

**STRUGGLE OF ZACH TO ACHIEVE HIS DREAM IN THE MIDST OF CANCER
IN THE MOVIE *CLOUDS* (2020): AN INDIVIDUAL PSYCHOLOGICAL
APPROACH**



**Submitted as a partial fulfillment of the Requirements for Getting Bachelor Degree
of Education in English Department School Teacher Training and Education**

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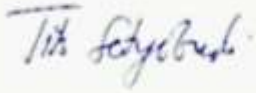
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Abstrak

Tujuan dari penelitian adalah untuk mengetahui bagaimana perjuangan Zach meraih mimpinya di tengah sakit kanker yang dia alami dalam film *Clouds 2020* yang di produseri Justin Baldoni, *Clouds* merupakan film adaptasi dari memoar *Fly a Little Higher: how God answered a mom small prayer in a big way* karya Laura Sobiech yang mana ceritanya diangkat dari kisah nyata. Penelitian ini merupakan penelitian kualitatif dengan menggunakan pendekatan psikologi individual. Teknik pengumpulan data penelitian ini adalah dengan menganalisis film. Sumber data yang digunakan adalah film *Clouds 2020*. Hasil dari penelitian menunjukkan perjuangan zach dalam meraih mimpinya ditengah kanker yang di deritanya adalah dengan dia tetap optimis dan semangat berjuang untuk hidup yang lebih lama dan melakukan hal-hal positif yang bisa dia lakukan selama hidup, zach rajin menulis lagu dan menciptakan lagu, mendirikan donasi untuk anak yang menderita osteosarkoma. Diri kreatif zach yang muncul ialah keputusan zach yang melanjutkan sekolahnya di sekolah umum, aktif dalam bermusik, dan juga menciptakan hubungan asmara dengan kekasihnya.

Kata kunci: Perjuangan, Kanker, Clouds 2020, Teori Psikologi Individu.

Abstract

The purpose of the study is to find out how Zach struggles to achieve his dream in the midst of cancer that he experienced in the film *Clouds 2020*, which was produced by Justin Baldoni, *Clouds* is a film adaptation of the memoir *Fly a Little Higher: how God answered a mom small prayer in a big way*. By Laura Sobiech where the story is based on a true story. This research is qualitative research using an individual psychology approach. The data collection technique of this research is to analyze the film. The data source used is the film *Clouds 2020*. The results of the study show that Zach's struggle to achieve his dream amid cancer he suffers is that he remains optimistic and has the spirit to fight for longer life and do positive things that he can do during his life, Zach diligently writing songs and composing songs, establishing a donation for children suffering from osteosarcoma. Zach's creative self that appears is Zach's decision to continue his education in public schools, is active in music, and also creates a love relationship with his girlfriend.

Keywords: Struggle, Cancer, Clouds 2020, Individual Psychology, Movie

1. INTRODUCTION

Cancer is a disease that almost everyone fears because its vicious and deadly nature makes everyone feel anxious and afraid of contracting the disease. This is still a severe problem throughout the world; people who have cancer psychologically will have cancer. They are very depressed and frightened, they will feel that their life will not be extended and have been

warned of their death. People living with Cancer will generally feel a loss of enthusiasm for life and have no motivation to continue the rest of their lives, so they tend to choose silence and do nothing and wait for the end of their lives. However, not all cancer sufferers feel that they have lost their enthusiasm for life, some are still enthusiastic about continuing their life and filling the remaining time in their lives with practical activities and are still enthusiastic about fighting to achieve their dreams that have not been achieved.

