

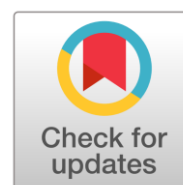


Alienation in The Movie *Melancholia*

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Abstract

Purpose - This study aims to describe the alienation concept in the movie *Melancholia*.

Design/methodology/approach - It is a literature philosophy. It was analysed by watching the movie, transliteration of the script, and coding the dialogue related to alienation theme.

Findings/results - The findings showed there are several alienation forms that was experienced by the movie star, Kirsten Dunst. Alienation in this movie is described in relationships with oneself, other people, society, objects or nature, and capitalism.

Originality/value - This film criticizes the social life of people who do not care about the problems faced by their children or family.

Paper type - Research paper

Keywords: *Movie, Melancholia, Alienation.*

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Introduction

A movie can be a reflection of someone's life experiences and is not only as entertainment. From movie, people can get moral values from which people can learn. It teaches us about culture, language, attitude, and behaviour. As a part of literature, people can easily enjoy movie visually. "In history, textual studies referred to the writing and reading of verbal texts in printed forms. In the last decades of the twentieth century, new media formats broadened the definition of texts far beyond the printed word. Web publications, advertising, film, television, video and digitalized sound, visual media, mixed media texts, and even installations are now classified as texts" (Pope, 2014 in Wahyudi, 2017). This is why movie is categorized as a part of literature but instead using only text, movie that is developed by the

technology using more of the visualizations and narration in delivering the content. The development of technology plays a huge role in the movie development as a media entertainment. It changes and or removes the boundaries and shapes of an art. As a literature media, movie and literature are hand in hand in shaping the society. Based on what Dubey (2013) said on his journal that literature is basically mirroring the society. It can be said that the mirroring is a portrayal towards the society which is reflected into the literature and in this case, it can be made into movie.

In 2011, Lars von Trier created another masterpiece named *Melancholia*. According to the Cambridge dictionary, *Melancholia* is the condition of feeling unhappy or sad for no apparent reason (Cambridge University Press 2021). In this movie, *Melancholia* is the name of a planet that is predicted to collide with the Earth. It makes the characters from the movie suffered from various emotions in facing the end of the world. The main character Justine, played by Kirsten Dunst, has a mental illness that makes her always afraid and feeling anxious towards something without reason. With all of those glorious and modern things, family and boyfriend, Justine still somehow feels depressed. Trier created this character as someone who many times feeling herself as an alien. The movie is trying to portray what is like to have a mental illness while so many things are going on through Justine character. Lars von Trier was inspired by his experience in depression in writing *Melancholia*, and the movie star Kirsten Dunst also used her experience of depression to act in the movie (Kaufman 2021). Through this movie, Lars von Trier wanted to tell the world that how people with mental illness want to be understood and well treated. The movie is worth watching. Nevertheless, it is not a happy ending. This movie won several awards, the winner of the best actress performance in Cannes Film Festival 2011, Toronto International Film Festival 2011, and second place as the best director in Village Voice Film Poll 2011 (MUBI n.d.).

Based on the story in the movie, *Melancholia* is suitably analysed by using the alienation concept. Initially, human alienation was a social phenomenon in modern society (Darma, 1995 in Efendi, 2005). Even though technology had brought so many developments in this modern world, feeling depressed and feeling strange could be easily found in our modern society. In social psychology, this is called alienation. Alienation is a form of self-separating from everything including themselves and other people (Bloom 2009). The complexity of alienation itself is the estranged feeling towards anything including internal aspects and external aspects. This could encourage a person to be hostile towards other people or society.

Therefore, this study tried to find the forms of alienation from the main character, Justine, in the movie *Melancholia*.

