

## Abstract

This study attempts to discuss on how dance is used as one of the tools to help people solve their psychological problems such as stress, depression, anxiety, and so on. In *Black Swan* movie which is directed by Darren Aronofsky, Nina as the main character, is experiencing anxieties that causing her having some hallucinations that makes her feel that there is someone who wants to defeat her in dance competition. She also faces some unreal situations such as her visualization of becoming swan in *Swan Lake* dance. The main concern of this study is to analyze how Nina cures her anxiety through the dance. Nina unconsciously uses the *Swan Lake* dance as a tool to solve her psychological problems by using Freudian psychoanalysis theory which is appropriate with this movie. The writer of this paper is not only analyzing the object through its narrative and non-narrative aspects, but also by collecting data from books, articles, journals, and other sources that can support this study, it finds that the anxiety of Nina is the main issue that makes Nina become hallucinated and experienced some unreal situations. The dance that she's practicing is helping her to solve her problem and cure her anxiety. It is also concludes that dance not only as an art form as it used to know but also influencing the dancer's psychological condition as it seen in this movie.

Key words: *dance, cures, psychological problems, anxiety*