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### SCHIZOPHRENIFORM IN ANDRES HEINZ'S *BLACK SWAN*

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#### Abstract

This research aims to analyze the personality disorder, Schizophreniform, that happened in this drama, *Black Swan* by Andres Heinz. It describes that the main character, Nina Sayers, has a psychological problem. She suffers from Schizophreniform. Three questions appear to discuss i.e. the causes, the symptoms, and defense mechanism of Schizophreniform perceived by Nina Sayers the main character. This research uses a theory of Psychoanalysis by Sigmund Freud. There are two concepts to be applied to three problems in this research. The concepts are Id, Ego & Superego, and Defense Mechanism. These concepts help this research to describe the symptoms and the defense mechanism of Schizophreniform. The result of this research found that Nina Sayers shows the symptoms of Schizophreniform after experiencing the stressful event to be a new swan queen in the prestigious ballet company and poor social interaction as the causes of Schizophreniform. The symptoms are visual hallucinations and delusions. Then, the Defense Mechanisms of Schizophreniform that appear in this drama are identifications and Introjections.

**Keywords:** Schizophreniform, symptom, cause, a defense mechanism

## **I. INTRODUCTION**

Someone's personality can be understood by other people if the social activities continue from time to time. In that process, sometimes, a person who has a personality disorder is hard to be identified because the sufferer acts like a normal person. A personality disorder is a way of thinking, feeling, and behaving that deviates from expectations of the culture, causes distress or problems functions, and lasts over time by the sufferer. One personality disorder is Schizophreniform.

Kaplan & Sadock (2004) stated that Schizophreniform is a personality disorder that is equal to Schizophrenia unless the symptoms last at least one month but less than 6 months. The common symptoms of Schizophreniform and Schizophrenia are the same and the sufferer is also called Schizophrenic. Schizophrenics are people who are hard to differentiate between the real-life and unreal inside their heads.

Furthermore, Schizophreniform is a disorder that is rarely known to most people. Sometimes, people will consider a person who has the common symptoms of Schizophrenia as a person who suffers from Schizophrenia. However, not all sufferers who have the symptoms of Schizophrenia can be considered as Schizophrenic who suffer Schizophrenia but they could be considered as Schizophreniform.

The sufferers of Schizophreniform have a defense mechanism to reduce their anxiety and protect them from stress. Susanto (2015) stated that to deal with the extreme pressure of anxiety, the ego should do an extra action to lose the pressure and that action is called a defense mechanism. In other words, a defense mechanism is the way of someone who is suffering a mental illness to reduce their anxiety and it happens naturally in the human's body.

The case of Schizophreniform in this drama makes the writer excited to know more about Schizophreniform. From the drama, the writer wants to find out what are the Schizophreniform, causes, symptoms, and kind of Defense Mechanism of Schizophreniform as it is reflected in Nina's character.

Then, the results of this analysis are the cause of Schizophreniform perceived by Nina Sayers, the symptoms of Schizophreniform, and the kind of Defense Mechanism used by Nina Sayers in dealing with her Schizophreniform. That results are based on the drama *Black Swan* by Andres Heinz.

## **II. REVIEW OF RELATED LITERATURE**

*Black Swan* was written by Andres Heinz in 2010. This drama tells about a Ballerina of White Swan who tries to transcend herself into the Black Swan. To analyze the problems that happened in

*Black Swan's* drama, the writer uses a theory of Psychoanalysis by Sigmund Freud (1923). The writer uses two concepts from the psychoanalysis theory - Id, Ego & Superego, and Defense Mechanism. Freud (in Elqayyimah, 2019) stated that Schizophreniform is caused by a conflict between the ego and the outside of the world. He assumed that the damage of an ego affects the symptoms of Schizophreniform.

Freud also stated that defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings. The function is to reduce the pressure and stress from someone who suffers from a mental health problem. It happens naturally in the human body. The cause of Schizophreniform is still unknown and unclear. But some psychiatrists believe some factors can cause the symptoms of Schizophreniform.

### **III. RESEARCH METHOD**

In this research, the writer uses library research and this research is qualitative. Creswell (2009) stated that qualitative research is a form of interpretive inquiry in which researchers interpret what they see, hear, and understand. In other words, qualitative research is empirical research where the data are not in the form of numbers. It is a descriptive analysis that focuses on interpreting the data. In

consequence, it needs deep observation of the data to find the interpretation. Patton (2002) found that there are three kinds of data collection in qualitative research. The data collections are interviews, observation, and documents. In this research, the writer uses documents as a data collection. Documents including studying experts and quotations. Documents analysis is fit to the way of writer analyze the drama by using a quotation and studying experts.

