

The Mental Health Of The Main Character In The Film "A Man Called Otto"

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Received: 28 Desember 2024

Accepted: 17 Januari 2025

Published: 22 Januari 2025

Abstract : In today's life, lots of people are dealing with mental health problems, from small problems to ones that affect how they act and how others see them. Depression, anxiety, and sadness are something almost everyone goes through, causing problems like trouble sleeping, eating issues, feeling uncomfortable, or losing interest in things they used to enjoy. This study aims to explore mental health issues experienced by the main character, Otto Anderson, in the film "A Man Called Otto". The writer used qualitative research to gather data for this study, focusing on words and dialogue quotations from the film, as well as various supporting sources. Through a psychological approach, the writer examines the mental health issues and related problems depicted in the film, particularly those affecting the main character. The psychological theory used in this research is from Sigmund Freud's theory which studies The Id, The Ego, and The Superego. The writer also analyzes the cause and effect of mental health in the film and finds the result that there are; Depression, Suicidal Thoughts, Irritability, and Unsocialized.

Keywords: *Literature, Mental Health, Psychological, A Man Called Otto.*

INTRODUCTION

In today's life, lots of people are dealing with mental health problems, from small problems to ones that affect how they act and how others see them. Depression, anxiety, and sadness are something almost everyone goes through, causing problems like trouble sleeping, eating issues, feeling uncomfortable, or losing interest in things they used to enjoy. Some people even reach a point where they think about ending their own lives

because they can't handle the pressures they're facing. Mental health problems often last a long time because governments and health services don't pay enough attention to treating them. These examples show how complex mental health is and why everyone in society, healthcare, and individuals needs to focus on providing the right support and care.

Mental health problems refer to psychological disorders affecting thoughts, emotions, behavior, mood, and other related aspects. According to Sartorius (2002): "Mental health does not exist on its own. It is an integral and essential part of overall health, which can be defined in at least three ways – as the absence of disease, as a state of the organism that allows the full performance of all its functions or as a state of balance within oneself and between oneself and one's physical and social environment". Mental health is crucial to overall well-being and can't be separated from it. Health can be defined in three main ways: the absence of illness, the full and optimal functioning of the body, and a state of balance within a person and between them and their physical and social surroundings. Good mental health supports this balance, enabling a person to live well, handle stress, work effectively, and contribute to their community. On the other hand, mental health issues can disturb this balance and optimal functioning. Meanwhile, Brewin, et. Al. stated that "Much of what is known comes from observations of individuals with psychological disorders, which suggest that visual intrusions tend to be repetitive, uncontrollable, and distressing." This situation significantly affects the individual going through it, shaping their emotions and behaviors, and could also influence their social engagements. It might also have repercussions for those assisting individuals with psychological disorders. Seeking counseling, therapy, and specialized medical attention is crucial for individuals dealing with this condition to tackle the obstacles they encounter. Each person can experience similar or different mental states, ranging from mild to severe, which may be indicative of psychological disorders. Some of these states are considered typical, while others necessitate intervention from medical professionals.

"A Man Called Otto" is a 2022 American comedy-drama film directed by Marc Forster and written by David Magee. It's the second adaptation of Fredrik Backman's 2012

novel "A Man Called Ove," following a 2015 Swedish film. The movie stars Tom Hanks, known for his comedic and dramatic roles and regarded as an American cultural icon. Hanks plays Otto Anderson, a grumpy widower who becomes suicidal after his wife's death. His life changes when a young family moves into his neighborhood, leading to an unexpected friendship. Otto displays several mental health issues, including depression and suicidal tendencies, and often appears grumpy and unapproachable.

Otto Anderson in this film is depicted as having numerous mental health problems, leading to various negative behavioral conditions. He faces challenges like Otto shows serious signs of depression after losing his wife. He felt lonely, lost interest in daily activities, and often felt hopeless. This deep sadness is closely related to the loss of his wife. He often feels very lost and cannot accept the fact that his wife is gone. Otto tended to end his life because he felt that nothing in his life was important anymore without his wife. Throughout most of the film, Otto battles suicidal thoughts due to these mental health struggles, particularly after losing his wife, which brings him profound sadness.

