

ANALYZING TV SHOWS BASED ON HOW THEY SHOW THE WORLD AND EXPRESS EMOTION

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Analyzing TV Shows Based on How They Show The World and Express Emotion

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Abstract

The following monograph shows how to analyze TV Shows based on how they show the world and express emotion. In this monograph, readers will find elements included not just in TV Shows but also in other types of narratives, that make stories unique and connect them with audiences. The following sections are focused on TV Shows and how they get viewers so involved in their stories through specific mechanisms such as “Narrative Transport”. Narrative Transport includes as its main features the capacity for empathy and identification with characters/plots. These are important terms in the project, as most of the analysis will rely on them. The main purpose of this monograph is to prove that viewers can enrich their emotional intelligence by learning from stories and also show them how to identify the things they are feeling (specifically empathy and identification) when they are watching TV Shows.

Keywords TV Shows, Narrative Transport, Empathy, Identification, Stories and Emotional Intelligence.

Resumen

La siguiente monografía muestra cómo analizar los programas de televisión basándose en como muestran el mundo y expresan las emociones como dice el título, profundizando, en esta monografía los lectores encontrarán elementos incluidos no sólo en los programas de televisión, sino en las narrativas en general y que hace que las historias sean únicas y lo que las conecta con la audiencia. Las siguientes secciones se centran en las series de televisión y en cómo consiguen que los espectadores se involucren en sus historias a través de elementos como el "transporte narrativo", este término tiene incluida la empatía y la identificación con los personajes/tramas, estos son los términos más importantes en el proyecto ya que la mayor parte del análisis se basa

en ellos. El objetivo principal de esta monografía es demostrar que los espectadores pueden enriquecer su inteligencia emocional aprendiendo de las historias y también para que estos sean capaces de identificar las cosas que están sintiendo (específicamente la empatía y la identificación) cuando están viendo programas de televisión.

Palabras clave. Series de Televisión, Transporte Narrativo, Empatía, Identificación, historias e inteligencia emocional.

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Introduction

TV Shows are content produced to be broadcasted on cable television or on online platforms. They are stories told by episodes, character development is shown throughout the seasons while problems that are presented can be solved in one or two episodes.

TV Shows have a setting, characters, plot, gender, dialogue, climax, among other features inherent to the medium ("TV show", 2003).

According to a study from the UK commercial TV association Thinkbox people watch TV Shows for 8 main reasons: to unwind, distract, comfort, to feel aware of what happens in the world, experience, indulge, escape and to seek out useful information.(O'Halloran, 2018) In its study Thinkbox found 8 main reasons why people watch TV as stated before, they also interviewed some people and one of them said “Me and my husband love watching Game of Thrones after the kids have gone to bed. We record it because it can be quite explicit. We love it, it’s basically total fantasy”(Older Family, Bristol Cited in et.al, Thinkbox. na) This person, and their family, clearly use TV to escape to a fictional world with their husband. I certainly identify with some of these, and it’s probable that many other people do too.

Pape (2008) states:

As people, we consume entertainment not just out of boredom or a need to keep up with the Joneses, but because of a love of characters. We’re fascinated by other people, and the more real they seem, the better. We empathize with Holden Caulfield, Elizabeth Bennet, and Jay Gatsby; we agonize over their fictional decisions with a rigor comparable to the way we analyze our own. (para.5)

Empathy is a key word for this investigation, but before knowing why, we need to know what an empath is. According to Kate Tunstall: “Term is now used to describe a person who feels deeply the emotions of others, as though experiencing them themselves.”(Tunstall, 2020. para .5) This is important because TV Shows often show very strong emotions, and through this we empathize, many people feel embarrassed, happy, sad, mad and other emotions while they watch TV Shows. This investigation will explain how this happens by focusing on the TV Show’s story line and its characters.

TV Shows can also make people better, Ben Travers says “High-quality television dramas can increase viewers’ emotional intelligence, meaning that watching complex characters dealing with tricky personal issues or questionable moral choices can actually make you more empathetic.”(Travers, 2015) As stated before empathy is a key word in this investigation, and the fact that TV Shows makes people in society better people has been proven scientifically.

Travers explains the results of the study “Fiction and Social Cognition: The Effect of Viewing Award-Winning Television Dramas on Theory of Mind,”: Viewers were then given a test often used by psychologists to gauge emotional intelligence, in which the subjects were asked to look at 36 pairs of eyes and determine what emotion each set is trying to convey. After finding that people who watched the dramas fared better on the test, the study was repeated with new programs. In that study only specific 8 TV Shows were used, but that doesn't mean a lot other TV Shows won't have the same result, and this isn't a generalized phenomenon. (Travers 2015)

Justification

My interest in this subject is because it has a lot to do with what I want to study in college and also because I like learning from TV Shows and connecting with their stories and characters. TV Shows are something I love, I could even say that I'm passionate about them, aside from that they have really helped me in my personal growth. With this investigation my purpose was to understand what makes TV Shows truly spectacular, through the way they make audiences connect with their characters and plots as I am someone who often connects with stories. I developed this investigation by reading books and articles from people who have studied or have any knowledge about this subject. As a person that wants to work in the TV Show industry in the future I can say that I would like people to use my work in a beneficial way for them, like enrich their emotional intelligence, their knowledge, or to simply take them to a different world where they can get lost in the story.