However, there are four steps in getting the data. The first is by reading and understanding the drama *Black Swan* several times until it was understood. The second is by collecting and exploring the data by using the writer's opinion. The third is by identifying and classifying the data into two points; the symptoms and the defense mechanisms. The fourth is by drawing and evaluating the conclusion through the psychological approach especially Psychoanalysis Theory and using the concept of Id, Ego, Super Ego, and Defense Mechanism.

### **IV. FINDING AND DISCUSSION**

Schizophreniform is a mental illness that is similar to Schizophrenia in that is the sufferer cannot differentiate between what is real from what is imagined. Schizophreniform may affect how Schizophrenics think, act, express emotions, and relate to others. To support this research, the writer has three subtopics. The first subtopic is about the

cause of Schizophreniform. The second subtopic is symptoms of Schizophreniform. The last subtopic is a defense mechanism of the symptoms.

#### **4.1 The Cause of Schizophreniform Perceived by Nina Sayers**

Mostly, the exact causes of Schizophreniform disorder are still unknown. This disorder is a typical rare mental health problem that people are concerned about. A mix of factors may be involved, including genetics, brain structure and function, and environment. A cause is a reason for any actions or conditions that happen in this drama, the writer only found one cause of Schizophreniform in the drama *Black Swan* which is the environmental factor.

##### **4.1.1 Environmental Factors**

The environmental factor is the only cause that the writer found in this drama. The environment is the reason why sometimes people get stressed out because they interact with so many people. Environmental here means poor social interactions or highly stressful events may be the factors of schizopreniform.

##### **4.1.1.1 Poor Social Interactions**

Poor social interactions happen in Nina's Life. In this drama, Nina doesn't have best friends or even only friends to hang out. She likes to go home after finishing practice ballet. Blue (2017) stated that social interaction is a skill of someone

to interact with other people. He also added that people with poor social skills have high levels of stress and loneliness in their life.

Sometimes people who have problems with social interaction feel isolated by others. Through the previous statement, the way Nina feel isolated can be seen through the narration below:

*First day in the new role,  
Nina stretches alone;  
muffled sounds of other  
ballerinas chatting and  
giggling drift in from the  
large rehearsal space.  
Makes Nina feel a little  
isolated. (A: 1-32, P: 24)*

From the narration above, it can be concluded that people who have poor social interaction will isolate from other people. Through the narration above, it can be seen how other ballerinas make Nina feel isolated because she doesn't have a friend. It becomes the reason why some people have mental health problems while they are alone. Loneliness makes someone feel stressed and stress can cause a health problem.

In brief, Poor social interactions happen in Nina's Life. Human is a social creature that always needs other people in their life to talk about anything that happens in life. People who have poor social interaction also get hate for some people who don't know them well.

##### **4.1.1.2 Highly Stressful Event**

Environmental factor such as stressful event is also the reason why Nina suffered schizophreniform. Stress may affect the health problem for a person who finds difficulty to handle a thing or problem. In this drama, a highly stressful event affects Nina's health. She has schizophreniform due to her stressful event as a swan queen.

In each event, there must be a person who always demands something to be perfect. In this drama, Thomas Leroy as a Director always demands Nina to be a perfect swan queen. This reason makes Nina feel a little bit stressed during the practice time. The way Leroy demands Nina to practice again and again to be perfect can be seen through the quotation below:

*INT. LARGE REHEARSAL SPACE – DAY*

*David and Nina dance the Black Swan's pas Deux. Once again, Nina's rigid and self-conscious.*

*LEROY: Try it again*

*They resume dancing. She finishes, out of breath, and looks at Leroy and the Russian ballet mistress.*

*LEROY: Again*

*The piano music starts up again, and she begins dancing. When she finished, she looks at him, eager for feedback.*

*LEROY: Again!*

*The music starts up again.*

*Nina stays still, frustrated.*

*NINA: Do you have any corrections?*

*LEROY: No. (A: 3-55, P: 50-51)*

From the quotation above, it can be seen how it is so stressful for Nina. She is just doing the movement again and again without any correction. It makes someone feel stress during the practice time of some event when they have to try over and over again without knowing where the mistake is.

