

CHAPTER TWO

LITERATURE REVIEW

2.1 Previous Study

In order to help the researcher analyses the object of this study, the researcher would like to give short previous study about Symptoms of Anorexia that has been conducted by several researchers.

The first study entitled Eating Disorder Suffered by Woman in Marya Hornbacher's Memoir Entitled Wasted: A Memoir of Anorexia and Bulimia done by Bhakti in 2016 at Diponegoro University. Objectives of the Study to reveal about the eating disorder formula described in the story and the impact of capitalist and patriarchy's wares on the increase of eating disorders, both of which are discussed in the memoir. The study helped the writer provide an explanation of the concept of anorexia in general.

The second study entitled Francesca's anorexia nervosa and unconscious Regression in Steven Levenkron's the best Little Girl in The World by Destiyanti in 2017 at Sanata Dharma University. Objectives of the study to seeking about the main character in novel and regression in Francesca's anorexia Nervosa. The result found that Francesca suffers from anorexia nervosa as her self-mechanism. this study helps in understanding the factors why people can suffer from anorexia nervosa, biological factors, sociocultural conditions, and family are all factors to consider.

The third study entitled A Psychoanalysis of Anorexia Nervosa as portrayed in Laurie Halse Anderson's Novel Winter girls by Meliala in 2019. The novel's main character, who suffers from anorexia nervosa, is the subject of examination. Objectives of the study to find out about Psychodynamic aspects are discussed as the causes of Anorexia Nervosa. The study helped the writer provide an explanation of the concept of anorexia in general.

The fourth study entitled *The Psychoanalytic Understanding of Anorexia Nervosa and The Therapeutic Response* by Ganor in 2015. This research aims to provide a psychoanalytic perspective of anorexia nervosa and the treatment approaches in terms of recovery. Individuals can work on the underlying beliefs and feelings that have developed through an eating disorder after they understand why they interact with food the way they do. from this thesis the researcher get knowledge about understanding the anorexia nervosa.

The last study entitled *Myth and faith on Now You See Me* by Ilham in 2018, Objectives of the study to discuss about focuses on how the depiction of work mythology in the film *Now You* four magicians are told as heroes who have a mission to reveal crimes under the orders of something mysterious called *The Eye*. The method used is qualitative research with uses Christian Metz's semiotic theory to see the reality depicted. this research also uses Roland Barthes' semiotic theory to see hidden or invisible realities in this film, in this study it can be understood that there are two myths depicted, namely Christian mythology and ancient Egypt in the movie *Now You See Me 2*. This study helps the writer about the semiotic theory by Christian Metz.

Through those previous studies that has been mention the writer would like to adopt the theory *about the factors people can suffer from anorexia nervosa such as, biological, sociocultural, and psychological factors*. from Francesca's anorexia nervosa and unconscious Regression in Steven Levenkrons's the best Little Girl in The World by Destiyanti in 2017

The second theory writer would like adopt *Semiotic by Christian Metz*, which has been used by Ilham in his analysis entitled *Myth and faith on Now You See Me* in 2018.

2.2. Semiotic Film by Christian Metz

Semiotics is a science that examines signs in human life, it means all that is exist in our lives is seen as a sign, which is something that we must give meaning (Hoed, 2011). When we want to analyze the structure and activity of semiotics of films, the concepts can be borrowed

from semiotics-oriented theory. this is also the case among others in the analysis conducted by Christian Metz. According to Candler (2007), a sign in order to function as a sign, must be made in such a way that it can be visible but how it happened does not really matter, it's evident that between the sign and the supporter of the sign there must be a difference.

Christian Metz was a figure in the semiotic film where he brought up some discussions about the shooting patterns and the meaning behind the shoot. Metz argues that the film becomes a discourse through grouping as a narrative which then creates a tagging procedure (Robert & Sandy, 1992). In order to explain the meaning of the film, a deeper understanding is needed in reading the language of the film, it calls a function of the grand syntagma Tique, which is the idea as a textual system used because of the validity of the language of cinema, so that the film is understood as text or discourse rather than a language.