Mental health is urgent because it profoundly affects both individuals and society. Picture someone dealing with depression or anxiety without proper treatment they could struggle with daily tasks like sleeping or focusing, and even have suicidal thoughts. Neglecting mental health also harms productivity and community well-being, disrupting work and impacting the economy. Recognizing this urgency drives efforts to increase awareness, improve access to care, and provide better support, benefiting individuals and society as a whole.

RESEARCH METHOD

"The author employs qualitative research as the method for gathering information. Qualitative research are descriptive data, and it is in the form of word or picture" (Bogdan & Biklen, 2007). Sugiyono (2011) also stated that "the characteristics of qualitative research are descriptive. The data collected is in the form of pictures rather than number". Qualitative research involves gathering data primarily through words and quotes, without

relying on numerical data. This approach draws information from various sources and presents it in textual form.

In this research, the writer utilized two types of sources to assist the writer in gathering data. The film *A Man Called Otto* as the primary data resource. "Additional sources that are relevant to this research, such as books, websites, and other sources that support the research, are known as secondary data sources." (Wuisan, Lolowang & Andries, 2023).

In analyzing the data, the writer used psychological approach from Sigmund Freud (1996) who states that "Each individual's personality is made of three parts: The Id, the Ego, and the Superego. These three together works to make complex human personality."

The previous statement discussed Freud's theory of the psyche, comprising the Id (basic desires), Ego (logical mind), and Superego (moral conscience). These elements collectively influence Otto Anderson's personality by harmonizing his desires, perceptions of reality, and moral principles.

FINDINGS AND DISCUSSION

In this chapter, the writer conducted the results of research on the Mental Health of the main character in the film "A Man Called Otto." The writer uses Sigmund Freud's psychological approach which discusses Id, Ego, and Superego. In collecting information, the writer uses qualitative research which is in the form of words or pictures taken from the definition of Bogdan & Biklen.

"A Man Called Otto" is a drama about Otto Anderson, a grumpy widower who strictly follows rules and stays by himself and has various mental health disorders because he was affected by the death of his wife. Otto Anderson the main character has several mental health disorders, such as; Depression, Suicidal thoughts, Irritability, and unsocialized. The writer will explain the Mental Health experienced by Otto Anderson in this research.

Mental Health

Otto Anderson in this film shows that he has a mental health disorder, which causes behavior that is not within him. Otto faced several challenges in his life when dealing with his mental health disorder. This refers to his deep sadness after losing his wife, which caused his world to collapse and made it difficult for him to face his inner depression, which made him want to commit suicide.

In analyzing research on Otto's mental health, the writer uses the Id, Ego, and Superego as stated by Sigmund Freud that "each individual's personality is made of the Id, ego and superego" to find several mental health disorders and the works of Id, Ego and Superego that make complex human experienced by Otto.

a. Id

The Id is the part of a person's personality in Freud's theory that holds instinctual and impulsive drives. It works subconsciously, seeking immediate satisfaction of needs and desires without caring about reality or consequences.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Do you think I'm gonna cut myself and bleed all over your floor and sue you?" (02:09-02:13)

The quotation above shows Otto's impulsive and emotional sides, which are connected to the Id in Freud's personality theory. Otto makes dramatic and irrational threats in reaction to situations, without thinking about the consequences or what's real. This is categorized as a mental health problem specifically Irritability because he feels irritated and annoyed towards Beaver who tries to help him.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Unsocialized:

"Then I don't need your help" (02:16-02:18)

The quotation above reveals Otto's strong-willed and self-reliant personality, a characteristic of the Id in Freud's personality theory. Otto declines assistance and asserts

his ability to manage on his own, without depending on others. This is categorized as a mental health problem specifically Unsocialized, because he doesn't want other people to interfere too much with his affairs.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Well, it was one of you. And tell that useless boyfriend of yours to stop stretching his groin in public. Looks like a 14yearold Romanian gymnast, for God's sake." (07:43-07:55)

The quotation above talks about the statement "instruct your worthless partner to cease publicly stretching his groin" which reveals a powerful and spontaneous emotional reaction to behavior deemed inappropriate or unsettling. This demonstrates the Id's tendency to express emotions and wishes promptly, without much deliberation. This is categorized as a mental health problem specifically Irritability, because he rudely told the woman to tell her boyfriend not to exercise there. After all, it wasn't very pleasant for Otto.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Every time you come in here that means one of the residents can't park in front of their homes! The other guys don't do this. The guys with the white trucks. How come it's always you brown guys?" (10:34-10:44)