This is like a film that researchers want to analyze, a film that tells the story of a teenager who suffers from cancer, but still has the spirit to fight to continue his life and achieve his dreams until the end of his life. The film is *CLOUDS*, a film adaptation of the memoir entitled *Fly a Little Higher: how god answered a mom's small prayer in a big way* by Laura Sobiech. *Clouds* is directed and produced by Justin Baldoni. The title of the film clouds is lifted from one of the song titles created by Zach Sobiech. The film, which Fin Argus plays as Zach Sobiech, was released on August 16, 2020, on a Disney video service. *Clouds* is a musical drama film that tells the journey of Zach Sobiech, who struggles with Osteosarcoma cancer; here is a brief synopsis of the film *Clouds*. Zachary David Sobiech is a teenager who has a passion for music, and he is the son of Rob Sobiech and Laura Sobiech, who was born on May 3, 1995, in Saint Paul, United States of America. He has three siblings named Sam, Ally, and Grace. When he was 14 years old in 2009, he was diagnosed with Osteosarcoma by doctors and had undergone ten surgeries and received 24 chemotherapy treatments as an effort to treat cancer he was experiencing; various treatments had been carried out, but Zach's body was getting weaker, even so, Zach never gave up hope, Zach always shows his happiness in front of everyone and often spends his time writing songs and performing performances by singing.

This film, which researchers want to analyze, tells the story of a person's struggle to achieve a dream in the midst of his illness. In this case, the researcher wants to analyze the film above using the theory of psychology coined by Adler, namely individual psychology. Psychoanalysis is an analysis related to a person's behavior through a psychological perspective, while "individual psychology" is a concept that views humans with an optimistic perspective and fully emphasizes the concept of social care, namely the sense of unity of all man.

According to Adler in (Ryckman, n.d.), individual psychology is a science that seeks to understand the experience and behavior of each personality, it must be helpful for the therapist and be beneficial for everyone, and affect psychological health. Alfred Adler developed individual psychology as a comparative system for understanding the individual and his relationship to the social environment. That's why researchers are interested in using the

individual psychology approach by Alfred Adler as an approach in research because this approach is very suitable for the film *Clouds*.

From the background above, the researcher is interested in analyzing the *Clouds* film because this film is an adaptation of a memoir from a true story that is very relevant to real-life situations, in this case, the situation of facing serious illness and efforts to stay alive. the spirit of achieving dreams and also good friendships with family and friends so that this film has a moral message to be applied in real life.

With an exciting story, this film is in great demand by the audience. One of the interesting things in this film is the struggle of the main character Zach. So this study tries to make an analysis related to individual psychology and film in a literature study entitled "*Struggle Of Zach To Achieve His Dream In The Midst Of Cancer In The Movie Clouds (2020): An Individual Psychological Approach*". with the problem statement:

2. METHOD

In this study, the researcher uses a qualitative method, it means that the data collected is not in the form of numbers but dialogues and also captured from the film *Clouds*. qualitative research is research whose data is obtained from words, pictures, and schemes, not from number. The object of this research study is divided into two objects: The object of this research is *Clouds* 2020 film directed and produced by Justin Baldoni, released on August 6, 2020, on a Disney video service. The formal object of this research is the struggle of the main character of the film *Clouds*, in reaching his dream amid his cancer, using individual psychology theory. The primary data source of this research is the film *Clouds* 2020, directed and produced by Justin Baldoni, released on August 6, 2020, on a Disney video service. Sources of secondary data from this study were taken from other sources related to the research that the researcher did. Sources of data include journals, websites, dictionaries, and several previous studies that support this research. Techniques of collecting data 1. Watching the *Clouds* movie many times and understanding the film. 2. Reading and seek more in-depth information about the film to be analyzed 3. Reading and understanding the theory that will be used to analyze the film. 4. Marking and capturing parts of the film that will be used as data. Includes scene capture and dialogue. 5. Classifying data and designing them into a good unity. The data analysis technique in this study is to analyze the main characters' struggles in *Clouds* 2020 film by using the theory of individual psychological approach by Alfred Adler. The analysis in this study uses descriptive techniques by making interpretations based on what is in the film.

