


RESEARCH

Examining the Concept of Maladaptive Daydreaming Using Film Analysis Method

Uyumsuz Hayal Kurma Kavramının Film Analizi Yöntemiyle İncelenmesi

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Abstract

The aim of this study was to examine the concept of maladaptive daydreaming, defined by Eli Somer, with the method of film analysis and to concretize it with case studies. Maladaptive daydreaming is defined as the daydreaming behaviors that prevent individuals from focusing on their job and academic studies and that negatively affect interpersonal social relations. In the study, the movie *The Sleep Science* was analyzed in terms of maladaptive daydreaming. In this study, document analysis method, which is one of the qualitative research methods, was used. Accordingly, some scenes of the film concerned were examined in terms of maladaptive daydreaming behaviors. On the other hand, it has been tried to reveal what kind of difficulties the maladaptive daydreamers experience in their daily lives by analyzing the sample scenes. Considering the experiences of Stephane, the protagonist of the film, it is clear that maladaptive daydreaming has negative effects on the lives of individuals. It is noteworthy that the concept of maladaptive daydreaming is a situation that may have a negative impact on individuals' well-being, mental activities, academic and social lives.

Keywords: Daydreaming, maladaptive daydreaming, maladaptive daydreamers, film analysis

Öz

Bu araştırmada Eli Somer tarafından tanımlanan uyumsuz hayal kurma kavramını film analizi yöntemiyle incelenmek ve örnek olaylarla somutlaştırmak amaçlanmıştır. Uyumsuz hayal kurma bireylerin işlerine, akademik çalışmalarına odaklanmalarını engelleyen ve kişilerarası sosyal ilişkileri olumsuz etkileyecek şekilde ortaya çıkan hayal kurma davranışları olarak tanımlanmaktadır. Bu araştırmada orijinal adı *The Sleep Science* olan Türkçe'ye Rüya Bilmececi olarak çevrilen film uyumsuz hayal kurma davranışları açısından analiz edilmiştir. Yapılan bu çalışmada nitel araştırma yöntemlerinden biri olan doküman analizi yöntemi kullanılmıştır. Bu doğrultuda ilgili filmin bazı sahneleri uyumsuz hayal kurma davranışları açısından incelenmiştir. Diğer açıdan uyumsuz hayalperestlerin günlük yaşamlarında ne gibi zorluklar yaşadığı örnek sahneler analiz edilerek ortaya konulmaya çalışılmıştır. Filmin baş kahramanı Stephane'nin deneyimlerine bakıldığında uyumsuz hayal kurmanın bireylerin yaşamları üzerinde olumsuz etkileri olduğu açıktır. Uyumsuz hayal kurma kavramının bireylerin iyi oluşları, zihinsel aktiviteleri, akademik ve sosyal yaşantıları üzerinde olumsuz etkisi olabilecek bir durum olduğu dikkati çekmektedir.

Anahtar sözcükler: Hayal kurma, uyumsuz hayal kurma, uyumsuz hayalperest, film analizi

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DAYDREAMING is a situation that every individual realizes in daily life. Daydreaming was seen by Psychoanalytic Theory as a defense mechanism that individuals use to resolve their psychic conflicts (Freud 1962). The approaches that emerged after psychoanalysis suggested that daydreaming is functional for individuals (Hartman 1958). It is stated that individuals can also daydreaming to plan something or to generate an idea on a subject (Klinger 1971). In science of psychology, daydreaming is accepted as a behavior of normal individuals and is not seen as a disorder unless it is related to another psychological disorder (Singer 1966). In fact, it is accepted that daydreaming has positive functions for individuals such as emotional relief and setting future goals (Buckner et al.2008, Lieberman 2015). Although daydreaming has positive functions for individuals, some recent studies have revealed that daydreaming is an indispensable and continuous situation for some individuals. This situation was named as "Maladaptive Daydreaming" by Eli Somer (2002). Somer (2002) stated that some of their clients are unable to help themselves from daydreaming and suffer from this situation. Somer (2002) thought that this situation was related to dissociative personality disorder in first studies. However, Somer (2002) determine in his later studies that individuals continue to deliberately daydream. After these researches, Somer (2002) defined daydreaming behaviors that prevent individuals from focusing on their work and academic studies and that negatively affect interpersonal social relations as maladaptive daydreaming.

