

THE DARK SIDE OF LOVE: A STUDY OF OBSESSIVE LOVE DISORDER IN SUSAN FORWARD AND CRAIG BUCKS'S PERSPECTIVE IN *SECRET OBSESSION* MOVIE

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Abstrak

Penelitian ini membahas analisis psikologis Obsessive Love disorder oleh Susan Forward dan Craig Bucks. Penelitian ini mengkaji film *Secret Obsession*, sebuah film thriller psikologis Amerika tahun 2019 yang disutradarai oleh Peter Sullivan, yang ikut menulis skenario bersama Craig Wenman. Dirilis pada 18 Juli 2019 oleh Netflix. Penelitian ini bertujuan untuk mendeskripsikan bagaimana Obsessive Love disorder yang ada pada karakter utama terhadap Target of Obsessive Love disorder nya. Penelitian ini menggunakan metode deskriptif kualitatif. Terdapat dua jenis data yang digunakan dalam penelitian ini, yaitu data primer dan data sekunder. Data primer yang digunakan dipenelitian ini adalah film *Secret Obsession*, dan naskah filmnya. Data sekunder meliputi buku digital, jurnal internasional, artikel penelitian, dan, website. Dalam hasil penelitian ini ditemukan bahwa karakter utama sebagai seseorang dengan Obsessive Love disorder, terlihat dia rela melakukan apa saja terhadap pasangannya, merasakan rasa perlindungan yang berlebihan terhadap pasangannya, dan menunjukkan rasa cemburu yang ekstrim.

Kata Kunci: Obsessive Love disorder, gangguan mental, *Secret Obsession*

Abstract

This study discusses psychological analysis of Obsessive Love disorder by Susan Forward and Craig Bucks. This study examines the *Secret Obsession* movie, a 2019 American psychological thriller movie directed by Peter Sullivan, who co-wrote the screenplay with Craig Wenman. It was released on 18 July 2019 by Netflix. This study aims to describe how the main character experience Obsessive Love disorder towards the Target of his Obsessive Love disorder. This study uses qualitative descriptive methods. There are two types of data used in this study, namely primary data and secondary data. The primary data used in this study was *Secret Obsession* movie, and the movie script. The secondary data included e-books, journals, research articles, and websites. In the results of this study, it was found that the main character experienced Obsessive Love disorder seen that he is willing to do anything to the partner, feel overwhelming sense of protection towards the partner, and feeling extremely jealous.

Key words: Obsessive Love disorder, gangguan mental, *Secret Obsession*

INTRODUCTION

Literature serves as the cornerstone of human culture, beliefs, and traditions. It acts as both a mirror of reality and a form of artistic expression. According to Roberts and Jacobs, "Literature is a composition that tells a story, dramatizes a situation, expresses emotions, analyzes and advocates ideas" (2).

Talking about human life or human values has something to do with psychology. Psychology encompasses the study of human behavior, encompassing both outward actions and inner thoughts. In literature, discussions of psychology often focus on exploring the human mind, its emotions, thoughts, and feelings. According to Jonathan Kellerman, Psychology and fiction are enough synchronism, and psychology is a suitable field for fiction. He further said that both psychology and Literature seek to understand people. Psychology helps the author describe how characters think, act, and behave in a certain way. Psychology promotes everything we are and do, from biological influences and social pressure to environmental factors. Both Literature and Psychology study the human soul. Psychology tells us about human behavior and its causes, while Literature describes human behavior through fiction (21).

One of the problems discussed in Psychology is mental disorder. According to Steven Hyman, "Mental disorders are diseases that affect cognition, emotion, and behavioral control and substantially interfere both with the ability of children to learn and with the ability of adults to function in their families, at work, and in the broader society. Mental disorders tend to begin early in life and often run a chronic recurrent course." (605).