To find out the semiotics of Christian Metz, a grand syntagma Tique analysis is required which is divided into eight syntagma. Metz's eight syntagmatic grands are in the book *New Vocabularies in Film Semiotics* (Robert & Sandy, 1992).

1. Autonomous Shot

is a scene shown in a shot that deals with the elements of space and time in the film's story, which aims to explain the story to the audience.

2. Parallel Syntagma

Syntagma parallel is a non-syntagma chronologically consisting of a combination of several shots with contrasting images. Having two or more motifs intertwined with symbolic intent. This syntagm has a connection between the elements of space and time in the scene.

3. Bracket Syntagma

syntagma which belongs to the non-chronological syntagma that combines the images with a similar theme, consisting of more than one shoot. that provides a

specific example of an order reality, without relating the chronologically. Even though it's not sequential, however it keeps to show pieces of the image in the film without any connection between space and time.

4. Descriptive Syntagma

Is a chronological syntagma that sorts events in one screen and settings in a direct, the assembled shots have continuity in space and time, describe descriptively the messages that are strung together directly and relate what facts are displayed on the screen, this Syntagma is usually used in the opening scenes in films.

5. Alternating Syntagma

Syntagma consisting of more than one shot, display the events that chronologically occurred in two different scenes in turn and related, the alternative syntagma brings together shots that are different, but still at the same time and have something in common.

6. Scene

Chronologically and continuity displays specific or special scenes, it can be in the form of setting, places, events, and actions. in one scene, it can consist of one shot or even a combination of several shots arranged in such a way, base on to the storyline.

7. Episodic Sequence

Syntagma that is chronological sequential and linear, but does not go on and usually consists of more than one shot, this syntagm tends to be constant and still is talking about the same thing

8. Ordinary Sequence

More emphasis and develop on the action that takes place continuous, sequences consisting of more than one shot that are chronological and sequentially, more emphasis and develop on continuous action.

Semiotic film by Christian Metz is used to sort and reassemble the film *To the Bone* (2017), Semiotics film was chosen because the method discussed about the pattern and meaning of sign in film. Metz explained that the shot was nothing more like an expression rather than a word, although not always resembling, facts to understand on film semiotics is a film must really be able to understandable. Even the iconic analogy doesn't come right away explain the discourse in the film, so it is necessary deep understanding to read movies.

2.3. Anorexia Nervosa

Anorexia nervosa is a complex disorder with many causes, in other term this condition is influenced by combination of sociocultural, biological, and psychological factors. Furthermore, body dissatisfaction is increased by media and newspaper exposure to the western ideal body which can influence ideal body image by internalizing specific body types in both genders (Joel & Arnold, 2005).

This condition causes disruption in both cognitive and emotional functions in those who suffer from it. combined with a significant fear of gaining weight and a distorted body image, which leads to extreme dietary restriction or other weight-loss habits such as purging, severe exercise, or any physical activity. Anorexia Nervosa is one of the most dangerous psychiatric conditions with a 10-year mortality rate of 5-10% (Chaudhury & John, 2001).

The relative risk of anorexia nervosa has remained stable in recent decades, on the other hand several research show that the incidence of anorexia nervosa has increased in the last two to three decades. Anorexia nervosa can strike at any age however, it usually strikes during adolescence.

According to Alwithy (2017), like most other psychiatric conditions, anorexia nervosa is a complex condition with a multiple etiology combining biological, sociocultural, and psychological components.

1. Biological factors

a. Genetic

Polymorphisms were discovered in 43 different genes in studies, with the latter being linked to motivation, reward processes, personality traits, and emotions. Furthermore, Gene polymorphisms have also been linked in a consistent way.

b. Hormonal factors

Ghrelin (orexigenic hormone) is a hormone that is generated in the stomach. It's generally referred to as the hunger hormone, and it's also known as lenomorelin.

c. Serotonin dysregulation

The imbalance of serotonin has a role in the development of anorexia nervosa, they have a cumulative effect on appetite.