Maladaptive daydreaming is a situation that keeps individuals from their daily work, and weakens the long-term connection of individuals with real life (Somer and Herscu 2017). Some of the individuals who have maladaptive daydreaming behavior cannot control their daydreaming behaviors, while others continue it consciously. These individuals are named as maladaptive daydreamers (Somer 2002). Maladaptive daydreamers are very pleased with the situation when they are daydreaming, but they are known to suffer from this situation as they miss most of the real life things during this time (Somer et al.2016). Research on maladaptive daydreaming has recently begun. Some of these studies focused on what might be the symptoms of maladaptive daydreaming (Somer 2002, Uslu 2015, Schimment et al. 2019, Witkin 2019). In a study conducted by Bigelsen et al. (2016), it was found that maladaptive daydreaming is quite different from normal daydreaming behavior. Somer and Soffer-Dudek (2017) determined that 76.9% of these individuals had hyperactivity, 71.8% had anxiety, 66.7% had depression and 53.9% had obsessive-compulsive symptoms from their research on 39 people who met the maladaptive daydreaming criteria. Similarly, in another study, it was stated that in individuals exhibiting maladaptive daydreaming, symptoms of attention deficit, obsessive-compulsive disorder and dissociation were observed (Bigelsen et al.2016). In another study, psychopathological symptoms accompanying maladaptive daydreaming were examined and it was observed that increases in negative mood, obsessive-compulsive and dissociative personality disorder symptoms were observed (Soffe-Dudek and Somer 2018). Schimmenti et al. (2019) conducted a study to determine the clinical symptoms of maladaptive daydreaming behavior, and as a result of this study, individuals with maladaptive daydreaming behavior had high fantasy tendency, attention deficit, obsessive compulsive, dissociative personality disorder symptoms, and these individuals deliberately It has been revealed that they have a tendency to dream, to create imaginary people and to fictionalize these dreams like a movie scene. In another qualitative study conducted from another perspective, the reasons for exhibiting this behavior by maladaptive dreamer were examined and it was

found that they generally use this behavior as a mechanism of loneliness, social interaction and emotional relaxation (Somer et al. 2016). Again, in another study supporting the result of this study, it was concluded that individuals with emotion regulation difficulties exhibit more maladaptive daydreaming behavior (Greene et al. 2020). In some studies, it is said that maladaptive daydreaming behavior may turn into an addiction and thus negatively affect the functionality of individuals (Pietkiewicz et al. 2018, Somer 2002, 2018). Symptoms of maladaptive daydreaming behavior, which is a new area of research and whose diagnostic criteria have not been fully developed, are given below. These;

1. Long-term daydreaming,
2. Daydreams have a movie-like fiction,
3. An irresistible desire to keep daydreaming,
4. Using gestures and facial expressions while daydreaming,
5. Talking and whispering while daydreaming,
6. Having problems focusing on daily responsibilities due to spending too much time daydreaming,
7. Quickly daydreaming, influenced by a music, painting, or speech,
8. To continue daydreaming knowingly and willingly,
9. Having difficulty returning to real life despite being aware of what you are daydreaming,
10. Difficulty controlling your daydreaming behavior,
11. Having problems with academic, business and social dreams because of daydreams,
12. Feeling regret for situations that were delayed and missed in real life after a long daydreaming time (Somer 2002, Bigelsen et al.2016, Gervasi et al. 2019, Ross et al. 2019, Schimment et al. 2019).

As can be seen from the explanations above, it is not yet clear whether maladaptive daydreaming is a disorder or not (Somer 2002, Bigelsen and Schupak 2010). In addition, studies are carried out on symptoms, causes, diagnostic criteria and possible treatment protocols (Somer et al. 2017, Witkin 2019, Somer et al. 2020). However, the scientific studies conducted so far and the statements of the maladaptive dreamers indicate that they agree that this situation has a negative effect on the functionality of the individual in daily life (Somer et al. 2016, Somer and Herscu 2017, Dujčić et al. 2020). In this study, it was aimed to analyze the movie "The Science of Sleep" in order to explain the concept of maladaptive daydreaming and to materialize the behaviors observed in maladaptive daydreamers. It is thought that this study will contribute to the newly developing literature on maladaptive daydreaming and at the same time support the understanding of this concept in a more concrete way.

