

## **Toxic Relationship In Movie Script Enough by Nicholas Kazan**

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### **Abstract**

*The study aimed to find out types of toxic relationship and to describe the effects of toxic relationship in the movie script entitled Enough. The researcher did some ways to succeed in doing the research. Firstly, reading the script to understand the story, and secondly, collecting some written text from the script to find out the data. The researcher then applied descriptive qualitative method to describe the toxic relationship of the movie script. To achieve the aim, the theory of Toxic Relationship from Morgan Lee was functioned. The results of the study showed that there were some toxic relationships described in the movie script. From 19 data there were 4 types of toxic relationship, namely controller found in 5 data, 5 data of belittler deflector and 5 data of overreactor, and with 4 data of user's and possessive nature. It was also found 12 data of 4 effects of toxic relationship, each namely feeling angry sad and down 4 data, with 2 data of feel numb and sad, 2 data of unable to express yourself and there were also 4 data categorized as they control of the relationship.*

**Keywords:** Toxic Relationship, Types, Effects, Movie Script.



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## **1. INTRODUCTION**

Literature is a medium in which it uses language to tell the story of human life. People use language to communicate and to express their ideas or feelings both orally and written. (Hasanah, 2016). At the beginning literature was associated with writing but it was denied by some expert because it did not contain the main elements of literature, the main element of literature is entertainment (Leitch, 2005).

Movie is one of the communication media in which it uses language that provides information to the audience through a story. The story is presented attractively by using language that is easily understood by the audience. Interesting uses of language in the movie always aim to deliver the message to be accepted by the audience (Pusumakeja, 2018).

A movie script is a written work that is made especially for a film or television program. Movie script can be original works or adaptations from existing pieces of writing. Here, the movement, actions, expression, and dialogues of the characters are also narrated. Script of the movie contains of the character, dialogue, movement, action, scene descriptions and the expression of the characters. It can make it easier for the students to read and describe the script of the movie (Susanti, 2020: 36).

## **2. LITERATURE REVIEW**

This chapter presents the previous related studies, psychology of literature and toxic relationships.

### **2.1 Previous Studies**

Astari & Santosa (2019) in their research entitled Relationship between Family Communication Quality and Perceptions of Abusive Relationships with Violent Behavior in

Dating Young Adult Age Groups, was conducted with a nonprobability sampling technique, namely purposive sampling in the age group of 18 to 30 years who were/had undergone a romantic relationship (dating) and had experience in dating violence. The number of samples in this research were 60 people with a ratio of 50 percent of women and 50 percent of men so that the study was balanced. Based in the hypothesis shows a negative correlation and perception of family communication and perception of abusing relationship with young adults abusing dating behavior with it is significance value of 0,000 (0.05) and the correlation coefficient of 0.334.

Julianto et al (2020) in their research entitled Relationship between expectation and self-esteem to happiness in people who have toxic relationship with psychological health. This research aims to determine the relationship between expectations and self-esteem on happiness of people who have a toxic relationship with psychological health. The method in this research is correlational quantitative with scale data collection tools, especially the attitude scale in the form of a Likert. The subjects in this research were 49 people. Collecting data used in this research is by distributing questionnaires as the instrument, Self Esteem Inventory scale which contains twelve items. Meanwhile, to measure happiness the scale used is the Oxford Happiness Questionnaire. The results showed that self-esteem and expectations influence a person's level of happiness. This means that someone's happiness will be high if he has high self-esteem and expectations. However, when experiencing a toxic relationship, self-esteem and expectations will decrease which makes the level of happiness felt low.

Putri & Putri (2020) in their research entitled Representation of toxic relationship in video clip card - YOU IN ME. This study was conducted based on the Semiotic Analysis of Toxic Relationship Representation in the video clip of Kard - You In Me, in which the video clip contains the meaning of a romance of two couples who are in love but have possessive behavior. The aim of this study is to find out the Toxic Relationship Representation contained in the music video clip. The theory used is the theory of Roland Gerard Barthes and uses the semiotic analysis method with qualitative descriptive research method with secondary data, which is a method carried out in a study and refers to books and other references. The conclusion of this study is the proof based on Semiotic analysis that Toxic Relationship truly occurred in the video clip of Kard - You In Me.

