

Optimism and Pessimism of Stella Grant in Five Feet Apart Movie (2019) Based on Freud's Id, Ego, Superego Perspective

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ABSTRACT

This thesis explores the psychological dimensions of optimism and pessimism in the character of Stella Grant from the film Five Feet Apart (2019). Utilizing Sigmund Freud's psychoanalytic theory and concepts from positive and negative psychology, the research investigates how Stella's optimistic and pessimistic traits influence her emotional growth and relationships while navigating life with cystic fibrosis. The study employs a descriptive qualitative method to analyze Stella's coping mechanisms, emotional conflicts, and moments of resilience in the face of adversity. Through an in-depth examination of narrative structure, dialogue, and character development, this research provides insights into how psychological traits shape human experiences and enrich the storytelling of films. By bridging literature, film, and psychology, the findings contribute to a deeper understanding of how contrasting worldviews impact individual growth and foster emotional connections in challenging circumstances.

keywords: optimism, pessimism, psychoanalysis, character development

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INTRODUCTION

Psychoanalysis is a psychological theory developed by Sigmund Freud in the late nineteenth and early twentieth centuries. Freud created this theory to explore the unconscious mind and its influence on behavior and emotions. The theory suggests that many of our actions and feelings come from unconscious motivations, repressed experiences and unresolved conflicts. Freud divided the human psyche into three parts which are the id, the ego and the superego. The id is the part that contains our most basic and instinctual drives, often seeking immediate pleasure. The superego is the part that reflects our moral beliefs and the expectations we have learned from society and parents. The ego stands between the two and tries to balance the demands of the id and the superego with the reality of the world, allowing us to make decisions that are reasonable and socially acceptable.

Psychoanalytic theory is often applied in film studies to examine characters more deeply and to reveal their hidden psychological motivations. When scholars or viewers use this theory to study movies, they gain a richer understanding of characters and their actions. By analyzing the inner struggles that characters face, such as their hidden fears, unconscious desires and moral dilemmas, audiences can appreciate the emotional depth of the film. This process enhances viewers' engagement with the story, allows them to feel greater empathy for the characters and helps them recognize the subtle artistic choices that filmmakers make to show psychological conflicts on screen.

There have been many studies that apply psychoanalytic theory to movies. One analysis of *Black Swan* explores the main character's psychological instability and repression of desires. Another study of *Fight Club* discusses the narrator's split identity and the conflict between his id and ego. A psychoanalytic reading of *Psycho* investigates the deep-seated Oedipal feelings and traumas that drive Norman Bates' behavior. *The Shining* has also been examined to understand Jack Torrance's suppressed aggression and inner frustrations. *Eternal Sunshine of the Spotless Mind* is analyzed to explore repression and unconscious pain, especially as characters attempt to erase troubling memories. These examples show that applying psychoanalysis to movies can help viewers and scholars appreciate the complex emotional worlds of fictional characters.

This research aims to analyze the psychological aspects of the main character in *Five Feet Apart*, focusing on the expressions of optimism and pessimism through Freud's structural model of the psyche. While other studies have explored survival, motivation, and struggle in similar films, such as *The Fault in Our Stars* or *Me and Earl and the Dying Girl*, this study specifically examines the internal conflict of the protagonist. Using Freudian theory, this research explores how instinctual drives (id), moral awareness (superego), and rational thought (ego) interact in the face of chronic illness and emotional hardship. Additionally, the study will consider Freud's views on unconscious motives and defense mechanisms to gain a deeper understanding of the character's emotional development.

METHODS OF RESEARCH

Research Design

This study uses a descriptive qualitative research approach to explore the psychological side of the characters in the movie *Five Feet Apart* (2019). According to Creswell (2021), this type of research helps us understand how people make sense of certain issues in their lives. It's a good method for looking at film characters and their behavior in a specific situation.

Source of Data

The source data for the movie *Five Feet Apart* (2019) is the film itself, which is based on the 2012 novel *Five Feet Apart* by Rachael Lippincott. The movie was directed by Justin Baldoni and released by the production company CBS Films.