There are many types of Mental disorders, for example, schizophrenia, bipolar disorder, major depression, anxiety disorders, obsessive-compulsive disorder, attention deficit hyperactivity disorder, and others. According to Reynaud According to Reynaud in Princessa Nathania Yuwono, Ribut Basuki's research, a psychological illness that is categorized as a type of Obsessive Compulsive Disorder (OCD) one of them is Obsessive Love disorder and is usually a sign of another mental health condition such as a disorder coincidence and delusional disorders (262). According to Hanggarjito in his research, there are several types of Obsessive Compulsive Disorder, one of which is Obsessive Love disorder, caused by relationships based on love (16). According to J. Stein, diagnostic criteria for Obsessive Compulsive Disorder emphasize that Obsessive Compulsive Disorder is characterized by the presence of obsessions and/or compulsions. (10).

According to Forward and Buck in their book *Obsessive Love: When It Hurts Too Much to Let Go*, Obsessive Love disorder is the contradiction of healthy love, nurturing, never satisfies, and rarely tastes good, "Healthy love aspires to trust, care, and mutual respect. Obsessive love, on the other hand, is dominated by fear, possessiveness, and self-consciousness. Obsessive love is volatile and sometimes even dangerous. Ultimately, it is unsatisfying, never nourishing, and rarely tastes good" (9).

Some sufferers of Obsessive Love disorder have behaviour towards their target of Obsessive Love. This analyse will discuss things like willing to do anything for their partner, overwhelming obsessive desire to possess and protect for their partner, and extreme jealousy.

The first of Obsessive Love disorder is willing to do anything. Someone with Obsessive Love disorder is usually willing to do anything for their partner and cannot be separated from the person they love of their target of Obsessive Love. According to Forward and Buck in their book, Someone with Obsessive Love disorder feel to do anything about the "act-ing in" and "acting out", that makes them feel so degraded, they still believe that they should be able to control themselves. but they blame their lover for their torture (59).

The second of Obsessive Love disorder is overwhelming obsessive desire to posses and protect for their partner Obsessive Love disorder is a condition in which one person feels an overwhelming obsessive desire to possess and protect another person, sometimes with an inability to accept failure or rejection. According to Forward and Buck in their book, no matter how loving obsessive lovers may feel, they are controlled by their own needs and desires, often at the expense of the needs and desires of their target (8).

The last of Obsessive Love disorder is feeling extremely Jealous. According to Forward and Buck, Obsessive lovers often experience extreme delusional jealousy, which is a typical emotion that only occurs in a person's mind. They might imagine everything they hate to think about and feel uncomfortable when paired with the opposite sex. This gives rise to a possessive attitude that shows distrust of his lover (55).

This study choose the Secret Obsession movie as the focus point learned about of Obsessive Love disorder because almost the entire film tells the story of Ryan as known as the main character, a sufferer of Obsessive Love disorder who is very obsessed with a woman named Jennifer, where Jennifer here is the Target of Obsessive Love disorder. Secret Obsession movie is *a 2019 American psychological thriller movie directed by Peter Sullivan, who co-wrote the screenplay with Kraig Wenman. It was released on 18 July 2019 by Netflix.* Ryan's Obsessive Love disorder peaked when he killed Jennifer's husband and Jennifer's other loved ones. All of Ryan's behavior shows that he is someone with Obsessive Love disorder. Such as possessiveness, willing to do anything to get the person he likes completely, overwhelming obsessive desire to posses and protect for their partner, and jealousy. Ryan stalked Jennifer Williams for years.

METHOD

This study utilized qulitative research. Qualitative research was a kind of research methodology that was used to report studies. According to Sutton and Austin's explanation of the qualitative data was clear: "Qualitative research can assist researchers' access the ideas and feelings of research participants, which can enable development of an understanding of the meaning that individuals attach to their experiences" (230). The data were presented as words, phrases, or sentences, dialogues. In this study, Ryan, the main character in the movie *Secret Obsession*, was examined through qualitative research.

In the data organizing, there were data collecting method and types of data collecting. In the data collecting method it consisted some steps, there were watching movie, reading the movie script, identifying the data, classifying the data, and reducing the data. Moreover, there are two types of data, there were primary data and collecting data.