Alfiani (2020) Resilience effort in adolescents in overcoming toxic relationship that occur detrimental relationship. The purpose of this research is to get out of a toxic relationship to overcome difficult, stressful, and full of misery or trauma experienced in one's life by rising from all the problems that are full of pressure, which is called resilience. The method of conducting this research is using a qualitative research type with a case study approach. There are 2 subjects in this study. Primary data and secondary data were used as data sources, while the observation, interviews, and documentation were used as technique to obtain the data. The process of data analysis with data reduction, data presentation, and drawing conclusions. The results obtained in this study are resilience efforts by subjects A and B covering aspects of resilience such as aspects of emotion regulation, aspects of impulse control, aspects of optimism, aspects of empathy, aspects of analysis of the causes of problems, aspects of self-efficacy, and aspects of reaching out.

Nihayah et al (2021) Self Acceptance of Toxic Relationship Victims in Growing Mental Health. Toxic relationship is one example of how then a problem affects a person's relationship with his partner. This is usually indicated by a sense of competition. From Within the individual

and the absence of cohesiveness. The purpose of this paper is to provide a better understanding of the self-acceptance of toxic victim relationships in fostering mental health, the author is also also associated with a toxic victim case study entitle " An overview of acceptance of violence in early adults who are victims of dating violence", which includes an overview of how the attitudes and behavior of victims in accepting violence in dating and also the factors that influence it. The method in this research is descriptive research, where the researcher conducts an in-depth exploration of programs, processes, events, and activities of one or more people using a case study approach by finding a number of adult women who have had sexual experiences.

Azizah et al (2021) Defictions of Violence Racism in Ron Stallworth's Novel Black Klansman. The objectives of this study were to identify the depictions of violence racism and identify the impact of violence racism on African-America society in Black Klansman novel by Rons Stallworth. The data source used in this research is Black Klansman novel. In analyzing the data, the writer used a qualitative descriptive research method through sociological approach. The result of this research there were 13 data that depicted of violence racism in Black Klansman novel by Ron Stallworth. 5 data contained the violence racism in narrow sense, 8 data of the violence racism in broad sense, and there were 9 data which include the impact of violence racism.

Azzarha (2021) Toxic Relationship in Anna Todd's Wattpad Story After. This study is conducted to analyze the context of toxic relationships and find out the characteristics and negative impacts of toxic relationships in a story, After, written by Anna Todd, published in 2013. This study used a descriptive qualitative method because the process of the results and discussion are accomplished descriptively. One of the significant theories used in this research is proposed by Glass ( 1995 ) who claims that toxic relationship is any relationship between people who do not support each other, there is conflict, and one seeks to undermine the other, a competition, and disrespect and a lack of cohesiveness. The characteristics of toxic relationships which are analyzed are excessive romantic jealousy, egoism (selfishness) of the partner, and lack of honesty. The negative impacts which are analyzed are disrespect and abuse. The results of this study are that toxic relationships are dangerous and should be avoided by a couple to get harmony.

Praptiningsih & Putra (2021) in their research tittle Toxic relationship in interpersonal communication among teenagers. The purpose of this study was to identify and analyze toxic relationships in interpersonal communication among adolescents. Toxic Relationship as an unhealthy relationship does have an impact on the occurrence of internal conflicts. Relationships like this are very vulnerable to making the sufferer unproductive, mental disorders, so that it can trigger an emotional outburst that leads to violence. The research method used is a qualitative approach. The technique of collecting data is FGD, observation, and conducting in- depth interviews with informants/ participants as primary data. The results of the study show that : first, the perpetrators of toxic relationships, namely toxic people, could be the closest people to the victim , such as the nuclear family, consisting of father-mother-brothers and sisters.

Radde et al (2021) the analysis of the difference in love components based on the level toxic relationship, this research aimed to observe if there is a difference of the love component of level toxic relationship to the people who dating in Makassar. This research was conducted to 458 respondents who were in a relationship, and there were 277 of respondents who included in the toxic relationship criteria, The data were analyzed by using normality test, homogeneity test, and independent sample test. The result of this research were (1) there were the differences in the intimacy component on the level toxic relationship, (2) there no differences in passion

component based on the level of toxic relationship and (3) there were differences in the commitment components based on the level of toxic relationship.

Syafira & Surwanti (2021) Representation of toxic relationship in the film story of Kale: when someone's in love. This study aimed to determine the representation of a toxic relationship in the film story of Kale: when someone's in love. This research uses descriptive qualitative research using Ferdinand De Saussure's semiotic analysis method. The data collection technique is done by documentation in the form of scenes in the film Story of Kale: When Someone's in Love. This study uses the aspect of signifier and of the sign of each scene contained in this film.

