

**THE PSYCHOLOGICAL ANALYSIS OF CONNIE SUMNER'S UNHAPPY MARRIAGE IN
THE MOVIE *UNFAITHFUL* (2002)**



An Undergraduate Thesis

Submitted as a partial fulfillment of the requirements

for *Sarjana Sastra* Degree

Alan Bagaskoro

1809010049

**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF CULTURAL SCIENCES AND COMMUNICATION
UNIVERSITAS MUHAMMADIYAH PURWOKERTO**

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2025

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An Undergraduate Thesis

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MOTTO

You Only Live Once



DEDICATION

I dedicate this thesis to my beloved family



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I wish to express my sincere appreciation to everyone who supported me, advised, and inspired me when I was writing my thesis.

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3. The honorable Examiner, Asih Ernawati, S.S., M.Hum., Ph.D
4. The honorable Dean of the Faculty of Cultural Sciences and Communication, Dr. Widya Nirmalawati, S.S., M.A.
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ABSTRACT

Bagaskoro, Alan. 2025: THE PSYCHOLOGICAL ANALYSIS OF CONNIE SUMNER'S UNHAPPY MARRIAGE IN THE MOVIE *UNFAITHFUL* (2002). Skripsi Sastra Inggris. Fakultas Ilmu Budaya dan Komunikasi, Universitas Muhammadiyah Purwokerto.

This thesis explores the psychological complexity of Connie Sumner, the main character in Adrian Lyne's *Unfaithful* (2002), through the lens of Abraham Maslow's Hierarchy of Needs theory. The study aims to understand the psychological motivations behind Connie's actions and the factors contributing to her unhappy marriage. By employing a qualitative descriptive method, the research analyzes Connie's behaviors, decisions, and emotional states as depicted in the film, focusing on how her physiological, safety, love and belonging, esteem, and self-actualization needs are expressed and fulfilled—or left unmet. Findings show that while Connie's basic needs such as physiological comfort and safety are well secured through her stable family life, she experiences a significant lack of emotional intimacy and personal validation. Her affair with Paul Martel is interpreted as a response to unfulfilled needs of love, belonging, and self-worth. However, the relationship only offers temporary emotional satisfaction, ultimately leading to guilt, confusion, and the breakdown of her self-esteem. Moreover, Connie's journey reveals her failure to reach self-actualization, as she remains emotionally conflicted and unable to fully confront the consequences of her actions. This study concludes that Connie's personality is shaped by a struggle between societal roles and internal emotional needs. Maslow's theory effectively illustrates how unmet psychological needs can lead to emotional turmoil, even when basic life requirements are satisfied. This thesis contributes to the broader understanding of character development and psychological motivation in film studies, particularly regarding female subjectivity and emotional complexity.

Keywords: *Unfaithful*, Connie Sumner, Maslow's Hierarchy of Needs, psychological analysis, character study, female subjectivity.

INTISARI

Bagaskoro, Alan. 2025: THE PSYCHOLOGICAL ANALYSIS OF CONNIE SUMNER'S UNHAPPY MARRIAGE IN THE MOVIE *UNFAITHFUL* (2002). Skripsi Sastra Inggris. Fakultas Ilmu Budaya dan Komunikasi, Universitas Muhammadiyah Purwokerto.

Skripsi ini menganalisis kompleksitas psikologis dari tokoh utama Connie Sumner dalam film *Unfaithful* (2002) karya Adrian Lyne melalui teori Hierarki Kebutuhan Abraham Maslow. Penelitian ini bertujuan untuk memahami motivasi psikologis di balik tindakan Connie serta faktor-faktor yang menyebabkan ketidakbahagiaannya dalam pernikahan. Dengan menggunakan metode deskriptif kualitatif, penelitian ini menganalisis perilaku, keputusan, dan kondisi emosional Connie sebagaimana ditampilkan dalam film, dengan fokus pada bagaimana kebutuhan fisiologis, keamanan, cinta dan rasa memiliki, harga diri, dan aktualisasi diri dipenuhi atau justru tidak terpenuhi. Hasil penelitian menunjukkan bahwa meskipun kebutuhan dasar Connie seperti kenyamanan fisiologis dan rasa aman telah terpenuhi melalui kehidupan keluarganya yang stabil, ia mengalami kekosongan emosional dan kurangnya validasi diri. Perselingkuhannya dengan Paul Martel ditafsirkan sebagai respons terhadap kebutuhan cinta, rasa memiliki, dan harga diri yang tidak terpenuhi. Namun, hubungan tersebut hanya memberikan kepuasan emosional sementara dan pada akhirnya menimbulkan rasa bersalah, kebingungan, dan keruntuhan harga diri. Perjalanan Connie juga menunjukkan kegagalannya dalam mencapai aktualisasi diri, karena ia tetap berada dalam konflik emosional dan tidak mampu sepenuhnya menghadapi konsekuensi dari tindakannya. Skripsi ini menyimpulkan bahwa kepribadian Connie dibentuk oleh pergulatan antara peran sosial yang ia jalani dengan kebutuhan emosional batinnya. Teori Maslow secara efektif menggambarkan bagaimana kebutuhan psikologis yang tidak terpenuhi dapat menyebabkan gejala emosional, bahkan ketika kebutuhan dasar sudah tercukupi. Penelitian ini memberikan kontribusi terhadap pemahaman yang lebih luas tentang pengembangan karakter dan motivasi psikologis dalam kajian film, khususnya terkait subjektivitas perempuan dan kompleksitas emosionalnya.

Kata Kunci: *Unfaithful*, Connie Sumner, Hierarki Kebutuhan Maslow, analisis psikologis, studi karakter, subjektivitas perempuan.

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