

OBSESSIVE LOVE DISORDER OF THE MAIN CHARACTER IN THE MOVIE *ONLY MINE*

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ABSTRAK

This is an analysis of the movie *Only Mine*. David Barragan is a character who struggles with obsessive love disorder. The writer uses the psychological theory of Forward and Buck obsessive love disorder theory. The writer uses qualitative methods. From the fifteen obsessive love disorder behaviors, the writer only found eight types of behaviors of obsessive lover disorder. There are 14 data found. For the thrill of new romance, the writer found 3 data, 1 data on rejection anxiety, 1 data on denying the undeniable, 1 data on acting through self-punishment, 1 data on telephone lifelines, 2 data on unannounced visits, 2 data on stalking, and finally there were 3 data on obsessive jealousy. Meanwhile, regarding the violent actions, the writer found 3 data about emotional violence, 2 data on against property, 1 data on physical violence, and finally 2 data on the obsession that leads to murder. In conclusion David committed violent acts as revenge on Julie, feeling betrayed and unable to be together. He killed his partner as a form of disappointment, expressing his deep feelings of betrayal.

Keywords: *David, Only Mine, Obsessive Love Disorder, and Violent Action*

INTRODUCTION

Only Mine is one of the psychological thriller movies. This movie tells the story of a policeman named David Barragan who is in a relationship with Julie Dillon. David and Julie's relationship seemed like going so well at the beginning but David begins to become overly possessive and jealous. David's behavior shows that he cannot be separated from Julie. When he cannot meet Julie, he begins stalking her just to find out what she is doing. Julie began to feel that the behavior shown by David was a red flag that should be aware of. Julie realized that her relationship with David already belonged to a toxic relationship.

Obsessive love disorder is the desire to see your loved one thrive and become something else. Obsessive love disorder is a fixation on protecting or even controlling them. That feeling of love can turn into an obsession, and you may begin to see the person you love as more of a possession than an independent human being [1].

Obsessive love disorder (OLD) is a rare mental illness affecting less than 0.1% of the population. It involves

overwhelming attraction, obsessive thoughts, the need to protect, possessive thoughts, and extreme jealousy. Many people in relationships do not realize their behavior could be classified as OLD [2].

This research highlights the importance of love in human life, as it significantly affects relationships, emotions, and social interactions. Love is often seen as an all-consuming emotion, leading to actions that encourage seeking love. This behavior can be triggered by mental illness, social learning processes, cultural influences, and childhood developmental experiences [3]. This research emphasizes the need to understand the potential triggers and consequences of obsessive love, as it is a universal substance essential to human life.

The reason the writer chose *Only Mine* is that the movie is based on a true story. *Only Mine* can be proven as the fact that obsessive love disorder happens in the real world. Movies based on their true stories can take the audience deeper into the real human experience. They remind us that the challenges of obsessive love disorder are all around us. In addition, the making of this movie is unique because it combines interviews with the storyline.

METHOD

This study applied a qualitative method. This method uses text and image data, has distinct data analysis steps, and uses various designs. The qualitative method section of a proposal should cover topics similar to quantitative projects, including design, sample, data collection, analysis, and potential outcomes. The qualitative method includes researcher comments, self-reflection, and the nature of the final written product [4]. This research uses data from the 2019 Netflix movie *Only Mine*, directed by Michael Civille and produced by MarVista Entertainment. Primary data includes the movie and script written by Matt Young, while secondary data includes studies, surveys, and tests conducted by others. Secondary sources include books, journals, theses, and dissertations, used as evidence in the analysis. Both primary and secondary data sources are used in this study.

To help the writer collect the needed data, the methods of collection included observation and documentation. Observation is a crucial and diverse research method in social science, forming the foundation of daily social life. It involves keen observation of behaviors and surroundings, evaluating, drawing conclusions, and making observations about interactions and relationships [5]. Qualitative audiovisual and digital materials, including social media posts, are used in qualitative ethnography, utilizing innovative methods like living stories and metaphorical visual narratives for data collection [4].

The writer analyzed the main character in *Only Mine* using a theory based on obsessive love disorder by Forward and Buck. The theory helped identify behaviors and violent actions of obsessive love disorder through conversations and actions.

RESEARCH FINDINGS AND DISCUSSION

In this part of the research findings and discussion, the writer will not present all the data. The data presented are some examples of the results of research conducted by the writer.