Wulandari et al (2021) The phenomenon of Toxic relationship in dating among Sriwijaya University students. This research aims to describe and analyze toxic relationships of Sriwijaya University students. This research was conducted by qualitative method. The conclusions were obtained from primary data in the form of observations, in-depth interviews, and documentation. Then the data was analyzed using the theory of Exchange from George C. Homans. This research showed that the toxic form of relationship in courtship in Sriwijaya University students is the restriction of promiscuity, name-calling, gaslighting, physical roughness (gripping and choking the neck), and carrying away the couple's money. Furthermore, the results also showed that couples who choose to survive in a relationship are inseparable from psychological reasons, such as insecurity and fear of not being accepted by others for having sexual intercourse.

Oktaviani & Amalia, (2022) Representation of toxic relationship in web series Layangan Putus. This study aims to determine the representation of toxic relationships in Layangan Putus web series by using descriptive qualitative methods based on Roland Barthes' semiotic theory by examining denotation, connotation and myth. The results of this study indicate that the meaning of denotation in Layangan Putus series is shown through gestures such as diverting eye contact, uncontrolled speech tone, stammering, swearing, yelling, to verbal expressions of love.

Widyastuti et al (2022) Legal protection for victims of toxic relationships among adolescents The purposes of this study are to determine the regulation of toxic relationship actors among adolescents and forms of legal protection for victims of toxic relationships among adolescents. This legal research method is normative with a statutory and conceptual approach. The results of the study reveal that the provision of legal protection for victims of toxic relationships aims to provide justice to the victims.

## **2.2 Psychology of Literature**

There was a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations. The psychology of literature was the study of literature that works as a psychological activity. The study of literary psychology does have a foundation of living, because both literature and psychology study human life. The difference was that literature studies humans as the creation of the author's imagination, while psychology studies humans as divine creations in real (Kumkelo, 2023).

Theory of literature says, by psychology of literature, people may mean the psychology of the writer as type and individual of the study of the creative process and the study of the psychological types and laws present within works of literature or finally people effect of literature upon it is reader (Wellek and Warren, 1956: 81). Psychology and literature do not stand apart, as psychology can be applied to analyze the work of literature (Papalia, 1985).

### **2.3 Toxic Relationship**

A toxic relationship defined as relationship that was characterized by the toxic partner that shows from his/her behavior, such as emotionally and physically damaging to his/her partner. Toxic relations may exist not just between partners, but also between coworkers, friends and family members (Lee 2017: 8). Signs of a toxic relationship were not always easy to spot. Although physical violence and infidelity may be signs that are easy to spot, there were other subtle signs that most people involved in such relationships tend to miss (Lee, 2017).

### **3. METHOD**

The type of research that is used in this research is descriptive qualitative research. Qualitative research approach is a research processes and perspective base on the method that analyzes a social phenomenon and human's problem (Blaxter, 1996: 89). This study uses the theory of psychology approach, and analyzes the types and effects theory of Morgan Lee

The research analyzed the Toxic Relationship in movie script of *Enough* which has 120 pages. *Enough* was a 2002 United States with the Genre-Thriller-action movie produced by Rob Cowan. It was directed by Michael Apted and written by Nicholas Kazan and release in United States on May 24, 2002.

### **4. RESULTS**

Based on the objectives of this study, the writer divided the data into two parts as follows:

#### **4.1 Types of Toxic Relationship**

##### **Controller**

Based on data "You have to understand, Slim. I thought you did: I make the money here, so I set the rules, right? It's my rules". The sentence showed that it was a toxic relationship type controller. Mitch control Slim movement which Slim could not do anything because Mitch made a rules in their house therefore Slim had to followed Mitch's rules.

##### **Belittler**

Based on data reflected one of the toxic relationship types belittler were the sentence "Cause it'd be stupid" The sentence showed that Mitch belittler Slim by making fun of what Slim did. Slim came to Mitch's house by herself, and Mitch thought that Slim's actions were stupid because she met him alone therefore that makes this sentence include types of toxic relationship type belittler.