Method

This study is a descriptive research aiming to analyze the movie "The Science of Sleep" within the framework of the concept of "Maladaptive Daydreaming" put forward by Eli Somer (2002). In this study, document analysis method, one of the qualitative research methods was used. The document analysis method is the method of obtaining data on the subject of the research by examining materials such as written documents, pictures, and videos regarding the facts, events or situations subject to the study (Büyüköztürk et

al.2017). It is stated that not only written materials but also videos and films can be used in the document analysis method (Goodson and Walker 1988). For the reasons explained above, in this study, using the document analysis method, various scenes of the movie named "The Science of Sleep" were analyzed in terms of maladaptive daydreaming behaviors.

Procedure

In this study, it is aimed to concretize the concept of "Maladaptive Daydreaming" put forward by Eli Somer (2002) through the method of film analysis. Document analysis method was used while analyzing the film subject to the study. In the document analysis method, it is recommended to do five steps: a) reaching the document, b) making sure of the originality of the document, c) understanding the document, d) analyzing and analyzing the document, and e) using the data and following these as a guideline (Forster 1994). In this direction, firstly, the movie named "The Science of Sleep" to be analyzed in the research was reached. In the second stage, it was evaluated whether the film was an original source in terms of explaining maladaptive daydreaming behaviors by obtaining information about the shooting year, shooting location, scriptwriter, actors and script. In the third stage, before the film was analyzed, it was pre-screened by the researcher, and the compatibility of the film's subject and the protagonist's behavior with the symptoms of the concept of maladaptive daydreaming was tried to be understood. In this preview study, it was evaluated that the behavior of the subject and protagonist of the film, Stephane, carried the symptoms of maladaptive daydreaming behaviors. In the fourth stage, the film was watched by the researcher again and the scenes and contents in accordance with the concept of maladaptive daydreaming were analyzed and classified. In the last stage, whether these data obtained as a result of the analysis were compatible with the symptoms of maladaptive daydreaming was presented in the findings section and these results were discussed with the findings of other studies in the literature. This study is not a research subject to ethics committee approval. Therefore, it does not require obtaining an ethics committee permission document.

Data analysis

In this study, the data obtained from the scenes in the movie "The Science of Sleep", which was examined to explain and embody the concept of maladaptive daydreaming, were analyzed by content analysis method. Content analysis method is the process of summarizing the data obtained from written, oral and visual materials under various categories in accordance with the problem, purpose or a predetermined theory of the study. (Lightning and Lightning, 2006). In this direction, the scenes analyzed within the scope of the current research and which are exemplary in terms of the concept of maladaptive daydreaming have been classified by considering the symptoms of this behavior.

Results

The movie "The Science of Sleep" was shot in 2006 by French director and screenwriter Michel Gondry. The film received eight awards in different categories at the time of its release. The protagonist of the film is a young man named Stephane. Stephane is a person who constantly dreams and daydreams in daily life. Stephane, a graphic designer,

gets a job at a calendar agency through his mother. This job is not what Stephane expected, and he becomes increasingly bored with it. Stephane tries to make friends with Stephanie, who moves to the opposite flat of the house where he lives. During this process, Stephane shares with him simple inventions he has made to improve his relationship with Stephanie, but he cannot open up his true feelings. Stephanie also starts to show interest in Stephane at first, but because of Stephane's weak personality and weak connection with reality, she distances herself from her. The film depicts the negative situations that Stephane has experienced from his daily life because of his constant dreaming and daydreaming. Information about the movie is given in Table 1.