The quotation above shows that Id is a strong emotional representation of a situation that is felt unfair. This is categorized as a mental health problem specifically Irritability, because Otto showed his emotions by getting angry and using a rather harsh tone towards the woman.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"What the hell is he doing?" (13:37-13:40)

The quotation above shows the aspect of Otto's Id which shows anger by shouting, frustration, and confusion about the current situation. This is categorized as a mental

health problem specifically Irritability because Otto showed his anger by shouting at the new family who were his neighbors.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Hey, you can't just drive here." (13:43-13:45)

"You can't just bring a car on this street without a permit." (13:48-13:50)

"What the hell's it doing in your pocket?!" (13:54-13:56)

The quotation above shows the aspects of Otto's Id which explains a dialogue in the same scene, where Otto is arguing with a husband and wife who are parking their vehicle. This is categorized as a mental health problem specifically Irritability because Otto shows his nature as a perfectionist in certain matters and shows this nature by getting angry at the couple.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"My God, a dog with one front paw and cataracts coulda done better than that." (14:58-15:01)

The quotation above shows an aspect of Otto's Id that shows his frustration with Tommy who can't park the car properly. This is categorized as a mental health problem specifically Irritability because Otto shows he was worried about Tommy and said unkind words to him.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Anyone who thinks they need to use radar to back up a car shouldn't be allowed to drive one. They shouldn't be allowed to use the radio." (16:11-16:17)

The quotation above shows an aspect of Otto's Id who showed excessive anger and excessive criticism towards Tommy. This is categorized as a mental health problem specifically Irritability because Otto showing an attitude that is inappropriate to hear and also judging someone for actions that they don't like.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Suicidal Thoughts:

"Maybe I should just run myself over with a car. That'll work." (23:37-23:41)

The quotation above shows an aspect of Otto's Id who shows his frustration and makes drastic solutions without considering the consequences. This is categorized as a mental health problem specifically Suicidal Thoughts because Otto spontaneously says things he wants to do so he can die quickly.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Hey, excuse me.

It was you.

This is a private road, and these gates are to keep down the flow of traffic. Not so idiot drivers can go around them and tear up the grass." (31:51-32:04)

The quotation above shows an aspect of Otto's Id showing an expression of anger towards the disturbing behavior of Dye & Merica staff. This is categorized as a mental health problem specifically Irritability because Otto showing his frustration at the car driver while shouting and saying bad things.

The writer found dialogue excerpts within the Id category that also fall under the mental health disorder type known as Irritability:

"Put that down.

Put that down! Who said you could touch that?!" (35:26-35:21)

The quotation above shows an aspect of Otto's Id that shows a spontaneous and emotional reaction that makes Otto express excessive emotions without consideration. This is categorized as a mental health problem specifically Irritability because Otto showed his anger to the point of shouting at the people he was ordered to do and throwing them out.

b. Ego

In Freud's theory, the ego is a mental component that acts as a bridge between desires and the constraints of reality. It serves as a guiding force, striving to satisfy the unconscious desires of the id in a manner that aligns with societal norms and the realities of life. Essentially, the ego is tasked with managing and harmonizing different facets of personality to fit within societal expectations and norms.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Irritability:

"Sir, I do not want your 33\$. And this is not about 33\$. This is about the fact that I got 5 feet of rope because I want 5 feet of rope. And I shouldn't have to pay for 6 feet of rope if I don't want 6 feet." (03:42-03:55)

The quotation illustrates the logical reasoning and restraint of the Ego in Freud's personality theory. Otto stressed his refusal to pay for something he didn't desire or need, showcasing a rational approach to his financial choices. This is categorized as a mental health problem specifically Irritability, because he feels irritated and annoyed towards an assistant manager at the store.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Unsocialized:

"Well, who do I have to talk to to get this phone number disconnected?" (11:11-11:14)

The quotation above shows the ego aspect of Otto's ego character who considers and seeks solutions to the problems he is facing. This is categorized as a mental health problem specifically Unsocialized because he didn't want to receive a call from someone he didn't know, especially if the person was a robocall from a health insurance company.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Irritability:

"So are you, most likely. I don't throw rocks at you." (32:52-32:55)

The quotation above shows an aspect of Otto's Ego, Otto responded with rational behavior and compared the way he acted, unlike the woman who threw stones at a street cat. This is categorized as a mental health problem specifically Irritability because Otto scolded the woman by saying something unpleasant to hear again to the woman who threw the stone cat.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Suicidal Thoughts:

