

CHAPTER I INTRODUCTION

1.1 Background of the Study

A film, also known as a movie or motion picture is a narrative form based on moving picture and sound record. To make a film, camera is needed because it is the important tool to take pictures and record the sound at the same time. Film also uses actors as the characters to perform in film. Film is designed to be shown in public because film is a kind of performance genre. People can watch film in cinema theatre or in their home.

Actually, the position of film is the same as literature. It is because both of them are kind of narrative art that have purpose to tell story. According to Martinez (2005, p. 58), "Literature and cinema are narrative arts... The first one uses words and the second one images, but the goal is the same: the told story, which comes out of the language to turn into a source of emotions and of feelings." From that explanation, we can say that film and literature are still connected each other. Although film and literature are in different form, both of them are narrative art that aim to tell story. It is also supported by Suber (1996, p. 505), "Like literature, many films are based on a narrative and story and develop characterization and mood. Like theater, films for the most part use human actors who are engaged in a performance." Therefore, we can analyze film as a literary work.

The similarity between film and literature are in the performance form. It is drama. Film and drama are telling story uses speech and action of the

characters. According to *The World Book Encyclopedia volume 5* (1995, p. 284)

“Drama is an art that tells a story through the speech and actions of the characters in the story. Most drama is performed by actors who impersonate the characters before an audience in a theatre, or before television cameras for an audience in their homes.” In this case, we can say that film draws from traditional live performance. It is drama. It is because both film and drama are performed by actors as the characters in a performance. Actually, there are differences between drama and film. In drama, the audiences must come to the theatre to watch live performance. While, in film the audiences do not need to watch live performance but they can watch the performance’s record in their home or cinema theater that shows on TV or LCD screen. Based on Klarer (2004, p.57), “The most obvious difference between film and drama is the fact that film is recorded and preserved rather than individually staged in the unique and unrepeatable manner of a theater performance.”

From the explanation above, we can analyze film as a part of literature. To analyze literature, we can use some theories like psychology, sociology, semiotic and so on. Then, psychology theory that would be used in this study is psychoanalysis by Sigmund Freud.

Psychoanalysis is a theory about human personality, development and behavior. Psychoanalysis theory also explains about how people deal with neurotic disorder as the effect of anxiety. Anxiety is a signal to warn people of jeopardy. People use defense mechanisms that used by ego to deal with anxiety that governed by id and superego. Based on Boeree (2006, p. 7), “The ego deals

with the demands of reality, the id, and the superego as best as it can. But when the anxiety becomes overwhelming, the ego must defend itself.”

Defense mechanism can be used to analyze human behavior deals with many aspects that make them uncomfortable. This issue can be found in the main character in *Diary of a Wimpy Kid* Film.

Diary of a Wimpy Kid Film is a film by Thor Freudenthal. This film is adapted from the first series of the book entitled *Diary of a Wimpy Kid* by Jeff Kinney. The main character in this film is Greg Heffley who has strong desire to be a popular student so he can be voted in “class favorite” in his school, Westmore Middle School. It is because he does not want to be humiliated by his other friends. Then, he always thinks about himself. He wants to be a popular student by joining some extracurricular activities although it makes him getting problems with other people around him. The problem makes him feels so anxious. To deal with his anxiety, defense mechanisms appear to reduce Greg Heffley’s anxiety.

Diary of a Wimpy Kid film is chosen because the main character Greg Heffley in this film shows his defense to deal with his anxiety. This film shows how the main character is facing and solving his problem psychologically.

Therefore, the title of this study is “Defense Mechanisms Employed by Greg Heffley in *Diary of a Wimpy Kid* film.”