Literature Review

Existentialism

According to a widely accepted definition, "existentialism" can be defined as a philosophical position that prioritizes existence over substance. In the dictionary sense, existentialism can be defined as a "philosophy of existence" (Raosaheb 2016). It can be said that existentialism sees or views everything based on the existence of the object. In a philosophical world, existentialism is a concept that considers everything to be based on existence, as if that the existence of human in this world is determined by their physical and mental integrity. If human have those two, then it will make them becoming a free and responsible human being. There are five main themes in existentialism philosophy, subjectivity, freedom, failure, alienation, and death. Regarding the theme of alienation, existentialists view those modern humans live in isolation. All thoughts, attitudes, or actions will be followed by loneliness, emptiness of soul, and anxiety. It happens because someone feels desperate to themselves, or with each other, and with the outside world (Efendi 2005). It can be said that if human lives in desperation towards themselves or towards their surroundings, it will make everything seems meaningless. People with this kind of situation will feel estranged or feeling distanced. Feeling disconnected or estranged or distanced any kind of words that describes strangeness towards something usually called as 'Alien' feeling. In fact, Alienation is the condition that someone lost from themselves and the outside world, and the patterns can be seen in thought, attitude, and action dealing with life's problems.

Alienation

The concept of alienation was first proposed by Hegel. Alienation, as defined by Hegel, is a state in which humans treat something that is actually a part of themselves as an alien (Kenny 2007). Alienation, according to Hegel's philosophy, is a necessary component of the process of self-creation and self-discovery. Another concept of alienation is the outcome of the capitalist mode of production, according to Marx. Not only coming from the psychological issue, alienation can also be found in economic issues. The oppression that is coming from the ruling class usually becomes one of the biggest clues in the alienation of the working class. Erich Fromm in his book entitled *The Sane Society* (1955 in Wardhani, 2014) said that

alienation was originally used for someone who has a mental disorder. The term alienation is also used to describe a person's state of isolation. It feels like alienation is that kind of depression that will make people who suffer from it always feeling strange, feeling anxious about everything, feeling emptiness and helpless. By suffering from those feelings people tends to losing control of their life because they feel strange, they feel like an alien. No one will understand them but themselves but the thing from alienation is, they can't even understand their own feeling.

Forms of Alienation

Karl Marx divides alienation into four forms, namely the alienation of humans from the products of their own activities, the alienation of humans from their productive activities, the alienation of humans from their essence, and the alienation of humans from one another (Mukhopadhyay 2020).

While Erich Fromm divided alienation into three forms (Istikhomah 2019):

1. Alienation that comes from oneself

This alienation happens not because of innate birth, but it happens because of the development of oneself from humans, especially in childhood which is slowly form a permanent personality. With some characteristic such as violent traits or sadism, have fun, have free sex for satisfaction.

2. Alienation that comes from Humans

This alienation is caused by someone around him, usually because of differences in social class, and employers, but it also can be caused by differences that occur between one individual and another individual.

3. Alienation that comes from Society and Human-Created Products

Alienation is seen from the perspective of a product in terms of its value of usability. Humans who are alienated in this form will likely consume more or use a product without thinking the benefits. In the capitalist era, economic activity, success, and material welfare become personal goals.

The Impact of Alienation in the Social Interactions

Humans who experience alienation will have a negative impact on themselves and their social interactions. According to Beck (in Yoder, 1949), the impact of alienation can affect several things (Istikhomah 2019):

1. Emotional

An alienated person will describe some of his emotions to others. The size of the reaction caused is usually according to the situation of the incident being experienced. The emotions felt by someone who is alienated are usually characterized by a sense of suppression such as emptiness, sadness, a sense of worthlessness and worth, a sense of humor.

2. Cognitive

A person who is alienated from his thinking ability cannot be said to be running well because he already considers himself inferior. This results in a person making deviations in body image, doing negative actions, inability to make and making decisions, and blaming and criticizing oneself.

3. Motivational

Motivation is also characterized by the ability of individuals to regulate their social behaviour so that they will interact socially. An alienated person will lose his sense of motivation. He will feel the loss of hopelessness, avoidance, denial, desperation, apathy, and high dependency.

