



THE EFFORTS OF LOUISA CLARK TO CHANGE LIVES IN THE ME BEFORE YOU MOVIE

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ABSTRACT

The objective of this research was to find out the efforts of Louisa Clark to change lives in the *Me Before You* movie based on striving for superiority and creative self by Alfred Adler. This research uses the qualitative method to analyze the data. The source data of the research focus on captures from the movie, actions, and sounds or dialogues that describe the efforts of Louisa Clark. The result of this research showed that three efforts were found, namely getting a job, traveling plans, and living the converted life.

INTRODUCTION

In general, films have the main purpose as a medium of entertainment for humans, but it is possible that films contain many meanings of life, one of which is efforts in life. An effort is all activities carried out by humans to achieve certain goals (Nana et al., 2006). In every activity, no matter how small, the effort will be carried out with the aim of success. There are times when success has not been achieved because of a lack of effort, things like that can happen at any time, so it takes the ability to never give up, and it depends on how strong the consistency is in making efforts. When to be able to make efforts well, then the efforts will get good results too.

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In this highly developed era, all aspects of activities will not produce results without an effort made, and everyone's efforts are different depending on what they want to achieve and how to take it. When trying the best to get something, the results obtained will be balanced with the efforts that have been made, even though in making these efforts encounter many obstacles.

According to (Wasis & Sugeng, 2008), an effort is a human effort to do something to achieve certain goals and to fulfill daily life. Effort means many things; getting a job, achieving dreams, and changing lives for the better than before are also efforts made by all human beings. Efforts made can change not only a person's life but also the life of a family or the lives of others.

The *Me Before You* movie contains the efforts of a woman who wants to change lives. She is Louisa Clark, a person who makes an effort to change the lives of herself, and her family, and a person who is suffering from paralysis and wants to end his life by ending his life through the Swiss suicide organization Dignitas. Because striving for superiority and a creative self drives Louisa, making her even more passionate about pursuing an effort that will change the lives of herself and the people she loves. Superiority is the struggle for perfection. According to (Puspitasari & Setyabudi, 2017), striving for superiority is one of the struggles in self-actualization, perfect completion, and striving to be superior. People will strive for the perfection of society because they strive for their own individual perfection. Superiority is a movement that directs individuals to success, especially in a social environment. The creative self is the prime mover of behavior. That is to create something new that is different from before. (Rosyida & Nugroho, 2020) Said that the creative self of an individual has full control over the conditions that occur. In addition, the creative self is an active principle of human life; it is a bridge between the stimuli that hit a person and the responses given by the person concerned with those stimuli. In essence, the doctrine of the creative self states that man forms personality. The creative self gives meaning to life; it creates both ends and means to achieve them. Related to the explanation above, this research tries to find out the efforts of Louisa Clark to change lives in the *Me Before You* movie.

METHOD

This research uses qualitative methods; the data to be collected comes from dialogue and captures from scenes from the *Me Before You* movie. (Moleong, 2007) defines

descriptive qualitative research as research that aims to understand the phenomena experienced by research subjects. It is more suitable and suitable to be used for researching matters relating to research on the behavior, attitudes, motivations, perceptions, and actions of the subject.

The source data of the research is from the *Me Before You* movie with a research focus on captures from the movie, actions, and sounds or dialogues that describe the main character Louisa Clark's efforts to change the lives of her self, her family, and as a caregiver for Will Traynor.

The data is collected by the researcher through several steps, first is by watching the movie repeatedly. Second, marking and capturing the movie scenes and dialogues. Third, find out the materials of related studies that will be used to be analyzed. Then fourth, analyzing the data. Fifth, organizing the collection of the data into classification.

FINDINGS AND DISCUSSION

Findings

Having a strong desire or desire to make changes in self is called striving for superiority. Striving to achieve perfection and success through all the efforts she puts in for herself, her family, and the people around her. In every life, there will be problems, and everyone has a unique and different way when they will find a way out of problems in their own lives. This is what is called creativity. Creative self can be developed at their own pace, self-taught, or honed by taking several courses. To be able to govern and decide on their life goals and find success in their unique method and inventiveness, people must have a creative self.

Louisa uses her striving for superiority and her creative self to change lives. Instead of giving in to the stressful situation of being a caregiver and looking for another job to support Louisa's family finances, the main character in the *Me Before You* movie uses her striving for superiority and her creative self to the fullest to find work, trying not to get stuck in her comfort zone, and especially during her six months as a caregiver to do a lot of things that she will do for Will to appreciate, enjoy, accept life, and change his mind, here are some of the creativity that Louisa did.

Getting a Job

Finding and getting a job is one of Louisa's creative endeavors in what she does to support her family.



Picture 1. Scene 05:55

Louisa's sister, Katrina, challenges Louisa to get a job for approximately 24 hours. Louisa accepted the challenge, so she worked in a coffee and cake shop for six years as a waitress. During the six years, she has worked, she has always been friendly to customers, providing extra services such as giving advice, talking, and even wrapping one of his customers' food when the customer says she can't finish her food. One day, the owner of the coffee shop was forced to close his shop due to bankruptcy, he closed his shop and sent Louisa home early, and then gave her his last salary. Because Louisa's family finances were in a bad phase, she went to the Job Center to get a job. Louisa had limited skills and was also picky, no job suited to her. But shortly after, there is a job vacancy with a decent salary and not requiring special skills, namely caring for people with disabilities, Louisa accepts the job and gets advice from a Job Center employee so that Louisa changes her appearance during the interview.