1.2 Problem of the Study

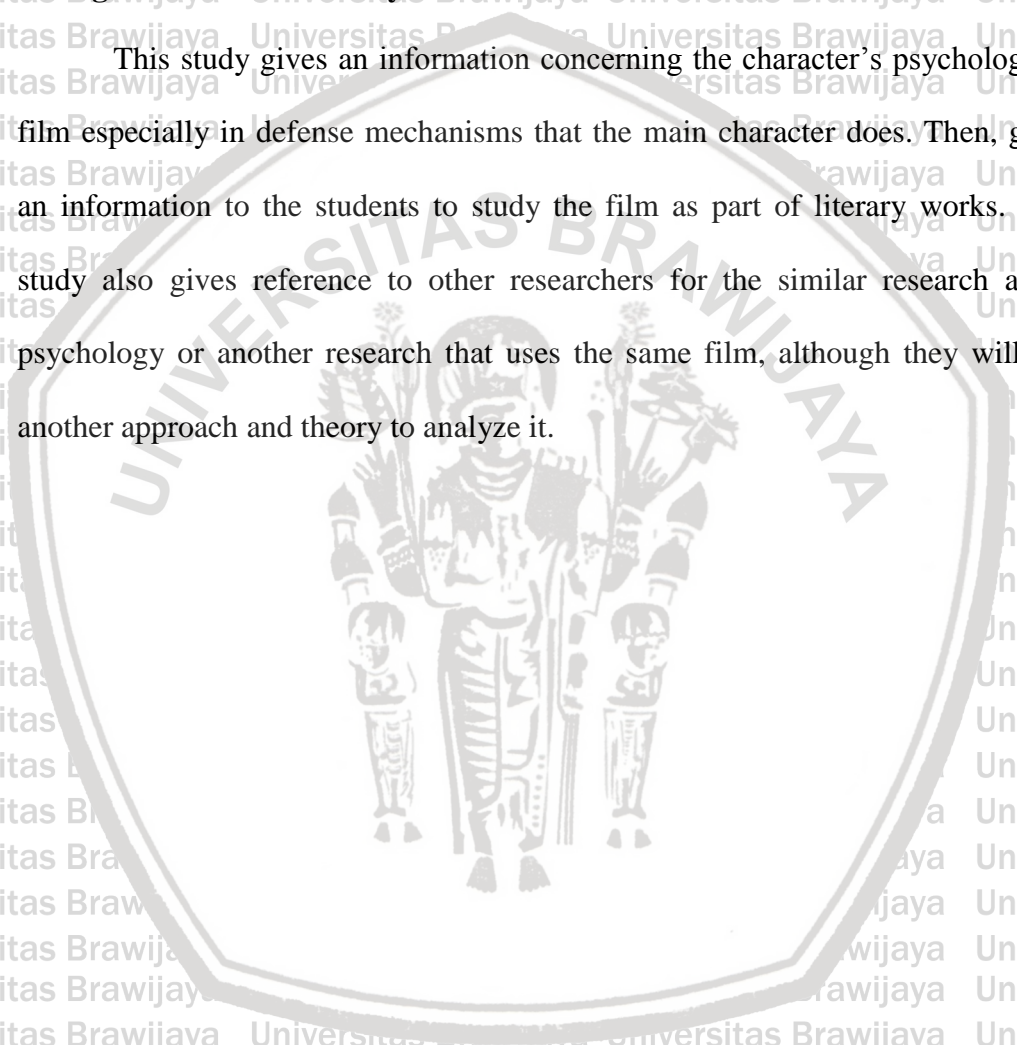
Based on the background above, the problem of the study is how defense mechanisms are employed in Greg Heffley in *Diary of a Wimpy Kid* film.

1.3 Objective of the Study

This study aims to find out how defense mechanisms are employed in Greg Heffley in *Diary of a Wimpy Kid* film.

1.4 Significance of the Study

This study gives an information concerning the character's psychology in film especially in defense mechanisms that the main character does. Then, gives an information to the students to study the film as part of literary works. This study also gives reference to other researchers for the similar research about psychology or another research that uses the same film, although they will use another approach and theory to analyze it.



CHAPTER II

REVIEW OF RELATED LITERATURE AND RESEARCH METHOD

2.1 Theoretical Framework

2.1.1 Psychology of Literature

Psychology and Literature are aiming to show better about human being. It makes Literature and Psychology are related each other. According to Potter, Stringer, & Wetherell (1984, cited in Moghaddam 2009, p. 505), “More specifically, both psychology and literature adopt as one of their goals the better understanding of overt behavior and the mental life of individuals, and how these are related.”

The most common psychology theory to analyze literature is Psychodynamic by Sigmund Freud. Based on Moghaddam (2009, p. 512),

Without doubt the most prevalent type of relationship found between psychology and literature is the use of psychology as a means for interpreting literature. As is evident from the contents of Psychology and Literature, a journal published since 1951, it is psychodynamic psychology that is most commonly used in the analysis of literature. Freud’s influence on writers has been extensive, but perhaps he has been even more influential among literary critics.

2.1.2 Psychoanalysis

Psychoanalysis theory is a theory about human personality and development. This theory is explaining about human behavior, and how they deal with neurotic disorders which is written by Sigmund Freud. Based on Strupp (1996, p.720), “Psychoanalysis is a theory of personality and human development,

a method of investigating the unconscious and conscious forces governing human behavior, and a technique for treating neurotic disorders. It was founded by the Austrian physician Sigmund Freud". Freud divided this theory into the structure of the mind, the structure of personality, anxiety, defense mechanisms and stages of development. To analyze how defense mechanisms reflects in Greg Heffley in *Diary of a Wimpy Kid* film, anxiety and defense mechanisms are needed.