Technique for Collecting Data

The data collection for this study utilizes a combination of textual analysis and secondary research, with a specific focus on systematically examining *Five Feet Apart* (2019).

The Technique of Analyzing Data

The technique for analyzing the data in this study involves a detailed, descriptive analysis of *Five Feet Apart* (2019) to explore how the film conveys themes of illness, coping, and emotional resilience. The focus is on the characters Stella and Will, particularly their psychological struggles and the way they form a bond despite the restrictions imposed by cystic fibrosis.

RESULT AND DISCUSSION

This chapter presents the researcher's findings. The research uses Sigmund Freud's psychoanalytic theory to analyze and identify expressions of optimism and pessimism reflected in the characters and scenes of the film *Five Feet Apart* (2019).

The film *Five Feet Apart* has been analyzed using Freud's perspective to explore how optimism and pessimism emerge as psychological responses to illness, love, and loss. In this study, 5 significant scenes were selected and examined in detail to identify underlying psychological processes. These findings reveal how the character Stella Grant's internal struggle between hope and despair is portrayed through cinematic moments. Further details regarding the data analysis can be found in the following findings.

Research Findings

This research utilizes Sigmund Freud's psychoanalytic theory to analyze and identify expressions of optimism and pessimism reflected in the characters and scenes of the film *Five Feet Apart* (2019). In this study, five significant scenes have been selected and examined in detail to identify the underlying psychological processes. The five scenes are as follows:

Table 1 Research Findings

Name of Scene	Screenshots of Scenes
“Take Back One Foot”	
“Pools Scene”	
“Pre-Surgery Support”	
“Abby’s Death Confession”	
“Night Walk & Light”	

“Balcony chat and emotional bonding”



“Will draws Stella’s portrait”



“Will walks away for Stella’s health”



“Stella's lung transplant scene”



“Will watches Stella from a distance”



Source: Five Feet Apart Movie (2019)

Based on every scene, they reveal the internal struggle of the character Stella Grant between hope and decision, as depicted through cinematic moments. Table 4.1 summarizes key scenes and provides brief explanations of how they reflect optimism and pessimism through Freud's concepts of the id, ego, and superego.

Discussion

This section explains how optimism and pessimism appear in the main character, Stella Grant, by using Sigmund Freud's theory of the id, ego, and superego. These three parts of the human mind work together and often cause inner conflict. In the film *Five Feet Apart*, these psychological parts are shown through the character's actions, choices, and emotions.

Analysis of the "Take Back One Foot" Scene



Image 1 (20:00) Stella is deeply aware of the strict distance rule

In this scene, Stella and Will discuss the distance rule they must adhere to due to their health conditions. Stella proposes changing the distance from six feet to five feet, which serves as a compromise to bring them closer together without fully violating the guidelines. This moment is filled with emotional tension and a desire for deeper connection.

In this scene, the most dominant psychoanalytic tendency is the **"id"**. The id is the part of the mind that focuses on basic desires and instincts. Here, Stella demonstrates a strong desire for emotional closeness with Will, reflected in her decision to reduce the physical distance set by the hospital from six feet to five feet. This action reflects her longing for a more intimate connection and the experience of closeness, without fully considering the consequences of breaking the rules. This desire is powerful and dominates her thoughts, which is a key characteristic of the id.

Furthermore, the most dominant emotional tendency is **"optimism"**. Despite the risks associated with violating hospital rules, Stella's action to reduce the distance indicates hope and a desire to have control over her life. She strives to create a moment of closeness with Will, reflecting her spirit and desire to experience love and connection, even within existing limitations. This optimism is evident in her willingness to take a step closer to Will, even though she is aware of the potential risks involved. Her courage to pursue emotional closeness in a challenging situation demonstrates a positive attitude and hope for a better future.

Overall, this scene illustrates the struggle between the desire for emotional connection and the existing limitations, but it emphasizes the hope and optimism that arise from Stella's actions.

Analysis of the "Pool" Scene



Image 2 (50:00) Stella prepares to meet Will by the hospital's swimming pool

In this scene, Stella and Will go to the swimming pool, where they can enjoy a more liberated moment together. Although they must maintain physical distance, they experience freedom and joy while in the water. This scene is filled with laughter, playfulness, and intimate moments that showcase their emotional closeness.

