CHAPTER II
THEORETICAL REVIEW

2.1. Definition of a Movie

Denham (2015) stated “The whole of life is just like watching a film. Only it’s as though you always get in ten minutes after the big picture has started, and no-one will tell you the plot, so you have to work it out all yourself from the clues.” Movies have been one of the most popular choices of entertainment in society. Cinemas can be found in virtually every city. It has become a secondary need for people. It is a work of art which contains audio and video that are meant to be viewed and heard at the same time. Movies have several types of genre, such as comedy, action, drama, horror, science fiction, musical and many more.

According to Severny (2013) “The contemporary definition of cinema is the art of simulating experiences to communicate ideas, stories, perceptions, feelings, beauty or atmosphere by the means of recorded or programmed moving images along with other sensory stimulations”. Movie is a moving image and generally known as video, expression can be expressed through moving pictures that are meant to deliver a message or pure entertainment. It is a piece of art that is considered a modern art and involves technology.

Conclusion from all of the experts’ opinions above is that movie is a piece of art that is meant to entertain and educate the public. A movie is one of the ways to express human’s imagination.
2.2. Definition of Self Improvement

According to Franta (2015:204), the future is as bright as you let it shine. Do not be tricked into seeing it dimly. Do not be fooled into believing that this, where you are right now, is all you get. Your potential is endless, just act, act now, right now, leap, live, love.

Based on statement above, becoming a better person requires an action and current circumstance does not determine the future which means it can always be changed.

According to Handel (2013):

“Self improvement is the study and practice of improving one’s life, especially our career, education, relationships, health, happiness, productivity, spirituality, and other personal goals. Common aspects of self improvement include goal setting, motivation, changing habits, improving awareness, identifying one’s values and beliefs, and self-actualization”

Based on Handel’s statement, it is about taking responsibility for you, making progress, bettering and improving your current life situation. In other words, there are common theories of self-improvement. Handel (2013) states several theories below:

1. You are responsible for how you live your life. People who are on the self-improvement path understand that their thoughts and actions play a big role in what they get out of life.

2. You are always changing. The truth is that whether we play an active role in our own self-improvement or not, we are always changing and developing as individuals. We are all on some kind of self-improvement path, but some take more control over their destiny than others.
3. Your thoughts matter. We sometimes think of our thoughts as immaterial and inconsequential, but that couldn’t be further from the truth. How you think strongly influences how you act. How you act will determine the results you get out of life.

4. Your habits matter. Just as we should focus on changing our thoughts, we should also focus on exploring new habits. As the saying goes, “If you keep doing what you’ve always done, you’ll keep getting what you’ve always got.” Sometimes we won’t know what the correct course of action is until we have experimented with different things.

5. Be optimistic about the future. We don’t always know what the future may bring, but if we remain optimistic and hopeful we allow ourselves to act in ways that help create that fact. Often times, it can become a kind of self-fulfilling prophecy.

   Basically, self-improvement is the process for a person to improve their future life. It all starts with the feeling that they need to change from a bad to a better situation.

   According to Sophia McDermott Drysdale (2018), Small Daily Choices Can Build Your Biggest Dreams. The idea that your small, daily choices matter and can add up to so much is so simple, yet such an amazing formula to attain the life you want. If it’s all about making small choices, then every one of us has the power to enact profound change and accomplish incredible things. Based on statement above, self-improvement is the step of reaching the dream or accomplishing goals that helps reduce or even get rid of feeling diffident. It is meant to make the progress smoother.
2.3. Factors Influencing Self Improvement

According to Franta (2015:151):

Everyone's path to self-discovery is bound to be different. Whatever decisions and directions we take, big and small, they all combine to help us figure out who we are. But at many crossroads, the confusion or indecision most of us will feel is part and parcel of the mystery of life. At times, you're going to wish you were someone else. On occasion, you're going to be tempted to look back. But until you find your way, all I can recommend is that you keep moving forward, even when the fog has descended and the destination is unknown.

Based on Franta’s statement above, there are some factors that influence someone to do a self-improvement whether it is a circumstance, self-searching and the past. Never stop progressing and moving forward is the key to stay on the right path, basically do not ever stop until a certain goal or place is reached, never stop grinding.

