

Multiple Identities and Trauma Discourse in *The Shutter Island* Movie

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Abstract

This study aims to describe multiple identities and trauma discourse in *Shutter Island* movies. To get answers to the research questions, this study uses two theories. First is the theory of multiple identities by Caldas-Coulthard and Ladema (2008). Secondly theories of trauma discourse by Indradjaja and Zaumzeil (2014). This research uses the qualitative descriptive method. The source of data in this study was collected from the *Shutter Island* movie and audio and visual to support primary data. Procedures of this study collected data by downloading, watching, screenshotting, taking notes, selecting, and coding. Techniques of analyzing data by presenting, describing, interpreting, and concluding. The results show that the aspects of multiple identities and trauma discourse dominate each other because when the main character performs multiple identities then he will always experience strange dreams and hallucinations related to his past trauma and otherwise that the main character performs multiple identities due to trauma. Second, the researcher found a relation between multiple identities and trauma discourse is something that affects each other because in each condition the main character performs multiple identities, and the trauma aspect will always appear and affect the main character's mental state, and otherwise the trauma aspect that makes the main character perform multiple identities.

Keywords: *movie, multiple identities, shutter Island, trauma discourse*

INTRODUCTION

Identity is the qualities, beliefs, personality traits, appearance, and expressions that characterize a person or group. Identity is also the whole or totality that indicates a person's specific characteristics or circumstances or the identity of the biological, psychological, and sociological factors underlying an individual's behavior. Identity can also divide oneself in a person because of the condition of a person's psychological factors, a state called multiple Identities.

Multiple Identities also known as dissociative identity disorder, is usually a reaction to trauma to help a person avoid bad memories. Dissociative identity disorder is characterized by the presence of two or more types of personality identities. Each identity can have a unique name, personal history, and characteristics. In the case of multiple identities that it is inseparable from the element of trauma where trauma is the main element in influencing the mentality of the person himself.

Trauma is something that often happens when someone experiences or witnesses an event such as a natural disaster, accident, war, or death of a loved one will be traumatized. Some people recover and return to normal activities, but some experience ongoing trauma to the point of developing posttraumatic stress disorder (PTSD). Symptoms of PTSD can generally be grouped into three types: intrusive memory, avoidance, and emotional numbing, and increased arousal or emotion (hyperarousal). Many factors directly affect the psychological state of a person and his behavior. One of them is a movie that we usually see, even though it indirectly enters our lives, but will be able to have an impact like a real-life experience.

In this research, the researcher used *Shutter Island* movies related to data of multiple identities and trauma discourse. *Shutter Island* movie is a 2010 American story movie directed by Martin Scorsese. The movie is based on the 2003 novel of the same name by Dennis Lehane. Set in 1954, *Shutter Island* movie tells the story of a police officer named Edward Daniels "Teddy" (Leonardo Dicaprio) who is assigned to uncover a mysterious case at a Mental Hospital where prisoners with mental disorders are on a remote island called Shutter in Boston Harbor, Massachusetts.

This research focused on combining two aspects related to trauma discourse and multiple identities. In this research, the researcher only focused on describing the relationship between aspects of multiple identities and trauma discourse in *Shutter Island* movies. To analyze this research the researcher uses multiple identities by Caldas-Coulthard as grand theory and trauma discourse by Indradjaja and Zaumzeil as grand theory. The reason the researcher combines these two aspects is that they are closely related to each other in influencing a person's behavior, mental state, and personality and in this study, both aspects of the multiple identities present in this movie are all motivated by the trauma aspect of trauma discourse. And, the next reason in previous studies only examined multiple identities or research on trauma discourse but there have never been combining both aspects of multiple identities and trauma discourse.

This research is a complementary study because previously this research has been carried out by other researchers, in this study the researcher trying to complement aspects of multiple identity and trauma discourse that had not existed in previous studies, such as the multiple identity research has been researched by: (Purba, 2018), (Wibowo, 2018) and (Asmara, 2019) Therefore, in this research the researcher tried to complement the elements of trauma discourse that had not existed in previous studies. The next research on Trauma Discourse has also previously been

researched by (Sulaeman, 2014), (Lumen, 2013) that in this research the researcher tried to complete aspects of multiple identities that had not existed in previous studies. In this study, the researcher tried to combine the two aspects into one object that had never been studied in the context of previous research, namely when the two aspects were combined in one research study. Therefore, this research is complementary in creating additional studies for previous research. For an explanation of the similarities and differences can be seen in chapter II.