"Look, I lied to you." (45:01-45:03)

The quotation above shows an aspect of Otto's Ego, Otto shows recognition of the mistakes he made in the past. This is categorized as a mental health problem specifically Suicidal Thoughts because Otto said this when remembering his youth with Sonya and trying to commit suicide using gas in the car.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Suicidal Thoughts:

"Oh, for God's sake." (56:39-56:40)

The quotation above shows an aspect of Otto's Ego, showing a sense of confusion and frustration about the incident. This is categorized as a mental health problem specifically Suicidal Thoughts because Otto was planning to commit suicide on the train tracks but was prevented from doing so because he helped a grandfather who had fallen on the train tracks.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Depression:

"Sorry, I haven't come yet.

It's been harder than I thought to..." (01:00:22-01:00:31)

The quotation above shows an aspect of Otto's Ego and shows awareness of his regret. This is categorized as a mental health problem specifically Depression because Otto speaking in front of Sonya's grave, shows how Otto misses Sonya's figure and that it cannot be replaced.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Unsocialized:

"You have the wrong guy." (01:19:29-01:19:31)

The quotation above shows an aspect of Otto's Ego to point out or correct a moment so that there are no misunderstandings. This is categorized as a mental health problem specifically Unsocialized because Otto didn't want anyone, let alone a journalist, to know him.

The writer found dialogue excerpts within the Ego category that also fall under the mental health disorder type known as Depression:

"You wanna help me, close the gate." (01:23:07-01:23:10)

The quotation above shows an aspect of Otto's Ego who displays a realistic request for help while being rude and shouty. This is categorized as a mental health problem specifically Depression because Otto suddenly experienced a panic attack after an argument with a man in a car.

c. Superego

The superego, as per Freudian personality theory, represents the segment of personality concerned with moral values, societal norms, and ideals. It acts as a moral guardian within the psyche, overseeing and evaluating an individual's actions based on societal standards and early life experiences. Interacting with both the unconscious desires of the id and the reality-adapting ego, the superego plays a critical role in navigating conflicts between impulsive urges and moral guidelines. In such instances, the

ego endeavors to find a compromise that aligns with both personal desires and external expectations.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Irritability:

"Can I speak to your manager" (03:12-03:13)

The quotation above demonstrates the recognition of duties, manners, societal standards, moral beliefs, and the wish to address issues in a dignified way as highlighted by the Superego. This is categorized as a mental health problem specifically Irritability, because Otto was very rude in asking for his wish and wanted it to come without delay.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Irritability:

"Don't you dare let that little rat dog piss on my walkway again. I know it was you."
(07:34-07:38)

The quotation above explains that while this conversation might also demonstrate elements of the Superego by upholding societal norms or morals, the intense emotional expressions and immediate reactions align more with the impulsive and instinctual traits of the Id. This is categorized as a mental health problem specifically Irritability, because he scolded a woman who he thought was a dirty woman's pet.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Irritability:

"How you could make it this far through life without knowing how to back up a trailer"
(14:54-14:56)

The quotation above shows the superego aspect of Otto which provides an assessment of a person's abilities. This is categorized as a mental health problem specifically Irritability because Otto shows her emotional attitude towards Tommy, the husband of her new neighbor.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Depression:

"Nothing works when you're not home." (25:06-25:08)

The quotation above shows an aspect of Otto's Superego, Otto shows his dependence and feelings of losing his wife. This is categorized as a mental health problem specifically Depression because Otto thinks he felt his life was meaningless after his wife left. He was very desperate and lost his mother in his life.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Depression:

"I know. My father had it." (26:27-26:31)

The quotation above shows an aspect of Otto's Superego, Otto shows his awareness of something he is experiencing. This is categorized as a mental health problem specifically Depression, because Otto recalled his memories in the army which made his military prospects end. This refers to Otto's difficulty or lack of sleep.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Irritability:

"Maybe Reuben should have thought of that when he organized his coup." (34:59-35:03)

The quotation above shows an aspect of Otto's Superego, Otto gave his criticism and assessment of Reuben. This is categorized as a mental health problem specifically Irritability because Otto talks to Anita using bad behavior and is somewhat aloof to Reuben, Anita's husband.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Depression:

"I built them.