In organizing the data, watching *Secret Obsession* movie several times was the first step to identifying the plot, characters, theme, and conflict. Then, the next step was reading the movie script of *Secret Obsession* to get the data in in form of dialogue. The next step was identifying the data by identified which parts of the movie were going to analyzed such as taking notes and highlighting the important part. Also classifying the data was part of selecting the data related to the problem of the study and deals with a table called appendix that could make data more organized. After classifying the data, there was reducing the data. In the reducing data were re-selected, and choosing the relevant and strong data for answering the problem formulation.

Two types of data used in this study were the primary and the secondary data. Primary data is the main source that consists of information directly related to the research subject, which is the *Secret Obsession* movie, and the movie script. Secondary data is used to complement the primary data. Secondary data can be obtained from various sources such as *e-books, journals, research articles*, and relevant websites pertaining to this study. The use of secondary data also facilitates researchers in finding information about the subject or theories related to the study.

FINDING AND DISCUSSION

The discussion of these findings explains the analysis of Obsessive Love disorder as reflected in main character in the *Secret Obsession* movie. *Secret Obsession* movie shows three critical findings. First, someone with Obsessive Love disorder is willing to do anything for their partner. Second, someone with Obsessive Love disorder feels an overwhelming obsessive desire to posses and protect for their partner. Third, someone with Obsessive Love disorder is feeling extremely jealous.

WILLING TO DO ANYTHING

Someone with Obsessive Love disorder is usually willing to do anything for their partner and can not be separated from the person they love of their obsessive target. According to Forward and Buck in their book, Someone with Obsessive Love disorder feel to do anything about the "act-ing in" and "acting out", that makes them feel so degraded, they still believe that they should be able to control themselves. but they blame their lover for their torture (59).

This is described to Ryan in the *Secret Obsession* movie based on the quote below:

Ryan: "Jennifer, do you know who I am? You don't remember me, do you? It's okay, it's okay. Right, listen. Look, the doctor said that there are going to be... some things that are harder to remember than others. **I'm going to be right here with you, I promise. We're gonna do this together.**"

Jennifer: "I don't even know your name."

Ryan : "I'm Russell. It's really nice to meet you."

The quote above explains that Ryan has an Obsessive Love disorder, because Ryan will do anything and accompany the target of his obsession, Jennifer. It can be seen from the

dialogue, "I'm going to be right here with you, I promise. We're gonna do this together" When Jennifer is in the hospital, and the doctor says that Jennifer has lost her memory, Ryan is there all day to accompany Jennifer even though he has to lie and admit that he is Jennifer's husband, Russel. That is all he does to fulfill his desire to have Jennifer entirely and to take advantage of the moment Jennifer loses her memory.

Another proof that shows Obsessive Love disorder by Ryan who is willing to do anything for his partner can be seen in the quote below:

Jennifer: "Have the police found my phone?"

Ryan: "Not yet. Next time I'm out, I'll just pick you up a new one."

Jennifer: "Thanks. We were happy, right?"

Ryan: "Honey, we're still happy. Okay?"

Jennifer: "Okay."

From the quote above, it is explained that Ryan will do anything for Jennifer. It can be seen from the dialogue, "Not yet. Next time I'm out, I'll just pick you up a new one." Its includes giving whatever Jennifer wants, so that Jennifer believes that Ryan is the only person who loves her and fulfills all her needs. Even though the actual fact is that Ryan throws away Jennifer's cellphone so that there is no trace that other people can trace to find Jennifer.

Here is another dialogue that describes Obsessive Love disorder by Ryan who is willing to do anything for his partner in the *Secret Obsession* movie:

Jennifer: "Russell... what are you doing?"

Ryan: "I don't know why I try anymore. All I have ever wanted... was for you to love me, and for you to know how much I love you. I would've given up my entire world just to be a part of yours."

Based on the quote above, it explains that Ryan has an Obsessive Love disorder. It can be seen from the dialogue, that Ryan's own words to Jennifer reveal that Ryan has been eyeing Jennifer for a long time to make her his, until Russell comes along and marries Jennifer. Ryan cannot accept Jennifer's happy marriage, so he gets rid of everyone around Jennifer. including Jennifer's parents and husband. He will only make Jennifer his only possession and use any means to get what he wants.

