

Analysis of Akito's Personality in the Film Drawing Closer Based on Sheldon's Theory

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Abstract. This study analyzes the personality of Akito Hayasaka in the film *Drawing Closer* using William H. Sheldon's constitutional psychology theory. The objectives of this research are to identify Akito's somatotype, determine his dominant temperament, and examine the relationship between these two aspects. This study employs a descriptive qualitative approach. The data consist of dialogues, visual expressions, and character actions taken from the film. Data were collected through observation and interpreted according to Sheldon's somatotype and temperament classifications. The results show that Akito demonstrates characteristics of an ectomorphic somatotype. And in terms of temperament, Akito shows dominant cerebrotonia traits. These findings indicate a correspondence between Akito's physical and temperament, supporting Sheldon's view that body type is related to personality tendencies.

Keywords: cerebrotonia, ectomorph, literary psychology, personality analysis, somatotype.

RESEARCH BACKGROUND

Literary works are products of human imagination that draw inspiration from human life. They function as a medium for expressing ideas, perspectives, and opinions through language, both spoken and written. According to Ratna (2005:312), the essence of literature lies on its imaginative nature. Literary works are generally classified into fiction and non fiction. This study focuses on film as a form of literary work. Film presents stories through moving images arranged in a sequence of scenes, making it both accessible and engaging. With the advancement of technology, film has become not only a form of entertainment but also a medium for conveying moral values, human issues, and reflections of life (Vanady, Wahyuningsih, 2025)

In analyzing literary works, psychological aspects are essential, including character, internal conflict, emotional states, and interpersonal relationships. Psychology, which studies human behavior and social interaction, provides a useful approach to understanding character's motivations, thoughts, and emotions, as well as the underlying themes of a work.

The film *Drawing Closer*, analyzed in this study, can be examined through a psychological perspective by focusing on the mental conditions, attitudes, and behaviors of its characters. The story follows Akito Hayasaka, who is diagnosed with a heart tumor and given less than one year to live. His life changes after meeting Haruna Sakurai, who also has only six months to live. The film portrays how individuals respond to life challenges, time limitations, and interpersonal relationship. Akito's thoughts, emotions, and actions are strongly influenced by his physical and psychological condition, which becomes the focus of this analysis.

This study applies the theory of constitutional psychology proposed by William H. Sheldon, who link bodytypes (somatotypes) to personality and temperament. He classifies individuals into three body types: ectomorph, mesomorph, endomorph, along with three temperament groups: viscerotonia,

somatotonia, cerebrotonia. Each group consist of twenty primary temperament traits. In this study, Akito's character shows a tendency toward the cerebrotonia temperament and extomorph body type. Therefore, Sheldon's theory is used as the theoretical framework for this analysis.

This study aims to identity the somatotype and temperament type of Akito Hayasaka based on William H. Sheldon's theory of constitutional psychology, as well as to examine the relationship between somatotype and temperament in the character.

REVIEW OF RELATED LITERATURE

This study refers to several previous studies that are relevant in terms of theory, method, and objects of analysis. Two studies are considered particularly related.

Fa'anna and Indarti, in their study entitled "Somatotype in the Novel Isabel, The Jewel from Constantinople," analyzed the main character using William H.Sheldon's theory of constitutional psychology. This study employed a descriptive qualitative method with a literary psychology approach, in which the character was classified based on Sheldon's three temperament categories: viscerotonia, somatotonia, and cerebrotonia. The results indicate that the main character tends to exhibit cerebrotonia, and has an ectomorphic body type, which . However, this study focuses only on a novel, which differs from the present research (Fa'anna & Indarto, 2022)

Yuni, in the study entitled "The relationship between Somatotype and Temperament in Christian High School Students," examined the relationship between body type (somatotype) and personality based on Sheldon's theory. This study used a descriptive quantitative method, with data collected through the Heath-Carter method to determine somatotype and Sheldon's temperament scale. The findings indicated that there is no significant relationship between the somatotype and temperament among the participants, which may be influenced by environmental and cultural factors. However, this study focuses on real individuals and quantitative data, and therefore does not explore how temperament influences attitudes, emotions, and interpersonal relationship within a narrative context (Yuni, 2019).

