

THE GRIEF OF RACHEL WATSON IN *THE GIRL ON THE TRAIN* FILM

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ABSTRACT

The Girl on The Train Film tells the story of a woman named Rachel. Rachel is the main character in the film that experienced grief in her life. Grief is the sorrow that occurs in life after someone is losing his loved one. The objective of the study is to find out the grief experienced by Rachel in *The Girl on The Train Film*. The researcher chooses the theory of five stages of grief by Kubler Ross to analysis the data in this study. This study is included in qualitative research because the researcher examines the main character's psychological state by using Kubler Ross theory through the dialogue from the script of the film. The source of the data on this study is *The Girl on The Train* film and script. From the research findings, it is found that Rachel went through the five stages of grief by Kubler Ross. The stages are denial, anger, bargaining, depression, and acceptance. At first, Rachel did not accept the divorce with her ex-husband. However, in the end of the story, she decided to move on and continue her life.

Key words: the grief, rachel watson, kubler ross theory, the girl on the train film

ABSTRAK

Film *The Girl on The Train* bercerita tentang seorang wanita bernama Rachel. Rachel adalah tokoh utama dalam film yang mengalami kesedihan dalam hidupnya. Duka adalah kesedihan yang terjadi dalam hidup. Penelitian ini bertujuan untuk mengetahui kesedihan yang dialami Rachel dalam film *The Girl On The Train*. Peneliti memilih teori lima tahap kesedihan oleh Kubler Ross untuk menganalisis data dalam penelitian ini. Penelitian ini termasuk dalam penelitian kualitatif karena peneliti mengkaji keadaan psikologis tokoh utama dengan menggunakan teori Kubler Ross melalui dialog dari naskah film. Sumber data dalam penelitian ini adalah film dan naskah *The Girl on The Train*. Dari hasil penelitian, ditemukan bahwa Rachel melewati lima tahap kesedihan menurut Kubler Ross. Tahapan tersebut adalah penyangkalan, kemarahan, tawar-menawar, depresi, dan penerimaan. Pada awalnya, Rachel tidak menerima perceraian dengan mantan suaminya. Namun, di akhir cerita, dia memutuskan untuk move on dan melanjutkan hidupnya.

Kata Kunci: kedukaan, Rachel Watson, teori Kubler Ross, film the girl on the train

A. INTRODUCTION

Pickering and Hoepfer's statement that literature is a uniquely human activity, born of man's timeless desire to understand, express, and finally share experiences (307). As

mentioned before that film is usually interconnected with one's life experiences, there are some themes occur in a film and become the main focus of how life is depicted. In literature can be analyze through a psychological approach such as the psychological aspect of the style of the language, or behaviour/personality of the character in the literary work.

One of the objective discuss in literary works that portrays a character to express real human psychological situation with a psychological problem in a *The Girl on The Train* Film. It tells on of a personality this film as an object of analyse because in this study it is show changes about the personality. It is have to habit in daily life, to ride with the train every day with the same destination.

What is, a depressed woman, Rachel Watson had a habit to ride the train for the same destination twice a day. She is a jobless and drunkard. Rachel shows the changes of personality after losing her loved one. From the description above, to understand in the film can explain the personality of human with the five stages of grief concept inside. So when it happens to them, they could pass through all the stages and they could avoid the worst impact of the grief.

B. LITERATURE REVIEW

1. Literature and Film

According to Pickering and Hoepfer, literature is a desire to share experience, "literature is a uniquely human activity, born of the main timeless desire to understand, express, and finally share experiences" (307). Literature can be found in prose, novel, poetry, film, drama, and more.

. A movie is a recording of moving images that tells a story and that people watch on a screen or television (Meriam Webster dictionary). A film as part of the literary works has become a good representation of real-life depiction The film is included in literary works because they are made through a script

a. Character and Characterization

Character is people who are appeared in narrative prose and novel and it is interpreted by the reads like a person who has the moral quality and certain tendency such as being expressed in what they say and what they do (Abrams,70). In addition, character is people who are appeared in the prose or based story.

Through action, speech, description, and commentary, authors portrayed characters that wroth caring about, rooting for, or even love" (Eagleton, 2). Through characterization, the readers could understand the story through the dialogue and activity from one character to the other.

b. Setting

The setting is an environment that reflects human expression (Wellek and Warren, 122). There are some aspects of the setting which are place, time, weather condition, social condition, and atmosphere, or mood.