3. RESULTS AND DISCUSSION

Result and discussion of the research question, in this results and discussion section, the author will analyze the main character's struggle in the film *Clouds* (2020), namely Zach, in achieving his dream during cancer he is suffering from. The author also analyzes the creative power of Zach as the impact of his cancer by using an individual psychological approach.

3.1 The struggle of Zach

a. Fictional finalism

Fictional finalism is a person's thoughts or ideas driven by hope for the future; everything done is an impetus for the future. Fictional is a goal that is fictitious but can provide encouragement to someone to do something.

Fictional finalism, in this case, appears to Zach when he tries to convince himself to keep going on with his life and recover from the cancer he is experiencing, even though the doctor has stated that his cancer has spread to the lungs and has reached stage 4, Zach's life can be saved. Calculated quickly, but he decided to still act like a healthy person and have a long life.



Picture 1. Zach's life can be saved

This scene shows the atmosphere when Zach is trying to strengthen himself in the condition he experienced after undergoing chemotherapy and dealing with the symptoms of his illness due to the chemotherapy he was undergoing. This explains that osteosarcoma cancer is not a common disease. However, Zach tries to keep a positive impression and acts as if he is healthy, even though he already realizes that his age can be counted in days, but he tries to continue his life as a healthy person and tries to make people around him not worry, and pity on him.

b. Inferiority feeling

Inferiority is a feeling of inferiority felt by individuals who feel they cannot achieve something other people can do; the individual's state causes this due to a condition.

In Zach's state, he has a sense of inferiority caused by his growing and worsening pain that makes him unable to do things or achieve things like other people can. Zach's feelings are depicted in the scene below.



Picture 2. sense of inferiority

The capture above is a scene where the Zach's teacher gives the good news that that day is a day where all students are asked to work on essays as a condition for graduation from school; the teacher explains that the essays they do will determine the overall direction of their lives. All his friends seemed interested in the news given by the teacher because Zach felt that his friends had a long time to live and were able to finish their essays with that opportunity. However, Zach, who realizes that his life will never reach the end of college, feels that he will not complete the essay his teacher intended.

Zach's feelings of inferiority also arise when his best friend named Sammy uploads a music video that they both made to youtube; Sammy and Zach make a singing video because they both really like music, Zach also loves music very much he also wrote several songs, one of which was uploaded to youtube by sammy and get a great response by netizens. The video she uploaded on YouTube managed to reach fifty-one thousand views, which is an outstanding achievement, seeing that Sammy recently uploaded the video. He got various responses, excellent responses from the audience.

Feelings of inferiority are also felt by Zach in his love relationship with his girlfriend named Amy. Zach, who was dating Amy before, felt normal and lived it like an average couple, until one day Zach realized and felt that he was afraid that he would make Amy sad over his situation, Zach was afraid to make Amy feel lost if Zach died first, Zach also feels unable to make Amy happy and unable to provide a beautiful future for Amy. Even though Zach knows that Amy really likes him and Zach loves him very much, the feeling of not continuing the relationship continues.

c. Striving of Superiority

Striving for superiority appears when the individual feels weakness and physical inability to do something that causes feelings of inferiority to arise. The individual will start the effort for a better life on the basis of the strengths and struggles that arise from the shortcomings that an individual has experienced. Zach's superiority that appears in the film can be seen from several scenes below.



Picture 3. Zach has the inspiration

Zach's feeling of superiority began to appear after Zach returned from France. Arriving at home, Zach has the inspiration to make a song called "Coffee Cup." Zach, who was finishing the song's lyrics, suddenly his best friend, Sammy, came to see him and asked Zach to perform his performance in front of Sammy; Zach also sang a song from the lyrics he made in front of Sammy. The song he composed has the lyrics, *"so I put on my helmet and tie my boots, the rest goes uphill, and I know I will lose, but there is no chance of success if I never try, I want to know myself before I die."* Sammy who was listening to the song, began to get carried away by the lyrics he heard from Zach's song, the lyrics are profound and touching.