4. Physical condition

A person experiencing alienation will experience many physical disorders. The perceived disturbance can be in the form of physical conditions, such as being tired easily, and the body is not well maintained.

State of the Arts:

In analysing the movie, the writer used some of the previous studies about *Melancholia* that has been done by few scholars. Wenaus (2016) on his journal *Mechanized Bodies, Human and Heavenly: Melancholia and Thinking Extinction* he explained that *Melancholia* is trying to underlined the realism as a foundation in the whole plot about depression and that in life, the audience were asked to understand that there is an end to everything as there is always the

beginning for something. The writer also used Gordon (2012) *The Bride of Melancholia* as one of the previous studies sources as in his journal, Gordon talked about how Trier mirroring his depression experience and projecting in on Justine's character. Therefore, based on those two previous studies, the writer found out that alienation themed has not been explored yet in the *Melancholia*.

Method

This study was written under the umbrella of alienation concept. This study is categorized as literature philosophy. The primary source of data in this study is the movie *Melancholia* Directed by Lars von Trier, 2011. To analyse the existence of alienation in the movie, it was conducted by watching, transliteration of the script, and coding the dialogue according to alienation theme. The characteristics of someone who experience alienation can be seen through several things, there are attitudes, mindsets, and actions or behaviour (Efendi 2005). Thus, to explore the forms of alienation, the observation was highlighted on the attitudes, mindset, and actions or behaviour from the main character, Kirsten Dunst in the movie *Melancholia*. The writer also pays attention in the narrative aspects in the movie to see some details.

Result and Discussion

Depression is a mental illness that can cause someone to commit suicide. According to WHO (World Health Organization) in the Health Ministry of Republic Indonesia (Kementerian Kesehatan Republik Indonesia), the number of deaths due to suicide in the world is approaching 800,000 per year or 1 death every 40 seconds (Kementerian Kesehatan Republik Indonesia 2019). In developed countries, depression is treated seriously, while in developing countries, it is often ignored. The statistic showed that the highest death because of suicide come from developing countries (Kementerian Kesehatan Republik Indonesia 2019). This happened because the lack attention that is coming from developing country about the suicide awareness and ways to prevent it. People who had depression usually showing any symptoms like feeling helpless, anxious, and sometimes they might feel the disconnection towards themselves and society as it shows in alienation.

Alienation is one symptom of depression that is explored in this study. Justine, the main character in the movie gets a mental illness that makes her desperate, frightened, and

hopeless. Through analysing the main character's attitudes, behavior, and mindset, the readers will know that alienation exists in the modern world. It can be happened to anyone, no matter old or young, rich or poor. Nevertheless, this movie is a kind of drama fiction, the story is written based on the true experiences that happened in real life.

The interesting part about the movie is a planet that is predicted will crushing Earth will be a metaphor for the main character named Justine. The name of the planet is *Melancholia*. In psychology, melancholia is a syndrome where the state or mood is constantly changing and can lead to strange actions because of the mood disorder or due to some kind of pressure that causes trauma to a person and leaves a form of permanent mental injury (Jansson 2020). Trier names his movie as *Melancholia*. In the movie, *Melancholia* has been mentioned that she is been hiding all of those time behind the Sun and her orbit could possibly crash the Earth and put an end to the civilization. Planet *Melancholia* is 20 times the size of the Earth. It is a massive blue planet. When using literature eyes, the colour blue always symbolized depression. The opening scene shows Justine, Claire and Claire's son standing in front of their mansion and looking away. Everyone is portrayed standing under the moon except Justine. She is standing under the *Melancholia*. This portrayal plays major role in building the whole story of the movie.