The rationale is that there has never been found a study that combines both aspects, namely multiple identities and trauma Discourse in previous studies, and the reason the researcher chooses the *Shutter Island* movie as an object is because, in this movie, data related to aspects of multiple identities and trauma discourse are very much found, therefore it is very helpful for the researcher to take data related to the object of study. The next reason is also that this movie is very interesting for the researcher because there are aspects of multiple identities and aspects of discourse trauma that dominate each other by showing simultaneously and clearly how the aspects of multiple identities and trauma discourse are closely related where in this movie each main character remembers his past trauma, he will immediately make the other personality exist. This movie is considered a mystery because what happened at the end of this film caused a lot of controversies as many interpreted that what happened to the main character was really not as his imagination and the game was a plan made by the doctor who ran a dirty business on the island. Therefore, this movie has many puzzles in each storyline and contains an unexpected plot twist.

RESEARCH METHOD

This research used descriptive qualitative methods according to Hancock (2009), states that qualitative research develops explanations for social phenomena. Qualitative descriptive research aims to describe and explain phenomena that exist in both nature and engineering, paying more attention to the properties, qualities, and interrelationships between activities. Therefore, the researcher used the qualitative descriptive method because the data is qualitative to describe the relation of multiple identities and trauma discourse in *Shutter Island* movie, based on the multiple identity theory Caldas-Coulthard and Ladema (2008) and trauma discourse by Indradjaja and Zaumzeil (2014).

FINDINGS AND DISCUSSION

This section provided the result of the study and the discussion of the data that related to the research question. First, the researcher described how are Multiple Identities and Trauma Discourse in the Shutter Island movie and secondly what is the relationship between Multiple Identities and Trauma Discourse in the Shutter Island movie using the grand theory by Caldas-Coulthard and Ladema (2008) (Multiple identities), and Indradjaja and Zaumzeil (2014) (Trauma Discourse).

Multiple Identities and Trauma Discourse in Shutter Island Movie

Data 1

Andrew : *I'm U.S. Marshall, for God's sake.*
Doctor : *Your name is Andrew Laeddis, the 67th patient at Ashecliffe is you,*
Andrew : *Bullshit.*
Doctor : *You were committed here by court order 24 months ago, your crime is terrible, one you can't forgive yourself for, so you invented another self.*

The dialogue above contains the aspect of multiple identities namely, Multiple identities obsessive wish to fix and clarify, the existence of a desire to achieve something to make him clarify or justify his actions by creating other identities from within himself. The context above describes when Teddy Daniels who considers himself to be a U.S. Marshall, that he is Andrew Laeddis, one of the patients at the hospital where he has been in the hospital for 2 years because he has committed a crime so serious that he cannot forgive himself, then to vent his regrets and sorrows in himself he begins to make a story scenario and involve the person who was around him where himself created another character of himself, that is Teddy Daniels. The data also included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state and included multiple identities participating in the various discursive practices.

The dialogue above also contains the aspect of trauma discourse, namely: Descriptions of terrible events in trauma discourse, a condition where a person experiences trauma as a result of a terrible event that he has experienced in the past so that he will keep a terrible memory that happened that day and even had an impact on their current memories. In the context above, the doctor said that Andrew Laeddis was a patient at Ashecliffe hospital from two years ago because the crimes he committed in his past were horrific, so he could not forgive himself.

Data 2

Andrew : *Sorry, Doctor. You don't happen to have aspirin, do you?*
Doctor : ***Prone to headaches, Marshal?***
Andrew : ***Sometimes. But today. I am a little more prone to seasickness.***

Based on the dialogue above, it contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above describes when Andrew Laeddis was performing his role as Teddy Daniels, and while he was discussing Rachel Solando with the doctor for investigation, the doctor then showed Andrew Laeddis a photo of Rachel Solando. The data also included multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state and included multiple identities participating in the various discursive practices.