In certain cases, anxiety happens to people because there is a conflicting situation in their structure of personality so that they must defense themselves.

Boeree (2006) states that Freud divided the structure of personality into the id, ego and super ego. Schultz&Schultz (2009) states that the id is biological aspect of personality that has function to increase pleasure and avoid pain. The ego is psychological aspect that help id to get the requirement. Then, the superego is a moral side of personality that can determine right or wrong ideas.

In certain cases, there will be a condition where these structure of personality of people in conflicting situation. Then, anxiety appear as a result of a conflicting situation between the id, the ego and the superego. Such as the conflict between id and ego or id and superego. The anxiety that happens to people are realistic anxiety, neurotic anxiety, and moralistic anxiety. Then, to deal with those type of anxiety, people will defense themselves by using defense mechanisms that divided into denial, repression, isolation, displacement, projection, reaction formation, undoing, introjection and rationalization.

In this study, the anxiety that felt by the main character in *Diary of a Wimpy Kid Film*, named Greg Heffley does is driving him to defense himself by using defense mechanisms.

2.1.2.1 Anxiety

According to Boeree (2006, p. 7),

The ego – the "I" – sits at the center of some pretty powerful forces: reality; society, as represented by the superego; biology, as represented by the id. When these make conflicting demands upon the poor ego, it is understandable if it – if you – feel threatened, fell overwhelmed, feel as if it were about to collapse under the weight of it all. This feeling is called anxiety, and it serves as a signal to the ego that its survival, and with it the survival of the whole organism, is in jeopardy.

From the explanation above, we can conclude that anxiety is the fear or unpleasant feeling of people who is in conflicting situation such as feeling threatened or overwhelmed. As a result, the ego uses defense mechanism to reduce anxiety. Freud is dividing anxiety into three, they are realistic anxiety, neurotic anxiety and moral anxiety.

a. Realistic Anxiety

Schultz&Schultz (2009) state that realistic anxiety is a fear of real dangers in a real world. It can be fears of fires, hurricanes, earthquakes, wild animals, speeding cars, and burning buildings. Realistic anxiety aims to guide our behavior to escape and protect ourselves from actual danger.

b. Neurotic Anxiety

According to Schultz&Schultz (2009, p.60), "This neurotic anxiety is an unconscious fear of being punished for impulsively displaying id-

dominated behavior”. From that explanation, we can say that neurotic anxiety occurs when people fear of punishment as the effect of satisfying their certain impulse.

c. Moral Anxiety

According to Ewen (2003, p.20), “Moral anxiety is caused by acts or wishes that violate one’s standards of right or wrong...and includes feeling of shame and guilt.” In this case, moral anxiety occurs when people feels shame and guilty after they do something inappropriate.

2.1.2.2 Defense Mechanisms

According to Grig (1996, p.629), “Defense Mechanisms, in psychology, unconscious mental reactions that protect the individual’s ego, or self, from damaging conflict, guilt, or anxiety. These mechanisms modify unconscious impulses that usually because of social conventions cannot be expressed directly”.

From the explanation above, we can say that defense mechanisms are the way the ego tries to reduce or omit the tension because of fear or anxiety. Defense mechanisms themselves have some types, they are repression, projection, denial, displacement, rationalization, reaction formation, regression, sublimation, introjection and isolation.

In this study, there are 5 defense mechanisms that Greg Heffley as the main character of *Diary of a Wimpy Kid* film does, including denial, displacement, rationalization, sublimation and introjection.

a. Denial

Boeree (2006, p.7-8) states, "Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it". This statement means that people refuse to admit or recognize certain event that ever happened to them. Boeree (2006) states the example of denial is when people faints at autopsies of someone whom they love. Denial also can be such kind of fantasy that imagined by a person who cannot accept his unpleasant feeling like fear, shame or anxiety. Based on Boeree (2006, p.8), "Anna Freud also mentions denial in fantasy: This is when children, in their imaginations, transform an "evil" father into a loving teddy bear, or a helpless child into a powerful superhero." In this case, people try to defense themselves by changing a bad object or person into an object or person which less threatening on his or her mind.

b. Displacement

Based on Boeree (2006, p.9), "Displacement is the redirection of an impulse onto a substitute target. If the impulse, the desire, is okay with you, but the person you direct that desire towards is too threatening, you can displace to someone or something that can serve as a symbolic substitute." The statement above means that people release their desire or frustration by doing certain action toward someone else or other object as a substitute target which is less threatening. One of the examples of displacement based on Boeree (2006, p.9) is "Someone who is frustrated

by his or her superiors may go home and kick the dog, beat up a family member, or engage in cross-burnings.”