Table 1. Information about film

Director	Michel Gondry
Scenarist	Michel Gondry
Producer	Michel Gondry, Georges Bermann ve Frédéric Junqua
Actors	Gael García Bernal, Charlotte Gainsbourg, Miou-Miou, Alain Chabat, Sacha Bourdo, Emma de Caunes, Aurélie Petit, Pierre Vaneck
Original Language	French
Time	1 hour 45 minutes
Country	France

In addition, Stephane the protagonist of the film, can immediately dive into the world of daydreams in the face of any event or situation in his daily life. In such moments, his connection with the real world weakens and he lives in accordance with his daydream fiction. One of the symptoms of maladaptive daydreaming is that individuals can suddenly start daydreaming in their daily lives (Somer 2002). On the other hand, Stephane resists leaving his dreams and enjoys continuing it. Maladaptive daydreamers also have a great desire to continue their daydreams (Schimmenti et al. 2019). In addition, Stephane also produces an imaginary program called “Stephan Tv”, which he fictionalized in his imaginary world, made scientific publications and hosted. In short, it was evaluated that some of the behaviors of Stephane are experiences related to maladaptive daydreaming, and the analyzed movie scenes related to this are given in Table 2.

Between the 2nd and 4th minutes of the film, Stephane, the protagonist of the film, begins to dream while traveling in a taxi as follows: “Now, my father and I are traveling in a car, yes, yes, this is my father; he is standing before me all hale and hearty. It's nice to see him healthy again. I have almost forgotten what he looked like. Yes, yes, we are at a concert right now and they start playing. Bass, drums, and all of them have perfect harmony. The soloist is wearing a white dress. But wait, this is not that artist. Wait a minute daddy, you're dead. You couldn't win your fight against cancer. I guess you are a ghost.” When Stephane's dream is examined, it is seen that he has a certain fiction, he is also living in the dream, and at the same time, he has conversations with some of the individuals in his dream as in real life. When this dream of Stephane is examined, it can be said that it is suitable for the concept of maladaptive daydreaming. As Somer (2002) states, the dreams of maladaptive daydreamers have a film-like fiction and they show continuity. It appears that Stephane's dream fits into this explanation. He even voices some people during this dream. In addition, when Stephane begins to daydream, he speaks in a low voice and appears to develop a resistance to breaking up with his dream,

saying “I speak in a low voice so as not to wake myself up”. Maladaptive daydreamers are similarly eager to pursue their dreams (Somer 2002).

Table 2. Scenes analyzed

Scenes	Scene Display Time	Scene Content (In Terms of Maladaptive Daydreaming Symptoms)
1.	Between 2 th and 4 th minutes	* Daydreams have a movie-like fiction *An irresistible desire to keep daydreaming
2.	Between 12 th and 18 th minutes	*Quickly daydreaming, influenced by a music, painting, or speech *Long-term daydreaming, *Having difficulty returning to real life despite being aware of what you are daydreaming
3.	Between 33 th and 36 th minutes	* An irresistible desire to keep daydreaming * Daydreams have a movie-like fiction
4.	Between 36 th and 37 th minutes	*Daydreams have a movie-like fiction *Quickly daydreaming, influenced by a music, painting, or speech
5.	Between 50 th and 55 th minutes	*Quickly daydreaming, influenced by a music, painting, or speech *Long-term daydreaming *An irresistible desire to keep daydreaming *Having difficulty returning to real life despite being aware of what you are daydreaming
6.	Between 58 th and 60 th minutes	*An irresistible desire to keep daydreaming *Daydreams have a movie-like fiction
7.	Between 67 th and 69 th minutes	*Quickly daydreaming, influenced by a music, painting, or speech *Daydreams have a movie-like fiction
8.	Between 71 th and 72 th minutes	*Having difficulty returning to real life despite being aware of what you are daydreaming
9.	Between 85 th and 87 th minutes	*Daydreams have a movie-like fiction *Using gestures and facial expressions while daydreaming *Feeling regret for situations that were delayed and missed in real life after a long daydreaming time *Having problems focusing on daily responsibilities due to spending too much time daydreaming
10.	Between 95 th and 98 th minutes	*Quickly daydreaming, influenced by a music, painting, or speech * Daydreams have a movie-like fiction

Between the 12th and 18th minutes of the movie, Stephane goes to the bathroom to shave because his colleagues at work made fun of his way of shaving. As the shaver hurts his face, he throws it on the floor and the moment the razor starts to shiver on the floor, he begins to dream. In his dream, “he goes to work and the razor comes out of his pocket as a living creature with feet and goes towards his boss, and after turning his boss into a bearded man, the razor comes back to Stephane. Meanwhile, he imagines that the city is suddenly transformed into cardboard objects. Then he sees that his bearded boss jumps from the window but doesn’t die. Then he imagines that he is hanging the graphic designs, which his boss didn’t like, on the walls of the office of his boss. Then he also jumps down the window but finds himself flying over the city.” Stephane begins this dream when he sees the razor that he threw on the floor is moving. Maladaptive daydreamers are affected by a piece of music, a picture, or an image and start dreaming suddenly (Somer 2002). Stephane, too, starts his dream in a similar way and it can be

stated that this situation reflects the characteristics of maladaptive daydreaming behavior.