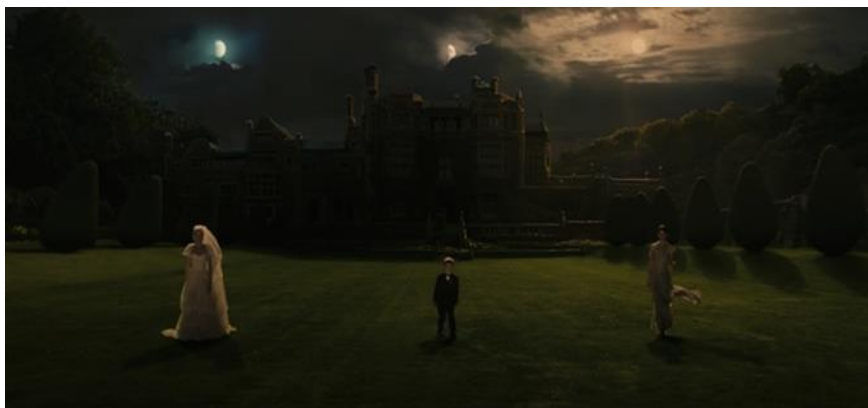


Figure 1. Justine standing under the Melancholia

The *Melancholia* that is shining only above Justine's can be understood as the form of Justine's depression. As the writer mention above about *Melancholia* syndrome, here are some findings that the writer found in the movie about Justine's alienation as form of her melancholia feeling:

Enstrangement

Estrangement is a sign of alienation in a person. The individual tends to pull out him/herself from the people around them. The desire to be alone in this movie is shown in several scenes. In the beginning of the movie when she arrived at her wedding receptions, no one seems like to care about her feeling. Everyone was busy to get things done. The estrangement symptom started to show after her mother has given a speech about not believing in marriage. Justine becomes silent and she started stretching out her neck. She sighed and trying her best to put a smile on when Claire, suddenly takes Justine into a room, and speak to Justine not to spoil the party.

Claire : Justine, come with me. Listen to me. We agreed that you weren't going to make any scenes tonight.

Justine : They don't want any scenes.

Claire : No, we don't! No. Look at me when I'm talking to you.

Justine : But I didn't do anything.

Claire : You know what I mean.

Justine : Okay.

She needs to show herself to everyone that she is happy. Justine is aware that her sister is trying to warn her to make everything run so smooth and that she is happy. In the movie, Claire is her only sibling, and Claire knows about Justine's mental condition. Instead of asking if Justine were okay, she only cares about the wedding that she organized for Justine. Justine started another level of estrangement by disconnected herself from her surroundings. It can be seen through this scene:



Figure 2. Justine about to leaves the party

However, Justine leaves the party and goes to the golf yard by riding a golf cart. In the figure two, looking at the narrative aspect, the shot of the camera is a wide shot. It shows how

Justine about to go out and distanced herself from the party. She stands on a dark stair while on the side of the stair there are garden lamps that shine so bright. It might imply that Justine is in the edge of a darkness portrayed by the dark stair where she feels estranged toward his surrounding that is busy celebrating her wedding inside which is portrayed by the garden lamps.

The next scene is when her nephew, Leo wants to sleep. Justine offers herself to John, Claire's husband, to take him to his bedroom. Justine finds an excuse so she can leave the party. After delivering her nephew, Justine also sleeps in the room. As mentioned by (Burkitt 2019) estrangement is a feeling where someone feels the disconnection between their selves and their surroundings including other people, things, everything that are related to them. She is trying her best not to ruin the party Claire prepared for her by pretending to be okay and putting smiley happy face in front of the guests. As someone who has mental issues, doing those things could drain up her energy. This is why Justine looks exhausted when Claire wakes her up from her getaway sleep. Justine shows off mayor estrangement by keeps trying to isolate herself from her wedding party, even from her one-day husband, Michael.

Alienated from herself / Self-Alienation

After Justine offers her nephew to go to bed. It turns out that in the bedroom, Justine is also sleeping. Then Claire meets her in the room. From the conversation, Justine honestly says that she is not herself. She feels someone else inside her body. Justine tries to be normal to anyone. She tries to hide it hardly.