For Sonya. For my wife." (53:42-53:45)

The quotation above shows an aspect of Otto's Superego, Otto shows his feelings of responsibility and obligation as Sonya's husband. This is categorized as a mental health problem specifically Depression because Otto shows his loss for Sonya through the way and tone he speaks.

The writer found dialogue excerpts within the Superego category that also fall under the mental health disorder type known as Depression:

"We had never had a vacation.

Sonya was six months pregnant. And she wanted to do something special before the baby came.

So, we booked a trip to Niagara Falls.

On the way back, the bus crashed. There'd been a recall on the brake lines, but the company never had them fixed.

Sonya was paralyzed...and we lost our son." (01:39:22-01:39:55)

The quotation above shows an aspect of Otto's Superego, Otto shows thoughts and actions as well as responsibility towards the people he loves. This is categorized as a mental health problem specifically Depression because Otto shows his lowest point when recalling the reasons for his deep sadness that led to his depression.

CAUSE AND EFFECT OF MENTAL HEALTH

Understanding cause and effect involves recognizing that events occur due to specific reasons that instigate their occurrence. A cause signifies the reason behind an event, while an effect denotes the resulting outcome or occurrence.

Several causes and effects trigger Otto's mental health problems:

a. Cause and effect of Depression

Several causes and consequences cause Otto to experience mental health problems, namely depression. One of the things that caused this was that Otto lost his comfort figure, friend, or wife, Sonya.

The writer found dialogue excerpts within the Causes of effects of the Depression:

"Then I'll build you another bookcase." (17:53-17:55)

The quotation above depicts strong memories of time spent with Sonya, Otto's wife. Her loss has caused deep sadness and loneliness that haunts Otto. This dialogue reflects the emotional impact of losing a loved one, triggering a strong sense of longing and feelings of loneliness that continue to plague his lonely life.

The writer found dialogue excerpts within the Causes of effects of the Depression:

"Nothing works when you're not home." (25:06-25:08)

The quotation above shows the cause and effect of the depression an Otto who feels empty without Sonya, he feels that everything in his life is not functioning or everything is meaningless without the presence of the person he loves. The dialogue expresses the deep feelings of loneliness and emptiness that greatly affected Otto's mental health.

The writer found dialogue excerpts within the Causes of effects of the Depression:

"I'm sorry.

I'm not in the Army. I couldn't pass my physical.

If I had, at least I'd have a job now, which is what I was counting on.

But I don't.

And I don't know what I'm gonna do.

I should go." (45:04-45:23)

The quotation above shows the cause and effect of Otto's depression in his youth who felt he was not enough for Sonya; he had a lot of worries and anxieties about his

relationship with Sonya. Otto's statement reflects the deep emotional impact of his failure, he felt despair and confusion about his future.

Otto's experience with depression, a mental health disorder, can be attributed to the profound feelings of loneliness, loss, and intense longing following the departure of his wife, Sonya. The primary cause of his depressive state was the emotional impact of losing someone dear to him, which triggered persistent feelings of loneliness and led to a significant decline in his mental health. This underscores the profound emotional influence that loss can have on an individual's mental well-being.

b. Cause and Effect of Suicidal Thoughts

Some of the causes and effects that affect Otto's mental health are Suicidal Thoughts, Otto always thinks and even acts but always fails. This refers to the fact that Otto always wanted to be with his wife, even to the point of death.

The writer found dialogue excerpts within the Causes of effects of the Suicidal thoughts:

"Maybe I should just run myself over with a car. That'll work." (23:37-23:41)

The quotation above shows the cause of Suicidal Thoughts from Otto who felt hopeless, losing hope to immediately commit suicide because he always failed, Otto reflects an attitude that wanted to commit suicide. The effect of Otto's statement is very urgent because it shows Otto's great desire to commit suicide.

The writer found dialogue excerpts within the Causes of effects of the Suicidal thoughts:

"I have things to do." (54:04-54:07)

The quotation above shows the cause and effect of Suicidal Thoughts, he felt burdened by the arrival of two people at his house because he had a business he wanted to finish, namely his desire to commit suicide, he wanted to go to the train tracks. This statement will affect Otto's social relations with his neighbors.

