

## CHAPTER II

### REVIEW OF LITERATURE

#### B.1 Theoretical Framework

The researcher aims to analyze the relationship between Charlie's parent-child dynamics in the film "*The Whale*" because they need a theory related to the topic and object. To get the right analysis of the film and consider the topic, the researcher uses the theory of attachment by Bowlby. The researcher uses the theory of attachment Bowlby about the dynamics of parents and children in film *The Whale*.

##### B.1.1 Family Psychology

Multiple topics have been highlighted in definitions of the family psychology specialization, including: the theoretical viewpoints, the contextual tradition of family therapy and the systems approach (which oppose the clinical branch of family psychology), of reciprocal causality and influence, contextualism, and a continuous effort to elucidate the methods or procedures that mediate the connection between differences in distinct functional levels and systems (Bray et.al 2009).

Family psychology theories provide a comprehensive framework for understanding the dynamics and interactions that occur within the family unit. In the context of parent-child relationships, these theories help explain how patterns of relationships, communication, and family structure influence children's emotional and psychological development.

### **B.1.2 Attachment Theory**

For many years, the phenomena that are the focus of attachment theory have been discussed in terms of "dependency needs" or "object relations." Until the mid-fifties, only one view of the nature and origins of the attachment bond prevailed, and on this there was agreement between psychoanalysts and learning theorists (Jhon Bowlby, p:6-7, 2015).

The umbrella term 'attachment' is used in a number of ways. It is use full to distinguish between the interrelated concepts of attachment style, attachment behaviors, and the 'internal working models' of attachment (Holmes J, 2014). Attachment theory is a way to conceptualize the human tendency to form strong attachment bonds with others and the various forms of emotional distress and disturbance, including anxiety, anger, and depression, that result from unwanted separation and loss. As a theory, it addresses many of the same phenomena as psychoanalytic object relations theory, and it incorporates much of psychoanalytic thought (Jhon Bowlby, p:5, 2015).

John Bowlby's goal in developing modern attachment theory was to preserve what he considered some of Freud's most valuable insights into human development and close relationships, but using a prospective observational approach. The first was the insight into the importance of early experiences and the idea that infant-mother and adult-adult relationships have similarities. By focusing on prospective observational methods, Bowlby replaced Freud's drive-

reduction model of close relationships with a model that emphasized the role of close relationships in exploration and competence (Waters, et.al, 2002).

According to Bowlby the structure of attachment theory attachment serves to fight against adverse effects. The need for a sense of security is the basis of attachment. The ability to develop creativity and exploration (mastering the environment) is closely related to the sense of security that results from a positive bond (secure bond). The results of Heard and Lake's 1986 study, recorded by Jerome Holmes, showed that only children who meet their attachment needs can change their attachment figures according to their environment. So, as teenagers, children will be able to socialize, trust themselves, and establish healthy social relationships. Attachment is a latent need throughout human life and is not something that allows children to grow faster.

According to Bowen (1978) family systems theory, family is an interconnected emotional system with each member having a specific role and function. The father-child relationship is usually the basis of the family system, with the father acting as an authority figure and protector, and the child tending to strive to meet the expectations or gain acceptance from the father.

### **B.1.3 Attachment Style**

The emotional connection patterns a person develops as a child influence how they form and maintain relationships with others throughout their lives. John Bowlby, a developmental psychologist, first proposed attachment theory. Mary Ainsworth later developed this concept through an experiment called the Strange

Situation. The attachment theory proposed by John Bowlby and refined by Mary Ainsworth distinguishes four categories of attachment styles in psychology. These four types of attachment are:

### **1. Secure Attachment**

Those with secure attachment theory are considered self-confident. They have positive views of themselves, their parents, their peers, and their relationships; greater satisfaction and adjustment in their lives; they are comfortable depending on others; they have close intimate relationships, and they welcome others to have close relationships with them; they are described as happy people; and their parents are perceived as having a strained relationship with them (Akhtar, 2012).

