

CHAPTER I

INTRODUCTION

1.1 Background of the Study

The Science of Sleep is a surrealistic film released in 2006, directed by Michel Gondry. The movie is about Stéphane Miroux (Gael García Bernal), a man with a highly imaginative mind, and he often finds it difficult to distinguish between dreams and reality. After the death of his father in Mexico, Stéphane moves to Paris to be closer to his mother. He lands a mundane job at a calendar company, though he initially believes he'd be doing creative graphic designing. Stéphane is immediately drawn to Stéphanie, with whom he shares mutual interest, including crafting and inventive projects. Stéphanie's friend, Zoé, also lives in the same building, and though Stéphane is initially drawn to both women, his affections quickly become centered on Stéphanie. However, as their friendship develops, Stéphane's inability to separate his dream world from reality starts to strain their relationship. His emotions play out dramatically in his dreams, where he hosts a TV show that offers a commentary on his own life and feelings. Stéphanie becomes both intrigued and frustrated by Stéphane's unpredictable behavior. He sometimes acts on his dream-induced impulses, which causes miscommunications and tensions between them. For example, when Stéphanie uses a machine he designed to craft a boat out of cellophane, he becomes jealous in his dream that she stole his idea and made it work without him. In reality, she's merely appreciating his creativity. Toward the film's end, Stéphane's grip on reality loosens further, pushing Stéphanie away. He isolates himself, immersing even deeper into his dream world. But as he

recognizes the importance of distinguishing between dreams and reality, he tries to reconcile with Stéphanie. Based on that movie, the researcher believes that the main character's dreams is meant to tell him something. Therefore, the researcher needs psychological theory that is related with the main character problems. The researcher uses Psychoanalysis theory mainly the interpretation of dream by Sigmund Freud theory to examine the main character dreams meaning. Freud (2001) stated that dreams serve as a bridge between the waking and sleeping states. According to him, dreams are either genuine or twisted manifestations of forbidden actions that are expressed while awake. Along with inappropriate psychological behaviors, errors in speech, or jokes, Freud frequently recognized dreams as barrier to an unconscious mental state in the presentation of what a person is experiencing. Freud also stated (in Calvin S. Hal & Gardner Lindzaey, 1998) that because it is difficult for us to communicate our frustration, worry, anger, revenge, and other similar emotions in the actual world, people unconsciously attempt to satisfy desires and release tension by imagining whatever they want to happen in dreams. When one's desire is directed on things that upset them, a dream will manifest. Dream realization is a spiritual state shown in the imagination and a whisper of one's soul that touches the heart. As psychological state or mental health are receiving more attention nowadays, Stephane's dreams also relate to our current day-to-day issues. For instance, in the film *The Science of Sleep*, Stephane, the main character, frequently had weird and odd dreams. Many people deal with similar issues in their daily lives. Therefore, being aware of one's own psychological state and understanding how dreams work may help people interpret them. There are quite a

few previous research studies that also used psychological methods, but the precise subject of an analysis of the dream and dream symbol of The Science of Sleep movie main character has not yet been identified. Therefore this research needs to be studied.

1.2 Limitation of the Problem

In this research, the researcher focuses on the analysis of the meaning of the main character's dreams in The Science of Sleep movie based on The Interpretation of Dream theory by Sigmund Freud.

1.3 Research Question

From the statement above, the researcher formulate the following research questions:

1. How are the interpretation of the main character dreams?
2. What is the meaning behind the symbol in the main character dreams?

1.4 Objectives of the Research

According to the problem statement above, the objective of the research might be stated as follows:

1. To explain the interpretation of the main character dreams
2. To explain the meaning of the symbol in the main character dreams