2. Psychological Literary Criticism

In literary criticism, a theory is a specific method, approach, or viewpoint a critic or reader had staked out from which he or she interprets, analyzed, and evaluates works of literature. There is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts, and reconciliations; individual and social concerns, through

varied concepts, methods, and approaches (Aras, 251). The explanation above forms the basis in this study that literature can be related to psychological theory. This is done to enrich knowledge and give more meaning to the content of the literary work, especially the characters in it. As for the theory is chosen psychology theory belongs to Kubler Ross, namely the five stages of grief.

3. The Stages of Grief by Kubler Ross

This theory forwards for the first in 1969 in Kubler Ross book entitled *On Death and Dying*. The five stages of grief by Kubler Ross that is a theory have within it the stages a person faces for grief or death. The five stages of grief are also known as

a. Denial

Denial and shock people to cope and make survival possible. Denial helps them to face their feelings of grief (Kubler Ross, 8).

b. Anger

Anger is strength and it can be an anchor, anger giving temporary structure of loss (Kubler Ross, 15).

c. Bargaining

Bargaining changes overtime we may start bargaining for our loved ones to be saved. Later, someone may even bargain that he might die instead of our loved one (Kubler Ross, 20)

d. Depression

If grief a process of healing, then depression is one of many necessary steps along the way (Kubler Ross, 21).

e. Acceptance

Acceptance is often confused with the notion of being all right or okay with what has happened (Kubler Ross, 24).

C. RESEARCH METHOD

1. Research Design

Based on Bogdan and Biklen, qualitative research itself is already descriptive because the data collection in qualitative research is mostly collected in the form of words rather than a number. Qualitative research itself is concerned with the process and simply with outcomes or product, qualitative research also keep reviews the previous data and analyze the data inductively, until it saturated in to get the meaning that is qualitative approach way (13-14). The researcher would examine the main character's personality changes by using Kubler Ross theory through the dialogue from script of the film

2. Data and Data Source

The researcher uses the data in this research about the main character's characteristics and psychological state is *The Girl on The Train Film*. Meanwhile, the source of the data on this study is *The Girl on The Train* film and script.

3. Research Instrument

As stated by Bogdan and Biklen that "qualitative research has the natural setting as the direct source of data and the researcher is the key instrument" (27). The observation in the research instrument, the researcher to get subjective for the data.

4. Data Collectio

There are some steps in the data collection. First, the researcher would download the film and script *The Girl on The Train* from a trusted source. The second steps, the researcher would watch the film and read *The Girl on The Train* script several times. Besides, the researcher that marked the dialogues and narration in *The Girl on The Train Film*. For the last steps, the researcher take a notes to give a depiction of the situation of the main character.

5. Data Analysis

Miles and Huberman (1994) suggest that activity in qualitative data analysis is done interactively and continues overtime to complete, there are three activities in data analysis; data reduction, data display, and conclusion drawing. For the data reduction the researcher observe the data and choose the data that related to the theory, the five stages of grief by Kubler Ross. After that, in data display the researcher organize and analysed the data using a table of data. And the last step for conclusion drawing the researcher make sure the data is true and can be through for as the object.

6. Triangulation

For verify the research result, the researcher uses data triangulation as a method to make the data more reliable. In data triangulation, the researcher would use two data sources which are the dialogues from the film and a script entitled *The Girl on The Train* to recheck all the words and sentences uttered by the main character. The researcher use The Grief of Five Stages by Kubler Ross as the supporting theory in the research.

D. FINDING AND DISCUSSION

1. Denial

Denial is the most beginning stage which is experienced by a person when grieving. When a person feels shocked at the loss of a loved one, she will make a denial or rejection of a fact and reality in her life. The following is data showing that Rachel went through the denial stage of her divorce. Rachel has a habit of traveling by train every day. As usual, Rachel sat on the train and watched everything she saw through the window. She has a dialogue with herself as she said in below.

RACHEL : **My husband** used to tell me I have an overactive imagination. I can't help it. (Duration: 00:01:07)

In the dialogue above, Rachel was in drunk situation. Rachel shared what her husband had told her habit of imagination. When Rachel said "my husband" in that sentence, the audience would think that she still had a husband. Her statements indicate that Rachel still has a husband, for the fact Rachel's status was single. When she say **my husband** she pushed a fact that she was divorce and was no longer anyone's wife.