Picture 2. Scene 06:16

Louisa also wore her mother's clothes that she had borrowed. When interviewed by the owner of the house, Camillia Traynor, and met Camillia's husband, Stephen Traynor, who at first thought Lou was a paralyzed patient she had to treat. Even though she was nervous to say something unimportant and tore the skirt she was wearing to reveal her thighs, it didn't affect Camilla Traynor's judgment to accept Louisa as Will's caregiver.

Traveling Plans

After being a caregiver for the Traynor family and overhearing Will's parents' conversation about Dignitas, Louisa suggested some plans to do with Will.



Picture 3. Scene 47:28

When Louisa decides to make Will happy by doing beautiful things, she takes it seriously. Louisa searched many books and did research related to life after spinal cord injury. She discussed her findings with Traynors, all the plans she had prepared were things Will could do. Louisa makes travel plans to make Will change his mind, make Will appreciate his life more, and make Will realize that he can live life even if he doesn't have a perfect life, from going to horse races and orchestras to beautiful places. Steven Traynor also praised Louisa's plan at minute **47:42**, *"If Louisa can come up with things that Will is able and prepared to do, then that's all for the good, surely. Sports, concerts. I'd love to see do any of these things."*

Living the Coveted Life

Living the life that she wants is Louisa's creative effort for her life from here, Louisa gets out of her comfort zone and lives her version of life.



Picture 4. Scene 01:44:42

A few years later, after Will died, Louisa was in Paris, where Will recommended when he was still alive, Will gave the last letter, and in the letter gave instructions to Louisa for Louisa to go to Paris to increase her experience and Will also bequeath the money for Louisa, Louisa was very proud to wear the bee print tights that Will gave to her and walked happily while reading the contents of the last letter from Will. The content of Will's last message to Louisa is at minute **01:44:02**

"Clark. A few weeks should have passed by the time you read this. If you followed the instructions, you'll be in Paris. On one of those chairs that never sit quite level on the pavement. I hope it's still sunny. Across the bridge to your right, you will see L'Artisan Parfumeur. You should try the scent called Papillions Extreme. I always did think it would smell great on you. There are a few things I wanted to say and couldn't, because you would have got all emotional and you wouldn't have let me finish. So, here it is. When you get back home, Michael Lawler will give you access to a bank account that contains enough to give you a new beginning. Don't start panicking. It's not enough for you to sit around for the rest of your life, you should buy yourself your freedom. At least from that little town we both call home. Live boldly, Clark. Push yourself. Don't settle. Wear those stripy legs with pride. Knowing you still have possibilities is a luxury. Knowing I might have given them to you has eased something for me. So this is it. You are scored on my heart, Clark. You were from the first day walked in with your sweet smile and your ridiculous clothes and your bad jokes and your complete inability to ever hide a single thing you felt. Don't think of me too often. I don't want you to get sad. Just live well. I'll be walking beside you every step of the way. Love, Will."

Will's words, as well as the letter he gave, encouraged Louisa to get out of her comfort zone to live a bolder life and also seek more experiences.

Discussion

From the analysis above, the researcher found out Louisa's efforts to change her life were seen from the striving for superiority and creativity in carrying out these efforts as a person who loves herself and the people around her. The result of Louisa's efforts to

change the lives of herself, her family, and Will, while making her efforts, Louisa uses her striving for superiority and her creative self to do something for lives. It is this striving for superiority and creative self that drives Louisa, making her even more passionate about pursuing efforts that will change the lives of herself and the people she loves. From this, Louisa will seek many experiences, help improve her family's finances, and make Will see, enjoy, and appreciate the beautiful life with her. The creativity that exists in Louisa is when she works after she was fired from a shop and visited the Job Center to get a job where at that time, there was a job vacancy for a caregiver who was cheerful and did not require special abilities. In addition, when after becoming Will's caregiver and wanting to change Will's thinking to end his life, Louisa makes travel plans that Will can do by visiting beautiful places. And also when he gets Will's urge to seek experience, do the things he wants to do, and get out of his comfort zone.

CONCLUSION AND SUGGESTIONS

Louisa's efforts to change the lives of her, her family, and also Will, who wants to end his life in an organization called Dignitas, use her striving for superiority and her creative self. By getting a job after she was fired from the shop where she worked for six years, she went to the Job Center and got a job as a caregiver that did not require special skills. After becoming Will's caregiver, she makes several travel plans to beautiful places that she hopes will change Will's thinking which will end his life. Although the plan to keep Will by her side failed, with Louisa did, Will was able to enjoy his life until the end of his life with a beautiful memory, not just sitting at his house, with it Louisa's efforts still succeeded. With Will's encouragement and the letter he has prepared, Louisa finally chooses to start a new life where she will seek many experiences, fulfill her desires, and enjoy life.

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