In the scene between the 33rd and 36th minutes of the film, Stephane is interested in Stephanie, who is his neighbor, but he cannot open up to her. With these thoughts in his mind, Stephane goes to the bathroom to take a shower. He fills water in the bathtub and gets into it. In this scene, "Stephane sees that the bathtub is near his boss's desk in the office, and the water in it turns into cellophane particles. Then a woman who works in the same office with him comes out of the water and wants to be with him, but he stops her. He then tells that woman that he can open up to Stephanie with a note, and writes a note. He throws this note under Stephanie's door and returns home. Returning from his dream to real life, Stephane sees that the floors are wet and his footprints go towards the door of the house. In order to check if he really wrote a note and threw it under Stephanie's door while dreaming, he uses an iron hunger and pulls the note under the door with it" and as soon as he regains his consciousness, he feels quite surprised by what he went through. Stephanie witnesses all this happening (she sees through the peephole that Stephane goes naked to the corridor of the apartment and then comes back to get the note written in a bathrobe) but cannot make any sense out of it. Considering Stephane's experience in this scene, it can be said that this situation suits the symptoms of maladaptive daydreaming because maladaptive daydreamers fulfill some of the missing parts of their daily life by daydreaming. Stephane sets up things that he can't have in real life with the girl he loves in his mind. However, the striking situation here is that Stephane starts to dream very quickly and he experiences tides between his imagination and the real world. So much so that although he continues his dream, he writes a note and throws it under Stephanie's door. He is able to notice this behavior when he returns to the real world and sees the wet footprints leading towards the door. In addition, when he returns to real life, he regrets his actions in his dream. In this scene, it can be interpreted that Stephane's experiences are similar to maladaptive daydreaming. Somer (2002) states that maladaptive daydreamers' perception of reality is disrupted, they insist on maintaining their dreams, and that they can display some physical behaviors while dreaming.

In the scene between the 36th and 37th minutes of the movie, Stephane starts typing the letter on a typewriter, which he wrote by hand and threw under Stephanie's door before. Shortly after he starts typing with the typewriter, he begins to dream. "He imagines himself in a cave typing with a typewriter with four arms, which looks like a spider, and writes what he says on large sheets of paper. In his dream, Stephane tells what he wants to tell Stephanie and the typewriter writes them down. After all he said has been written, he takes the letter consisting of a lot of big papers and he runs out of the cave. Later, Stephane sees himself flying over the city with these papers, and then he goes to Stephanie's workplace." In this scene, it is seen that Stephane immediately begins to dream under the influence of an object, typewriter in this case, and sets up this dream gradually in his mind. It is stated that individuals with maladaptive daydreaming behavior can also start daydreaming by being immediately affected by an image or object and have a fiction that has the continuity of these dreams (Somer et al. 2016).

In the scene between the 50th and 55th minutes of the film, Stephane eats dinner with his mother and his stepfather. Meanwhile, his mother asks if he is in love with someone. His stepfather tells that Stephan is in love because his eyes are moving fast. Meanwhile, Stephane, who escapes into his dream world, "begins to imagine making