Another dialogue that shows the person with Obsessive Love disorder is willing to do anything for his partner by Ryan can be seen below:

Ryan: "I know that. I know, and it's not your fault. Because you can't remember. Do you know how many years I spent working with you in that office? Years getting to know you. Getting to understand you. And all for the great Russell Williams to come along. and take what was mine."

Jennifer: "No."

It can be seen from this dialogue that the reason someone with Obsessive Love disorder carries out obsessive pursuits is because they want to gain the interest of the person they

love. Often someone with Obsessive Love disorder goes too far because of it. Since feeling such deep love for Jennifer, Ryan does anything to gain her complete love. He tries to get to know Jennifer, understand Jennifer's likes and dislikes, and get rid of anything that should belong to him.

OVERWHELMING OBSESSIVE DESIRE POSSES AND PROTECT FOR THEIR PARTNER

According to Forward and Buck, Obsessive Love disorder is a condition in which one person feels an overwhelming obsessive desire to possess and protect another person, sometimes with an inability to accept failure or rejection. According to Forward and Buck in their book, no matter how loving obsessive lovers may feel, they are controlled by their own needs and desires, often at the expense of the needs and desires of their target (8). Some quotes in the excerpt from the *Secret Obsession* movie below depict Ryan with an Obsessive Love disorder who is overwhelming obsessive desire to his partner and inability to accept rejection.

Jennifer: "I overheard you outside on the phone."

Ryan: "Oh, yeah. That was work calling. Wondering when I was coming back."

Jennifer: "Oh".

Ryan: "I told them we just got home, and there's no way I'll rush your recovery."

Jennifer: "Are they okay with me taking time off?"

Ryan: "Honey, actually, you quit your job when we moved out here."

Jennifer: "Really?"

Ryan: "Yeah. We'd decided we wanted to start a family and this was the best way to do it, came out here for the fresh air, and less stress."

The quote above explains that Ryan makes Jennifer feel safe with him. It can be seen from dialogue, "I told them we just got home, and there's no way I'll rush your recovery." Upon returning from the hospital, Ryan takes Jennifer to his house, which is far from where Jennifer previously lives. He gives Jennifer a comfortable place, even though he deprives her of access to her friends. It is all done to fulfill his desire to have Jennifer completely and not be bothered by anyone.

Another dialogue that shows the person with Obsessive Love disorder has overwhelming obsessive desire to his partner by Ryan can be seen below:

Jennifer: "Maybe I just need more time."

Ryan: "Oh for God's sake, Jen. I am your husband. Please...Okay, listen to me. I sat in that damn waiting room, night after night, because I couldn't stand not being there when you woke up. I was there at every step of your recovery and this is what I get? A wife who won't let me touch her?"

The quotation above reflects that Ryan has an Obsessive Love disorder. Ryan does anything for his obsessive target to seek comfort, but he faces rejection from Jennifer. As explained, Obsessive Love disorder cannot accept rejection. Forward and Buck also

explain that the feeling of rejection is the real enemy of an obsessive lover because it makes a person develop obsessions. This obsession makes them believe that the relationship with the person they love is eternal, so they will maintain the relationship no matter what, even if their partner wants to end it (175). It can be seen from the dialogue, Ryan is rejected by his obsession target, Jennifer. Here Ryan appears angry because he does not get what he wants. He brings up what he has done for Jennifer, and almost injures Jennifer by grabbing both her arms.

Another proof that shows Obsessive Love disorder by Ryan who is overwhelming obsessive desire to his partner can be depicted in the quote below:

Jennifer: "What happened?"

Ryan: "What did you think was gonna happen? Roaming around in the yard in your condition? What were you doing out there?"

Jennifer: "What's going on? Wait. What did you do to my phone? What happened to the Internet?"

Ryan: "Don't get so worked up. Listen.

Jennifer: "No..."