In this scene, the most dominant psychoanalytic tendency is the **"ego"**. The ego functions as a mediator between the desires of the id and the limitations set by the superego and reality. Here, Stella and Will swim together, reflecting their desire to experience freedom and pleasure (id). However, they also strive to adhere to existing boundaries, such as not touching each other, which represents a more rational and realistic decision. Their actions to enjoy this moment while still keeping their distance demonstrate the ego's ability to balance desires and reality, as well as to make wise decisions in challenging situations.

Furthermore, the most dominant emotional tendency is **"optimism"**. Despite the health risks associated with their situation, the moments of happiness and freedom they experience while swimming together reflect hope and a zest for life. They find ways to enjoy their time together despite strict limitations, indicating that they can still create valuable moments in their lives. This optimism is evident in their willingness to take risks to experience joy, even while being aware of the potential consequences. The emotional bond they build during this moment provides hope that love and togetherness are still possible, even in difficult circumstances.

Overall, this scene illustrates how the ego functions to balance desires and reality, while optimism arises from their ability to find happiness within the existing constraints.

Analysis of the "Pre-Surgery Support" Scene



Image 3 (43:53) Will comforts and supports Stella before her surgery

In this scene, Stella and Will are at the hospital before Stella's upcoming surgery. They share an intimate moment where Will provides emotional support to Stella. They perform a "pinky kiss", which involves touching their pinky fingers together as a symbol of affection and closeness, even though they cannot physically connect directly.

In this scene, the most dominant psychoanalytic tendency is the "**superego**". The superego acts as a moral overseer, focusing on social norms and feelings of guilt. Here, Stella expresses a desire for intimacy with Will before her surgery, but she is also acutely aware of the limitations set by the hospital. When she chooses to perform the pinky kiss as a symbolic gesture of love, it reflects a strong sense of self-control and moral awareness. She feels constrained by the existing rules and norms, and although she wishes to be closer to Will, her superego reminds her not to violate those boundaries.

Furthermore, the most dominant emotional tendency is "**pessimism**". Despite the sweet moment of intimacy between Stella and Will, there is also an underlying sense of sadness and loss. The guilt and sorrow Stella feels for not being able to fully express her love create a pessimistic atmosphere. She realizes that their situation limits their ability to connect emotionally, leading to a significant sense of loss. The pinky kiss, while symbolic and meaningful, also reflects the limitations present in their relationship, adding to the feelings of despair and sadness.

Overall, this scene illustrates how the superego regulates Stella's actions, while pessimism arises from the awareness of existing constraints and the accompanying sense of loss. Despite the intimate moment, feelings of guilt and sorrow dominate the mood in this scene.

Analysis of the "Abby's Death Confession" Scene



Image 4 (1:01:46) Stella opens up about the trauma

In this scene, Stella reveals the pain and trauma she has experienced due to the death of her sister, Abby. She talks to Will about her feelings, expressing the guilt and responsibility she feels regarding Abby's death. This scene unfolds in a deeply emotional atmosphere, where Stella struggles to process her painful sense of loss.

In this scene, the most dominant psychoanalytic tendency is the "**superego**". The superego functions as a moral overseer, focusing on social norms and feelings of guilt. Here, Stella articulates her pain and trauma from losing her sister, Abby. She feels responsible for her sister's death, reflecting the strong influence of the superego. The profound guilt and harsh self-judgment she experiences demonstrate how the superego affects her self-perception and the situation she faces. She grapples with the feeling that she should have done more to prevent Abby's death, creating a powerful internal conflict.

Furthermore, the most dominant emotional tendency is "**pessimism**". The guilt and trauma Stella experiences create a deep pessimistic atmosphere. The moment she expresses her feelings about Abby's

death is filled with sadness and regret. She feels trapped in overwhelming guilt, which hinders her ability to move forward and find happiness. Although there is potential for healing through emotional expression, the emotional burden she carries is heavy, contributing to a profound sense of pessimism. The feelings of loss and helplessness she experiences obstruct her hope for a better future.

