

ABSTRACT

WIDYANDARI, CARMELITA MARIA. (2026). **The Impact of Lee Chandler's Unresolved Trauma Described in the Movie *Manchester by the Sea* by Kenneth Lonergan**. Yogyakarta: Department of English Letters. Faculty of Letters, Universitas Sanata Dharma.

Lee Chandler, the main character of *Manchester by the Sea* (2016), directed by Kenneth Lonergan, portrays the psychological experience of grief and trauma. The film explores a man who lives with unresolved trauma after the accidental death of his children. The film constructs trauma through a fragmented narrative and illustrates how trauma continues to affect an individual's present life. This study explains how Lee Chandler's unresolved trauma is presented and communicated throughout the cinematic aspects.

This research aims to answer three research questions. The first research question is what are the causes and triggering events that remind Lee Chandler of the trauma are presented through the film's narrative. The second is how his trauma responses are portrayed through his emotions and physical expressions. The third is what are the impacts of his unresolved trauma is described through his behaviour in the film.

This research uses a psychological approach and library research methodology. There are two sources that researchers use to answer the research questions. The primary source is the film *Manchester by the Sea* (2016), while the secondary source includes Cathy Caruth's *Unclaimed Experience: Trauma, Narrative, and History* (1996) and Boggs and Petrie's *The Art of Watching Films* (2012).

The findings of this study reveal three main results. First, the triggering events are presented through a non-linear narrative structure that reflects Caruth's concept of belatedness, that trauma returns belatedly and involuntarily instead of being fully experienced at the moment it occurs. Second, Lee's trauma responses are consistently marked by emotional numbing, physical freezing, fragmented speech, and avoidance, all of which reflect the crisis of representation, his pain exceeds his capacity to articulate it through language or gesture. Third, the impact of Lee's unresolved trauma manifests in five continual behaviours, self-blame, social isolation, fear of responsibility, a belief in his own unworthiness, and inability to connect with others. All of which reflect Caruth's concept of repetition, illustrates that his traumatic past continues to shape his present life.

Keywords: *trauma, psychological approach, Cathy Caruth, belatedness, crisis of representation, repetition, film analysis*

ABSTRAK

WIDYANDARI, CARMELITA MARIA. (2026). **The Impact of Lee Chandler's Unresolved Trauma in the Movie *Manchester by the Sea* by Kenneth Lonergan.** Yogyakarta: Program Studi Sastra Inggris, Fakultas Sastra, Universitas Sanata Dharma.

Manchester by the Sea (2016), yang disutradarai oleh Kenneth Lonergan, menggambarkan pengalaman duka dan trauma melalui kisah Lee Chandler, seorang pria yang hidup dengan trauma yang belum terselesaikan setelah kematian anak-anaknya akibat kecelakaan. Film ini membentuk trauma melalui narasi yang tidak terstruktur dan menunjukkan bagaimana trauma terus memengaruhi kehidupan seseorang di masa kini. Penelitian ini bertujuan untuk menjelaskan bagaimana trauma yang belum terselesaikan pada diri Lee Chandler ditampilkan dan dikomunikasikan melalui berbagai aspek sinematik dalam film.

Penelitian ini bertujuan untuk menjawab tiga rumusan masalah. Pertama, apa saja penyebab dan peristiwa pemicu yang mengingatkan Lee Chandler pada traumanya direpresentasikan melalui narasi film. Kedua, bagaimana respons trauma Lee Chandler ditampilkan melalui emosi dan ekspresi fisiknya. Ketiga, bagaimana dampak dari trauma yang belum terselesaikan tersebut digambarkan melalui perilakunya dalam film.

Penelitian ini menggunakan pendekatan psikologis dan metode penelitian kepustakaan. Terdapat dua sumber yang digunakan untuk menjawab rumusan masalah. Sumber utama adalah film *Manchester by the Sea* (2016), sedangkan sumber sekunder meliputi *Unclaimed Experience: Trauma, Narrative, and History* (1996) karya Cathy Caruth dan *The Art of Watching Films* (2012) karya Boggs dan Petrie.

Hasil penelitian ini menunjukkan tiga temuan utama. Pertama, peristiwa pemicu direpresentasikan melalui struktur narasi non-linear yang mencerminkan konsep *belatedness* dari Caruth, yaitu trauma yang kembali secara tertunda dan tidak disengaja, daripada sepenuhnya dialami pada saat peristiwa terjadi. Kedua, respons trauma Lee secara konsisten ditandai oleh mati rasa emosional, pembekuan fisik, perkataan yang terbata-bata, serta perilaku menghindar, yang mencerminkan konsep *crisis of representation*, di mana penderitaan yang dialaminya melampaui kemampuannya untuk diungkapkan melalui bahasa maupun ekspresi. Ketiga, dampak trauma yang belum terselesaikan termanifestasi dalam lima pola perilaku yang berkelanjutan, yaitu menyalahkan diri sendiri, isolasi sosial, ketakutan terhadap tanggung jawab, keyakinan akan ketidaklayakan diri, serta ketidakmampuan untuk menjalin hubungan dengan orang lain. Seluruhnya mencerminkan konsep *repetition* dari Caruth, yang menunjukkan bahwa trauma masa lalu terus membentuk kehidupan Lee di masa kini.

Keywords: *trauma, psychological approach, Cathy Caruth, belatedness, crisis of representation, repetition, film analysis*