The dialogue above also contains the elements of the Terrible Event in Trauma Discourse. The emotional reaction of a person who is traumatized as a result of a terrible event he has experienced so that the person will keep the terrible memories that happened that day, and even have an impact on physical symptoms such as headaches and nausea. These are the long-term effects caused by trauma. In the context above described when Andrew Laeddis had a headache while he and the doctor were talking about Rachel Solando's case and at that time, the doctor showed Andrew Laeddis's photo of Rachel Solando, when Andrew Laeddis was looking at the photo he immediately had a headache and remembered a strange thing that happened in his past that he didn't realize.

Data 3

Chuck : *Boss, are you okay?*
Andrew : *It's just so goddamn bright, isn't it?*
Doctor : ***Photosensitivity, headaches sometimes.***
Chuck : *What's wrong with him?*
Doctor : ***He's having a migraine.***

Based on the dialogue above, it contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above described when Andrew Laeddis experienced headaches and nausea after he met Rachel Solando, whom he was performing his role as Teddy Daniels,

because every Teddy Daniels is connected to memories of his past, it will cause common symptoms that are often experienced by trauma sufferers and this happens while he is doing multiple identities. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains elements of aspects of the Terrible Event in Trauma Discourse. The emotional reaction of a person who is traumatized as a result of a terrible event he has experienced so that the person will keep the terrible memories that happened that day, and even have an impact on physical symptoms such as headaches and nausea. These are the long-term effects caused by trauma. The context above describes when Andrew Laeddis is experiencing headaches and nausea from experiencing photosensitivity when he sees a too-bright light. This is an emotional reaction experienced by Andrew Laeddis when caused by the prolonged trauma he experienced.

Data 4

Andrew : *Marshal Daniels.*
Doctor : *Doctor.*

Based on the dialogue above, it contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above describes when Andrew Laeddis became acquainted with a doctor by the name of Marshal Daniels, who had stated that he claimed to be Teddy Daniels a U.S. Marshal. In this context, Andrew Laeddis is playing his role as Teddy Daniels another character of himself, and calculating what he is trying to do with another role of himself is a truth. The data also included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state and included multiple identities participating in the various discursive practice.

The dialogue above also contains the aspect of trauma discourse, namely mourning as trauma discourse, which is the process of a person's brain healing and changing oneself to trauma due to the loss of a family member. It depends on how the person calms down in his own way during

the mourning process. The context above described the situation shows that Andrew Laeddis was getting acquainted with the doctor and claiming his name as Teddy Daniels, this is how Andrew Laeddis made an escape from his tragic trauma.

Data 5

Chuck : *I just wanna know what the hell's going on.*

Andrew : ***Andrew Laeddis, he was the maintenance man in the apartment building where my wife and I lived.***

Chuck : *Okay.*

Andrew : ***He was also a firebug. Andrew Laeddis lit the match that caused the fire that killed my wife.***

Based on the dialogue above, it contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above describes the situation when it shows that Andrew Laeddis, who is playing his role as teddy Daniels, is telling Chuck that Andrew Laeddis was the one who had burned his apartment to get his wife killed. This is a scenario story from Andrew Laeddis himself. Therefore, he created another character of himself as Teddy Daniels and assumed Andrew Laeddis was another person who had killed his wife, which was a representation of himself who had killed his wife in the past. In his scenario, he claims that what he did was the truth. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains the aspect of trauma discourse, namely mourning as trauma discourse, which is the process of a person's brain healing and changing oneself to trauma due to the loss of a family member. The context above describes that it depends on how the person calms down in his own way during the mourning process. In this case, Andrew Laeddis (Teddy Daniels), considers Andrew Laeddis to be someone else, which shows that he feels so guilty for his past actions that he cannot forgive himself therefore he makes the scenario of his story as if he bestowed his mistakes on others, and that makes himself better.