1. Objectives

1.1 General Objective. To demonstrate that TV Shows are more than just entertainment because of their ability to contribute to our knowledge and enrich our emotional intelligence.

1.2 Specific Objectives.

- To understand “Narrative Transport”, how TV Shows help us improve our general and emotional knowledge, to understand why we empathize with TV Shows and how this is possible through the craft of it (writers, directors, producers).
- To investigate how to apply the knowledge acquired by TV Shows in real life.
- Find/ develop a method of analysis related to “Narrative Transport”, emotional intelligence and empathizing.
- Perform an analysis of 3 TV Shows, demonstrating/showing how to do conscious TV show story analysis.

2. Problem Statement

With TV Shows the world explores stories that include fictional characters and fictional settings that often disconnect people from reality. The problem with audiences is that most view TV Shows just for entertainment, and they really don't stop to think why a TV Show is entertaining for them. If the people were to watch TV Shows just for entertainment these would not need to have complex characters and story lines, they would be very plain and simple. But TV Shows are way more interesting and engaging when they have complex components.

According to Stromberg (2009):

Our easy ability to grasp perspectives other than our own is also what makes it so easy for us to enter into an imaginative situation such as a story. And we really do enter into stories. As developmental psychologist Paul Harris has pointed out, the imitative capacities of our minds enable us to almost completely occupy a fictional position, so that both our thoughts and feelings begin to be shaped more by the fiction than by our real-life situation. We feel that we are there, in the story, an experience that psychologist Melanie Green and her colleagues call "narrative transport." (Para. 6)

As stories are the most important part of TV Shows we can assume that they are tied to connection and empathy. Narrative transport happens when people are so immersed in a story that they feel they are actually in it. But what's the benefit of narrative transport? We know TV Shows can improve our emotional intelligence as it was stated before in the introduction, but it can also be beneficial in real life. Annie Neimand says "When we include vivid images, audiences are able to remember the events in the story similar to how they would remember a

real event in their own lives.”(Neimand 2018,para.9) This can give us a chance to take the experience of characters in fictional worlds and apply them to real life situations.

2.1 Problem Question.

How to analyze TV Shows by paying attention to what we feel?

3. Theoretical Framework

This following section contains the background information that will be used in the investigation of this monograph, as well as the information that will help solve the specific objectives. This section will be divided into chapters explaining the different references that will help for the development of the monograph.

3.1 Background

Complex TV: The Poetics of Contemporary Television Storytelling.

A book named *Complex TV: The Poetics of Contemporary Television Storytelling* published by the New York University Press written by professor Jason Mittell was one of the first texts encountered, where Mittell's purpose is to show an analysis that allows the understanding of the way TV tells stories. Mittell's definition of complex TV is "Complex TV is about this shift, exploring how television storytelling has changed and what cultural practices within television technology, industry, and viewership have enabled and encouraged these transformations." (Mittell, 2015.p.2).

Mittell argues that to understand TV Shows we have to look beyond what is shown on the screen. The book explores as Mittell says " The formal dimensions and cultural practices of contemporary television serial storytelling", (Mittell, 2015.p.9). he also explores techniques used by serial tv creators to develop his goal that is to understand how TV Shows tell stories.

The introduction of the book includes a little insight into the book's chapters.

Some Chapters were cut due to the irrelevance to the investigation.

Chapters.

- “Beginnings”
- “Characters”
- “Comprehension”
- “Evaluation”
- “Orienting Paratexts”
- “Ends”

Television Criticism.

A book by Victoria O’Donnell, Montana State University published by SAGE Publishing was encountered. In this book, O’Donnell explains the main aspects of business tv, production, writing, narrative, and other elements. Based on her explanations in Chapter 9 “Guidelines for TV Criticism” she gives the reader a step-by-step guide to analyze a TV Show. In the introduction of this chapter, she tells the reader “Your goals are to understand the various elements of a television program, to analyze it, to interpret possible meanings, to judge the quality of the program, and to communicate your assessment in writing.” (O’Donnell, 2017.p.257).

The main parts of the book are: (each of this is divided into chapters):

- Orientation
- Formal aspects of television
- Theoretical approaches to television criticism

Some key elements:

- Context
- The Look of the Program and Its Codes
- Analysis

Narrative transport.

The term “Narrative Transport” was encountered while reading about empathy and TV Shows, after seeing how important this could be to the research it was investigated and the article “Science of Story Building: Narrative Transportation” by Annie Neimand published by “Medium” was encountered, in this article Neimand explains why we get so involved in stories by explaining what “Narrative Transport is” and what are the 3 main phenomena that lead to this state.