Overall, this scene illustrates how the superego regulates Stella's feelings and actions, while pessimism arises from deep-seated guilt and trauma. Despite the potential for healing, feelings of guilt and sorrow dominate the mood in this scene.

Analysis of the "Night Walk & Light" Scene



Image 5 (1:10:00) Stella and Will take a quiet nighttime walk outside the hospital

In this scene, Stella and Will walk outside the hospital at night, enjoying the beauty of the city illuminated by lights. They share a moment of togetherness filled with beauty and freedom, even as they must remain vigilant about their health conditions. The bright night atmosphere creates a strong contrast with the limitations they face.

In this scene, the most dominant psychoanalytic tendency is the **"Id"**. The id is the part of the mind that focuses on basic desires and instincts. Here, Stella demonstrates a strong desire to experience life and freedom, which is reflected in her decision to go out at night and enjoy the beauty of the city lights with Will. This action reflects her longing to feel happiness and freedom, despite the health risks that threaten them. The desire to break the boundaries set by their health conditions shows the dominance of the id in Stella's decision-making.

Furthermore, the most dominant emotional tendency is **"optimism"**. Despite the risks associated with Stella's choice to go out and enjoy the night, this action reflects a zest for life and the courage to pursue happiness. The moment they walk under the city lights and feel their connection signifies hope and a desire to live fully, even within existing limitations. This optimism is evident in their willingness to take risks to experience joy and the beauty of life, even while being aware of the potential consequences. The emotional bond they build during this moment provides hope that love and togetherness are still possible, even in difficult situations.

Overall, this scene illustrates how the id drives Stella to pursue her desires and happiness, while optimism arises from their courage to enjoy precious moments in life despite the looming risks.

Analysis of the "Balcony Chat and Emotional Bonding" Scene



Image 6 (27:00) Stella and Will's Balcony Conversation

In this scene, Stella and Will engage in a heartfelt conversation from their respective balconies. It marks one of their first moments of genuine emotional connection. Although separated physically, their shared experience of living with cystic fibrosis becomes a bridge that connects them emotionally. They talk about their routines, fears, and frustrations, slowly beginning to understand each other beyond their medical condition.

In this scene, the most dominant psychoanalytic tendency is the **superego**. The superego represents internalized moral standards, values, and the voice of conscience. Throughout their conversation, both Stella and Will show restraint and self-awareness. Stella, especially, emphasizes the importance of following hospital protocols and maintaining safety boundaries, even while emotionally connecting with Will. Her concern for structure and discipline reflects her internalized sense of responsibility and care, both for herself and others. Will, though more rebellious in nature, also begins to listen and show vulnerability, slowly aligning with Stella's more conscientious outlook. Their interaction is marked by thoughtfulness and reflection, indicating the presence of the superego guiding their behavior.

Furthermore, the most dominant emotional tendency is **pessimism**. Although the scene showcases the beginning of an emotional bond, much of their dialogue is filled with uncertainty, sarcasm, and acknowledgment of the limitations imposed by their illness. Will often speaks with a tone of resignation, doubting the effectiveness of treatments and joking about his situation in a self-deprecating way. Stella tries to maintain order, but her expressions also reveal a deep emotional fatigue. Their shared vulnerability highlights the emotional weight of their condition. While the connection is meaningful, the underlying tone is shaped by doubt, guardedness, and a sense of emotional defense, indicating that pessimism subtly dominates the atmosphere of the scene.

Overall, this scene illustrates how the **superego** guides both characters to act thoughtfully and morally despite emotional challenges, while **pessimism** arises from their shared sense of hopelessness and emotional fatigue in dealing with chronic illness and isolation.

Analysis of the "Will Draws Stella's Portrait" Scene



Image 7 (1:16:00) Will draws a portrait of Stella

In this scene, Will draws a portrait of Stella while she sits at a safe distance. The moment is quiet, tender, and emotionally charged. Will observes Stella intently, capturing her features on paper while Stella, initially shy, eventually opens up. Through this artistic interaction, their connection deepens as they learn to express feelings without needing physical closeness.