statements about his mother and stepfather on the Stephan TV, which is an imaginary channel. At the same time, when he imagines that he is trying to kiss Stephanie and gets slapped by her in his dream, he returns to real life for a moment and responds, "no, no I'm not in love." He then thinks he can control his eye movements. He begins to dream again and begins to see himself as someone who has control over the world, even turning the world upside down in response to the pressure they are exposed to at work, and imagining his colleagues begging him to restore the world. He dreams that he is building a cardboard world with a few gestures. Then, he imagines his letter to Stephanie turns into a best-selling novel and picture himself giving an interview about it. Then, saying - I'm very tired. I'm going to wake up now - he gets out of the house and sees Stephanie. Since he is still under the effect of his dream, he suddenly proposes to Stephanie and invites her home to show his dream scene. However, as he opens the door, he sees that there is nobody and he is surprised. He can't understand what is happening. Stephanie asks if he's okay and the scene ends. In this scene, it is noteworthy that Stephane occasionally returns to real life when he is dreaming but he starts dreaming again. The most striking part is the scene where Stephane meets Stephanie in the apartment. In this scene, Stephane, who leaves the house to go to work, can't completely leave his dream and says strange things to Stephanie when he is under the effect of the dream. Stephane, who suddenly comes to himself, can't grasp exactly what he is going through. It is stated that maladaptive daydreamers have an intense desire to continue their dreams, and they may experience some problems when they return to real life (Bilgesen et al. 2016, Somer and Regis 2019). On the other hand, maladaptive daydreamers write their dreams like a screenwriter and watch the things they set up like a movie in their dreams, and sometimes they can make the people in their dreams talk (Somer, 2002). When these explanations are taken into consideration, it can be stated that the situation that Stephane experienced is consistent with the concept of maladaptive daydreaming.

In the scene between the 58th and 60th minutes of the film, Stephane is busy with the printing of the documents required for the calendar in the printing room with his friend at work. At the same time, Stephane and his friend evaluate the relationship between Stephanie and him. Meanwhile, Stephane begins to dream. "He imagines himself and Stephanie in the cave where he dictated letters on a four-legged typewriter. He imagines Stephanie making various objects from felt (shoes, glasses, a phone, and a typewriter) and him collecting them." As you can see, Stephane can start dreaming right away, even when communicating in real life. Then, he dreams of Stephanie, with whom he wants to have a romantic relationship. He talks about the bodily sensations when he dreams, "I feel pressure in my stomach and now Stephanie's hand is reaching out to me." The striking point in this scene is that Stephane's dreams have a continuity feature that is a continuation of his previous dreams. In addition, in his dreams, Stephane reflects the fantasy world he has created in his mind and includes many elements that are not related to reality. Maladaptive daydreamers also have an intense fantasy world that negatively affects their perception of reality (Somer 2002). In addition, there is a scenario of the dreams of maladaptive daydreamers, and each dream can be a continuation of the previous dream (Somer and Regis 2019). Looking at these explanations, it can be said that what Stephane experiences in this scene reflects the characteristics of the maladaptive daydreamers.

In the scene between the 67th and 69th minutes of the movie, Stephane sneaks out Stephanie's beloved but broken golden pony toy from her house in order to fix it and surprise her. As he brings it home and fixes it, he suddenly begins to dream. In the dream, "he imagines that he and Stephanie are fixing the golden pony in the Stephan TV studio he created in his mind. In this dream, Stephane imagines how Stephanie will react when she sees the repaired toy. He enters into a dialogue with her in the dream. He also imagines that he receives suggestions from Stephanie on how to approach her on their next meeting". As can be seen here, Stephane starts to dream while he is repairing a toy and these dreams are the continuation of his other dreams. Because in his dreams, he constantly deals with his mental constructs about approaching Stephanie and opening his feelings to her. It can be stated that this situation resembles a typical maladaptive daydreamer behavior.

In the scene between the 71st and 72nd minutes of the movie, Stephane is caught and scolded by Stephanie when he enters the house to replace the golden pony that he repaired. He feels so ashamed of what he did, goes back to his house, and cries in his bed. Stephanie thinks her reaction was harsh and calls Stephane. Stephane says on the phone that he feels lame because of what he did and that he doesn't want to feel this way. He begins to dream while talking on the phone. He tells Stephanie what he sees, half asleep, half awake; "I'm walking on the grass now and I really feel it under my feet. Oh, what's that? The golden pony I repaired is galloping. I hear the sound of water but cannot see it. But now I see that a stream flows here. It has real water in it. I have a time machine near it, which I invented; it can go back and forth in time for one second. With this machine, I can flow the water in the stream back and forth". In this scene, although Stephane is awake, he tries to relax by dreaming because of the emotional intensity he goes through. However, when examining the content of the dream, it is seen that it is full of fantasy products that have a weak connection with reality and contain some elements from previous dreams. This scene is considered as a dream scene compatible with the situation of maladaptive daydreamers having excessive fantasy imagination and temporary problems in their perception of reality.