Obsessive Love Disorder Behavior

In the first discussion, the writer discusses David's obsessive love disorder behaviors in *Only Mine*, using Forward and Buck's theory. Eight behaviors include the thrill of new romance, rejection anxiety, denying undeniable, self-punishment, stalking, the telephone lifeline, unannounced visits, and obsessive jealousy.

1. Rejection Anxiety

Rejection anxiety is a fear of rejection and the end of a relationship often manifested as hypersensitivity. David experienced this when Julie's behavior changed, such as not answering calls or forgetting an appointment. This makes David seek reassurance, as evidenced by his facial expressions.



Fig.1. David felt that there was a change in Julie's response (*Only Mine* 2019)
(00:27:32)

From David's facial expression, it can be seen that he seems to feel that there is something different about Julie's response to him. David frowns slightly and looks at Julie with a gaze. That seems to emphasize that there is indeed something different about the way Julie responds to his arrival. David's behavior of noticing why Julie's behavior has changed towards him is part of rejection anxiety.

The dialog from the script also proves David felt something different about the way Julie responded.

DAVID. You promised me we would talk.

JULIE. We will, just not...right now and not here, right now

DAVID. Were you lying to me?

JULIE. No. No.

DAVID. Do you still wanna be with me? Because... [6].

David's conversation with Julie reveals a sense of rejection anxiety, as he demands an explanation for Julie's behavior. David demands an explanation for Julie's promise to discuss the problem at Suzanne's house, but Julie's response is a lack of interest.

David's hypersensitivity to Julie's behavior stems from fear of losing her, causing him to feel a change in her response. Despite this normality, Julie's response is not due to her changing love for David, but rather her preference to ignore the problem. This highlights David's fear of losing Julie.

2. Stalking

Stalking is the intentional and persistent monitoring, harassment, or following of a person to cause fear or emotional distress. David and Julie's relationship was strained when David directed Rake to Julie and brought Kinsey to school, leading to Julie's fear of seeing David. This made David uneasy and led him to stalk Julie, as depicted in Figure 2.



Fig. 2. David spied on Julie (*Only Mine* 2019)

(00:37:50)

Figure 2 above depicts a situation where David is spying on Julie where Julie works. It can be seen in the picture above David monitors Julie's every move from afar. This is a way for David to meet with Julie. Because David and Julie's relationship is very tenuous Julie doesn't want to meet David.

Violent Action of Obsessive Love Disorder

The writer discusses the violent action obsessive love disorder behavior in *Only Mine*. David's portrayal of all four violent actions.

1. Physical Violence

Anger often consumes obsessive lovers, leading to physical assault and revenge attacks. Obsessed individuals lose their sense of self and engage in unpredictable behaviors. Physical aggression against others is the most extreme example. Julie, after losing her college savings, sought proof from David's ex, Alicia. David secretly followed Julie, leading to physical attacks. David's behavior is depicted in Figure 3.



Fig. 3. David attack Julie (*Only Mine* 2019)

(00:45:48)

In Figure 3, David physically assaults Julie by smothering her mouth, strangling her lower jaw, and threatening her. Despite her weak strength, Julie tries to fight David, causing her pain due to his aggressive behavior.

2. When Obsession Leads to Murder

In a forest near sacred Indian territory, David forces Julie to marry him, expressing his desire for happiness. During a conversation about childhood, Julie runs into the forest, leading David to reach his anger, leading to murder.



Fig. 4. David shoots Julie (*Only Mine* 2019)

(00:57:10)

Figure 4 depicts David's murder of Julie, where he shot her in the head, causing her to fall. David's sensitivity towards rejection and his betrayal of Julie, who ran away after being asked to marry.

CONCLUSION AND SUGGESTION

The writer reveals David's obsessive love disorder behavior and violent acts committed. David exhibits eight behaviors: the thrill of new romance, rejection anxiety, denying undeniable, acting through self-punishment, telephone lifelines, stalking, unannounced visits, and obsessive jealousy. David seeks attention and reassurance to maintain his relationship with Julie. He commits various forms of violence against Julie, including emotional violence, property violence, physical violence, and obsession leading to murder. David's violence is gradual, starting with emotional violence, then physical violence, and eventually, murder. His ultimate goal is

to maintain his relationship, and his actions are a form of revenge on Julie. David's actions are a result of his feelings of betrayal and disappointment, leading him to commit violent acts as a form of revenge. The writer suggests understanding obsessive love disorder and its behaviors, which can lead to violence, to help readers understand the issue. The thesis is not perfect and can be used as a source for further research or as a reference for other studies.

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