There are always factors that inspire a human to change, whether it will be their circumstance, environment or way of life. It is part of their self-esteem. There are four factors that influenced self-improvement according to Roberta, (2017) such as:

1. Childhood.

During our childhood our personalities are developing and the people around us have a strong effect on our self-esteem. Did you have parents that gave you praise or were constantly critical of you? Did you have teachers or coaches that supported you? Did your parent’s role models have a healthy self-esteem in themselves? Think about all the people in your life growing up and how they might have influenced your self-esteem. If you come up with negative influences take the time to let it go. Put your past in perspective and put it behind you. Draw
a line between your past and your present and know that by moving forward you are in control of how you feel about yourself. Decide that now you are in the driving seat of what influences your self-esteem.

2. Society.

We receive lots of messages from society about how we should be and this can be a major contributing factor to self-esteem. There are expectations of what job we should have, that we should be married by a certain age, what kind of clothes we wear, and how much money we make. If you allow other people’s rules and expectations to dictate who you are and how you live your life you will never be happy. Look instead to yourself to come up with how you should live and who you should be.

3. Environment

We spend a lot of time with our friends and family and they can heavily influence our self-esteem. Are the people in your life supportive of you? Do they build you up or drag you down? Think about the people you spend your time with and contemplate whether they are contributing to you having a healthy self-image of yourself or whether they are making you feel inadequate. If they are a negative influence, express your feelings and set boundaries. Let them know that you want to be in supportive relationships with people who uplift you. If they cannot respect that then it’s time to think about whom you surround yourself with and whether they should stay in your life.
There are multiple factors that can have an effect on your self-esteem. Your childhood, society, the media, and people in your life can all add or take away from how you feel about yourself. Studies have shown that people who have an unhealthy self-esteem are more likely to experience anxiety and depression. Ultimately the most important influential factor to your self-esteem is you. You can decide to take control and make a change to start having a healthy self-esteem. Put the work in to start to truly love and accept yourself.

Nowadays childhood, society, media and environment are related to each other. From the above text, we can conclude that parents and teachers play the biggest part in how children are raised and develop as human beings. Responsible parents and supportive teachers are the main role models of a confident child or generation.

Following this study DiRoma (2017) stated “Another crucial thing to remember in self-improvement is that you are in control and no one else. You can make the moves to completely control your future; it’s all up to you. Sometimes this idea can scare people, but there is no reason to fear this. The gift of life and being able to control your future is everything.” It is extremely important to focus on the progress of life instead of wasting time on the things that could stop you from improving into a better life.

There is an inspiration that triggers a person to develop him/herself to be a better person, as Mukherjee (2012) mentioned, some factors are necessary elements in bettering lives:

1. When a human being is challenged both physically and mentally, he pushes himself to be better, thus pushes against his self-created boundaries- boundaries
which only hindered his path to progress. When someone is pushed, he gets the determination to break open his shackles. This helps him meet newer people, be open and honest with them and helps him stand tall amidst the various members of the society.

2. Regaining one’s lost self-esteem in general forms a major part of transforming a person. Self-esteem refers to the minimal amount of respect that every person must have for himself and his life. Self-esteem is essential for attaining happiness, without self-esteem one cannot enjoy one’s life or learn to respect what life has to offer. Often due to the lack of self-esteem people convince themselves that they do not deserve good things in life and they thus decrease their own expectations for things such as promotions at work.

3. Anger management is another aspect of self-improvement. Medical science clearly states that anger simply leads to an increase in the blind pressure, thus it is strongly advised that one must learn to control the amount of anger in all situations. When people lose their temper many methods are advised which help them to cool down quickly.

4. Fear is one of the main enemies of a person. It is strongly advised that one must learn to control fear and if possible one must face his worst fears to loosen its hold over him. Facing it is much better than living with it at the back of your mind and once you have faced it all, the thoughts pertaining to it get cleared out.

5. Positive thinking is an integral part to a healthy life. The mind holds the power to make our life heaven or hell. It is up to the person to decide how he harvests the power of his brain. Positive thinking is said to have transformed many lives and people say they develop a completely different view to life once they incorporate
positive thinking. Professional help is available for people who want a change in perspective and if one truly feels tired of life, it could be time to take such advice.

From definitions above, there are five general factors that trigger people to develop themselves. Basically, urgency is the main reason that makes people need to improve themselves in whatever it is they want to do in life and that is valued as a fundamental part of what it is to be a better human being.

According to Mike DuBose (2013), Bitterness is an interest of mine because I once travelled down the self-destructive roads of unresolved anger and resentment myself. I was able to eventually break the chains of bitter bondage that trapped me in my painful past. Based on what the Author said, the rough path of life is the primary reason to change the situation, whether it is better or worse. Stuck in the situation is not really faceable for some, but hitting the rock bottom triggers to move to a better situation.