



Emotional states of a character in I Smile Back movie

R.R. Okky Luthfiana, Ary Iswanto Wibowo, Yanti Rosalina
Universitas Bina Sarana Informatika, West Java, Indonesia

ABSTRACT

Background: Depression and anxiety are complex emotional states in which cognitive evaluations and affective and physiological responses are involved. However, Laney the main character in the movie really made the audience feel emotional when watching.

Purpose: The purpose of this study is to analyze the types and symptoms of depression and anxiety.

Design and methods: In conducting this analysis, the study uses a qualitative description method which means the technique of collecting data or theory from books or journals obtained from internet media sources and analyzing important notes that have been made, and watching movies.

Results: This study shows that depression and anxiety are described as a disease that can be experienced by anyone, as a result of the analysis found three types of depression and anxiety and seven symptoms of depression and anxiety in Laney's character, and Laney's illness due to past trauma.

Keywords: depression, anxiety, character, I Smile Back

Introduction

Movie in the narrow sense is the presentation of images through the big screen, but in a broader sense, it can also include that broadcast on TV. The movie is one of the mass media in the form of audiovisual and it is very complex nature. The film becomes an aesthetic work as well as an information tool that can be a means of entertainment, a means of propaganda, as well as a political tool. It can also be a means of recreation and education, on the other hand, it can also act as a dissemination of new cultural values. Films can be referred to as cinema or living pictures which are defined as works of art, popular forms of entertainment, as well as industrial production or business goods. Film as a work of art is born from a creative process that demands creative freedom.

Depression and anxiety are complex emotional states in which cognitive evaluations and affective and physiological responses are involved. Considering the complexity of these emotions, which can be described in several scientific languages at different levels of analysis, there is no doubt that multiple neuronal systems in the brain are implicated in the pathophysiology of these closely related.

Changing moods are nothing unusual. Everyone experiences them. Everyday life creates moods that can be happy, sad, angry, irritable, and indifferent; the list goes on and on. Moods are something that everyone has. Most of us react normally to our moods—that is, different events bring about changes of mood that, over time.

Most people, feel that they are in control of their moods. Even when their moods wander away from their baseline, they are confident that they will eventually return to normal. Just

CONTACT R.R. Okky Luthfiana ✉ okkyluthfiana@gmail.com

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like what affected Laney in the movie *I Smile Back*, who had depression and anxiety, Laney often experienced mood swings in her that always made her lose control.

The fact that Laney eventually gave up on improving her life and left her husband and children, drew writers to discuss Laney's character. The writer considers that what Laney did in the movie really made the audience emotional when they saw the movie. Laney is a wife who is very careful in taking care of her family, she is a woman who is full of love and does not want to destroy her family. The author's interest in discussing the development of Laney's character in this paper was so high that the author decided to give the title of this paper *Depression and Anxiety of Main Character I Smile Back Directed by Adam Salky*

Methods

The writer uses a qualitative descriptive method and library research. The descriptive method is about the description of depression and anxiety behavior by showing how the director presents the main character personality through scenes in the movie. The writer collects the entire data and materials with a variety of resources. Such as books, journals, articles. And other references from internet sources. And also the primary resources of this paper are still the movie itself by watching the movie several times to understanding the plot.

According to (Cary J. S. López, 2020) In other words, qualitative researchers are like quilters, borrowing, and interweaving viewpoints, and multiple perspectives. They make do with a variety of data – all of which are partial and mismatched – to construct a meaningful, aesthetically pleasing, and useful research synthesis. This means that qualitative researchers are flexible, creative, and make the most of the information available, whether that includes interviews, observations, documents, photos, websites, or archival material.

Findings & Discussion

Summary of the Story

Laney's life with her husband, Bruce Brooks (Josh Charles), and their two children look harmonious. Living in the suburbs should keep the family away from metropolitan congestion, giving them plenty of time to build intimacy. But that was not what Laney felt. She was an alcoholic, immersed in drug addiction, and worried about the little things a lot. The last point often creates arguments with Bruce. Laney is involved in an affair with Donny (Thomas Sadoski), the husband of Laney's own friend. On the one hand, Laney realized all these actions were wrong considering her status as a wife and mother of two children. But she also has a hard time keeping herself away from all of this, creating an inner conflict that plunges her into a depression.