This study differs from previous research in that it uses a film as the object of analysis, allowing for a more comprehensive examination of characters through visual expressions, dialogue, and gestures in determining their temperature. This study uses the same theory proposed by William H. Sheldon, but applies a different approach, namely qualitative analysis in film, to examine in more detail the application of somatotype and temperament in the character. This approach provides a broader understanding of attitudes, emotions, and interpersonal relationship within the storyline.

RESEARCH METHOD

This study employs a qualitative method with a descriptive approach (Sugiyono, 2017; Cresswell, 2014). Kusumastuti & Khoiron, in 2019 says that a descriptive qualitative method approach focuses on analyzing subjective data such as attitudes, opinions, and behaviors (Lubistira & Wahyuningsih, 2025). This method is appropriate because the study examines dialogue excerpts and scenes from a film. The aim is to describe and classify the temperament and somatotype of characters based on William H. Sheldon's theory (Sheldon, 1940)

The data consist of dialogue excerpts and scenes from the Japanese film *Drawing Closer* (2024), available on Netflix, which is adapted from the novel *Yomei Hantoshi no Kimi to Deatta Hanashi* by Aoi Morita. Data were collected through documentation and indirect observation. Documentation involved screenshotting relevant dialogue excerpts, while indirect observation focused on analyzing characters expressions, gestures, and emotional contexts with scenes, particularly the character Akito.

The data were analyzed using descriptive qualitative techniques. First, the data were categorized based on Sheldon's temperament scale and somatotype classification. Then, the categorized data we're interpreted to identify the character's dominant temperament and body type. The analysis applies a psychological personality approach grounded in Sheldon's theory to examine both psychological and physical aspects of the character.

RESULTS AND DISCUSSION

Somatotype (Primary Physical Component)

Based on William H. Sheldon's theory, temperament is closely related to somatotype or body structure. Therefore, this study analyzes Akito's body type based on the physical characteristics portrayed in the film.

The findings show that Akito tends toward an ectomorphic somatotype. According to Sheldon, an ectomorph is characterized by a slim and lightweight body with minimal fat and muscle mass. Individuals with this type typically have narrow shoulders, a small chest, and long, thin limbs, and often have difficulty gaining weight or building muscle. These characteristics are reflected in Akito's appearance in several scenes of the film.

1. Slim Body Data 1 (17:15)



Figure 1

In the scene shown in figure 1, Akito is seen visiting Haruna while carrying Gerbera flowers. In this scene, Akito appears to have a slim body with relatively low muscle mass, as indicated by his narrow shoulders, small chest, and long, thin arms.

2. A Relatively Tall Physique Data 2 (14:52)



Figure 2

In figure 2, Akito is seen walking at school with a friend. They are engaged in a conversation about Akito skipping art class again due to fatigue. Eri, Akito's friend, expresses curiosity about his decision and asks whether Akito plans to participate in the upcoming art exhibition. However, Akito does not provide a definite answer and appears to avoid the question. From this scene, it can be inferred that Akito has a relatively tall body compared to their peer.