Ryan: "Take your medication, okay?"

Jennifer: "I don't want medication."

Ryan: "Rest a while."

Jennifer: "I don't want to rest!"

Based on the quote above, it explains that Ryan has Obsessive Love disorder. It can be seen from the dialogue, "Take your medicine, okay?" and "Rest a while" which reflects Ryan's care and treatment towards for the target of his obsession, Jennifer. This includes treating Jennifer's wounds caused by him. He still cares about Jennifer's health even though Jennifer insists on leaving Ryan. He continues to try to calm Jennifer who wants to rebel.

FEELING EXTREMELY JEALOUS

There are other of possessiveness from Obsessive Love disorder, such as jealousy. According to Forward and Buck, Obsessive Love disorder often experiences extreme delusional jealousy, which is a typical emotion that only occurs in a person's mind. They might imagine everything they hate to think about and feel uncomfortable when paired with the opposite sex. This gives rise to a possessive attitude that shows distrust of his lover (55). This is described to Ryan in the *Secret Obsession* movie based on the quote below:

Ryan: "Excuse me. Sir? Why were you asking about Jennifer Williams?"

Witness: "What do you care?"

Ryan: "Actually, I care a lot."

Witness: "Who the hell are you?"

Ryan: "Her husband. Stay away from my wife!"

Based on the quote above, it explains that Ryan has great jealousy when his obsessive target deals with other people. It can be seen from the dialogue, Ryan tries to get rid of anything that can keep Ryan away from Jennifer. One of these instances who is an eyewitness is being questioned by the police during the incident where Jennifer is hit by a car because Ryan is chasing her. Extreme jealousy drives Ryan to do inappropriate things to people he perceives as threats to his relationship with Jennifer.

Another proof that shows Obsessive Love disorder by Ryan which is extreme delusional jealousy for his partner can be described in the quote below:

Jennifer: "No."

Ryan: "I know you better than anyone else. I'm the one that you should be with, not him. And so I fixed it. I took care of anyone that could get in my way. I probably would have killed you, too, but... the funniest thing happened. Fate gave me a chance. Now, with a clean slate, I could give you the life that you always deserved. We can start a new life together, you and me."

Based on the quote above, it explains that the reason why people with Obsessive Love disorder engage in obsessive pursuits is because they want to gain the interest of their loved ones. Often, someone with Obsessive Love disorder acts out of line because of that. Usually, when obsessive rage appears and cannot be expressed, it manifests as a revenge fantasy. Revenge fantasies often recur in their minds, leading to sacrificing something else on their behalf, like extreme jealousy of Jennifer's real husband (Russel), who can earn Jennifer's complete love. So, Ryan does not hesitate to kill Russel. He insists on telling Jennifer that he is the one who deserves to accompany her throughout her life. Ryan will do anything to have Jennifer.

From all the explanation above, this analysis shows that the Obsessive Love disorder in the character Ryan in the *Secret Obsession* movie can be described as follows: Ryan is willing to do anything to Jennifer, consistently bends to Jennifer's will to win her affection, except when she tries to escape his grasp. Furthermore, Ryan displays an overwhelming sense of protection towards Jennifer, despite the discomfort that may cause his obsessive target. Additionally, Ryan exhibits extreme jealousy, to the extent that he is willing to eliminate anyone who could potentially have Jennifer, even contemplating killing Jennifer herself rather than seeing his obsessive target with someone else.

CONCLUSION

This study discusses the *Secret Obsession* movie as the object of this study and uses Obsessive Love disorder as a theory. Researchers use this theory as a tool to uncover the mechanisms that are applied when an individual experiences a feeling of obsessive for their partner. As a result, this study found which is the way the main character, Ryan has Obsessive Love disorder. Ryan is a character who displays these behaviors towards his obsessive target, Jennifer. It is explained that Ryan exhibits behaviors like willing to do anything for their partner, overwhelming obsessive desire to possess and protect for their partner, and feeling extremely jealous. All of Ryan's obsessions are a pursuit to possess Jennifer completely.

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