In this scene, the most dominant psychoanalytic tendency is the **id**. The id represents instinctual desires, pleasure-seeking impulses, and emotional expression. Will's act of drawing Stella is driven by his deep attraction and emotional curiosity toward her. His gaze and artistic focus reflect his unconscious longing to connect, to understand her intimately, and to express affection in a way that transcends physical boundaries. The act of drawing becomes a symbolic release of his inner desires his need for connection, beauty, and emotional intimacy, without direct verbal confession. Stella's willingness to be drawn also shows her slowly surrendering to her emotional impulses, allowing herself to feel seen and appreciated.

Furthermore, the most dominant emotional tendency is **optimism**. This scene reflects a hopeful atmosphere as both characters find a way to build intimacy despite their illness and the required physical distance. Will's artistic gesture gives Stella a sense of being valued and admired. The drawing becomes a symbol of emotional closeness and care. Their subtle smiles and growing comfort reflect a belief that love and emotional connection are still possible under difficult conditions. Even in silence, there is warmth, vulnerability, and the promise of something deeper forming between them. This quiet optimism offers a contrast to the limitations imposed by their illness.

Overall, this scene illustrates how the **id** drives emotional expression and desire through art and subtle intimacy, while **optimism** arises from their ability to find beauty and connection despite physical constraints.

Analysis of the "Will Walks Away for Stella's Health" Scene



Image 8 (1:25:00) Will walks away for Stella's health

In this emotionally intense scene, Will makes the heartbreaking decision to walk away from Stella for the sake of her health. He understands that his presence poses a serious risk to her recovery, especially after she receives new lungs. Even though it deeply hurts him, Will chooses to distance himself to ensure Stella's survival. This moment reflects not only his emotional growth but also the depth of his love for her.

In this scene, the most dominant psychoanalytic tendency is the **superego**. The superego governs moral conscience, social rules, and the internalization of values. Will's decision to leave Stella is not driven by desire (id) or a balance of needs (ego), but by a strong moral sense of what is right. He puts Stella's well-being above his own emotional needs, sacrificing his happiness to protect her life. His choice reflects the maturity and responsibility that stem from his developed sense of ethics and concern for others. Rather than acting on impulse or trying to compromise, Will fully suppresses his own desires to do what he believes is best for Stella, even though it causes him pain.

Furthermore, the most dominant emotional tendency is **pessimism**. Although the action is noble, the tone of the scene is filled with sadness, loss, and emotional surrender. Will walks away not with hope for a future together, but with the painful belief that their love cannot survive the boundaries of their illness. His actions are fueled by fear of hurting her, and the resignation that love alone is not enough to overcome the medical risks they face. Stella's reaction, while quiet and accepting, also carries emotional heaviness. The atmosphere of the scene is somber, highlighting the harsh reality that even the strongest emotional bonds can be overshadowed by tragic circumstances.

Overall, this scene illustrates how the **superego** leads Will to make a selfless and morally guided decision, while **pessimism** dominates the emotional tone due to the painful acceptance of separation and sacrifice in the face of love and illness.

Analysis of the "Stella's Lung Transplant" Scene



Image 9 (1:28:00) Stella under-goes lung transplant surgery

In this important scene, Stella receives a lung transplant that could save her life. The situation is tense but filled with quiet hope. Stella is unconscious as the medical team prepares her for surgery. Meanwhile, Will remains at a distance, honoring his decision to protect her by staying away. Although Stella does not speak or act in this moment, the scene reflects a major turning point in her journey toward healing and survival.

In this scene, the most dominant psychoanalytic tendency is the ego. The ego acts as the rational part of the mind that balances emotional desires and moral responsibilities with real life situations. Will has already chosen to stay away from Stella for her safety, which shows how he controls his emotional longing in favor of making a realistic decision. The medical team also represents this ego function as they focus on

careful actions and professional judgment to save her life. Their choices are based on logic and responsibility, not on impulse or idealism.

