

**DIANE'S DEVIATION BEHAVIORS AS COPING MECHANISMS OF
PAST TRAUMA IN THE *RUN* FILM (2020)**



**An Undergraduate Thesis
Submitted as a Partial Fulfillment of the
Requirements for *Sarjana Sastra* Degree**

**KURNIA NANDA NIRMALA
1909010039**

**FACULTY OF CULTURAL SCIENCES AND COMMUNICATION
UNIVERSITAS MUHAMMADIYAH PURWOKERTO**

2025

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APPROVAL SHEET

This is to certify that this undergraduate thesis entitled **“DIANE’S DEVIATION BEHAVIORS AS COPING MECHANISMS OF PAST TRAUMA IN THE RUN FILM (2020)”** by Kurnia Nanda Nirmala has been approved by the advisors and the Head of English Department to be examined by the Board of Examiners

Purwokerto, 02 January 2025

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DIANE'S DEVIATION BEHAVIORS AS COPING MECHANISMS OF PAST TRAUMA IN THE RUN FILM (2020)

**An Undergraduate Thesis
by**


**Kurnia Nanda Nirmala
1909010039**

**has been examined and approved by the Board of Examiners as
one of the requirements for Sarjana Sastra degree on January, 24 2025**

THE BOARD OF EXAMINERS

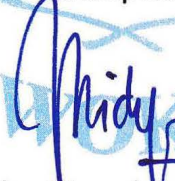
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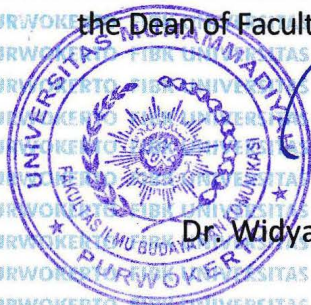

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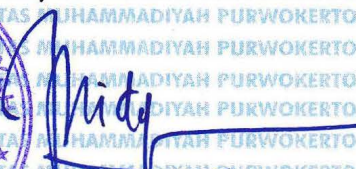
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**Dr. Widya Nirmalawati, S.S., M.A.
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STATEMENT OF ORIGINALITY

Name : Kurnia Nanda Nirmala

Student Number : 1909010039

I, the undersigned researcher of the undergraduate thesis entitled “DIANE’S DEVIATION BEHAVIORS AS COPING MECHANISMS OF PAST TRAUMA IN THE RUN FILM (2020)”, hereby attest and affirm that the material in this thesis has not been previously submitted and published for a degree in any universities, and to the best of my knowledge, any referenced-quotations are shown in the arrangement of citations and bibliography. If later it can be revealed that this undergraduate thesis contains partly or wholly plagiarized pieces of other intellectual works of any kinds, the researcher will be ready to accept the sanction.

Purwokerto, 02 January 2025




Kurnia Nanda Nirmala

MOTTO

"But life goes on, life doesn't revolve around you. No matter how bitter it gets, it just life"

-Iqbaal Ramadhan



DEDICATION

This thesis is proudly dedicated to my beloved family.



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First of all, I would like to thank Allah SWT who has given me opportunities and blessings so that I can finish my undergraduate thesis.

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ABSTRACT

Nirmala, Kurnia N, 1909010039. 2024: *DIANE'S DEVIATION BEHAVIORS AS COPING MECHANISMS OF PAST TRAUMA IN THE RUN FILM (2020)*. Undergraduate Thesis for Sarjana Sastra Degree, English Literature Study Program, Faculty of Cultural Sciences and Communication, Universitas Muhammadiyah Purwokerto.

This research focuses on the deviation behaviors exhibited by Diane Sherman, the main character in *Run* (2020), as a response to unresolved trauma. Using a qualitative approach and textual analysis, the study applies Judith Herman's trauma theory and Sigmund Freud's psychoanalytic theory to analyze Diane's actions. The data consists of scenes, dialogues, and visual elements from the film that highlight Diane's manipulative and controlling behaviors toward her adopted daughter, Chloe. The findings reveal that Diane's behaviors, such as inducing Chloe's illnesses and isolating her from the outside world, function as maladaptive coping mechanisms rooted in Diane's unresolved grief and fear of loss. These behaviors are categorized into three stages based on Herman's trauma recovery model: establishing safety, reconstructing the trauma narrative, and restoring connections with the community. Diane's obsessive need for control reflects the psychological impact of her trauma and illustrates how deviation behaviors can manifest as a means of asserting dominance and regaining a sense of security. This research contributes to a deeper understanding of how trauma influences behavioral patterns and provides insights into the intersection of psychological trauma, maternal relationships, and deviation behaviors.

Keyword: *Trauma, Psychological Impact, Deviation Behavior, Control Behaviors Diane Sherman*

INTISARI

Nirmala, Kurnia N, 1909010039. 2024: *PERILAKU MENYIMPANG DIANE SEBAGAI MEKANISME KOPING TRAUMA MASA LALU DALAM FILM RUN (2020)*. Skripsi untuk Gelar Sarjana Sastra, Jurusan Bahasa Inggris. Fakultas Ilmu Budaya dan Ilmu Komunikasi, Universitas Muhammadiyah Purwokerto.