3. Physically Fragile Data 3 (06:41)

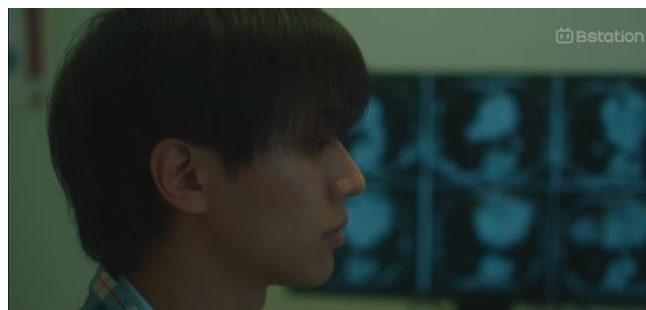


Figure 3

心臓に腫瘍が見つかりー

余命1年と告された

Shinzō ni shuyō ga mitsukari

Yomei 1-nen to tsuge sa reta

A doctor diagnosed a tumor in my heart
And said I only have one year to live

After attending art class, where the art teacher encouraged Akito to participate in the upcoming Nika art exhibition, Akito rode a bicycle home. However, during the journey, Akito experienced chest pain and suddenly lost consciousness. Subsequently, Akito and both parents went to the hospital, where a doctor diagnosed a tumor in Akito's heart and stated that the expected remaining lifespan was only one year. This condition made it difficult for Akito to accept the reality, while the mother responded with deep concern and distress. The presence of a cardiac tumor indicates that Akito's character can be categorized as physically fragile.

Personality Dynamics in the Temperament Dimension

According to the theory proposed by William H. Sheldon, the ectomorph somatotype shows a correlation of +0.83 with the cerebrotonic temperament. In general, cerebrotonia is a temperament type characterized by tendencies toward introversion, sensitivity, cautiousness, a high level of self-control, and a stronger orientation toward mental activity and the inner world rather than physical activity. These characteristics are also reflected in the character of Akito, as demonstrated in the following scenes:

1. Tense and Rigid in Posture and Movement Data 4 (02:36)



Figure 4

In figure 4, Akito is on the rooftop of a hospital. Previously, Akito stood at the edge of the rooftop while holding a phone that displayed a question posted online about an easy way to die, to which the response was "jump from a building." Shortly after, Akito notices a girl sitting on the rooftop while drawing and approaches her. Akito asks what she is drawing, and she replies that she is drawing heaven. The girl explains that she will die soon due to her illness. Akito asks whether she is afraid of death, and she responds that she is actually looking forward to going to heaven.

As a result of this conversation, Akito appears to stand with a relatively tense and closed posture. The limited body movement, and upright stance, without spontaneous gestures, indicate a high level of self-control and a cautious attitude in expressing emotions, reflecting a tendency toward a cerebrotonic temperament.

2. Tends to Keep Personal Matters Private Data 5 (52:12-52:25)



Figure 5

- Eri : なんで話してくれなかったんだよ
 : *Nande hanashite kurenakatta nda yo*
 : Why don't you tell us?
- Akito : 話してもお通夜みたいになるだけだし
 : *Hanashite mo otsuya mitai ni naru dakedashi*
 : it felt like attending my own funeral
- Akito : それに甘えて 当たっちゃいそうでさ
 : *Sore ni amaete atatchai-sōde sa*
 : Besides, I was afraid I might lash out on you

Previously, Akito and his two friends, Eri and Shota, had planned to go to the cinema together. However, while walking up the stairs at the entrance of the building, Akito experienced chest pain and lost consciousness. His friends immediately noticed the situation and took him to the hospital. Akito remained unconscious for a week. His condition required a surgical procedure involving the placement of a medical device in his heart.

As a result of this incident, his two friends who had previously been unaware of his condition finally learned about his illness. They questioned why Akito had never told them, and he explained that it felt like attending his own funeral and that he was afraid he might lash out his emotion on

them. From this dialogue, it can be concluded that Akito tends to keep personal matters private, he is reserved and does not easily express his feelings or condition.

Data 6 (53:18-53:24)



Figure 6

お願いします

Onegaidesu

Please ...

春奈さんには言わないでください

Haruna-san ni wa iwanaide kudasai

Keep this a secret from Haruna

After discussing his decision to conceal his illness with his friends, Akito leaves the room in a wheelchair, pushed by Shota and accompanied by Eri, while they talk about when he might be able to return to school. However, Haruna's mother, who works as a nurse, happens to see him. Unaware of Akito's condition, she is surprised to find him in a wheelchair.