In the scene between the 85th and 87th minutes of the film, Stephane and Stephanie agree to meet at a café to discuss their problems. Stephanie goes to the café they have decided to meet and waits for Stephane. Stephane sets off for the cafe. After walking for a while on the way to the cafe, he dives into the dream world. In the dream, "he sees his boss, whom he portrayed as bearded in his previous dream. His boss tells Stephane that Stephanie doesn't like him, and she is not waiting for him at the café right now. Stephane tries to interrupt his boss's speech with the time machine he invented. Then a chase starts between Stephane and his boss. Later in his dream, he sees that Stephanie has not come to the cafe and is sitting on the sofa at home." In this scene, the dream world distorts Stephane's perception of reality and when he is about to enter the café, he leaves and goes back. He runs to Stephanie's house and starts punching her door, shouting "I know you're in, why did you deceive me? Open the door." He even hits the door of Stephanie's house and injures his head. The next day, when he finds out that Stephanie is waiting for him at the cafe, he regrets what he did and decides to leave the city where he lives. In this scene, as Stephane is walking, he is suddenly immersed in the world of imagination and his perception of reality is distorted. His dreams start playing in front of his eyes like a movie scene and cause unwanted consequences by affecting his behavior. Because of the dreams that he can't control, Stephane's social relations are

negatively affected, and he is harmed both emotionally and physically. Considering what happened in this scene, it is seen that Stephane's experiences are related to maladaptive daydreaming because maladaptive daydreaming is a situation characterized by the dreams that have a film-like fiction, the use of mimics and gestures while dreaming, and the feeling of regret that emerges after the time spent in dreams (Somer 2002; Schimment et al. 2019).

In the scene between the 91st and 98th minutes of the film, Stephane decides to leave the city he lives because he can't understand what he has been going through. Before he leaves for the airport, he knocks on Stephanie's door to say goodbye to her and enters the house. Then, as they talk about some things that happened the day before, Stephane goes to Stephanie's bed. When he sees the three-dimensional picture of the ship, cloud, and sea they designed together, his world of imagination begins to activate. "He sees himself and Stephanie heading towards the seashore on the golden pony he had repaired before. He sees that after they have reached the seashore, they get on that ship they built and start traveling in the sea." The striking point in Stephane's dream is that he quickly starts dreaming after seeing the ship. On the other hand, it is seen that the fiction and figures in this dream are the continuations of the previous dreams. When the structure and formation of Stephane's dream in this scene are examined, it can be stated that it is suitable for the concept of maladaptive daydreaming because maladaptive daydreamers are also affected by a piece of music, image, and speech and start dreaming quickly, their dreams have a scenario, and dreams can be a continuation of each other (Bilgesen et al. 2016, Somer and Regis 2019).

Discussion

It is emphasized that it is important to use movies to understand and embody certain psychological disorders or issues on which there are new discussions (Aka ve Gençöz 2010, Morsünbül 2015). Bunun yanı sıra psikoloji ile ilgili konuların işlendiği filmlerin eğitsel bir araç olarak kullanılabilmesi söylenmektedir (Koch ve Dollarhide 2000). Diğer açıdan filmler psikolojideki kuram ve kavramların anlaşılması açısından örnekler olabilir (Hankir ve ark.2015). Bu çalışmada da Eli Somer (2002) tarafından tanımlanan uyumsuz hayal kurma kavramı "Rüya Bilmececi" filmi analiz edilerek açıklamak amaçlanmıştır. Bu doğrultuda önce uyumsuz hayal kurma kavramı ve belirtilerine değinilmiş ardından filmdeki sahneler analiz edilerek bu kavram örneklendirilmeye çalışılmıştır.