The movie stars Laney has shown her attitudes and behaviors when she experienced depression and anxiety due to arguing with her husband. Then the day when Laney could not take her children to class because she had left her identity card behind, Laney felt annoyed and took it out by having sex with other people. The next day Eli's son Laney tells the incident at school that the teacher told him that thanksgiving is bullshit, at that time Laney felt angry and annoyed he called the teacher and insulted him.

Because she was very angry, as usual, Laney took it out by drinking alcohol without limits, using drugs, when she lost control, Laney had sex with her child's doll Janey. At that time, Laney felt guilty and asked Bruce for help, her husband to help her. The next morning, Bruce brought Laney to a rehabilitation place, on the way, Laney refused, but Bruce convinced Laney to remain rehabilitated because it was for the good of himself and his children.

Laney was rehabilitated for a month. The first day Laney was in rehabilitation, she was always worried, thinking about the condition of her children. Laney's emotions and worries

were very out of control while in rehabilitation. When meeting the doctor and Laney told what happened to him, the doctor diagnosed that Laney had childhood trauma due to being abandoned by his father. That's why Laney experiences depression and anxiety.

During a family visit, Bruce and his children visited Laney. Laney was very happy at that time, but when visiting hours ended Laney felt sad because she could not come home with her family. After a month of rehab, Laney was allowed to go home. Bruce picked up Laney full of joy and joy. Arriving at home, Bruce and his children have prepared a small party to celebrate Laney's return. at that time Laney's family was very happy.

The next day Bruce invited Laney to join together to attend an event in the city of Upstate, the city where Laney's father was. Initially, Laney refused but finally, Laney said yes to Bruce's invitation. When in that city Laney visited her father's house, Laney was very nervous and worried, when she arrived at her father's house, Laney was invited to come in and explore a little about why her father left Laney at that time. When she heard the story, Laney was devastated and decided to leave.

Laney was very upset at that time and decided to go back to drinking alcohol. At that time Bruce knew that Laney returned to bad habits when he was experiencing depression and anxiety. Finally, Bruce left Laney and Laney decided to go back to his own house. Laney felt terribly guilty for repeating his bad deeds.

One day at school Eli held an event where Eli played the violin. Laney was very proud because his son dared to appear in front of many people. After the event was over they went home and somehow Laney felt very worried, Laney could not help herself from doing her old habit. In the end, Laney returned to using drugs, when she was using drugs, Laney's child accidentally saw her and found that her mother's nose was bleeding, Bruce came over and saw what was happening and immediately took her child away to getaway.

At that time Laney immediately drove the car, Laney felt so guilty he did not know what to do. So that Laney tried to kill herself by running a red light, but good luck was still on the side of Laney, she was still safe. Whenever Laney feels depressed and anxious Laney has to vent it by drinking alcohol, Laney finally decides to go to a bar and meet a strange man who eventually gets drunk and has sex with the man.

When drunk and having sex with strangers, Laney gets bad treatment. Laney is pushed against the wall so that her face is full of wounds and fainted, the stranger leaves Laney and takes all of Laney's money. When he realized Laney immediately ordered a taxi to go home. Arriving house Laney prepared food supplies for her children feeling sad and guilty. Bruce saw Laney from a distance staring at his wife's battered face. Laney saw Bruce briefly then left his house I don't know where he was going.

Depression

Some folks could describe themselves as 'depressed' after they are sad. 'Depression' is over unhappiness: someone World Health Organization is depressed can expertise low mood, that is below merely being 'sad' or 'unhappy', and crucially is related to problem in having the ability to perform as effectively as is common for them in their way of life. The severity of this mood disturbance will vary between a light degree of distinction from the norm, through moderate levels of depression to severe depression, which can be then related to abnormal or 'psychotic' experiences like delusions and hallucinations. Low mood is in the course of a good vary of different symptoms, that additionally have to be compelled to be gift to create the identification of depression. (Gask, 2014)

According to (Gibaldi, 2017) it's usually accepted that the primary term for a condition roughly such as “depression” was “melancholy”, that dates back to medical man and therefore the dawn of medication within the Hellenic world (fifth to fourth century BC).