### **2. Anxious-Preoccupied Attachment**

Anxious-Preoccupied Attachment is an attachment style characterized by high anxiety in relationships and a high need for emotional closeness. This attachment style is often insecure about their relationships, fears rejection or abandonment, and tends to be highly dependent on their partner or other person for support and security. They are often very sensitive to signs of rejection or indifference, which can lead to possessive and anxious behavior.

People who having anxious attachment style are conscious about their relations Hazan and Shaver (1978) When primary caregivers, usually parents, are inconsistent in their attention and support, this attachment style often emerges during childhood. For example, if a child is raised with a parent who

is responsive and attentive at times but absent or emotionally unavailable, the child may feel anxious about relationships and become overly dependent on the attention of others. Children feel uncertain about whether they can rely on those around them to meet their emotional needs because of this unpredictable parenting pattern.

### **3. Dismissive-Avoidant Attachment**

This attachment style is characterized by a tendency to avoid emotional closeness and prioritize independence and autonomy. Individuals with this attachment style tend to be comfortable maintaining emotional distance from others and often ignore or suppress their own and others' emotional needs. They also tend to be uncomfortable with overly close or intimate relationships.

If a child grows up in an environment where caregivers reject, ignore, or do not pay enough attention to their emotional needs, the child may learn to suppress their emotional needs as a means of coping. Childhood experiences in which caregivers are emotionally unavailable or unresponsive to a child's emotional needs are examples of how a dismissive-avoidant attachment style develops. For example, if a child grows up with a parent who is preoccupied, inattentive, or unresponsive to their emotions, the child may learn that showing emotions or asking for support is unhelpful or undesirable. As a result, they may develop a pattern of behavior that emphasizes independence and avoids emotional closeness.

#### **4. Fearful-Avoidant Attachment**

Fearful-avoidant attachment is a complex attachment style that usually emerges as a reaction to trauma or confusing and insecure childhood experiences. Feelings of wanting to be close but also being afraid of getting too close are characteristic of this attachment style. Those with this attachment style often experience internal conflict: they want to have relationships and intimacy but are afraid of being rejected or hurt, which causes them to avoid or withdraw from relationships.

Traumatic or inconsistent childhood experiences often lead to this attachment style, especially when the primary caregiver is not only unresponsive but also a source of fear. A child who is raised in an environment where caregivers are sometimes attentive and at other times neglectful or even threatening may develop this attachment style.

##### **B.1.4 Representation of Fathers in Contemporary Films**

In the 19th century, film was initially found as a means of conveying messages and providing entertainment in the form of events, stories, music, drama, and much more. This is why families frequently use movies to pass the time when they have free time. This lets us all know that, despite its amazing growth, the movie plays a secret function in satisfying the demands of its viewers (Mc Quail, 1989).

*The Whale* not only tells the personal story of Charlie and Ellie but also shows how fathers are portrayed in modern cinema. Contemporary films often

show fathers in more complex and varied roles, where they are not only protectors or providers, but also as people who experience their own shortcomings and conflicts. This is in accordance with the transformation that is taking place in society, where the role of fathers is increasingly expanding and involves a more intimate relationship and emotional responsibility with their children.

These developments in the appearance of fathers in films illustrate how contemporary cinema is responding to broader social changes in how we understand gender roles and the family. *The Whale* is one example of how the father-son dynamic is portrayed in a more emotional and personal way, giving the audience a chance to better understand the complexities of the relationship.

#### **B.1.5 Cinematography**

Cinematography is a term derived from the cinema and it is the mandatory position in the art space (Mena and Praha, 2021). Cinematography is the art and technique of capturing moving images for films or videos. Cinematography covers all aspects related to how the visuals of a film are created and presented, from lens selection to lighting and camera movement. This cinematography is a structurization that is usually used in film making. Cinematography began to develop at the end of the 19th century when film technology was first discovered. At that time, early films were made in black and white with very short duration.