Narrative transport happens when people get so involved in a story that they lose track of time or even forget where they are. Researchers have proved that narrative transport happens due to various reasons, the main three are: empathy with the characters, identification with the characters and vivid imagery.

Mental Imagery.

When narratives use vivid images it's easier for the audiences to remember if the plot or story lines are similar to some real life even in their own lives. Imagery helps convey the message of the narrative.

Narrative transport is a powerful tool to engage people in a story and even to make them more empathetic or to change their beliefs.

Into The Woods.

This book was written by John Yorke and published by The Overlook Press, it is divided into 5 Acts, each of them contains different chapters.

Yorke states:

“In Into the Woods I attempt to explore and unfold the extraordinary beauty of this structure; to touch on its historical development, and to understand how and why it is manifest in all aspects of fiction, from character to dialogue, but beyond that too.” (Yorke, 2015)

Some Chapters were cut due to the irrelevance to the investigation, this part will show the titles and subtitles of the chapters that were read to gain more knowledge about the subject but not all of them will be explained deeply as not all of them are completely relevant for the data analysis.

Chapter 1. What is a story?.

Here Yorke shows and explains the “Essential Building Blocks of a story which are:

- The protagonist
- The antagonist
- The desire
- External and Internal desire
- The inciting incident
- The crisis
- The climax
- The resolution

Chapter 2 and 3. Five Act, Three Act Structure.

In these chapters Yorke focuses on describing how each structure works and what happens in each of the acts.

Three Act Structure.

Yorke explains it this way.

“Act One: Establish a flawed character

Act Two: Confront them with their opposite

Act Three: Synthesize the two to achieve balance.” (Yorke, 2015.)

Five Act structure.

Exposition. The dramatic characters are exposed accompanied by the time, and place. A little background information is revealed and attention is brought to the conflict and dramatic tensions.

Complications. The story's actions get complicated. Tension increases, and impulse builds up.

Climax. The conflict gets to its higher point.

Falling Action. The consequences of the climax play out, the impulse of the story slows down and tension is heightened.

The Midpoint.

It's placed halfway through the story. Something profoundly important happens here, for example in Titanic when the boat hits the iceberg. (Yorke, 2015)

Chapter 5. How we tell the stories.

- The “Midpoint” In Two dimensions
- Multiple Protagonists

- The Story Shape

Chapter 12. Character and Characterization

- Characterization
- The Psychological Basis of Characterization

Chapter 14. Character Individuation

- Ego Defence Mechanisms

Chapter 15: Dialogue and Characterization

- **Characterization through Dialogue**

Chapter 22. Why?

- The Societal Reason
- The Healing Reason
- The Psychological Reason

3.2 What are TV Shows?

TV Shows are content produced to be broadcasted on cable television or on platforms. ("TV show", 2003).

They are stories told by episodes, character development is shown throughout the seasons while problems that are presented can be solved in one or two episodes. TV Shows have a setting, characters, plot, gender, dialogue, climax, etc...

Frequently TV Shows have the following characteristics: Seasons with up to 24 episodes of 30-45 minutes or seasons with around 10 episodes of 30-45 minutes or an hour long episodes.

How are TV Shows made and the elements used during the making

To understand how a TV Show is made and what elements are used in the making of it the first thing to know is what is the cast and crew and what do they do. To be able to make a TV Show a lot of people are needed but in this section, we will focus on the fundamental ones, many of them have categories like Executive Producer, Assistant Producer, Co-Producer, etc.. but I'll explain the general job they perform. The following definitions are definitions proposed by me based on what I've read on sites like Studio Binder, Media Match...

- **Producers.** TV Producers have administrative and creative tasks like giving ideas for the scripts or even picking them out, maintaining the budget, approving work schedules, they also help in the hiring process of casting and the supervision of post-production.
- **Writers.** They create the scripts that include dialogues, plot, characters, etc... They can also be producers.
- **Director.** Takes the script and turns it into an episode, they have the vision of what they want the project to be so they make it happen using artistic and technical tools.
- **Cast.** The cast are the actors that bring to life the characters of a TV Show.
- **Network/Platform(Studio).** The networks and platforms are the ones that make it possible for the TV Show to be aired on TV or uploaded to a platform like Netflix, Prime Video, Disney +...
- **Program Creator.** As its name says the program creators are the ones who make the story up, they are often directors, writers, or producers of their own show.

- **Editors.** The editors take the footage filmed on set and polish it so it can be aired.
- **Crew.** The role of the crew of a TV Show is to help the director and other creatives make their vision for the show come true.

How a TV Show gets made.