“Melancholy” refers to the essential foundation of Hippocratic medicine: the idea that the physical body was created from four “humor”. This was additionally echoed by Galenic drugs within the Roman world. In fact, this same plan was the theoretical foundation for many drugs right up till the nineteenth century, once it had been finally abandoned as a result of the extraordinary advances in science and drugs throughout that amount.

When considering the history of depression, it ought to be noted that, for several centuries, little or no attention was paid to the mental diseases and mood disorders of individuals from a lot of deprived categories World Health Organization found themselves facing physical hardships like wars and terrible epidemics. When the dawn of the Enlightenment, however, physical conditions began to enhance for several, and a lot of attention was paid to mental suffering. In English society at the top of the seventeenth century, the term “melancholia” was progressively approaching the standing of the milder conditions sometimes related to the Victorian amount, like “hypochondria”, “hysteria”, “spleen”, “vapors”, the “English malady” and therefore the “nervous breakdown” (Shorter 2013).

This made-up the means for the excellence between serious depressive disorders and milder however a lot of widespread personal suffering. This latter class is related to emotional and existential distress and may be a cultural, social science, and medical construct that has modified endlessly through the years (Shorter 2013). This is often massive as a result of the socially and medically accepted ways that of describing personal suffering derived from familial and social hardship have modified over and over (Shorter 1993).

Scientists at the National Institute of psychological state (NIMH) and across the country are learning the causes of depression. analysis suggests that a mixture of genetic, biological, environmental, and psychological factors play a task in depression (Angela L. Williams, 2020). Depression will occur together with different serious diseases, like polygenic disease, cancer, heart condition, and brain disease (PD). Depression will build these conditions worse and contrariwise. generally, medications taken for these diseases could cause aspect effects that contribute to depression symptoms.

Depression and mood disorders ar common, however serious mental diseases (Ramrao, 2016). Mood disorders have an effect on the wealthy, poor, young, and recent equally. They occur in folks from all walks of life. Depression and different mood disorders are complicated diseases that have an effect on the brains of sufferers and cause a range of symptoms. Once unknown and untreated, these diseases cause major upheavals within the sufferers’ lives. They aren’t simply the blues—they are disorders that may result in reckless or risk-taking behavior, self-medication, abuse, and tried or flourishing suicide.

To sum up, depression is a condition wherever somebody's mental psychological science is disturbed as a result of an incident that creates, she/he feel depressed, is experiencing mood changes.

Depression, also has been classified otherwise by psychologists and biologists. Within the gift study, the man of science thinks about with the common kinds of depression that occur in academic settings. Kinds of depression and their symptoms area unit given below. (P. et al., 2011)

Major clinical depression (MDD)

Major clinical depression was explained by researchers like Brown (1993), United Nations agency processed that it contains of single or a lot of major depression incidents with or while not full recovery between episodes. Clinically depressed patients should expertise sustained unhappy mood or important interest loss and connected criterion symptoms for 2 weeks or longer. Also, Papageorgiou, Haslam, and Goering (2011). These authors have in

brief delineate (MDD) symptoms that area unit gift for many of the day in 2 continuous weeks, as follows: depressed mood once feeling unhappiness, loss of interest or pleasure, changes in appetency, sleep problems, amendment in bodily function activity (physical effects), concentration, and decision-making difficulties.

Depression with Atypical options

According to Papageorgiou et al (2011), individuals' mood with this kind of depression improves in response to positive occurrences. In addition, associate degree inclination} to possess an enhanced appetency and temperament to sleep way more than traditional. They are sensitive to rejections by others and this sensitivity to refusal continues throughout most of the patients' lives.