The result of Otto's intrusive suicidal thoughts pointed to the emotions of loneliness, loss, and longing, following Sonya's death as the primary things that triggered it. The profound emotional impact of losing a loved one deeply affected Otto, leading to distressing thoughts and significantly impacting his mental well-being. This highlights the significant emotional influence that loss can have on triggering self-destructive thoughts and behaviors in individuals.

c. Cause and Effect of Irritability

Several causes and effects affect Otto's mental health, namely Irritability. Otto became a very sensitive person when his wife died, he always felt frustrated, disturbed, and very angry with his social environment.

The writer found dialogue excerpts within the Causes of effects of the Irritability:

"Don't you dare let that little rat dog piss on my walkway again. I know it was you."
(07:3407:38)

The quotation above shows the cause of Otto's irritability who prioritizes the cleanliness of his environment with an angry manner of delivery. The effect of Otto's irritability refers to feelings of not being okay, in the sense that Otto becomes angrier because he lost his wife.

The writer found dialogue excerpts within the Causes of effects of the Irritability:

"Hey, hey, wait!

No, no, no. Hey, you cannot use this road without a permit." (10:14-10:21)

The quotation above illustrates what causes an official to feel irritated when they state a policy or rule requiring road users to get approval before using a particular road from an officer. This leads to the effect that if someone attempts to use the road without permission, they will encounter a strictly enforced denial or restriction, which is the result of breaking the rule.

The writer found dialogue excerpts within the Causes of effects of the Irritability:

"Get outta here while you can.

I'm not your friend." (33:02-33:05)

The quotation above shows the cause and effect of Otto's irritability, which shows his annoyance with the presence of something new that disturbs his life. This statement emphasized that Otto did not want to have a new relationship or become friends with this person.

Otto's mental health issue, irritability, is caused by his emotions. The primary factors were the deep feelings of loneliness, loss, and intense longing after Sonya left. Otto's frustration and struggles with emotional control came from the loss of a significant person in his life. This demonstrates the substantial emotional impact of loss on both mental health and emotional regulation abilities.

d. Cause and Effect of Unsocialized

Some of the causes and effects that affect Otto's mental health are Unsocialized, the nature and attitude of wanting to stay away and not intending to socialize with his social environment.

The writer found dialogue excerpts within the Causes of effects of the Irritability
"Go on. Get outta here.

Go." (08:08-08:11)

The quotation above shows Otto's unsocialized cause, which does not want the presence of anyone or anything he doesn't want. The effect of this is that Otto feels that only Sonya is the closest person to him.

The writer found dialogue excerpts within the Causes of effects of the Irritability:
"Have fun.

Doing what?" (09:02-09:05)

The quotation above shows the cause of Unsocialized from Otto who asked what he wanted to enjoy after he retired because the effect of the question still referred to the loss of his world, namely Sonya.

The writer found dialogue excerpts within the Causes of effects of the Irritability:
"What do you want, huh?" (21:22-21:24)

The quotation above shows the cause of Otto's unsocialized because he feels that he has no business or purpose from the arrival of new things in his life. The effect of this is that Otto continues to be a closed person and does not want to socialize with new people or things.

The conclusion of the mental health problems that Otto experienced, namely difficulties in socializing or unsocialized was those feelings of loneliness, loss, and deep longing after the departure of Sonya, his partner, were the main factors that triggered this condition. Otto has difficulty interacting socially and forming new relationships because he lost a very important person in his life. This shows how much of an emotional impact a loss in a person's life has on their ability to adjust and engage in a healthy social life.

Ecranitation of the Id, Ego, and Superego

Below the writer describes several things from the id, the ego, and the superego which describe or explain the process of transforming a literary work in the form of a novel or short story into a film, which is called ecranitation.

The author discovered a change process called ecranitation;

Type	Novel	Film
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Id	Does not exist	"Do you think I'm gonna cut myself and bleed all over your floor and sue you?" (02:09-02:13)
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The data above shows things or dialogue that were changed from the novel to the film which explains the rudeness of Otto's sentences when telling the story which seems to belittle the workers there.

The author discovered a change process called ecranitation;

Type	Novel	Film
Id	"You know what? Let me see if my colleague has finished with his customer, so he can come and give you a demonstration." – The sales assistant (P.4)	"Then I don't need your help" (02:16-02:18)

The data above shows a slightly changed dialogue that can be seen only from the situation, when Otto is rude to the worker and the worker cannot handle Otto's rude attitude and wants to give his other worker friends to tell Otto about it.