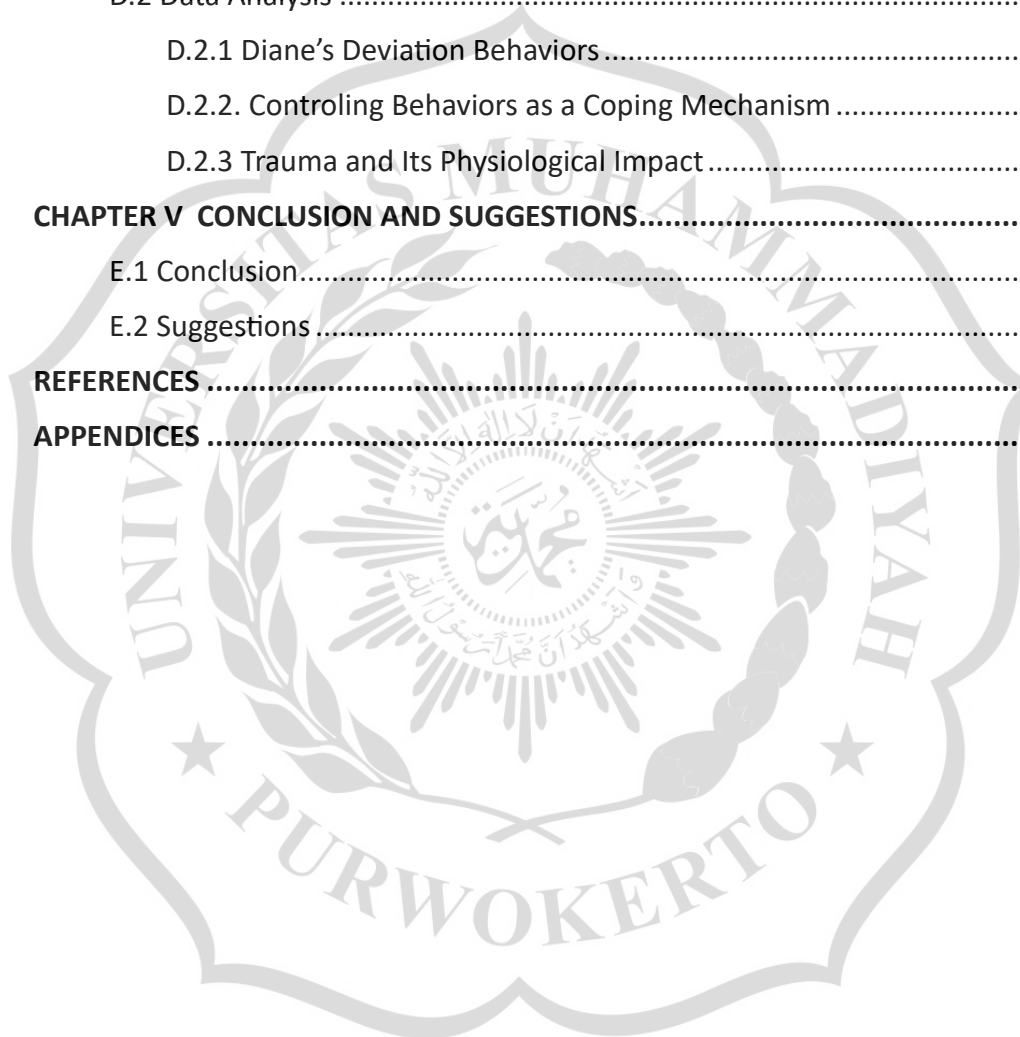
Penelitian ini berfokus pada perilaku menyimpang yang ditunjukkan oleh Diane Sherman, tokoh utama dalam film *Run* (2020), sebagai respons terhadap trauma yang belum terselesaikan. Dengan menggunakan pendekatan kualitatif dan analisis tekstual, penelitian ini menerapkan teori trauma Judith Herman dan teori psikoanalisis Sigmund Freud untuk menganalisis tindakan Diane. Data penelitian terdiri dari adegan, dialog, dan elemen visual dalam film yang menyoroti perilaku manipulatif dan pengendalian Diane terhadap anak angkatnya, Chloe. Temuan penelitian mengungkap bahwa perilaku Diane, seperti membuat Chloe sakit dan mengisolasinya dari dunia luar, berfungsi sebagai mekanisme koping maladaptif yang berakar pada kesedihan mendalam dan ketakutan Diane akan kehilangan. Perilaku ini dikategorikan ke dalam tiga tahap berdasarkan model pemulihan trauma Herman: menciptakan rasa aman (*establishing safety*), membangun kembali narasi trauma (*reconstructing the trauma narrative*), dan memulihkan hubungan dengan komunitas (*restoring connections with the community*). Kebutuhan obsesif Diane untuk mengendalikan mencerminkan dampak psikologis traumanya dan menunjukkan bagaimana perilaku menyimpang dapat muncul sebagai cara untuk menegaskan dominasi dan mendapatkan kembali rasa aman. Penelitian ini memberikan pemahaman yang lebih mendalam tentang bagaimana trauma memengaruhi pola perilaku serta menawarkan wawasan tentang hubungan antara trauma psikologis, hubungan keibuan, dan perilaku menyimpang.

Kata kunci: *Trauma, Dampak Psikologis, Perilaku Menyimpang, Perilaku Kontrol Diane Sherman*

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