The most dominant emotional tendency in this scene is optimism. Although the situation is serious, there is a strong sense of hope for Stella's future. The lung transplant represents a chance at a new life and recovery. The careful and focused actions of the doctors, along with Will's silent support from a distance, suggest belief in Stella's strength and the possibility of healing. The emotional tone is not dark or fearful but calm and forward-looking. It reflects the idea that after much struggle, Stella may finally move toward a healthier and more meaningful life.

Overall, this scene shows how the ego guides responsible decisions during a critical moment, while optimism grows from the belief in new beginnings and the hope that Stella's life can change for the better.

Analysis of the "Will Watches Stella from a Distance" Scene



Image 10 (1:35:00) Will watches Stella through the hospital glass

In this final emotional scene, Will watches Stella through the hospital glass as she recovers from her lung transplant. He does not approach her or try to make contact. Instead, he chooses to admire her from afar, knowing that being close to her could still bring risk. Will's expression is filled with sadness and love as he slowly walks away, leaving Stella unaware of his presence. This moment captures the depth of his emotional sacrifice and care for her well-being.

In this scene, the most dominant psychoanalytic tendency is the superego. The superego represents the moral and ethical part of the personality. It guides behavior based on internal values and the concern for others. Will's choice to remain hidden, even though he deeply wants to be close to Stella, shows that his actions are led by responsibility and self-control. He prioritizes Stella's health and her chance to start a new life over his own emotional needs. This act of restraint is a clear example of the superego in control, as Will holds back his desire out of love and moral awareness.

The most dominant emotional tendency in this scene is pessimism. Although Stella has survived the transplant, Will's silent farewell carries a feeling of emotional loss and quiet sorrow. There is no reunion, no promise of a future together. Instead, Will walks away alone, accepting that he must let go. His face reflects the belief that their paths may no longer cross, and that love sometimes means leaving. This sense of finality and emotional distance gives the scene a heavy and bittersweet tone. The choice to say goodbye without words or contact suggests a deep emotional resignation.

Overall, this scene shows how the superego drives Will to make a morally difficult but selfless choice, while pessimism arises from the quiet farewell that signals emotional separation and unfulfilled love.

The Dominance of Optimism and Pessimism in Scenes

In this section, we will look at each scene to see whether optimism or pessimism is shown more clearly.

Table 2

Scene	Optimism	Pessimism	Descriptions
"Take Back One Foot"		✓	Stella need to adjust the rule reflects an underlying fear that even this small closeness might put them in danger, showing anxiety beneath her actions.
"Pools Scene"	✓		The characters share a joyful, liberating moment, expressing freedom and normalcy in a life usually controlled by illness.
"Pre-Surgery Support"		✓	The scene also highlights how even the simplest expressions of affection, like holding hands are denied to them, making their reality painfully restrictive.
"Abby's Death Confession"		✓	Stella's deep guilt and unresolved trauma weigh heavily on her, reinforcing a belief that she doesn't deserve happiness or love.
"Night Walk & Light"	✓		Stella reclaims joy by choosing to live in the moment and experience beauty outside the hospital walls, symbolizing a desire to embrace life.
"Balcony Chat and Emotional Bonding"		✓	Their closeness is shadowed by the constant reminder of the six-foot rule, making genuine intimacy feel out of reach.
"Will draws Stella's portrait"	✓		Will expresses his feelings through art, finding a safe way to show affection and emotional closeness without physical touch.
"Will walks away for Stella's health"		✓	His departure is filled with sadness and emotional loss, symbolizing the painful cost of doing the right thing.
"Stella's lung transplant scene"		✓	Even in this moment of medical hope, there is fear Stella could still lose Will, and nothing is guaranteed.
"Will watches Stella from a distance"	✓		Will shows emotional maturity by

staying away and letting Stella live
without risk, even if it means letting
her go.

Source: *Five Feet Apart* Movie (2019)

The Psychological Interpretation Using Freud's Theory

This section explains how Sigmund Freud's theory of the id, ego, and superego appears in ten main scenes from the film *Five Feet Apart* (2019). Each scene shows how the characters' thoughts, feelings, and actions are influenced by their unconscious desires (id), their sense of reality and balance (ego), and their moral values or inner rules (superego). By examining these psychological elements, the researcher can better understand how optimism and pessimism are expressed throughout the story.