The author discovered a change process called ecranitation;

Type	Novel	Film
Id	"You can't drive a car here! Can't you read?" (P.15)	"Hey, you can't just drive here." (13:43-13:45)

The data above shows dialogue that has been slightly changed through the dialogue of the main characters presented in the novel and the film. Shows Otto's perfectionism towards his social environment or the environment in the housing complex.

The author discovered a change process called ecranitation;

Type	Novel	Film
Id	"Holy Christ. A lower-arm amputee with cataracts could have backed this trailer more accurately than you," (P.18)	"My God, a dog with one front paw and cataracts coulda done better than that." (14.58-15.01)

The data above shows that the dialogue has been slightly altered in the conversations of the main characters presented in the novel and the film. Otto gave a rude response by comparing Tommy who didn't know how to park the car properly.

The author discovered a change process called ecranitation;

Type	Novel	Film
Ego	"I want a computer!" (3)	"Sir, I do not want your 33\$. And this is not about 33\$. This is about the fact that I got 5 feet of rope because I want 5 feet of rope. And I shouldn't have to pay for 6 feet of rope if I don't want 6 feet." (03:42-03:55)

The data above shows the transformation of the main character's dialogue from novels and films. Ove the character in the novel wants to buy a laptop in the shop even though there are no laptops in the shop but there are only computers and the worker there offers him a MacBook which is the same as a laptop but Ove strongly maintains his desire to buy a laptop.

The author discovered a change process called ecranitation;

Type	Novel	Film
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Ego	Does not exist	"Well, who do I have to talk to to get this phone number disconnected?" (11:11-11:14)
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The data above shows that there is no transformation of the main character's dialogue from the film. The novel does not show the same situation in the film.

The author discovered a change process called ecranitation;

Type	Novel	Film
Ego	"I suppose you're annoyed I didn't come yesterday like I promised," (P.33)	"Sorry, I haven't come yet. It's been harder than I thought to..." (01:00:22-01:00:32)

The data above shows the transformation of dialogue between the main characters in the novel and the film. The situation shown in the novel and film have similarities in that the main character does not visit his wife's grave.

The author discovered a change process called ecranitation;

Type	Novel	Film
Ego	<i>He was a man of black and white. And she was color. All the color he had</i>	"Look, I lied to you." (45:01-45:03)

The data above shows the transformation of dialogue from the main characters in the novel and in the film. A situation where the main character in the novel conveys his heart while the situation in the film shows the main character is struggling to end his life.

The author discovered a change process called ecranitation;

Type	Novel	Film
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Superego	"Things don't work when you're not at home," (P.24)	"Nothing works when you're not home." (25:06-25:08)
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The data above shows the transformation of the main character's dialogue from novels and films. Otto shows his despair in waiting for his wife who died a long time ago. Otto misses his wife's presence.

The author discovered a change process called ecranitation;

Type	Novel	Film
Superego	Does not exist	"Can I speak to your manager" (03:12-03:13)

The data above shows that there are no similarities in the dialogue and situations as in the film. In the novel, it doesn't show that Otto is very willing to talk to the store manager and not just talk to the employees. However, the novel shows an employee who is tired of explaining to Ove.

The author discovered a change process called ecranitation;

Type	Novel	Film
Superego	"It was only a little accident; we'll sort it out!" (P.16)	"How you could make it this far through life without knowing how to back up a trailer" (14:54-14:56)

The data above shows the transformation of dialogue from the novel to the film and also shows the same situation related to the main character's new neighbor who doesn't know how to park a car without driving it on the sidewalk.

The author found differences or ecranitation in the novel and the film, which is:

The novel "A Man Called Ove" provides many in-depth flashbacks about Ove's past, including his childhood, his relationship with his father, and how he met and married Sonja, as well as describing his daily routine and interactions with neighbors in detail.

Ove's relationship with his new neighbors, Parvaneh and her family, develops gradually through many small moments that show Ove's change in attitude from an angry person to a more open and caring person, with conflict resolution through small, meaningful actions. In contrast, the film "A Man Called Otto" adapts story elements for the American cultural context and simplifies some aspects to maintain a tighter runtime and plot, with an emphasis on visualizing emotions and character changes. Otto's first meeting with his neighbors as well as some key events may be changed or rearranged for cinematic effect, adding comedic elements or amplifying emotional moments to achieve a greater impact on the audience, while keeping the story's pace faster and to the point.

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