2. Anger

Anger is the second stage of grief that a person has to go through. People who feel lost usually feel sad, panic, sick, and lonely. Anger here is a form of overflowing emotions from all these feelings. Here, a person has begun to accept the fact that she will lose a loved one and she is taking all her feelings through this anger. When Rachel saw Tom's status wishing Anna a happy birthday, of course Rachel felt jealous and jealous. The feeling that was originally "deny" has now turned into anger. Rachel also called Tom after seeing the Facebook

RACHEL : **Hey, Tom, it's me. I just wanted to wish Momma a happy birthday. "Happy birthday, Momma"**. (Duration: 00:15:52 – 00:16:00)

As Rachel said, she called to wish Anna a happy birthday. However, Rachel has no intention of that as she spoke these words sarcastically. After all, Rachel should not have to call because she can post comments on Facebook when she saw him. Maybe she could call Anna directly instead of through Tom. Rachel was actually just looking for an excuse to contact her ex-husband. She looks for opportunities to disturb Tom's new household. Because Anna was Tom's mistress when she was Tom's wife.

3. Bargaining

Bargaining is the third stage of grief. In this stage, someone will negotiate or bargain with the situation. She hopes that the same thing will not happen again or she hopes that there is a mistake (guilty) from what happened. Here is data showing that Rachel also went through this stages Rachel, who is lonely because of losing her husband, feels like she wants to be Megan. A woman who is loved by her husband and just the opposite. Rachel indirectly wanted that her love story could be like Megan and Scott.

RACHEL : I wonder what they say to each other before they go to sleep. The truth is, I don't know her name. I don't know if she paints or whether he has a good laugh. **I just know they know love. Sometimes I catch myself trying to remember the last time I had meaningful contact with another person.**(Duration: 00:03:16 – 00:03:44)

The love story between Megan and Scott makes Rachel obsessed with them. When she saw them making love, she would repeat her beautiful past with her ex-husband, Tom. Their intimacy indirectly makes Rachel jealous. Rachel to wonder how will her marriage will be if she still stay with her husband, she started to wonder if her marriage will be like Meghan and Scott relationship. Rachel never said outright that she wanted a romance like them. However, Rachel's actions that always give attention to them even make Megan a doll in her imagination to express for this. By means of her imagination for Megan and her husband, Rachel puts her hopes on life, a husband and wife who love each other. Rachel wants that life.

4. Depression

Depression is the most difficult stage in dealing with loss. A person will feel pain on a deeper level. However, at this stage, a person is in the process of accepting reality and letting go of the loved one for good. Below is data that shows Rachel experienced depression during her loss.

Rachel consulted a psychiatrist named Dr. Abdic about herself. She told about the actions she had done in the past. She visited Tom's house because she missed it. At that time, Rachel was drunk. In fact, she was always drunk. She even no matter what to carried the baby Tom and Anna in this unconscious state. Rachel admitted to Dr. Abdic that her actions were wrong. At the time Rachel told her story, she was conscious and unconscious. Rachel's habit of drinking is even known by many people.

SCOTT : The Detective said you didn't even know Megan. She used other words too: Alcoholic. Maybe even mentally unstable? (Duration: 01:10:53 - 01:11:04)

Scott came to Rachel because he just found out that Rachel lied about Megan to him. Scott gets information from detective Riley that Rachel is an alcoholic and even says that she is not

mentally healthy. Scott's remarks prove that Rachel likes to get drunk and it shows that she is not mentally healthy.

5. Acceptance

Acceptance is the last stage of grief. At this stage, a person can let go of a loved one. She has also been able to continue his life as before with a new spirit. Below are data showing that Rachel was able to release Tom from her life and accept their divorce. Rachel now knows that she, Anna, and Megan are victims of the same man. Previously, Rachel had never had a good relationship with Anna. Rachel also did not Megan. But after all the events that happened, Rachel felt that there was a strong relationship between the three of them.

RACHEL: We are tied forever now, the three of us. Bound forever by the story we share.(Duration: 01:45:00-01:45:07)

Rachel was no longer enemy to and hates Anna. She has also forgiven Megan for her cheating on Scott. Rachel has forgiven and forgets all the events that have happened. Now, she is starting to move on with her life. She went back through her days and walked by train.

RACHEL: Today, I sit in a different car. And I look ahead. Anything is possible. Because I am not the girl I used to be. (Duration: 01:45:44-01:45:53)

Rachel sat in the train talking to herself as she always did. But now, she is on the other side of the train, the side opposite from her first house. Rachel indicated that she would no longer look to the past. She was free from the loneliness and loss she felt. She has already moved on and is ready to take her feet forward. She reinforces this "acceptance" by saying that she is not the same woman as before. At this stage, the character of Rachel can be related with her grief. She has accepted the fact that she was separated from Tom. She was given Tom away from her life for good.

E. CONCLUSION

The finding, it is found that Rachel Watson experienced the five stages of grief based on Kubler Ross theory. Those stages are denial, anger, bargaining, depression, and acceptance. At last the scene, when she finally found out that she was being tricked by her ex-husband. However, Rachel can accept the situation and change to be a much better person.

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