Table 3

Scene	Timestamp	Id	Ego	Superego
"Take Back One Foot"	20:00	Desire for closeness	Creates compromise	Knows rules must be respected
"Pools Scene"	50:00	Sensual thrill, excitement	Balances thrill and rules	Feels guilt while breaking rules
"Pre-Surgery Support"	43:53–44:58	Needs comfort and intimacy	Symbolic gesture avoids danger	Respects moral boundaries
"Abby's Death Confession"	1:01:46–1:03:27	Guilt, grief, trauma	Confession to relieve burden	Blames self for sister's death
"Night Walk & Light"	1:10:00	Desires freedom and life	Chooses experience over safety	Ignores doctors' advice
"Balcony chat and emotional bonding"	27:00	Desires Will's affection	Controls emotions while connecting	Hospital rules remind of danger
"Will draws Stella's portrait"	1:16:00	Expresses desire, creativity	Connects through art, not touch	Avoids physical closeness
"Will walks away for Stella's health"	1:25:00	Wants to stay but sacrifices	Rationally chooses to protect her	Acts on moral duty
"Stella's lung transplant scene"	1:28:00	Fears death, desires to live	Faces fear and accepts help	Accepts rules to survive
"Will watches Stella from a distance"	1:35:00	Longing for reunion	Controls impulse to approach	Lets go for her well-being

Source: *Five Feet Apart* Movie (2019)

CONCLUSION

Based on the analysis conducted on the character of Stella Grant in *Five Feet Apart* (2019), it can be concluded that Stella's optimism and pessimism emerge as part of her emotional and psychological struggles while facing cystic fibrosis. Using Freud's theory of the id, ego, and superego, this study shows that Stella's actions and thoughts are often influenced by her unconscious desires for connection and control, her rational compromises to maintain safety, and her sense of moral responsibility toward others.

Stella's id is mostly visible in her deep desire to experience freedom, intimacy, and joy despite her illness. This is reflected in the moments when she allows herself to break the rules and connect emotionally with Will. Her ego often mediates these desires by helping her make careful choices to balance her needs with reality, especially regarding their health boundaries. Meanwhile, her superego is evident in the way she feels guilt and responsibility, particularly after her sister's death, and in her efforts to protect Will from any harm. Throughout these processes, her optimism allows her to find strength and resilience in difficult situations, while her pessimism reveals her fears, sadness, and feelings of limitation. Together, these contrasting traits shape her emotional growth and highlight the complexity of living with a chronic illness.

In short, the film illustrates that even in the face of serious illness and emotional hardship, a person can grow and change. Stella's character reflects both hope and fear, optimism and pessimism, and her journey shows that people can cope with struggles by allowing themselves to embrace life's small joys while acknowledging its hardships.

SUGGESTIONS

Based on the findings of this study, several suggestions can be offered to future researchers, students, and readers who are interested in exploring similar topics. Future researchers are encouraged to incorporate Sigmund Freud's theory of the id, ego, and superego into their analyses of characters who face serious illness. Applying this psychoanalytic framework can help them gain deeper insights into the way unconscious desires, rational decisions, and moral obligations shape a character's emotional journey and personal growth. Researchers could also compare *Five Feet Apart* with other illness-centered films or novels, such as *The Fault in Our Stars* or *Clouds*, to examine the psychological conflicts that arise as characters struggle to balance their instinctive impulses with their sense of reality and ethics.

Students of literature and film can also benefit from using Freud's concepts to understand character motivations more thoroughly. Examining how the id drives impulsive actions, the ego mediates between inner desires and the outside world, and the superego guides moral decisions will encourage them to appreciate character complexity and emotional development. In addition, readers and viewers may reflect on the strength and courage shown by these characters as they navigate their illness. By recognizing how the id, ego, and superego influence decisions and relationships, they can gain a deeper understanding of the human need for connection, resilience, and personal transformation. Overall, these suggestions aim to inspire further research and more meaningful engagement with literary and cinematic works that explore illness, love, and psychological endurance through a psychoanalytic perspective.

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