According to Heiderich Visual narrative is the art form known as cinematography. Anyone may put a camera on a tripod and press record, but cinematography is the skill of manipulating the viewer's perception and how the

image is depicted. Cinema is a visual medium, and the best films are those in which the story is clear even without any spoken dialogue.

In cinematography, the type of shot refers to the distance, angle, and composition of the camera relative to the subject. Different shots are used to convey various emotions, tell stories, and provide the audience with specific information. Here are some common types of shots in cinema:

1. Extreme Long Shot or Extreme Wide Shot

Captures a vast area, often used to show the setting or landscape. Establishes the environment or context of the scene, often used at the beginning of films or scenes to give a sense of scale.

2. Long Shot or Wide Shot

Shows the subject from head to toe along with a significant portion of the surroundings. Provides a full view of the subject in context with the environment, useful for showing action and movement.

3. Full Shot

Frames the subject from head to toe without much surrounding space. Focuses on the subject while still providing a sense of their immediate environment.

4. Medium Long Shot or Medium Wide Shot

Frames the subject from the knees up. Balances the subject with the environment, often used for dialogues where body language is important.

## 5. Medium Shot

Frames the subject from the waist up. Focuses on the subject, commonly used for dialogues and interactions to capture facial expressions and gestures.

## 6. Medium Close Up

Frames the subject from the chest up. Emphasizes the subject's facial expressions while still showing some of the upper body.

## 7. Close Up

Frames the subject's face, usually from the neck up. Highlights the subject's emotions and expressions, often used in dramatic moments.

## 8. Extreme Close Up

Focuses on a small detail of the subject, such as an eye or a hand. Draws attention to specific details or emotions, creating an intense effect.

## 9. Two Shot

Frames two subjects within the same shot. Used to show interactions and relationships between two characters.

## 10. Over the Shoulder Shot

Shot from behind one subject's shoulder, focusing on another subject. Commonly used in conversations to show the perspective of one character over another.

## 11. Point of View Shot

Shows what a character is seeing, as if the camera is there to immerse the audience in the character's perspective.

## 12. High Angle Shot

The camera is positioned above the subject, looking down. To makes the subject appear smaller or weaker, often used to convey vulnerability.

## 13. Low Angle Shot

The camera is positioned below the subject, looking up to makes the subject appear larger or more powerful, often used to convey dominance or authority.

## 14. Tilted Shot

The camera is tilted sideways, creating a slanted horizon. For conveys disorientation, tension, or unease.

## 15. Aerial Shot

Captured from a high altitude, usually from a drone or helicopter. To provides a bird's-eye view of the landscape, often used to establish a large-scale setting.

## B.2 Review of Related Research

To support and increase the value of this research, a number of pertinent research articles or other academic papers are needed. Without more pertinent research, the analysis's strong argument is meaningless, so these articles are necessary to support this research.

First, *Parent Child Attachment in Children's Literature: A Case Study of Impacts of Colins Attachment in the Secret Garden Novel*. Marlina (2024). This research aims to determine Colin's attachment type with his parents, the things

that influence it, and how Colin's character in *The Secret Garden* is affected by parent-child attachment style. The psychological method was employed in this study, with attachment theory serving as the foundational framework. Moreover, other research discusses the impact of children attachment is used to find the impacts of Colins attachment style. This study used qualitative research methods. In this research, the primary data were taken from the secret garden novel by Frances Hodgson Burnett in the form of dialogue and narration. The findings of this research suggest that Colin's avoidant attachment style is a result of multiple aspects of his relationship with his parents. These elements include the child's perception that the caregiver will not be there, the father's lack of availability, parental rejection, the caregiver's emotional absence, and the caregiver's insensitivity and lack of support. Furthermore, Colin's avoidant relationship has a number of effects. Colin's relationships with peers, emotional intelligence, and low self-esteem are all affected.