To make a TV Show the first thing that is done is **Pre-Production**, here is where the story is broken down with the writers so the main events of the season are established so the writers can break down the story into episodes and start scripting when the script it's ready with edits done its handed out to the director who imagines what the show will look like and with that vision he hands the script to photography that starts planning the shooting. Another important thing that is done during this process is the production designer department organizes how the show will look like depending on where it takes place and in what time, for example, the story is in California in the 80's they investigate how everything was back then so the show looks realistic according to the time and place the show is set on. After all of this is done the shooting begins using schedules for the locations, time, and actors depending on the scene that they'll be shooting, during the shooting there's a Reading Table, this is when the cast, directors, and other crew gather to read the script per episode. Then the footage is edited in post-production with editors, sound designers, and visual effect artists. Finally, directors, producers, and studios(networks or platforms) make the final cuts with the edited episodes so they can be broadcasted or uploaded. (Vox, 2016,)

All of these elements make “Narrative Transport” possible because this is the creative process, the directors, producers,writers etc... use their abilities to express what the character is feeling and transmit that to the audience, by doing that empathy is possible, the images, lighting,

dialogues and everything that makes up a scene seems so real that the audience is able to step into the character's shoes and actually feel everything the character is feeling, but empathy is not the only thing all of these elements achieve, through these character identification is possible too, as TV Shows transmit emotion audiences could actually think “I’ve been in that situation” “I know how that feels”. The connection with characters through the way the story is told and the elements used to show it make TV Shows a powerful tool for Narrative Transport.

3.3 Television Criticism.

O'Donnell's chapter, Television, The Nations Storyteller, has some key elements:

- **Context.** This is mostly the understanding of what is happening in the show and if it exposes any actual event happening in society.
- **The Look of the Program and Its Codes.** The analysis in this part is to observe if the shows looks are credible according to the emotions that are trying to be expressed, some looks could be clothing, music, makeup, dialogue, physical movements, etc..
- **Analysis.** O’Donnell says “As a television critic, you are taking a television program apart in order to understand and evaluate it.” (O'Donnell, 2017.p.270). this based on the questions the viewer asked and also the understanding of the viewer.

3.4 Complex TV.

“**Characters**”. The theme in this chapter is mainly about the understanding of character evolution and the creation of complex characters.

“**Comprehension**”. This chapter treats cognitive theories of narrative comprehension. Mittell says “One of the challenges of a long-form serial narrative is maintaining viewer comprehension throughout a variety of viewing practices”(Mittell, 2015.p.14).

“Evaluation”. In this chapter, Mittell uses a contextualized evaluation that avoids universal asthenic, instead of using the asthenic he explores how TV Shows work under their own terms of evaluation.

“Orienting Paratexts”. Mittell explains that in this chapter he “explores the range of paratexts that have emerged to help viewers make sense of complex television’s temporality, characters, plot, and spatial orientation.”(Mittell, 2015.p.15).

3.5 Narrative Transport.

The most important concepts of Narrative Transport for this monograph are:

Empathy.

When the audience assumes the identity of the character, adopts their feelings, emotions among other things. The audience takes the perspective and the experiences of the characters and they immerse themselves in the story. “Perspective-taking” according to Annie Neimand. “Has the power to lower prejudice and discriminatory behavior toward marginalized groups. Stories can reduce prejudice by creating space for the audience to imagine interacting with and taking the perspective of people different from them.” (Neimcand, 2018. para. 5)

Character Identification.

This happens when people are able to see something about themselves in fictional characters, so they develop emotional connections with them, these can be through emotions, experiences, similar values, worldviews and others. When this happens the audiences are willing to change their beliefs to match the ones of the characters.

“People learn not only from direct experience but also by observing others and modeling the observed behaviors. In essence, individuals are more likely to mimic behaviors that they have

seen modeled than behaviors that have been recommended but not demonstrated. Furthermore, individuals appear to more readily adopt behaviors demonstrated by models they consider similar to themselves...In addition to the importance of perceived similarity, individuals also seem to learn more from characters whom they like, want to be like, or feel as if they know.” (ibid Cited by Neimand, 2018)

With this we know that people can actually learn from character experiences.

3.6 Into The Woods.

This part is dedicated to explain the most specific terms that will be used from Yorke's book “Into The Woods”

The Protagonist. Usually the protagonist is the person that the story revolves around, but sometimes this is difficult to identify as the story can revolve around more than one character. The protagonist is usually the one that connects the most with audiences.

The Antagonist. This character is the problem or is the one that creates a problem or an obstacle for the protagonist. The antagonist opposes between the protagonist and their desires.

The Desire. This is one of the most important things to give life to the story, without a desire the writer can't bring the characters alive. The protagonists need to have something they deeply want and something that stands in their way of getting it.

External and Internal Desire. A character may know what they want and that would be identified as the external desire, but what about what they really need, that would be the internal desire, hopefully in the search of the external desire characters find what they actually need (the internal desire).

Midpoint. This is the part where something extremely important in the story happens, (it's almost always placed halfway the story) the midpoint gives an unexpected turn to the story.