Seasonal affectional Depression (SAD)

Researchers within the field of psychological science like Partonen and Pandi (2010) state that, unhappy is closely associated with sleep problems during which patients with this kind of depression encounter changes in sleep routines. Because it is obvious during this clarification, unhappy is related to somnolence. On the opposite hand, Papageorgiou et al (2011) take into account unhappy as a sort of depression that begins and ends per the time and year. people become depressed at identical time annually, with a lifting of depression at alternative times of the year. Papageorgiou (2011), value-added the most symptoms of unhappy include: energy, enhanced sleep, overeating, united for carbohydrates. The higher than researchers disagree in their conceptualization of unhappy, Partonen and Pandi relate it to sleep disorders whereas Papageorgiou relates it to a particular season.

Depressive disorder

Disorder Psychotic depression is outlined by researchers in psychological science like Rotschild (2012) as a severe sickness during which a personal suffers from a heavy combination of depressed mood and psychosis; typically referred to as philosophical system delusions or that dangerous issue area unit getting ready to occur. Symptoms of SDD area unit delusions and hallucinations. For Papageorgiou et al (2011), this type of severe depression during which an individual experiences psychotic symptom, like delusions or hallucinations, furthermore because the usual symptoms of depression. The higher than researchers have identical read on SDD that is for them, a mixture of hallucinations and delusions.

Measurements of Depression

Depression normally will be measured by completely different self-report instruments. per Sharp and Lipsky (2002), The motion depression inventory scales second edition BDI-II that replaced the primary edition BD-I, and BDI-PC, period scale center for medical specialty Studies, Revised (CESDR), and therefore the Zung Self-Rating Depression Scale area unit among the foremost wide used screening measures for adults in patient medical settings. They state that these instruments take around 5 to 10 minutes to finalise. However, the BDI-PC takes solely 2 to a few minutes.

Sadness is only one small part of depression and some people with depression may not feel sadness at all (Angela L. Williams, 2020). Different people have different symptoms. Some signs of depression include:

1. Persistent sad, anxious, or "empty" mood
2. Feelings of hopelessness or pessimism
3. Feelings of guilt, worthlessness, or helplessness

4. Loss of interest or pleasure in hobbies or activities
5. Decreased energy, fatigue, or being “slowed down”
6. Difficulty concentrating, remembering, or making decisions
7. Difficulty sleeping, early-morning awakening, or oversleeping
8. Appetite and/or weight changes
9. Thoughts of death or suicide or suicide attempts
10. Restlessness or irritability
11. Aches or pains, headaches, cramps, or digestive problems
12. without a clear physical cause and/or that do not ease even with treatment

Laney in the movie has some signs of the depression as follows. Major clinical depression symptoms that area unit gift for many of the day in 2 continuous weeks, as follows: depressed mood once feeling unhappiness, loss of interest or pleasure, changes in appetency, sleep problems, amendment in bodily function activity (physical effects), concentration, and decision-making difficulties.

When eating with Laney sometimes only eats a little food or Laney prefers to eat candy. That's what causes Laney's body to be very thin. Depressive disorder symptoms of SDD area unit delusions and hallucinations. For Papageorgiou et al (2011), "this type of severe depression during which an individual experiences psychotic symptom, like delusions or hallucinations, furthermore because the usual symptoms of depression" (18-19). The higher than researchers have identical read on SDD that is for them, a mixture of hallucinations and delusions.

When drunk from drinking alcohol and using drugs, Laney is hallucinated by having sex with the teddy bear, whose daughter is Janey. Generalized disturbance (GAD) According to Stein, M., and Sareen, J. (2015) GAD could be a persistent excessive worry which could begin in childhood or adulthood. those that suffer from (GAD) sometimes describe worry and trust everything.

Laney is always worried about the little things that happen, as in figure 3. Laney is worried about the wrinkles on her face thinking she is not beautiful and afraid that Bruce, her husband doesn't love her anymore.