Subsequently, they sit together on the rooftop and talk about his condition. During this conversation, Akito asks Haruna's mother not to tell her daughter about his illness. This request indicates that Akito tends to keep personal matters private, showing a preference for secrecy and a reluctance to disclose his personal condition to others.

3. Excessive Attention Data 7 (55:48)



Figure 7

Haruna once showed her sketchbook to Akito, allowing him to see a drawing of two girls. This made him curious about whether Haruna had a close friend. Haruna then explained that she used to have a friend named Miura, but they were no longer friend. After hearing this, Akito approached Miura and asked her to meet Haruna, however the idea was immediately rejected. After being discharged from the hospital following his cardiac tumor, Akito decided to help Haruna make the most of the time she had left. For this reason, he approached Miura for a second time. When Miura was with her friends, Akito insisted and pulled her along to meet Haruna. Eventually, he succeeded in bringing the two friends back together.

This actions reflects a deep level of concern, as shown by Akito's persistent efforts to find, approach, and persuade Miura to meet Haruna, solely to fulfill Haruna's emotional needs.

4. Emotionally Distressed Data 8 (00:33)



Figure 8

Akito : 楽に死ねる方法ってありますか
 : Raku ni shineru hōhō tte arimasu ka
 : Is there an easy way to die?
 Answer : 答え:飛び降り殺(知らんけど)
 : Tobiori ya (shinrankedo)

: Jump from a building, I think?

In figure 8, Akito is shown standing alone on the rooftop of a hospital. In this scene, he is seen looking at his phone, which displays a question he posted about an easy way to die, with a response suggesting “jump from a building.” This behavior indicates that Akito is in a state of emotional distress, as reflected in the emergence of thoughts about deaths as a response to the inner pressure he is experiencing.

The question, “Is there an easy way to die?” reflects a sense of hopelessness and a desire to escape from psychological burden. Such a question may be associated with heightened emotional strain or suicidal ideation. Posting this question on social media suggests that Akito may be seeking attention, validation, or emotional support.

Data 9 (06:58-07:02)



Figure 9

頭が追いつくまで数日

Atama ga oitsuku made sūjitsu

It took a few days to process it

いや 1週間

Iya 1-shūkan

No, a week

In figure 9, the scene occurs after Akito, who is riding his bicycle home from school, suddenly experiences chest pain, falls, and loses consciousness. After being taken to the hospital, he is diagnosed with a rare condition, a cardiac tumor, and told that he has only one year to live.

After returning home, Akito is shown painting as a way of expressing his emotions. He is also seen throwing away a flyer, related to the Nika art exhibition. His expressions reflect pain and emotional

pressure. Furthermore, his statement that he needed about a week to process the situation implies that he was emotionally distressed, making it difficult for him to accept his physical condition.

5. Maintaining Habits and Routines

Data 10 (39:38)



Figure 10

毎日 来るよ

Mainichi kuru yo

I will come everyday

In figure 10 Akito visits Haruna in her room. Haruna asks whether Akito has other friends or a first love. In return, Akito asks her the same question, to which Haruna responds that such things feel frightening given the limited time she has left. She expresses envy toward Akito. Believing that he still has a future. In a low voice, which Haruna cannot hear, Akito replies that he also has no future. He briefly considers telling Haruna the truth about his condition, but decides against it after hearing her hopes for him.

Afterward, Akito says that he will visit Haruna every day. This statement indicates that he tends to maintain habits and routines, as reflected in his intention to establish consistent daily visits.

6. Empathetic toward others pain

Data 11 (04:53-04:57)

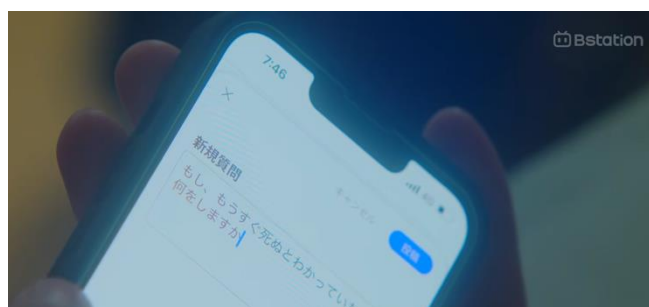


Figure 11

もし、もうすぐ死ぬとわかっていたら。何をしますか

Moshi, mōsugu shinu to wakatte itara. Nani o shimasuka

What would you do if you knew you were going to die?