(Yorke, 2015)

3.7 Emotional Intelligence.

It's the ability to manage, understand and use emotions correctly, this is useful for interacting with others, performance at school or work and mental health. Emotional intelligence it's actually necessary for life, if someone wants to succeed at work, in their personal relationships and have a good mental health this is a key element; some people can be extremely bright academically but that is not enough to be successful, being able to relate and cope with people at work and at school is also extremely important. On the other hand emotional intelligence is essential in the management of emotions, if emotions are not handled correctly they can affect mental health seriously. (Segal, Smith, Robinson, & Shubin, 2020)

4. Methodological Framework

This is a compilation monograph with documental and descriptive investigation. It's compilation because books about how to analyze and criticize TV Shows have been read, and using elements and tools from those books a method of analysis was created so the reader can identify what makes them empathize with TV Shows and analyze what they can learn from it , regarding the documental and descriptive investigation is because apart from analyzing information about the subject it also highlights qualities and attributes from the studied subject. The type of analysis used was "Data collection and analysis", I collected tools and elements to make my own analysis method, after that I criticized and analyzed 3 TV Shows. The data was collected while watching the episodes selected to analyze according to the established method.

These TV Shows were selected by taking into account the elements that compose the background references, like how good the story feelings are expressed so Narrative transport is possible.

TV Shows that will be analyzed.

Breaking Bad.

This TV Show apart from being an award-winning show it has an interesting aspect which is that the main character is an anti-hero as main character, this show is worth analyzing because of its success, according to the Rolling Stone magazine (2016) Breaking Bad is # 3 on the list of "The 100 Greatest TV Shows of all Time".

Glee.

Lauren Hoffman (2014.para.1) who wrote an article for “Vulture” said “It’s important to remember just how unafraid of tackling issues the show has been — any issue! All issues! No social problem is too large, no interpersonal conflict is too small, and no feline behavioral issue is too ridiculous.” Some examples of this issues are: teen pregnancy, bullying, body shaming, sexuality, disableness and popularity etc...

According to some fans, this show has been an inspiration, and life-saving. In an article called “Gleeks share inspiring stories of how “Glee” has changed their lives' ' a girl called Meagan told her story saying “I used to be insecure about my weight and was bullied about being different from everyone else. It caused me to self-harm and starve myself. Then in 2009, Glee came on and I fell in love with it. The show made me realize it's ok to be different than everyone else. So I stopped hurting myself and became so much happier with myself. Glee saved my life and made me happy with myself.” (Megan, 2015, cited in Gleeks share inspiring stories of how “Glee” has changed their lives et al., 2015). This show is worth evaluating in my opinion because of the issues it addresses and it’s way of changing lives around the globe. This TV Show was a personal selection, this TV Show was chosen because, in my opinion, it is a great show.

Grey 's Anatomy.

This TV Show was just an option at first but after reading on “Television Criticism” that O'Donnell uses it on various occasions as an example I realized it was worth analyzing because it's a show that throughout the years has had a lot of success and at the moment it has 17

seasons, O'Donnell talks about this shows difficult production and how its written Shonda Rhimes a successful TV producer which has also written the famous TV Show “Scandal”

Method of Analysis.

This section will show the steps of how to analyze a TV Show. The purpose of this method is to help people understand what they are watching and learn from it while watching them.

Table 1

Method of analysis

Analyzing TV Shows	
TV Show Selection	Select a TV Show of your interest, O'Donnell recommends it to be a show you can watch online or can record in case you want to go back and detail something.
Overview	The overview gives a general idea regarding what the TV Show is about and what kind of problems it addresses.
Characters	When characters are identified the analysis of an episode is simpler as their personality context and physical characteristics are known. Mittel(2015.pg.4) says: “Nearly every

	<p>successful television writer will point to character as the focal point of their creative process and how they measure success — if you can create compelling characters, then engaging scenarios and storylines will likely follow suit.”</p>
<p>Episode selection</p>	<p>Choose an episode of your choice preferably one you feel identified with or one you are curious to understand more...</p>
<p>Identifying</p>	<ul style="list-style-type: none"> ● The protagonist ● The antagonist ● The desire ● External and Internal desire ● Midpoint
<p>Answering questions</p>	<ul style="list-style-type: none"> ● Did you feel identified with the characters' or could feel any empathy for them? Explain why ● Has the episode changed your way of seeing the world or seeing other

	<p>people?</p> <ul style="list-style-type: none"> • Do you think your emotional intelligence or your knowledge has grown in any way? (For example: after watching this episode do you understand better how people from other social status, race, religion feel? Or did you learn how to manage better some situations or your feelings?)
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Note: This table shows the way TV Shows will be analyzed

Steps I followed.

1. Selected a TV Show and start watching it
2. Identify the overview
3. Identify the Characters
4. Chose an episode to analyze
5. While watching the episode record what I was feeling and make connections with the concepts stated in the theoretical framework. (The ideas of these step will be organized and developed on the data analysis in “Answering Questions”)
6. After finishing the episode make the proper analysis

5. Data Collection

TV Shows.