Claire : Don't nap, it's your wedding. You're not even halfway through yet.

Justine : No. you're right. I have to pull myself together.

Claire : What's going on, Justine?

Justine : I'm trudging in through this... Praying really hard. It's clinging to my legs. It's really heavy to drag along.

In the very beginning of the movie, Trier created an interesting scene where Justine in her wedding dress struggling to move forward as she is tied to ropes at her waist and ankles. He used slow motion effect and the composition was so dark. There are many things that can be underlined in figure 3 such as the gloomy cloud; forest; the rope; the wedding dress and the camera composition.



Figure 1. Justine's scene in the opening of the movie.

The gloomy cloud can represent of how gloomy Justine's feeling was on her wedding day. Christopher (2021) said that gloomy or dark clouds could represent something negative such as depression, confusion, burden, and other difficulties. In the story, Trier created Justine with her depression based on his depression. The fact that the scene was part of the opening, it already told the audience about the depression that the main character had since the very beginning. Normal people would be feeling emotionally happy on their wedding day, but Justine was portrayed as she is trapped in the middle of the dark forest alone, trying her best to fight her own demon. Another symbolism that showed up is forest. Forest is one of the major symbols in literature, it emphasizes something human unable to control because forest ruled and owned by nature. Forest symbolized lost, exploration, secrecy, and mystery (Jackson 2018). The wedding dress makes it look uncomfortable for her movement, only weighed her down her step while she's struggling running away from the tight rope that is tied to her.

In the conversation with Claire, Justine also mentioned "It's clinging to my legs. It's really heavy to drag along." She is consciously saying this sentence towards Claire who keeps pushing Justine to go along with the party as Claire and John have planned for her. Her depression has somehow started showing worse symptoms where Justine is finally able to telling Claire the truth that everything is hard for her that day. Her uneasiness is symbolized by the rope. Rope is use to tie one into something, in Justine's case the rope is trying to tied her and dragged her deep into the forest. Turned out this scene was a dream of Justine. After having this exhausted dream, her alienation comes in a more severe way.

Unhappy

In her nephew's bedroom, Justine has a conversation with John. From the conversation, it can be indicated that Justine is not happy in her marriage. As a husband from Claire, John must have known about Justine's mental condition.

John : You'd better be goddamn happy.

Justine : Yes, I should be. I really should be.

John : Do you have any idea how much this party cost me? A ballpark figure?

Justine : No. I don't. Should I?

John : Yes, I think you should. A great deal of money. A huge amount of money. In fact, for most people, an arm and a leg.

Justine : I hope you feel it's well spent.

John : Well, that depends on whether or not we have a deal.

Justine : A Deal?

John : Yes, a deal. That you'll be happy

Although, John does not really mean that way, he genuinely wanted her to be happy on her wedding day because that's what a bride should do on her wedding day. Claire, John, and Even Michael seem started to recognize that something is wrong with Justine but no one seems to care. They keep asking Justine to repress what she felt that night. They invalidate her feelings. Another scene shows that Justine pretends to be happy on the wedding day. The conversation takes place in a room between Claire and Justine. Justine still does not admit that she is not happy. She is trying to alienate her own feeling because that was what people around her asked her to do; to be happy, even if she was not.

Claire : It's just that I thought you really wanted this.

Justine : But I do.

Claire : Michael has tried to get through to you all evening to no avail.

Justine : That's not true. I smile and smile and smile...

Claire : You're lying to all of us

From several scenes, it can be concluded that Justine does not want to get married. She feels unhappy and helpless and, in some point, she makes a numbness expression showing by this scene where everyone is happily dancing, Justine just sitting in the middle of ballroom, husband-less and feeling disconnected from everything including herself.



Figure 2. Justine feels the disconnection between herself and her surroundings.