Previously, Akito accidentally met a girl named Haruna on the rooftop of a hospital. During their brief encounter, they talked about Haruna's drawing. Akito asked what she was drawing, and Haruna replied that she was drawing heaven, as she would soon go there. She then shared her illness with Akito. Noticing her calm response, Akito asked whether she was not afraid of death. Haruna answered with a smile, saying that she was not afraid and was, in fact, looking forward to going to heaven.

After this meeting, Akito reflected on their interaction, particularly on the fact that Haruna knew how much time she had left. He then posted a question online asking what someone would do if they knew they were going to die. The dialogue shows that Akito is empathetic toward other's pain, as he considers Haruna's feelings even though she tries to conceal her fear and expresses acceptance of her fate.

Data 12 (27:32-27:38)



Figure 12

In figure 12, Haruna and Akito are outside her hospital room. Haruna gives Akito a drink as a gift for visiting her continuously for three consecutive weeks. She expresses her surprise that Akito has been visiting so consistently.

While they are sitting together, a group of girls arrives to visit their friend. Being highly sensitive to the situation and to Haruna's subtle expressions, Akito invites her to return to her room, giving the

reason that he feels uncomfortable staying outside. This scene indicates that Akito is empathetic toward other's pain, as he is able to recognize Haruna's unspoken discomfort.

7. Introversion in Feelings and Behavior

Data 13 (39:31-39:34)



Figure 13

余命のことは言わないと決め

Yomei no koto wa iwanai to kime

I decided not to tell her

In figure 13, Haruna says that she envies Akito because he still has a future. In a low voice that Haruna cannot hear, Akito responds that he also has no future. He initially intends to tell her that he is suffering from a cardiac tumor and has only one year to live. However, after hearing Haruna's hope that he will live a long life, Akito decides to keep his condition a secret.

Akito's decision not to disclose this information reflects his emotional introversion, as he tends to process intense feelings and difficult realities internally rather than expressing them openly.

8. Orientation Toward the End of Life

Data 14 (1:38:40)



Figure 14

頑張ったじゃーん

Ganbatta jān

You really tried

In figure 14, Akito is shown sitting in a wheelchair, pushed by his friend Shota and accompanied by Eri after undergoing treatment for his illness. After Haruna's passing, he reads her message expressing hope that he would live a long life. Previously, when his parents suggested medical treatment, Akito had been reluctant to undergo it, and although they accepted his decision with difficulty, they chose to worry about him quietly and treated him with greater care and caution.

However, following Haruna's death, Akito decides to proceed with treatment. This change indicates that he has developed an orientation toward the end of his life, as he becomes more aware of and reflective about the time he has left. Furthermore, his friend's remark, "you really tried," highlights Akito's determination to continue living.

Data 15 (1:55:12)

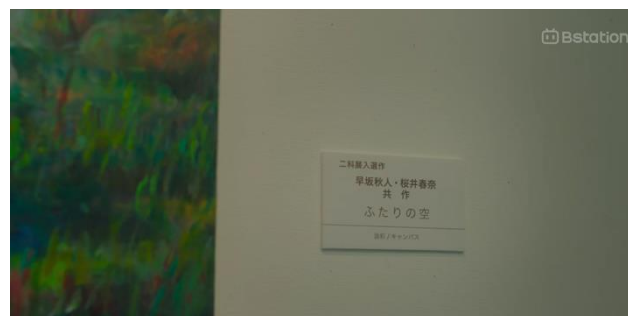


Figure 15

In figure 15, a painting by Akito and Haruna is shown to have been accepted into the Nika exhibition. Previously, Haruna had expressed her desire to participate in the exhibition, but she did not have enough time. After her passing, Akito fulfills her wish. As a result, the painting bearing both Haruna's and Akito's names is displayed in the exhibition.