##### **Deflector an Overreactor**

The sentence that showed types of toxic relationship type deflector and overreactor which sentence "I can't do this anymore! I can't! Just take it, and take it, and take it!? I'm not strong enough! I don't know who would be. I love you, okay? I love you and I'm your wife and you can't do this! You understand me?!!! No more! No more!". The sentence showed that Slim telling Mitch that she was hurt and unhappy of what Mitch had done to her and she could not pretend that she was okay anymore also Slim reminded him that she was his wife and she loved him therefore he could not cheat on her anymore. Instead of getting comfort, Mitch overreacted by slapping Slim on face.

##### **User's and posesif nature**

Based on data there were 2 sentences that showed the types of toxic relationship type user's

and possessive nature they were "You won't have to. Believe me. She's nothing, she's no-one and You are, Slim. You are. I promise". From the sentence it showed that Mitch dialogue included user's type of toxic relationship. Mitch manipulated Slim for the first time they met just to get what Mitch wanted to marry her and had a child

## **4.2 Effect of Toxic Relationship**

### **Feeling Angry, Sad and Down**

The sentences that showed the effect of toxic relationship there were "You... Damn it! You said I was safe with you!". From the dialogue above it showed that Slim was angry and disappointed with her husband Mitch where Mitch had a promised that Slim would live safely with him but Mitch broke that promise which made Slim angry, sad and down.

### **Feel Numb and Sad**

The sentences that showed the effect of toxic relationship there were "Tomorrow may be great.". The dialogue above showed that Slim felt numb and sad, which she shut down her emotions and be careful about each word that she was speak therefore that she did not upset anyone.

### **Unable to Express Yourself**

The sentences that showed the effect of toxic relationship there were "I want to be happy". The dialogue on data showed that Slim felt numb and sad, which she had to be careful about the word that she was speak so that she did not upset her husband Mitch and she had to shut down her emotions too.

### **They Control the Relationship**

The sentences that showed the effect of toxic relationship there were "I want to be happy "If you don't "like" them?! She nods cautiously. Come on. Life isn't only stuff we like. We take the good with the bad, right? That's what life is, what marriage is. Therefore maybe, for you, today is a bad day. Tomorrow may be great". From the dialogue above it showed that Mitch was the person who took control of their relationship. Mitch controls their relationship by doing whatever he wanted and made the rules without asking Slim's approval and also he was manipulating Slim by his words to follow his rules. It showed that he created an imbalance of power and took advantage of Slim to gain power and control.

## **5. DISCUSSION**

### **5.1 Types of Toxic Relationship**

According to Morgan Lee (2017: 9-13) theory, there were 7 types of toxic relationship namely (1) controller, (2) belitter, (3) bad temper, (4) guilt inducer, (5) deflector and overreactor, (6) over dependent partner and independent controller and (7) user's and possessive nature. In Enough movie script there only 4 types of toxic relationship that found by the researcher they were controller, belitter, deflector and overreactor and the last type was user's and possessive nature and there were three the most dominant types of toxic relationship in Enough movie script namely (1) controller, (2) belitter and (3) deflector and overreactor.

### **5.2 Effects of Toxic Relationship**

Based on the explanation above, there were 4 of 7 effects of toxic relationship in Enough movie script that found by the researcher namely feeling angry, sad and down followed with 4

data, feel numb and sad with 2 data, unable to express yourself with 2 data and the last effect was they controlling the relationship followed with 4 data. The effect that not found by the researcher was constant state of need, feeling drained and feeling completely different around them. The most dominant

## 6. CONCLUSIONS

This part is needed as an understanding of the result of this research. After analyzing and describing the type and the effect of the toxic relationship in Enough movie script based on Morgan Lee theory the researcher concluded that there were 4 types of toxic relationship in Enough movie. According to Morgan Lee theory, there were 7 types of toxic relationship namely controller, belitter, bad temper, guilt inducer, deflector and overreactor, over dependent partner and independent controller and the last type was user's and possessive nature. In Enough movie script there are only 4 types of toxic relationship that found by the researcher they were controller, belitter, deflector and overreactor and the last type was user's and possessive nature.

The effect of toxic relationships in Enough movie script there were 4 that found by the researcher, namely feeling angry, sad and down, feel numb and sad, unable to express yourself and the last effect was they controlling the relationship. According to Morgan Lee, there were 7 effect of toxic relationship but in Enough movie script there were only 4 effect that found. The effect that not found by the researcher were constant state of need, feeling drained and feeling completely different around them.

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