The framing and camera angle from figure 4 showing a shoot from the dancing time in the ballroom when Justine is clearly sitting there zoning out feeling alienated by everything. Two elderly couples who dance on each side of the frame of the camera angle makes Justine looks like as the center of the shot. She is in a set where the lamp is dimmer; symbolized the depression that is taking so much on Justine. Everyone looks happy and enjoying the party but her. She chooses to be alone but many times Justine also gives sign to Claire, her mother and her father about her anxiety but unfortunately, no one is listening. So as her coping mechanism, she estranged herself from the society and from herself. Being pushed by her surrounding about what she supposed to feels on her wedding day creates a huge impact in her personality. Thus, conversation with Claire and John about she should be happy and how she tried to be happy creates new idealism in her head that 'I should be happy'. Horney in Saleem (2014) believes that self-isolation or self-alienation is a situation when someone with mental disorder forms an "ideal image" of themselves inside their mind that is different from their "real self" in the current situation. The gap between the idealized image and the true self collided and create a self-isolation. A couple of months, after her wedding party, Justine goes to the riverside at night alone. She is lying on the grass near the riverside without any clothes in her body and staring at the planet Melancholia.

Alienation from capitalism

Alienation from the capitalism is the core of alienation concept. Trier perfectly portrayed the capitalism that exists in his psychological movie. At her wedding party Justine's boss, Jack forces Justine to make a tag line for the project. It makes her feel disappointed. At first, she is trying her best to keep her anger and disappointments towards Jack for cannot

respect her wedding day. Justine is getting angrier to know that her Boss, Jack always asks about the tagline. In the end, when Justine is no longer care about 'pretending to be happy' and let the depression takes in, she insults him, and she decides to resign from her job because he always bothers her to work even on her wedding day.

*Justine : I hate you and your firm so deeply I couldn't find the words to describe it.
You are a despicable, power-hungry little man, Jack.*

In capitalism, it can be said that the workers are made as an object in the unit of capital in the eyes of capitalists, not as a subject or creator of things. Burkitt (2019) believes that alienation in capitalism cause by the disconnected feelings between the employee and the product they create because of the external factor that is coming from the employer. The capitalist has the power to order the workers to produce something that can gain a lot of benefits. So, at this stage, alienation comes because of the status between the capitalist and the worker. In Justine's case, she's no longer care about her job because Jack doesn't know how to appreciate her wedding day. Her decision to quit the job is a result from her alienation from capitalism.

Fear and Desperate

Someone who suffers from depression usually have fear and desperate feelings about something. Justine has been feeling scared and helpless and talks to her mother in the bedroom that she feels scared. She wants to talk about what is happening to herself. But her mother thinks that she is afraid of marriage. Her mother is afraid of marriage that she has experienced before. So, her mother just gives a cold response.

Justine : Mom... I'm a bit scared.

Mother : A bit? I'd be scared out of my wits if I were you.

Justine : No, it's something else, I... I'm frightened, Mom. I have trouble walking properly.

Mother : You can still wobble, I see. So just wobble the hell out of here. Stop dreaming, Justine.

Justine : I'm scared.

Mother : We all are, sweetie

Feeling desperate because her mother does not listen to her, Justine tries to talk to her father and asks him to stay in the house. But when Justine comes to her father's bedroom, she finds that her father rides to his home that night. From these scenes, Justine feels that

no one cares about her, even her parents do not understand her feeling. She feels hopeless, helpless, and desperate. Justine's feelings were supported by Barclay (2018) who believes that alienation can cause the feeling of hopelessness, fear, desperation, fatigue, until having no sense or everything become meaningless and there will be numbness. Justine shows up every alienation syndrome.