2. Sociocultural Factors

a. Environmental effect: Teasing by family and friends, as well as comments and advice from authority figures (doctors, nurses, instructors, trainers) on the need to change weight, are all elements that contribute to anorexia nervosa.

b. Family and Peer pressure: according to a study conducted in the United States Individuals who felt pressure from family and peers were more likely to develop anorexia nervosa, and numerous studies, moms have a bigger impact on their daughters' body dissatisfaction and eating disorders.

c. Media: Multiple studies show that from the idealization of a female form in the 1960s to a progressively smaller female figure in the 1970s, 1980s, there is a shift in the media imagery used in films, publications, and television. By presenting an unrealistic aesthetic ideal of the young female body, the media contributes to an unhealthy obsession with body size.

3. Psychological Factors

- a. Psychological factors such as negative affect, low self-esteem, and massive dissatisfaction with appearance may have a role. broken relationships, such as overprotective parenting, disagreements, and substantial parental augmentation, are other factors that contribute to the development of anorexia nervosa.

According to Semeco (2019), Anorexia nervosa might arise in a variety of ways, including the following signs and symptoms:

1. Dry Skin

Once the body mass index (BMI) falls to 16 kg, anorexia nervosa-related skin abnormalities become more common. Vitamin and trace element shortages, as well as perhaps a thyroid function issue, are to contribute (Philip & Brown, 2015).

2. Feeling cold and weak

Because of poor insulation in body when patients are under weight. There is also poor circulation to the feet and hands which can cause a painful (Philip & Brown, 2015).

3. Refusal to eat

The sufferers limit their food intake because they feel that they are overweight, even though in fact their body is already thin, this behavior could be caused by a variety of circumstances. The first is that hormonal abnormalities can cause anorexics to be constantly afraid of gaining weight, resulting in an unwillingness to eat, the second is controlled by two hormones: second estrogen and oxytocin (Rowell, 2020).

4. Vomiting the food

anorexia sufferers will be vomiting food in order to limit the amount of food that enters their body so that they get less calories (Rowell, 2020).

5. Extreme weight loss

Drastic weight loss is one of most signs of anorexia nervosa, giving the person a "bones and skin" appearance, since they very strict about food which come into their body. Anorexics frequently wear tight clothing to cover their weight loss (Philip & Brown, 2015).

6. Lying about hiding food

People who suffer from eating disorders frequently try to hide their disordered thoughts and behaviors from everyone. People may do this for a variety of reasons, including hiding, destroying, and discarding foods to fool others into thinking they had eaten (Annette & Ursula, 2009).

7. Engaging in Food Rituals

Control-oriented eating habits are frequently triggered by obsessive behavior about food and weight. The common meal rituals identified in anorexia are measuring calories before eating the food, which can reduce tension, deliver comfort, and generate a sense of control (Gokulalakshmi, 2018).

8. Excessive Exercise

Anorexia suffers often exercise excessively to lose weight. Excessive exercise is frequently found in the presence of extreme anxiety as well as obsessive mindsets and behaviors (Gokulalakshmi, 2018).

9. Purging for Weight

Anorexia is known for its purging behavior. vomiting and the use of particular drugs, such as diuretics and laxatives, are examples of purging practices intended to reduce food absorption and increase speed stomach emptying (Rowell, 2020).

10. Loss of menstruation or less frequent periods

Significant weight loss due to calorie restriction caused by eating disorders is thought to cause pituitary gland hormone suppression, which is required to maintain appropriate estrogen levels (Gokulalakshmi, 2018).

11. Lanugo (downy hair on the body)

Lanugo is a symptom that certain anorexia patients experience. Their hands and legs have delicate downy hair. That's the body's way of defending itself against the heat loss that comes with extreme malnutrition (Philip & Brown, 2015).

above are some of the symptoms of anorexia that are usually experienced by sufferers, this is important because we can identify the symptoms that generally occur and make it easier to analyze.

2.4. Characters in Movies

in the film *to the bone* (2017) directed by Marti Noxon there are several main actresses who support in film including:

Picture 1



Lily Collins as Ellen

Picture 2



Kathryn Prescott as Anna

Picture 3



Maya Eshet as Pearl

Those are the major of character which depicted the symptoms of anorexia in film *to the bone* (2017).