Sammy : Zach.. what happened in France?

Zach : I don't know, I feel there is music inside me.

From the song that Zach wrote, it can be seen that Zach, who realizes that his life will not be long but looks like a happy hope, decides to continue his life, to live through the obstacles that are come in his life and do whatever he wants to make the rest of his life happy and worthwhile.

Below is also one of Zach's superiorities depicted in the film, where Zach begins to have great hopes and missions in his life amid cancer he is facing.



Picture 4. Sammy, Amy, and Zach saw Jason Mraz's concert

Seeing Jason Mraz's music concert was the starting point where Zach's dream as a musician emerged. At that time Sammy, Amy, and Zach saw Jason Mraz's concert in the metro, at that time Jason sang one of his very famous songs, I'm yours, at that time they were immersed in the excitement of the concert, all the audience enjoyed the concert that was going on, all the audience sang along with Jason's song. Zach, who was also immersed in the excitement of the concert, suddenly imagined that one day he would become a famous musician, compose many songs, perform concerts and all the audience sing his songs. This thought he expressed to Sammy.

Zach : *can you imagine hearing people sing your words back to you like this?*

Sammy : *I'd probably pass out.*

This is one of the superior feelings felt by Zach. He is very optimistic that one day he will be on stage and sing all his songs.

From Zach's passion for becoming a musician and songwriter, Zach's teacher named Weaver gives the happy news that he has sent the music video that Zach made with Sammy to BMI, a large music company in New York, and BMI loves their work and recruited Sammy also Zach as members of a songwriter. Mr. Weaver persuaded Zach with the words, *"In the middle of every difficulty lies opportunity, maybe this is yours."*

d. Social Interest

Social interest is a feeling of wanting to be one with other human beings, someone who has a social interest will not have a sense of struggling for himself, but he also struggles to provide benefits to other people or all humanity. A person's social interests can be used as a standard to determine how valuable a person's life is. Zach's social interest is illustrated in the scene below when Zach conducts an interview with team news and talks about his fundraising for fellow patients with osteosarcoma cancer.



Picture 5. Zach can experience a complete childhood

As a high social awareness person, Zach also founded the Zobiech Osteosarcoma Fund, the funds obtained from his musical income donated to research. With the hope that children who also suffer from osteosarcoma like Zach can experience a complete childhood, Zach also hopes that the funds raised from his music can help find a cure; from this scene, it is clear that Zach has a high social spirit.

e. Style of life

Style of life refers to the unique pattern of the nature, behavior, way of thinking, and habits of an individual in acting; a person will have their lifestyle; even twins will not have the same lifestyle due to the uniqueness. Psychologically healthy humans will see many ways to achieve success and are constantly looking for new choices in their lives.

Zach is a person who suffers from the deadly disease osteosarcoma cancer, but he has a cheerful lifestyle and sometimes also has an attitude of humor, never gives up, Zach also Zach likes music. In this section, Zach's lifestyle in the midst of facing cancer and achieving his dreams is depicted in the scene below.



Picture 6. They received positive comments

The scene above is a scene where Zach is trying to be funny in front of Sammy, at that time, Zach and Sammy are watching the music video they uploaded on youtube, and they are reading the comments that netizens gave him. They received positive comments from many people, but some people also gave negative comments from their work; one of the comments that made Sammy a little speechless and felt that the

comments were from a stupid and lonely person. "You're not that special; a lot of other kids have cancer." Netizens wrote. Zach took the comment jokingly; he joked with Sammy by singing the comment with a joking dance.

From the scene above, it can be seen that Zach has a humorous lifestyle and doesn't care about what other people say that might hurt his heart.

3.2 Creative Power of Zach as The Impact of His Cancer in The *Cloud* Movie Viewed from Individual Psychological Approach.