A Rational Analysis of Somatotype and Temperament Dimensions in the Character of Akito

1. Reinforcement in Akito's Character

According to Sheldon's theory, Akito can be categorized as an ectomorph type, as his body appears slender, physically fragile, and non-dominant. This physical condition tends to make him more sensitive, reflective, and less comfortable confronting conflict directly. Because he perceives himself as physically weak, Akito adopts safer coping strategies, such as suppressing his emotions, maintaining a calm demeanor, and trying not to burden others. Over time, this behavior is reinforced by positive responses from his environment, including attention, care, and affection. Rationally, Akito learns that by appearing strong and avoiding complaints, he continues to be accepted by others. This reinforcement encourages him to maintain a reserved attitude and to restrain his emotions in his interactions with others.

2. Stereotype in Akito's Character

From a stereotypical perspective, Akito's thin and physically weak appearance leads others to perceive him as fragile and in need of protection. As a result, people around him tend to treat him more gently, with sympathy, and place fewer demands on him. Over time, Akito adapts to this perception by becoming more calm, reserved, and careful not to burden others. This pattern is further reinforced as he continues to receive attention and care when presenting himself in this way. Eventually, Akito learns that by maintaining an appearance of strength and refraining from complaints, he will continue to be accepted by others.

3. Parenting in Akito's Character

From a parenting perspective, although Akito was not ill since childhood, the way his parents treat him influences his behavior. His parents appear very cautious when speaking to him, often seem quietly distressed, and think about him deeply without expressing much openly. This atmosphere creates an environment that is full of care, yet also marked by unspoken concern. Because he frequently observes his parents' anxiety and gentle attitude toward him, Akito becomes reluctant to add to their burden. As a result, he tends to suppress his emotions, remain calm, and present himself as being fine, even when he is holding many feelings inside. Over time, this behavior becomes more ingrained, as he believes that by acting this way, his parents will feel more at ease and less distressed.

4. Genetic Factors in Akito's Character

From a genetic perspective, Akito's personality may be influenced by inherited traits from his parents. For instance, if one or both of his parents tend to be introverted, sensitive, or prone to worry, these characteristics may also be present in him. In addition, Akito's illness may be related to underlying genetic factors, even if his parents do not exhibit the same condition, either through indirectly inherited genes or spontaneous genetic variation. These innate traits and physical conditions interact with his upbringing. Since Akito may already have a tendency to be more reserved, and his parents appear highly cautious and concerned about him, he becomes increasingly accustomed to suppressing his emotions and maintaining a calm demeanor. Over time, this pattern becomes more ingrained and develops into a consistent aspect of his everyday behavior.

CONCLUSION

It can be concluded that Akito has an ectomorphic somatotype, characterized by a thin and tall body with low muscle mass. He also shows a cerebrotonic temperament, which is commonly associated with individuals who do not like to stand out, tend to restrain and control themselves, and keep personal matters private, especially those that may involve others.

Out of Sheldon's 20 temperament scales, seven are found in Akito: restrained and stiff posture and movement, preference for privacy, excessive attentiveness, emotional restraint, persistence in habits and routines, sensitivity to pain, introversion in actions and speech, and focus on later stages of life.

These findings are consistent with Sheldon's theory, which suggests a correlation between body type and personality, with an approximate level of agreement of 83%.

Akito's temperament and behavior are shaped by the interaction of physical traits, life experiences, upbringing, social perceptions, and inherited characteristics. His slender body contributed to his sensitivity and reserved nature, while this pattern is reinforced by the attention he receives from others and a careful upbringing. Family factors play a role, leading Akito to regulate his emotions in order to be accepted and avoid becoming a burden to others.

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