Breaking Bad.

Overview. When a high school chemistry teacher finds out he has terminal cancer he decides to sell methamphetamine to provide for his family before he dies.

Characters. Walter White, Skyler White, Jesse Pinkman, Walter White Jr, Hank Schrader, Marie Schrader.

Episode Watched.

Season 1: Episode 1: Pilot. Synopsis: Walter White finds out he has terminal cancer and starts a methamphetamine lab with a former student to secure financially his wife, son and upcoming son.

Grey 's Anatomy.

Overview. Aspiring for surgeon Meredith Grey deals with work and personal life dramas with her friends and co-workers in a Seattle Hospital.

Characters. Meredith Grey, Cristina Yang, Miranda Bailey, Callie Torres, Arizona Robbins, Alex Karev, Derek Shepherd, Jackson Avery, April Kepner, Richard Webber, Owen Hunt.

Episodes Watched. Season 6:Episode 23: Sanctuary: It's a normal day at Seattle Grace Hospital until a man kills a resident with a gun and shoots another one. With this the hospital goes under a crisis. Season 6: Episode 24: Death and all his Friends. Synopsis: The shooting at the hospital leads to a lockdown, the doctors have to deal with freaking out patients and personal life dramas. They have to prove their abilities as surgeons under pressure.

Glee.

Overview. A group of high school outsiders join the glee club at their school, to compete in show choir circuits, meanwhile they deal with social issues like bullying, sexuality, race, relationships etc... The glee club will teach them the real meaning of friendship.

Characters. Rachel Berry, Finn Hudson, Kurt Hummel, Quinn Fabray, Blaine Anderson, Santana Lopez, Brittany Pierce, Noah Puckerman, William Schuester, Sue Sylvester, Sam Evans, Mercedes Jones, Mike Chng, Tina Choen-Chang, Artie Abrams, Lauren Sizes.

Episode Watched.

Season 2: Episode 18: Born This Way. Synopsis: Rachel gets her nose broken accidentally by Finn and decides she wants to change the way it looks, Quinn gets embarrassed thanks to Lauren, Santana deals with accepting her sexuality while Kurt comes back to McKinley.

6. Data Analysis

The following analysis includes a complete and deep analysis of Glee and general analysis of Breaking Bad. (Glee will be the only TV Show with the “Identification” section)

Table 2

Method of analysis

TV Show Analysis	
TV Show Selection	Breaking Bad
Overview	When a high school chemistry teacher finds out he has terminal cancer he decides to sell methamphetamine to provide for his family before he dies.
Episode selection	Season 1: Episode 1: Pilot. Synopsis: Walter White finds out he has terminal cancer and starts a methamphetamine lab with a former student to secure financially his wife, son and upcoming son.

Note: This table shows part of the analysis of Breaking Bad

Table 3

Characters

<p>Walter White.</p> <p>Our main character, a high school chemistry teacher who is diagnosed with terminal lung cancer. He's married to Skyler White and has 1 kid, Walter White Jr who was born with cerebral palsy. He and his wife are expecting another baby.</p>
<p>Jesse Pinkman.</p> <p>A drug dealer, who is a former student of Walter White.</p> <p>Walter and he are business partners on a drug-dealing medium, they cook and sell methamphetamine.</p>
<p>Skyler White. Walter Whites wife, her sister is married to Hank Schrader.</p>
<p>Walter White. Jr Walter White and Skyler White kid.</p>
<p>Hank Schrader. Police officer, he uncovers illegal drug labs.</p>

Note: This table shows the characters of Breaking Bad and their descriptions.

Answering Questions.

- **Did you feel identified with the characters' or could feel any empathy for them?**

Explain why

I don't think I felt identified with any of them but I did feel empathy for Walter White because , the feelings were very well expressed specifically through the acting, I was able to feel the worry he felt at the moment he knew he was gonna die. I got transported into Walters Shoes. I think I felt empathy for him mostly because he is the main character and something I learned from Yorke in "Into the Woods" is that the main character is usually the one the audiences care the most for; the way I see it it's because they are designed like that as the story revolves around them.

- **Has the episode changed your way of seeing the world or seeing other people?**

Actually yes, I think that I was able to understand the feeling of worry that someone has when they have to provide for their families but they really don't know how that will go long term. Walter's case was because of his sickness but a lot of people don't have work and don't know how to bring food to their tables the next day.

- **Do you think your emotional intelligence or knowledge has grown in any way? (For example: after watching this episode do you understand better how people from other social status, race, religion feel? Or did you learn how to manage better some situations or your feelings?)**

I think it did, all over the world there are people who deal drugs or are involved in illegal businesses but we don't know how they got there so I think if in the future I encounter someone in a situation like this I wont judge them so easily.