In addition, it is said that films about psychology issues can be used as an educational tool (Koch and Dollarhide 2000). On the other hand, films can contain examples in terms of understanding the theories and concepts in psychology (Hankir et al. 2015). In this study, it is aimed to explain the concept of maladaptive daydreaming, defined by Eli Somer (2002), by analyzing the movie "The Science of Sleep". In this direction, the concept of maladaptive daydreaming and its symptoms were mentioned, and then the scenes in the movie were analyzed and this concept was tried to be exemplified.

The protagonist of the film examined in this study, Stephane, has problems in his daily life due to his dreams that he cannot control. Stephane lost his father at an early age and lives separately from his mother. As a graphic designer, Stephane is not at all satisfied with his job at the calendar company. He meets Stephanie in the city where she comes to work and begins to feel emotional towards her. Having a problem with the

distinction between fantasy and reality since childhood, Stephane continues to have problems with this in adulthood. His daily life, business life and social relations start to turn upside down because of his dreams that he cannot control.

Stephane's daydreams are not like normal daydreaming behaviors. Because Stephane cannot control his daydreaming behavior, although he has various problems in his daily life due to his dreams. Eli Somer (2002) started to do research on this subject when he sent an electronic post stating that a client had difficulty controlling his daydreams and that this situation negatively affected his daily life. Somer (2002), in his research and observations, realized that some of his clients were unable to control their daydreaming behaviors and that some even had an intense desire to daydream for a long time. In studies conducted on this subject, it is stated that maladaptive daydreaming may be related to traumatic experiences, anxiety disorder, and coping with stress and unpleasant experiences (Somer 2002, Soffer-Dudek and Somer 2018). On the other hand, it is known that maladaptive daydreamers enjoy this situation, but this situation negatively affects their daily functionality (Soffer-Dudek and Somer 2018). The protagonist of the film, Stephane, used the expression "I am very tired today, I did not go to work, but I feel tired because I worked hard in my daydream" while eating with his mother and step-father. In addition, Stephane is very fond of daydreaming, but at the end of the day, he comes face to face with the negativities this situation has created. On the other hand, Stephane is a shy person who cannot open up his feelings quickly. For this reason, in the face of life events that he cannot overcome, he quickly plunges into the world of daydreaming and tries to relieve himself emotionally there. He even offers an imaginary program called "Stephane Tv" in which he evaluates what happened in his life. The lives of Stephane regarding the above explanations are observed in scenes 1, 5, 6 and 8 of the film. It can be said that these experiences of Stephane set an example for the concept of maladaptive daydreaming. In addition, Somer (2002) stated that maladaptive daydreamers immediately started to daydream by being affected by a music or painting. Similarly, in the 3, 4 and 10 numbered scenes of the film, it is seen that Stephane immediately begins to daydream by being affected by various objects.

In addition, it is stated that the dreams of maladaptive daydreamers have a scenario and the contents of their daydreams can follow each other (Somer 2002). When looking at Stephane's daydreams, it is noteworthy that the next daydream depends on the content of the previous daydream and that his daydreams are fictional like a movie. On the other hand, work, school and social lives are negatively affected as they have difficulty controlling the daydreams of maladaptive daydreamers (Schimmenti et al. 2019). Looking at the 6, 7 and 8 numbered scenes of the movie, it is seen that Stephane has problems in his business and social life due to the daydreams that he cannot control.

Conclusion

As a result, considering the above explanations and the experiences of Stephane, the protagonist of the film, it is clear that maladaptive daydreaming has negative effects on individuals. Similarly, in the literature, it is accepted that maladaptive daydreaming has negative effects on individuals' well-being, mental activities, academic and social lives (Somer 2002, Dujić et al. 2020). In this study, the concept of maladaptive daydreaming, which has negative effects on individuals but has recently been a subject of research in the psychology literature, has been tried to be embodied by the method of film analysis.

This research examined only the structure and symptoms of maladaptive daydreaming. In subsequent research, different aspects of the concept of maladaptive daydreaming can be examined using the method of film analysis. On the other hand, maladaptive daydreamers are thought to have some problems with conscious awareness. For this reason, a study can be conducted in which the effect of film therapy method using films related to this subject on the awareness of maladaptive daydreamers can be examined. In addition, psychologists, psychological counselors and psychiatrists can contribute to the treatment processes of individuals with maladaptive daydreaming by using conscious awareness-based approaches in their treatment.

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