Everyone has a different strategy in dealing with the problems of their respective lives, this difference in strategy is called creativity. Creative self is a key for individuals to control and determine their life goals to find achievement in their way and creativity.

Instead of moping and giving up on his situation and wasting the rest of his time doing nothing, Zach, the main character in this cloud film, uses his creative powers to fill the rest of his life by doing the things he loves and can make his life more meaningful as long as he is strong, below are some of Zach's creativity in filling his days amidst stage 4 cancer.

a. Continuing Education in School

Continuing school is one of Zach's creatives in filling his life while dealing with the illness he suffered.



Picture 7. Zach certainly looks different

While struggling with osteosarcoma cancer, undergoing chemotherapy, and taking high doses of drugs because the cancer is in its final stages, Zach continued his studies at a regular school where healthy people surround him; at school, Zach certainly looks different from his friends. Zach has to go to school with his cane to help him walk with a bald head and no eyebrows.

b. Active in Music

Besides school, Zach also chooses to be active in composing songs and making music.



Picture 8. Zach also has a good voice

Music is a hobby that Zach has; besides being good at playing the guitar, Zach also has a good voice. Zach often appears in art performances at school by singing; on the other hand, his friend Sammy who also likes music, always encourages Zach to make music; Zach and Sammy are even like duet buddies. Zach started to like writing songs since he came home from France; the first song he wrote was a coffee cup, at that time, Sammy wanted to listen to the song that Zach wrote, and when Zach sang the lyrics of his song, Sammy was touched because the lyrics were written very profoundly because the song was written very well and relate to Zach's life.

c. Creating Relationship with The Woman He Loves

Creating a love story is also Zach's creative effort to fill the rest of his life, from here, Zach has the passion for living and having hope again.



Picture 9. Zach was almost hesitant

Having a relationship with Amy makes Zach more enthusiastic in filling his days, although Zach was almost hesitant when starting his relationship with Amy because Zach realized his life would not belong, and he was worried if Amy would feel sad if Zach went first. Zach can't make Amy suffer if he gives more

room for Amy to fall on Zach, but those doubts finally disappear when Zach decides to love Amy and realizes he can't do it all without Amy.

This can be called creative because this is Zach's strategy to be passionate about achieving his mission for the rest of his life and making the rest of his life more colorful with love.

4. CLOSING

After analyzing the film (*Clouds, 2020*) using the theory of individual psychology, the researcher can explain how Zach struggles to achieve his dream in the midst of cancer he suffered and his creative power as a result of cancer. Through the data described above, the researcher can conclude: First, Zach's struggle in achieving his dream amid the cancer he suffers is that he remains optimistic and has the spirit to fight for a longer life, Zach tries spiritual medicine by visiting the spring in Lourdes, France, after it was felt that his medical efforts were not working. This effort is certainly very influential in his dream because then Zach has the opportunity to live and achieve his dream. In his struggle to achieve his dream, Zach also had to go through several feelings of inferiority that made him almost stop fighting for his dream. However, from that sense of inferiority, a feeling of superiority emerged from there, Zach began to be diligent in writing song lyrics and composing songs until one day, Zach's career began to take off when his best friend Sammy uploaded his work. Zach into the youtube site until many people see his work. Another struggle was when Zach went to New York to fulfill an invitation from BMI, a big music company that would appoint Zach as a writer there. From here, Zach became known as a successful singer and songwriter whose songs were played on the radio, and Zach began to set up donations for children suffering from osteosarcoma from his music. Second, Zach's creativity to enjoy the rest of his life as a result of cancer he is facing is by continuing to attend public schools with other friends and starting to love music by writing song lyrics as a means to express everything he feels, creating songs that can make him happy. He became a big star and is known by many people for his extraordinary work. In addition, Zach also chooses to fill and make his life more colorful by loving the woman he cares about; Zach chooses to have a relationship with Amy, who can make the rest of his life more colorful and enthusiastic about doing good things in the rest of his life.

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