite calm about it.

Justine : Does that calm you down?

Claire : Yes, of course. Well, John studies things. He always has.

Justine : The earth is evil. We don't need to grieve for it.

Claire : What?

Justine : Nobody will miss it.

Claire : But where would Leo grow up?

Justine : All I know is...Life on earth is evil.

Claire : There may be life somewhere else.

Justine : No, there isn't.

Claire : How do you know?

Justine : Because I know things.

Claire : Oh, yes, you always imagine, you did

Justine : I know we're alone.

Claire : I don't think you know that at all.

Justine : Six hundred and seventy-eight. The bean lottery. Nobody guessed the amount of beans in the bottle.

Claire : No, that's right.

Justine : But I know. Six hundred and seventy-eight.

Claire : Well, perhaps... What does that prove?

Justine : That I know things. And when I say we're alone... We're alone. Life exists only on Earth. And not for long.

John : Coming. We're prepared for this. The power will be back on in a few days. Claire Tomorrow evening Melancholy will pass us by and you'll never have to see it again, okay? Claire : So it won't hit us?

John : Not a chance.

Claire : What if your scientists have miscalculated and...

John : They haven't.

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In the dialogue above, Claire called John twice. John said that he will be coming, which means that he's doing something at that time. After she went towards Claire, he said that he already prepared for this experience. He also said that the power will be back in a few days. When he walked past Claire, he suddenly stopped and said that the planet Melancholia will only pass by the earth. Claire asked John again, wanting the certainty, even asking John to promise and John said yes. This dialogue considered as Anxiety Disorder because Claire's facial expression, body gesture, and even her dialogue is clearly showing that she is afraid, worry, and frightening about the planet that will hit the earth, that is why she is asking for John's validation that that planet will not be able to have a single chance to hit the earth.

c. Another Side of Justine

In this part of the movie, Claire went to the library room. There's Justine who seems relaxed.

Justine read a book while eating some little snacks and having tea. Claire asked her to take a bath but Justine said she already had a bath. Claire looked confused because she thought that Justine still cannot move properly. Because on the previous scene, the social conflict theory part a; Claire's Confession, when Justine cannot even walk properly and cannot even getting into the cab, the scene shows that she cannot even take a bath, Claire hardly pursue Justine to take a bath in the bathroom, Justine's naked already but cannot even lift her foot one by one to get into the bathtub. After having a thought that Justine cannot move but Justine already said that she had a bath and she's very clean, Claire then tried to open the conversation.

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Justine : But I know. Six hundred and seventy-eight.

Claire : Well, perhaps...What does that prove?

Justine : That I know things. And when I say we're alone... We're alone. Life exists only on Earth. And not for long.

In the dialogue above, Claire said to Justine that John is calm about the planet. Justine asked her, will that make her feel calm too, and Claire said "of course", she then continued explaining that John is educated, he always learns about planet things. However suddenly, Justine replied saying that the world is evil, she told Claire not to grieve because no one will ever miss the earth itself. Claire is precisely concerned about Leo, where he will grow to be exact. Claire still replied looking like she believes there will be life somewhere else, but Justine hardly disagrees saying "no there isn't", Claire started to panic, she seems to be confused with Justine's statement. Claire asked Justine what is the meaning behind her words. Then, Justine answered "because I know things".

#### d. John's Effort

In this part of the movie shows that the previous part which consists of the dialogue in the continuous of the social conflict theory part d; Short Relief. When Claire shows her disappointment look in her face to John, Claire tries to relax a bit. Suddenly, Claire goes so panicked that she hardly takes a breath. She said that she can't breathe and John replied that it's just a part of the atmosphere because the planet is slow and it will be right back as usual. John

tries to calm Claire down.

01:38:52 - 01:39:25

Claire : I can't breathe.

John : Just relax, relax. This is normal. It's taking part of our atmosphere. For a little while, it's gonna make us winded. Just try and breathe calmly. Just breathe. Just breathe. There you go.

John : Just try to breathe calmly. There you go.

The dialogue above is considered as Anxiety Disorder because Claire said that she can't take a breath, which means that it is one of the symptoms of Anxiety Disorder. John asked her to try to breathe calmly, and it worked.

C. How the Sisters Deal with the Situation

#### 1. Social Conflict

Social Conflict is the theory which was used for the analysis when the writer found the scene of people who are interacting socially, whether it is individually or even in a group. Social conflict is developing when those people are exercising the effort of mutual social power in the purpose to reach different goals while preventing the other from reaching theirs. In the movie, specifically in this part of the theory, Social Conflict happens caused by Justine and Claire who are arguing with each other in the room, discussing each other's opinions.

The scene to be shown for the Social Conflict part is only one but the proofs cannot be separated because each of the dialogue is related to one another. This part of the theory will be included in only one dialogue and also will be put after explaining each of the theories used for analysing the last question.

#### 2. Depression

Depression is the theory which was used for the analysis when the writer found the scene of someone who has lost interest in doing the things they used to enjoy before. The majority of Depression itself is all about sadness. The symptoms of Depression is not only sadness, Depression can also mean that someone is desperate in doing things, the sufferers' brain are actually working, so all they can do is think logically how to not bring everything in such a mess, sometimes the sufferers are not available to do anything except waiting for their death. In the movie, Depression happens because of so many dialogue scenes in the previous theory, Social Conflicts. However, those Social Conflicts lead to Social Chaos which becomes a huge source that causes Justine to have Depression. In the movie, specifically in this part of the theory, Depression theory includes when Justine expresses the desperation of herself. She also pursues Claire to just stop dreaming to make the situation end beautifully.

The scene to be shown for the Depression part is only one but the proofs cannot be separated because each of the dialogue is related to one another.

## Conclusion

This movie tells about the struggles of Justine who got depression on her own wedding day, and Claire who got anxiety disorder during the journey of Melancholy Planet to crash on earth in Tjolöholm Castle, Halland, Sweden. This movie is a Science Fiction which was released in 2011. The major issue in this movie is how Justine and Claire, the sisters, cope with their own mental illness during the mysterious planet who is going to hit the earth. The situations around them are what made them get their own mental illness, that is why the writer put two theories for each of the approaches. Besides, this movie can also be the perfect teacher because it teaches people to learn about what can cause mental illness and how to avoid it because sometimes when something is already happening, those things are no more cannot be changed, it can only be the

learner for the future to not attempt the same mistakes. It can also motivate the readers to be able to help someone who is experiencing the same symptoms of mental illness like the main characters'.

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