To conclude, poor social interaction and highly stressful events affect Nina's psychological condition because it happens when she has to face a big event in her life. In this drama, Nina has lacks to introduce herself and share personal information with other people that effect her to be lonely. Thus, Loneliness and stressful events lead Nina to suffer from Schizophreniform.

## **4.2 The Symptoms of Schizophreniform Suffered by Nina Sayers**

Symptoms mean any or physical changes that can be detected by others from one who suffers from serious acute and chronic illness. In this subchapter, the writer explained two core symptoms by Benjamin J Saddock in his book *Psikiatri Klinis*. Therefore, Nina Sayers the main character of *Black Swan* drama shows the core symptoms by Saddock, they are a visual hallucination and delusion that will be explained in detail in the next two subchapters.

### 4.2.1 Visual Hallucination

The first symptom from the three core symptoms by Saddock is hallucination. Hallucination is seeing, hearing, or feeling things that are not real. Saddock (2004) states that hallucination is the inability of schizophrenics to overcome reality. It also could symbolize the fear of themselves about something. However, in the specific term, Nina has a visual hallucination. Visual hallucination involves the sense of sight which is the sufferer sees an object that does not exist.

Nina has a visual hallucination that she sees someone who exactly looks like her. It is her own- self that she tries to build as a black swan. However, she lost consciousness of reality that make her feel confused about it. Her id tries to manage her perception about it and it makes her have a hallucination of herself differently. To support the previous statement, it can be seen through the narration below:

*Catching a glimpse of Leroy fucking Lily further backstage. She's wild, clearly enjoying it. Nina looks away, disgusted. She peeks back one more time. Leroy has become the demon Rothbart, ravishing the double. She meets Nina's eyes and smiles. (A: 3-87, P: 80)*

The narration above clearly tells that how Nina has a bad hallucination. It is the visual hallucination that she has as her other self. The sentence *she meets Nina's*

*eyes and smile* expose that the one that Nina sees is herself. She saw herself making up with Leroy that her hallucination of being vulgar and energetic as a black swan should be. It is one of the reasons why schizophreniform occurs in her life because she feels the stress of the event that will be held soon.

In brief, one of the Schizophreniform symptoms is a visual hallucination that arrives from the pressure that she has. It happens because of a highly stressful event that makes her lose her consciousness of reality. There is no balance between Id, Ego, and Superego that makes Nina have hallucinations.

### 4.2.2 Delusion

The second symptom from the three core symptoms by Saddock is a delusion. The delusion here means when someone has false believe that they change into something that makes no sense for other people. Saddock (2004) added that delusion is defined as a false, inaccurate belief that a person holds on to. Someone who has delusion will believe something that is not accepted by the environment because what they believe is wrong.

In this case, at the end of her struggle to be a perfect swan queen, she believes that she is a black swan who has black wings, red eyes and is energetic but vulgar. It can be seen through the narration below:

*She spins with ferocity.  
More BLACK  
FEATHERS burst out  
from her shoulders and  
back. At last, she truly  
embodies the Black Swan.  
She finishes the coda,  
punctuating her last spin  
with a sharp step that  
echoes through theater.  
She has returned to  
normal. No feathers.  
Normal eyes. A woman.  
(A: 3-111C, P: 97)*

The narration above clearly shows that Nina has a delusion as a black swan. At the end of her coda as a swan queen, she completely feels that she is a black swan. Her pressure and stressful events make her try to change herself into another personality. It is affecting her mind and making her have bizarre delusions. The belief that comes from herself is that she is a swan, black swan.

Based on the two symptoms of schizophreniform above, it can be concluded that the life of Nina on her Schizophreniform affects her personality so much. She has suffered hallucinations and delusion during her Schizophreniform. It is a bad day for her as a schizophrenic. She becomes feels more oppressed and scared of what happened to her.

#### **4.3 Defense Mechanism of Schizophreniform**

This disorder can heal by itself without any special treatments, unless if the suffered continued to the schizophrenia phase. Susanto (2015) added that a defense

mechanism is an action that someone who has a problem with their mental health to reduce their tension or pressure. Its function is to protect the ego from pressure or high stress. Pressure or high stress can cause so many mental problems for someone. There are thirteen defense mechanisms. Two of them are found in this drama, are Identifications and Introjections.