Data 6

Doctor : *How are the hallucinations?*
Dolores : *Get out of here, Teddy. This place is gonna be the end of you. (hallucination).*

Based on the dialogue above, contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above is described when Andrew Laeddis was performing his role as Teddy Daniels when he came to see a doctor in his room in the castle with the intention of looking for Chuck because he believed that Chuck had been kidnapped and hidden in that place. It is illustrated that Andrew Laeddis is performing his role of multiple identities and claims that what he is doing is real. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains elements of the inner realm of signs in trauma discourse(hallucinations), which is the mental state (inner) of a person who experienced the suffering of trauma. The context above describes when Andrew Laeddis comes to see the doctor at the lighthouse which he suspects is Chuck's place in hiding. This context describes when he saw Andrew Laeddis, the doctor was not even surprised because he already knew the meaning of Andrew Laeddis, the doctor also checked his condition with the intention of his questioning whether he still had hallucinations frequently, and after the doctor asked Andrew Laeddis about his hallucinations, immediately Andrew Laeddis hallucinated again seeing Dolores and also Dolores told him that he had to leave the place immediately. This situation described that Andrew Laeddis still often has hallucinations and still cannot escape the shadow of his trauma.

Data 7

Andrew : *Rachel Soland, she told me about neuroleptics.*
Doctor : *Did she, now? And when was he?*
Andrew : *I found her, Doctor in a cave out by the cliffs. But you'll never get to her.*
Doctor : *I don't doubt it, considering she is not real. Your delusions are more severe than I thought. You're not on neuroleptics.*

Based on the dialogue above, contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple

identities. The context above describes Andrew Laeddis, while he was doing his role as Teddy Daniels, claimed that he met Rachel Solando in a cave and he believed that what he found was the truth and that what he did was real. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains elements of the inner realm of signs in trauma discourse (delusion), which is the mental state (inner) of a person who experienced the suffering of trauma. This context is described when Andrew Laeddis informed the doctor that he had met Rachel Solando in a cave but the doctor said that what he saw was just not a real delusion. It described the effects of his trauma Andrew Laeddis often had Delusions.

Data 8

Chuck : *We're tell you the truth, Dolores was insane, manic-depressive, suicidal, you drank, stayed away, ignored what everyone told you, you moved to that lake house after she purposely set your city apartment on fire.*
Andrew : *You were (SCREAMING) you're lying! (Strangle Chuck)*
Doctor : *Andrew! Andrew, stop.*
Chuck : *You drugged the cigarettes!*
Andrew : *All you've done is lie!*

Based on the dialogue above, contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above describes that Andrew Laeddis as Teddy Daniels cannot accept the truth, he heard about himself and Dolores. He considered that what he heard was a lie they made up. In this regard, Andrew Laeddis still thinks he is right. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains elements of the outer realm of signs in trauma discourse (anger), which is a common reaction of a person's physical condition (outer) that often appears in trauma sufferers. The context above described that Andrew Laeddis looks very angry and can't restrain his emotions, causing him to attack Chuck. It was caused because Chuck told the truth

about himself and Dolores, he couldn't accept and believe all the truth he had heard, and made him angry because he considered that they were lying to him.

Data 9

Doctor : *Marshal, going somewhere?*
Andrew : *(STAMMERING) I'm just heading out to the ferry, so...*
Doctor : *Ah! Oh, well, I'm afraid it's the other way. If you'll wait a moment, I'll find you someone who can take you to the dock.*
Andrew : *What's this, Doctor? Huh? What's this?*
Doctor : *It's just a sedative, a precaution.*

The dialogue above, contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above describes Andrew Laeddis as Teddy Daniels looks panicked and feels alarmed when he meets the Doctor, it is because he thinks the doctor will stop him from going to his destination and when the Doctor will inject sedatives into him, Andrew Laeddis quickly prevents the doctor from doing so and then asks the doctor what medicine he will inject him, he felt insecure because he thought that the drug was to incapacitate him to be their next target. In this regard, Andrew Laeddis has claimed that what he thought of the existence of an attempted practice of lobotomy surgery on the island was the truth, therefore, he felt himself unsafe in that place. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains elements of the outer realm of signs in trauma discourse (showing signs of nervousness and panic), a common reaction of a person's physical condition (outer) that often appears in trauma sufferers. The context above describes that Andrew Laeddis looked nervous and panicked when he met with doctors. This is a reaction that arises because he feels insecure. This is a common symptom that appears due to trauma.