Table 4

Method of analysis

TV Show Analysis	
TV Show Selection	Grey's Anatomy
Overview	Aspiring for surgeon Meredith Grey deals with work and personal life dramas with her friends and co-workers in a Seattle Hospital.
Episode selection	<p>Season 6: Episode 23: Sanctuary: It's a normal day at Seattle Grace Hospital until a man kills a resident with a gun and shoots another one. With this the hospital goes under a crisis.</p> <p>Season 6: Episode 24: Death and all his Friends. Sinopsis: The shooting at the hospital leads to a lockdown, the doctors have to deal with freaking out patients and personal life dramas. They have to prove their abilities as surgeons under pressure.</p>

Note: This chart shows part of the analysis of Grey's Anatomy

Table 5

Characters

<p>Meredith Grey. Daughter of one of the most famous general surgeons, Ellis Grey, (deceased) she works at the “Seattle Grace Hospital” she's married to Derek Shepherd, a neurosurgeon, as her mother she is a general surgeon and her best friend is Cristina Yang.</p>
<p>Cristina Yang. She's Meredith Grey's best friend, her specialty is cardiothoracic surgery, as Meredith she also works at “Seattle Grace”. She is married to Owen Hunt, a trauma surgeon.</p>
<p>Derek Shepherd. Meredith Grey's husband, he's a renowned neurosurgeon. (also works at “Seattle Grace”)</p>
<p>April Kepner: She's a trauma surgeon at “Seattle Grace”, she is friends with Meredith Grey.</p>
<p>Owen Hunt: Cristina Yang's husband, a trauma surgeon in “Seattle Grace”</p>
<p>Richard Webber. He's the Chief of Surgery at Seattle Grace Hospital, his specialty is general surgery.</p> <p>He's an alcoholic in recovery.</p>
<p>Lexie Grey. She's Meredith Grey’s half-sister from their dad's side, they didn’t know each other until Lexie started her internship at Seattle Grace.</p>
<p>Mr. Clark. He’s the husband of a former patient of Derek Shepherd and Richard Webber, his wife had cancer, after a complicated surgery she wife ended up on life support, as she was</p>

brain dead they had to disconnect her because she had signed a form saying she didn't want to live out of a ventilator. After losing his wife at Seattle Grace he made a mass murder in it.

Note: This table shows the characters from the analyzed episodes.

- **Did you feel identified with the characters or could feel any empathy for them?**

Explain why

I feel empathy for almost everyone except for Mr. Clark, I get he was hurt because he was grieving but that didn't give him the right to start killing people. But going back to the other characters I feel empathy because I actually felt the fear they had when they received the news that there was a shooter at the hospital or when they encountered him, so the story really transported me as I actually felt like I was there, my heart raced, my eyes got watery and I felt the anxiety the characters must have felt. But apart from empathy I really felt identified with the character of April Kepner because she was very sensitive all the time and she actually showed in her emotions how scared and freaked out she was and I feel like I would react like that, I mean I could stay calm but I think at some point I would break into tears and I wouldn't be able to hide my fear and be as strong as some other characters were.

- **Has the episode changed your way of seeing the world or seeing other people?**

Yes, definitely I think it opened my eyes and I realized that things like shootings actually happen and also that you shouldn't judge a book by its cover because Mr. Clark seemed like a nice and decent man but he ended up being a murderer.

- **Do you think your emotional intelligence has grown in any way? (For example: after**

watching this episode do you understand better how people from other social status, race, religion feel? Or did you learn how to manage better some situations or your feelings?)

I think it did in some way, I learned how to treat people when they are too scared or too overwhelmed about something even though this was an extreme situation, I also think I could take away from this episode the way of handling my own emotions as in this kind of situations it would be better to stay calm or maybe just in general, apart from that I saw a lot of characters talking to the shooter and actually trying to calm him down or saying stuff that made the shooter sensible in some way so he would let them go so I think I will have to investigate more if this is a proper way to confront someone that is threatening you or trying to attack you but I think it could help me if I'm ever in a similar situation, so that connects with emotional intelligence as it helps you cope and relate with other people.

Table 6

Method of analysis

Analyzing and Criticizing TV Shows	
TV Show Selection	Glee
Overview	A group of high school outsiders join the glee club at their school, to compete in show choir circuits, meanwhile they deal with social issues like bullying, sexuality, race,

	relationships etc... The glee club will teach them the real meaning of friendship.
Episode selection	Season 2: Episode 18: Born This Way. Synopsis: Rachel gets her nose broken accidentally by Finn and decides she wants to change the way it looks, Quinn's old self gets exposed thanks to Lauren. But both go through a series of situations that help them accept themselves.

Note: This table shows part of the analysis of Glee

Table 7

Characters

<p>Rachel Berry. The main character on Glee, she studies at “William McKinley high school” she’s a member of the Glee club. Rachel has an exceptional voice and gets most of the solos on the show choir competitions. She is in love with Finn Hudson.</p>
<p>Finn Hudson. Student at “William McKinley high school”, member of the Glee club and Quarterback in the football team, his girlfriend is Quinn Fabray a former cheerleader (at the moment).</p>
<p>Will Shuster. Director of the Glee club, and teacher at “William McKinley high school”, he has a crush on the guidance counselor Emma Pillsbury.</p>

Quinn Fabray. Student at William McKinley high school”, and also a member of the Glee club, and former cheerleader, Finn Hudson’s girlfriend.