There are several signs/symptoms in depression and anxiety according to (Angela L. Williams, 2020). There are Feelings of hopelessness or pessimism, Persistent sad, anxious, or “empty” mood, Restlessness or irritability, Feelings of guilt, worthlessness, or helplessness.

Feelings of hopelessness or pessimism



Figure 1. Laney has conversation with doctor

Supporting dialogue:

Doctor : “Nurse Pauline said that you are desperate to go home, and you feel your place is not here.”
Laney : “I don’t.”
Doctor : “Well, why are you staying? Call someone and go you are an adult. Why not?”
Laney : “Because I don't have a family.”

(duration 29:41 – 32:25)

In this scene Laney felt that she was desperate because she felt that she could no longer do medication in a rehabilitation place and the doctor suggested calling one of her family to take her out of the rehabilitation place. However, Laney said that she had no family apart from her husband and children.

Persistent sad, anxious, or “empty” mood



Figure 2. Feeling sad because remembering what Bruce said

Supporting dialogue:

Bruce : “Why did you stop your treatment?”
Laney : “It makes me fat.”
Bruce : “It’s bullshit.”
Laney : “It’s true.”
Bruce : “So you prefer to be crazy? You promised to take your medicine, if it's not for me then do it for kids.”

(duration: 28:25 – 28:50)

This scene shows Laney's behavior, who always cried when she was in rehabilitation because she felt guilty for Bruce for not taking the medicine she had been drinking for a long time.

Restlessness or irritability



Figure 3. Feeling restless because they can't take their children to class

Supporting dialogue:

Teacher : “ID?”

Laney : “I had a crazy morning I forgot it; I will bring it tomorrow. I promise.”

Teacher : “The ID of parents who must be brought now, we sent an email last week.”

Laney : “I always drove him to class for two years, can't you just survey for just one day?”

Teacher : “If I make an exception for you, then I have to make an exception for everyone else. Isn't that what we want to teach our children? I think so. In these two years, Eli has had enough of a class by himself, I think it will be better.”

(duration: 07:06 – 07:59)

In this scene, Laney really feels annoyed because she can't take his children to enter his class. because Laney did not bring the parent ID that was sent via email from her child's school, but Laney did not know the hall.

Feelings of guilt, worthlessness, or helplessness

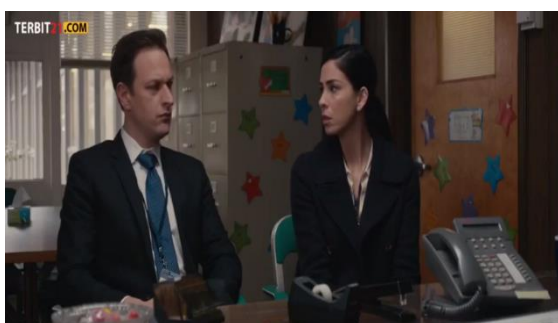


Figure 4. Laney so feel guilty because Eli have general anxiety like Laney

Supporting dialogue:

Teacher : “Eli shows some strange attitude, some strange behavior, such as blinking his eyes a few times, always moving his legs when he wants to do something. This shows symptoms of anxiety.”

Bruce : “So what should we do?”

Teacher : “I think Eli should get treatment with therapy. Or Eli should get treatment by doing therapy or can get medicine to consume.”

Laney : “It is my fault; my illness is passed on to him.”

Bruce : “Stop it.”

(duration: 42:00 – 42:43)

Bruce and Laney went to the guardian of their son, Eli. His teacher said that Eli had symptoms of anxiety. When he learned that Laney felt very guilty because Laney's illness was passed on to his son. His teacher suggested that Eli get medication or therapy so that Eli's disease would be resolved quickly.

Anxiety

Anxiety is thus one in every of a spread of emotions that serves the positive operate of alerting USA to things we do ought to worry about: doubtless harmful things (Swift et al., 2014). Additional significantly, these emotions facilitate USA to judge potential threats and properly reply to them, maybe by quickening our reflexes or focusing our attention.