Second, *Parabatai Bond's Attachment Styles in Cassandra Clare's Lady Midnight*, Fitra and Jati, (2022). This research aims to Lady Midnight portrays the attachment styles which are present in the parabatai pair, Emma and Julian. The novel presents how the parabatai's attachment styles change over time because of unfortunate events. It shows that the pair, Emma and Julian, are attracted to each other because they have similar attachment styles during their childhood days, which is the secure attachment style. This research used library research methods to collect data related to this study.

Third, *The Relation of Memory, Imagination, and the Individual According to Attachment Theory: A Study of Selected Short Stories*, Almaarroof and Rostam, (2023). This research explores the characters' psychological aspects that were selected from a specific short story. Using attachment theory as a framework to analyze their actions, an individual's actions depend on the care they received during childhood. In the selected stories, characters use their memories, imaginations, and relationships with others in various ways according to the style they encounter. Depending on the extent to which the memories are connected, they can help or assist through difficult times. Finally, this paper discusses how past relationships, experiences, and emotional ties influence an individual's reaction to trauma, memories, and imagining situations as a way to cope. This research utilizes a psychoanalytic point of view to survey the complex dynamics among memory, imagination, and psychological development in individuals. The strategy acknowledges the impact of John Bowlby's attachment theory in illustrating the influence of early emotional connections on an individual's cognition and emotions.

Fourth, *The Dynamics of Father-Son Relationship in Finding Nemo Movie Script by Andrew Station* by Wawodatu et.al (2024). The purpose of this study is to find out the dynamics relationship between father and son, what are the aspects that affect the dynamics relationship between father and son, and also the factors that cause these dynamics to occur from the character of the father (Marlin) and son (Nemo). The research method used in this study is a qualitative

method. At the beginning of the story, Marlin is overprotective of Nemo. As for Nemo, he wants to gain confidence and prove himself. By the end of the story, Marlin becomes more open and cares about Nemo's wishes and dreams. And Nemo gains confidence and courage. At the beginning of the story, Marlin is overprotective of Nemo. As for Nemo, he wants to gain confidence and prove himself. By the end of the story, Marlin becomes more open and caring about Nemo's wishes and dreams. And Nemo gains confidence and courage. The aspects that influence dynamics are Ego, Shadow, and Persona. The dynamics of Marlin and Nemo's relationship can then be investigated from a psychological standpoint that there are factors such as Communication, Boundary Setting, Education, Protection and Emotional Connection. This research used Carl Jung theory to describe father-son relationships in movie Finding Nemo.

Fifth, *Psychosocial Development of Anna Fitzgerald in My Sister's Keeper Novel by Jodi Picoult*, Meriska, et.al. (2018). This research analyzes Anna Fitzgerald in the novel because the life of family in My Sister's Keeper novel was not like other family in general. The researcher analyzed Anna Fitzgerald's character through two theories to find out her identity. Erikson's psychosocial development in the fifth stage was used to analyze how Anna Fitzgerald got through the development as thirteen years old children in defining her own identity, successfully or not. It was because this stage discusses the process of finding the true identity. Meanwhile, the researcher used Bowlby's attachment theory to analyze Anna's relationship with her mother. in this theory, the researcher only

used one characteristic (proximity maintenance) to know about factor that influence of Anna's position in Erikson's fifth stage. This research was aimed at finding out about the identity in the fifth stage of psychosocial development of a child who lived uncommon situation and the factor that influenced her identity. The result of this research showed that Anna psychosocially experienced role confusion because she failed to know about her identity. This situation influenced Anna's relationship with her mother. As a result, she did not have fidelity as her basic virtue. Anna did not get the sense of safety and comfort from her relationship with Sara, as mother-daughter relationship.

Despite the differences in specifications, these studies make significant contributions to this research and provide a better understanding of the theory and support this research. The focus of this study is to explore the dynamics of parent-child relationships in the film *The Whale* 2022 using attachment theory by John Bowlby.