Data 10

Doctor : *Tremors are getting pretty bad. How about the hallucination?*
Andrew : *Not bad.*
Doctor : *They'll get worse.*
Andrew : *I know.*

The dialogue above, contains elements of multiple identities are not something people "have" or "are" but a resource that people "use", "do", or "claim", multiple identities are what is used, what is done, and what is claimed, this is a characteristic when a person does multiple identities. The context above describes that when Andrew Laeddis as Teddy Daniels entered the lighthouse and met the doctor who had been waiting for him, Andrew Laeddis came in a hurry, the doctor saw Andrew Laeddis' condition had tremors so the doctor said the tremor symptoms that appeared were getting worse. In this case Andrew Laeddis is still in a state he is doing multiple identities as Teddy Daniels. The data also included multiple identities participating in the various discursive practice, because the main character does multiple identities verbally and nonverbally, and included the multiple identities consciously and unconsciously, where he performs multiple identities in an unconscious state.

The dialogue above also contains elements of the outer realm of signs in trauma discourse (tremors), which is a common reaction of a person's physical condition (from the outside) that often appears in trauma sufferers. The context above describes that Andrew Laeddis experienced severe tremors when he was in bad shape. The one where he came to see the doctor in a hurry and in an unsettled state of mind.

Data 11

- Doctor : *Why are you here?*
Andrew : ***Because I killed my wife.***
Doctor : *Why did you do that?*
Andrew : ***Because she murdered our children and she told me to let her go.***
Chuck : *Who's Teddy Daniels?*
Andrew : ***He doesn't exist. Neither does Rachel Solando, I made them up.***
Doctor : *Why? We need to hear you say it.*
Andrew : ***After she tried to kill the first time, Dolores told me she had an insect living inside her brain. She couldn't feel it clicking across her skull, just pulling the wires just for fun. She told me that but I didn't listen.***
Doctor : *Why did you make them up?*
Andrew : ***Because I can't take knowing that Dolores killed our children, and I killed them because I didn't get her help, you know.***

The dialogue above contains elements of multiple identities consciously and unconsciously, where the main character performs multiple identities consciously or unconsciously. The context above describes the situation in which when Andrew Laeddis regained consciousness from his stupor, he finally realized that what he was doing was not real, he told the doctor that Teddy Daniels and Rachel Solando were not real. He made it all up. This shows what he did before as Teddy Daniels and did multiple identities unconsciously. This data is supporting data that shows

all the data of the main character, Andrew Laeddis, doing multiple identities unconsciously, and also included multiple identities participating in the various discursive practices.

The dialogue above also contains elements of Mourning as trauma discourse, which is the process of a person's brain healing and changing oneself to trauma due to losing a family member. It depends on how the person calms down in his own way during the mourning process. Based on the context above, after she experiences trauma and guilt from losing her family, she creates a story that makes herself someone else with a different background from her actual personality. Which means it's a way for him to make himself feel better about what he claims to be his identity. It is also a process to help her mentally recover from her trauma.

The Relationship Between Multiple Identities and Trauma Discourse

The researcher found the relationship between multiple identities and trauma discourse is something that affects each other because in every condition the main character performs multiple identities, the trauma aspect will always appear and affect the mental state of the main character, and vice versa the trauma aspect that makes the appearance of multiple identities in the main character. It describes where Andrew Laeddis did multiple identities because of the influence of his trauma. All the multiple identities he used, which he did or that he claimed to be part of his story, were all formed from tragic events he had experienced in his past.

CONCLUSIONS

Based on the findings and discussion above, a conclusion can be drawn with a research question about “How are multiple identities and trauma discourse described in the *Shutter Island* movie and what is the relationship between multiple identities and trauma discourse in *Shutter Island* movie” The researcher concluded that the aspects of multiple identities and trauma discourse dominate each other because when the main character performs multiple identities then he will always experience strange dreams and hallucinations related to his past trauma and otherwise that the main character performs multiple identities due to trauma. Second, the researcher found a relation between multiple identities and trauma discourse is something that affects each other because in each condition the main character performs multiple identities, and the trauma aspect will always appear and affect the main character's mental state, and otherwise the trauma aspect that makes the main character (Andrew Laeddis) perform multiple identities.

Based on the theory of multiple identities by Caldas-Coulthard and Ladema (2008) and trauma discourse by Indradjaja and Zaumseil (2014), the researcher analyzed aspects that contain multiple identities and trauma discourses in the *Shutter Island* movie. The data found by the researcher is based on various contexts and situations experienced by the main characters in the *Shutter Island* movie.

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