Researchers in scientific discipline outline anxiety otherwise (P. et al., 2011). For Eysenck, et al, (2007:336) Anxiety is an dislike emotional and psychological feature state occurring in threatening circumstances. However, consistent with Power and Dalgleish, (1997:206-207) anxiety is a state during which a private is unable to instigate a transparent pattern of behavior to get rid of or alter the event/object/interpretation that's threatening an existing goal. Consistent with psychologist et al, anxiety is an emotional issue that happens in things that are threatening. However, consistent with Power and Dalgleish, anxiety could be a state during which an individual is unable to suppose properly as a result of he/she encounters moot thoughts a couple of threatening event or state of affairs.

Anxiety disorders can even raise your risk for different medical issues like cardiovascular disease, diabetes, habit, and depression (Angela L. Williams, 2020). the nice news is that almost all anxiety disorders convalesce with medical care. The course of treatment depends on the kind of tension disorder. Medications, psychotherapy (“talk therapy”), or a mixture of each will typically relieve worrying symptoms (Adwas et al., 2019).

Anxiety disorders are the foremost common, or oftentimes occurring, mental disorders (Munir et al., 2019). They comprehend a gaggle of conditions that share extreme or pathological anxiety because the principal disturbance of mood or emotional tone. Anxiety, which can be understood because the pathological counterpart of traditional concern, is manifest by disturbances of mood, similarly as of thinking, behavior, and physiological activity. The anxiety disorders embody anxiety disorder (with and while not a history of agoraphobia), phobic neurosis (with and while not a history of panic disorder), generalized folio, specific anxiety disorder, phobic neurosis, neurotic disorder, acute stress disorder, and post-traumatic stress disorder. Also, there are adjustment disorders with anxiety options, and disorders thanks to general medical conditions and substance-induced anxiety disorders (Greenberg et al., 1999).

Anxiety disorder could be a condition during which somebody World Health Organization experiences distress to the pressure of one thing, as an example, the words of people that build him feel trapped, or somebody World Health Organization experiences anxiety has trauma within the past. In order that those who expertise anxiety ought to have this condition checked by a doctor or man of science.

Researchers have conducted studies on varied varieties of anxiety, every with a precise intensity and specific symptoms. varieties of anxiety normally and academic contexts area unit given below. (P. et al., 2011)

Generalized disturbance (GAD)

According to Stein, M., and Sareen, J. (2015) GAD could be a persistent excessive worry which could begin in childhood or adulthood. Those that suffer from (GAD) sometimes describe worry and trust everything.

Social disturbance (SAD)

Social disturbance (SAD) that's additionally referred to as phobic disorder, happens specifically once an individual as an example performs speechmaking, or incorporates a severe concern of being criticized, chuck publically, or being at work or faculty were creating

schmooze. (Hofmann, Alpers, and Pauli, 2009). In formal contexts, some learners suffer from this kind of tension that may forestall them from speaking publicly, rebuke academics, or requesting facilitate in school and acting oral displays.

Anxiety disorder (PAD)

According to Dattilio and Salas-Auvert (2000), the anxiety disorder is "an acute reaction to perceived immediate danger." (3) That may happen once somebody is stunned, then a sense emerges suddenly or by losing balance.

Foreign Language Anxiety

Foreign Language Anxiety has been the priority of educators and researchers recently as a result of it's an element that impacts learning a language. It is outlined by MacIntyre and Gardner (1994), as "the feeling of tension and apprehension specifically related to second language contexts, as well as speaking, listening, and learning" (Cited. in Elaldi, 2016:219), which implies that learners encounter anxiety whereas learning a replacement language and this manifests in speaking, listening and learning normally. There are a unit 2 varieties of anxiety, attribute and state anxiety.