Figure 3. Justine disconnected herself from everything and facing the dark forest

The darkness in front of her in Figure 5 symbolized as her depression. Trier used wide shots to portray Justine's condition. She is the center of the frame, no one and nothing is surrounding her. This represents how no one was there for her when she is dealing with her depression which is portrayed by the dark forest in front of her. Trier wanted to emphasize that Justine had no one available for her that night and that caused her opening up herself into more severe depression. Her numbness finally shows up on the next part of the movie where the prediction that the planet Melancholia will crush the Earth. There is no way to escape.

Justine : The Earth is evil. We don't need to grieve for it

Claire : What?

Justine : Nobody will miss it.

Claire : But where would Leo grow up?

Justine : All I know is... Life on Earth is evil.

All people in the movie are afraid to die. Justine who feels lonely and desperate since the first time, does not have hope to live. She feels numb and she isn't afraid of death because she thinks that this world is evil. She convinces Claire that everyone will not survive and it is okay to face the end of the world.

Alienation with the things

People who suffered from depression will not alienate themselves with their surroundings and with themselves. Alienation could cause more severe syndrome which is alienation from things. When Justine suffers from mental illness, she feels so alien to the things around her. She gave up her hope to live and completely shutting down herself from so many things. Justine can no longer do things on her own such as getting her a taxi, taking a bath and even walk. Her illness makes herself feels weird towards everything including water.

Claire : *You need a bath. You need to wash. Right?*

Justine : *I'm so tired...*

Claire : *Come on, try.*

Justine : *I cannot.*

Her illness also makes her cannot taste the food that she usually likes. She becomes alienated from the food. It is shown that at dinner Claire prepared meatloaf because it is Justine's favorite food. However, Justine cannot taste it well.

Justine : *It tastes like ashes*

The circumstances that make her unable to cope with the problems that occur within herself makes her weak mentally and physically. It is seen that Justine feels not only mentally exhausted, but also powerless to do something simple such as eating and bathing. She was drowning from depression and she is fully aware of it. Again, Trier actually spoiled everything in front about the depression that the main character had.



Figure 6. Justine drowning in the opening scene of the movie

Studio Binder (2021) explained that a high shot is use to perform an emotional portrayal that will make the character looks vulnerable, small and fragile. The function is to create emotional responses and present characters from an emotional view. Trier used this scene as the movie poster and as it has been analysed above, this single scene could drive the whole

plot of the movie which is depression. In the Figure 6, Justine is drowning in a wedding gown. The water implied as her depression feeling that is taking too many things on her and drowns her while she is having a wedding party. In the movie, Justine seems like to stay but when the water drowned her, the water is getting higher and Justine trying to tilt her head high to breathe some air. It indicates that even though she is numb, and hopeless, her instinct is to survive.

Conclusion

Alienation is a form of human mental illness that is characterized by feelings of alien or strange from something, people, nature, environment, God, and even alienation from oneself. In the film *Melancholia* directed by Lars von Trier, alienation is described in relationships with oneself, other people, society, objects or nature, and capitalism.

The lack of emotional connection in the family, especially her parents make Justine feeling hopeless, and lonely. Her father and mother do not care about what is being suffered by their child. Here, Justine feels that no one cares about her, and makes her desperate. Justine's parents failed to build a marriage. They have been separated for a long time. Her mother did not believe in marriage, therefore her mother strongly agreed if Justine ended her marriage. Justine feels that she has no one to listen to her feelings, and suffers. While people around her tell her to be a normal and happy person. This is what makes Justine likes to be alone and pull out herself from the crowds. Moreover, she also thinks that this world is evil.

The Implication of Finding/Results

This film criticizes the social life of people who do not care about the problems faced by their children or family. Their existence is only based on physical existence, but not emotionally. This phenomenon is common in our social life. Parents and families have never been able to understand the emotional state of their children. Many parents are selfish and authoritarian in educating their children. It makes the child alienated. Through this film, Lars von Trier wants to deliver that the people and family can understand what is happening to someone who experiences alienation so that they can treat and care for someone who suffers from alienation.

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