##### **4.3.1 Identifications**

In this drama, Nina Sayers do identification as her defense mechanism. Susanto (2015) stated that identification is the way to reduce the pressure or tension by identifying oneself with other people who are more successful in satisfying their desire. In other words, identification is the way for the sufferer of mental illness to reduce their pressure and tension by equalizing themselves to other people that they think are more successful to achieve what they want. Identification is the way of ego and superego to get the psychic energy from the id.

Nina identifies herself to someone that is chosen before by Leroy as a swan queen. The one is Beth MacIntyre. Nina wants to be perfect as a new swan queen in a new season with Swan Lake by the Tchhaikovsky. Nina equalizes herself with Beth as a successful ballerina. It can be seen through the quotation below:

*BETH: What are you  
doing here?*

*(Stunned, Nina's unable to answer)*

*(Both follow her gaze to the random items on her table)*

*NINA: I'm so sorry.*

*(Beth begins touching the object, vaguely remembering)*

*NINA: I didn't mean to make you feel this way. It's happening to me now. She's trying to replace me.*

*(Beth sees the earrings and it all click in)*

*BETH: You stole all these things?*

*NINA: I just want to be like you. Perfect. (A: 3-88, P: 82)*

Through the quotation above, it can be seen that how Nina tries to make herself like Beth. Nina stole Beth stuff just to be perfect like Beth. She thinks that stealing Beth stuff will make her perfect like Beth. It is exactly Identification what Nina does to reduce her pressure. She also does identification of what Leroy wants as a swan queen by equalizing herself with Beth. The process of identification is vitally important in the personality dynamic and development.

To conclude, Nina identifies Beth as her role model and as her successful person to achieve the same position as she wants. However, this way is to make Nina reduce her tension and anxiety by identifying herself with Beth. Beth is the one that is chosen by Leroy as a swan

queen in the previous season of Swan Lake.

#### 4.3.2 Introjections

Nina does not only have identification as her defense mechanism. Nina also does introjection (Introyeksi). Introjection is a part of identification. It is a defense mechanism if the things that they try to equalize are something good. Mostly the children will identify their parents as their role models. The good value that children copy from their parents is called introjections (Susanto, 2015).

Nina tries to develop her superego by adopting the values that her mother has by being a ballerina. Nina trying to equalize herself with her mom due to her mom is an ex-ballerina. To develop her superego, she is copying the good value from her mom. It can be seen through the quotation below:

*ERICA: I'm sure she didn't mean to. Remember when you started? If I hadn't taken you to each of your classes, you would have been completely lost.*

*NINA: I'm gonna talk to him. Tell him I finished it.*

*ERICA: But it's alright. No matter what. You'll probably get to dance the pas de Quatre again. That's such a wonderful part. Or maybe he'll make you a big swan. Either way, you'll shine*

...



*ERICA: Good, I don't want you making the same mistake I did.*

*NINA: Thanks. (A: 2-3, S: 18-59, P: 15-54)*

The quotation above explains that Erica, Nina's mother is an ex-ballerina. Nina does identification as her defense mechanism to her mother to develop her superego. She adopted her mom's values of a ballerina because her mom is good. The sentences *If I hadn't taken you to each of your classes, you would have been completely lost . . . Good, I don't want you making the same mistake I did* that was said by Erica, shows that how's Erica care to Nina to give the best to her. She takes her to all courses to make Nina be a great ballerina in the future. Being a ballerina as what her mom wants also makes her satisfied.

In conclusion, this chapter has explained the main problem of Schizophreniform, which are the cause, symptoms, and defense mechanism of schizophreniform portrayed by Nina Sayers based on *Black Swan* drama. It is found that the cause of Nina's Schizophreniform is the environmental factors that have two parts, poor social interactions, and highly stressful events. The symptoms suffered by Nina are visual hallucination and delusion. These two core symptoms show Nina's behavior after the poor social interaction and pressure of the event that proves Nina suffered from

Schizophreniform. The last, Nina does identification as her defense mechanism to reduce the pressure and the tension. She also does the introjections as a part of identification which is focused on good values from the parent.

## V. CONCLUSION

The cause of Schizophrenia perceived by Nina Sayers is environmental factors. The pressure that she got because of the important event also make her should suffer from Schizophreniform. To resist it, a defense mechanism is needed. Relying on someone as a role model is indicated to reduce Schizophreniform.

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