Angela L. Williams, (2020) Signs of someone experiencing anxiety as follows:

1. Worry very much about everyday things
2. Have trouble controlling their worries or feelings of nervousness
3. Know that they worry much more than they should
4. Feel restless and have trouble relaxing
5. Have a hard time concentrating
6. Be easily startled
7. Have trouble falling asleep or staying asleep
8. Feel easily tired or tired all the time
9. Have headaches, muscle aches, stomach aches, or unexplained pains
10. Have a hard time swallowing
11. Tremble or twitch
12. Be irritable or feel "on edge"
13. Sweat a lot, feel light-headed or out of breath

Here present the anxiety occurs in the main character of the movie. There are know that they worry much more than they should, worry very much about everyday things, and sweat a lot, feel light-headed or out of breath

Know that they worry much more than they should



Figure 5. Laney was annoyed that Bruce bought a dog

.Supporting dialogue:

Bruce : “Janey, the bingo should be a surprise to mom.”
Janey : “Mommy, I think Bingo needs you”
Laney : “We’ve talked about this!”
Bruce : “No, we never discussed anything about this. Can you try it and believe me?”
Laney : “I hate you, Bruce!”

(duration: 02:54 – 03:16)

Bruce presents a puppy, but Laney really doesn't like it. But Bruce tries to convince Laney to take care of the puppy together. Feeling annoyed, Laney left Bruce.

Worry very much about everyday things



Figure 6. Laney is always worried about the little things

Supporting dialogue:

Laney : “How much do you love me?”
Janey : “So big”
Laney : “Oh good, oh good. Promise you will never leave me!”
Janey : “Mommy stop!”
Laney : “I’m just teasing”

(duration: 12:22 – 12:40)

Laney always scares the little things, like she always asks his kids if his kids really love Laney. Laney was always afraid that her children would never love her again.

Sweat a lot, feel light-headed or out of breath



Figure 7. Laney felt short of breath

Supporting dialogue:

Janey : “Bye dizzy, very nice to meet you. Take care of your dad.”

Her dad : “Can I hug you?”

Laney : “Ya.”

Her dad : “I can’t stop thinking about you Laney.”

Laney : “Make it work this time.”

(duration 1:02:02 – 1:02:52)

After visiting his father's house Laney said goodbye to go home and his father asked to hug him. Laney felt very awkward because in 30 years he had never seen his father. Laney felt his chest tight in the car, she tried to take a deep breath to calm herself down.

Conclusion

Depression and anxiety are disorders that are often encountered in the general public. Anxiety is a feeling that everyone must experience, and it becomes a separate alarm for our bodies whenever we are faced with a dangerous or threatening situation. Our bodies emit the fight-flight reaction; whether we will fight that feeling or just run away from the problems we will or are currently facing. There are many types of depression and anxiety with different symptoms.

However, there is one common characteristic that these symptoms have in common, namely prolonged anxiety and it feels very intense, and the feeling is not proportional to the situation at hand and usually, these things affect one's daily life and happiness. As Laney experienced, Laney's traits are always worrying about small things, thinking about things that do not necessarily happen, afraid of losing something.

The writer gets several data related to symptoms of depression and anxiety having two states, namely a depressive state and an anxiety state. A depressive state is a condition in which a person feels frequent mood swings, sometimes easily feeling sad or happy. Another condition is a state of anxiety in which a Laney who is always worried about things that will happen in his life, thinks that his life is meaningless, and always feels pessimistic.

Suggestion

The writer thinks, *I Smile Back* (2015) Directed by Adam Salky is a very good movie that has many lessons that can be taken by those who watched the movie. The writer can assure that anyone who watches this movie will be very interested because the plot of this movie is closely related to how a wife and mother of two children who have depression and anxiety, feel emotional to the audience. and indeed, a good movie to watch.

The writer has a few suggestions for other researchers that want to analyze the movie. The first thing to do is finding a specific topic to discuss. Try to look for the topic before the periods of the final assignment begin. And for the researchers, try to get and re-read the theories related to the topic. So, when the researchers analyze this kind of topic, they can relate the theories to the movie.

Sometimes the process of relating the scenes to the theory and combining the two become an explanation can be quite difficult. That why the researchers should re-watch the movie to understand the point of the movie. The researchers also need to comprehend the topic that they will analyze so that the reader can truly understand the mental disease and the person who has this disorder.

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