Santana Lopez. Former cheerleader, member of the Glee club, she’s a closet lesbian, she is in love with her best friend Brittany Pierce.

Brittany Pierce. Member of the Glee club and former cheerleader, her boyfriend is Artie Abrams, she’s best friends with Santana Lopez. (Currently identified as a dumb blonde)

Emma Pillsbury. “William McKinley high school’s”, guidance counselor.
She has OCD.

Kurt Hummel. Member of the glee club, openly gay character, his boyfriend is Blaine Anderson.

Dave Karovsky. Student at William McKinley high school, a gay who is ashamed of himself and bullies others to feel better.

Lauren Sizes. Member of the Glee club, at the moment competing to be prom Queen.

Identification.

- **The protagonist.**

Rachel Berry and Quinn Fabray

- **The antagonist.**

Santana López and Lauren Sizes

- **The desire.**

Rachel. Rachel wants to get her nose fixed after Finn Hudson brakes it by accident.

Quinn Wants to be Prom queen.

- **External and Internal desire.**

Rachel. Rachel's external desire as stated before is to change her nose but the thing is that she never disliked the way it looked, apparently what makes her want change herself is Finn Hudson, as he is with a popular girl with a "pretty nose" and also Santana Lopez highlights how ugly is her nose and why she should operate it, but the internal desire that is what she really needs is to accept herself again just like she did before and she finds the way there.

Quinn. The external desire of Quinn would be being Prom Queen, but later in that episode we learn that she wasn't always as pretty as she looks, she used to be pretty different, she was overweight, her nose was not pretty and other features, actually Lauren Zizes is the one that exposes her but she actually helps her to get to the internal desire, cause what she actually needed was to just accept and love her past self and address her as an actual part of her.

- **Midpoint.**

Rachel. I think the midpoint for Rachel was a scene where she meets with Kurt, her best friend and through a song he reminds her why she had always loved herself exactly the way she was and that she shouldn't change the way she looked for a boy.

Quinn. The midpoint for Quinn was when Lauren Zies exposed the picture of her old self, that changed everything for her because it reminded her that she was not always the pretty perfect girl.

- **Did you feel identified with the characters' or could feel any empathy for them?**

Explain why

Yes, I felt Identified with Rachel because there are times I don't accept myself because I don't consider myself as pretty as other girls and sometimes I want to change things from me to make me feel prettier like changing my hair color for example. Going to empathy yes, I think I felt empathy for Quinn as I saw the pain that it caused her to be exposed like that.

- **Has the episode changed your way of seeing the world or seeing other people?**

Yes, It actually made me think more on the stereotypes that society has, specially on women, I think one of the main reason for girls not to feel good in their own bodies because there are a lot of stereotypes like “You have to be thin to be pretty or attractive” or “Your nose has to be in an specific way for it to be pretty” and those are just two examples of many, so I think society needs to be more accepting and more opened to different kinds of beauty.

- **Do you think your emotional intelligence has grown in any way? (For example: after watching this episode do you understand better how people from other social status, race, religion feel? Or did you learn how to manage better some situations or your feelings?)**

I think my emotional intelligence grew because I learned how to have a better relationship with myself, I learned to accept how I am and how I look.

7. Conclusion

To conclude, TV Shows transmit emotions and they show the world through stories and most of the time they have the capacity to transport the audience into a fictional world where they can actually feel what the characters are feeling through empathy, and also where they can identify with them and with plot lines. But TV Shows are not just able to do this, they are also able to help grow emotional intelligence which is very useful to relate with others and to handle emotions properly.

After doing a lot of research, a method was developed for the analysis process, this method includes 3 very punctual questions which should be answered very consciously to get a good result, these were designed to be easy for audiences to understand and also for it to be productive at the moment of extracting what they learned from the TV Show. Then 3 TV Shows were analyzed, Breaking Bad, Grey's Anatomy and Glee; 2 these TV Shows were analyzed as any person of the audience could, these were Breaking Bad and Grey's Anatomy, but for Glee a deeper analysis was done by using more technical elements to show what other things were obtained from the research. As the questions established were answered from a personal perspective I'll say that I feel that through the questions I found out a lot of things that helped me go deeper into what I was watching and they also helped me be conscious about what I was actually learning from these TV Shows.

This project had a great impact on me as an investigator, I grew as a persona and as a student but what I liked the most was that I learned a lot of things about one of my favorite subjects which is TV Shows and I found out that there a lot of more things I would've liked to

talk and investigate about but that would've been very interesting for this project but it would've been too long to do for this kind of project.

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