a. Rationalization

According to Schultz&Schultz (2009, p.62), “Rationalization is a defense mechanism that involves reinterpreting our behavior to make it seem more rational and acceptable to us.” In this case, people who want to decrease their threat feeling which is caused from certain event is trying to explain by themselves that there is rational behind it and only can be accepted by themselves. The example of rationalization is a person who is fired from his job, then he tells to himself that his job is not good for him. People will feel less threatened when they blame something or someone for their failures rather than blame themselves.

d. Sublimation

Based on Boeree (2006, p.12), “Sublimation is the transforming of an unacceptable impulse, whether it be sex, anger, fear, or whatever, into a socially acceptable, even productive form”. This statement above means that a person tries to change his/her unacceptable impulse into an acceptable form. For example, a person who has a strong sexual desire becomes a novelist that makes novel for adult. According to Feist&Feist (2006, p.38), “The sublimated aim is expressed most obviously in creative cultural accomplishments such as art, music, and literature, but more subtly, it is part of all human relationships and all social pursuits.”

e. Introjection

Based on Boeree (2006, p.10), "Introjection, sometimes called identification, involves taking into your own personality characteristics of someone else, because doing so solves some emotional difficulty." In this case, a person who has emotional difficulty like fear or in an efforts establish an identity will imitate another person traits. It can be in positive or negative traits. Boeree (2006) states the example in positive trait is the children who often left alone, tell their doll or pet not to be afraid like a mother who calm down her children. Another example in negative is people imitate the bad trait of people who make them afraid.

2.2 Characters

As we know, one of the elements of drama is the same as film. It is characters. Both of them are using actors who act as certain characters to make the performance event forward. It means that film and drama has the same character's role.

Character is the main part in film. The characters in film have their own role. The roles of the characters are divided into two, they are major character and minor character. Major character is the main character in film who has a great role and brings the conflict. While, minor character is a character that support the major character in film that makes the plot event forward.

Usually, the characters in film represent the true life of human being. The characters called as personality in psychological aspect because each character in

film is shown as human being in different individual aspects like attitudes and mannerisms. Based on Rothenbeg (1996),

The popular meaning is now loaded with value judgements and psychologist prefer the term “personality,” which has remained more neutrally toned. It is interesting to note that the definition of “personality” is very close to the ancient meaning of “character” as referring to the unique, differentiating aspects of an individual. (Encyclopedia Americana volume 6, p.290)

Personality in characters of the film can be analyzed by using psychological approach. It is because every character in film portrays personality trait in different aspect of each individual problem. We can conclude that the characters in film is similar to people in the real world because it portrays the personality trait by the real individual. It is also supported by Rothenbeg (1996, p.290), “The term “character” also denotes the essential qualities and personality traits of a fictional or real individual. The ability to create compelling and believable characters is one of the hallmarks of the literary artist.”

In this study, the character in *Diary of a Wimpy Kid* film that would be analyzed is the protagonist or the main character named Greg Heffley who has an important role in this film. It is because his personality showing how he defense himself from his anxiety, fear and pain when he interacts with certain characters in film.

2.3 Film & Literature

As we know, film and literature, especially in drama as a literary work is connected each other. It is because film and drama are kind of narrative art that have purpose to tell story. We can call film and drama as a performing art too

because both of them tell story by performing actors that act as certain characters to make the story plot event forward. Based on Klarer (2004, p.56-57),

“... drama and film are often categorized under the heading performing arts because they use actors as their major means of expression. The visualization of the action is not left merely to the imagination of a reader, but rather comes to life in the performance, independent of the audience.”

Actually, film in has different way performance from drama. We can watch drama performance by watching it in theater live. While, in film, we can watch the performance from television in our house or in cinema theatre because the performance has already recorded by filmmaker.

Filmmaker uses cinematography concept as the tools to show the film to audiences. Brown (2012) states that cinematography is parts of the process of filmmaking techniques and methods. The purpose is to show the content of the film to audiences such as the dialogue and the action, especially to deliver the message or idea indirectly (nonverbal) by using visualization or picture. It means that, the audiences can watch the performance from the visualization or moving picture that created by filmmaker in film.

While, in this study, cinematography concept would not be used to support the data but the pictures taken from film that would be used to support the data. It means that to analyze and guide how the main character in *Diary of a Wimpy Kid* film shows his defense is from the pictures that would be taken from the film.

Because some of defense that the main character does is not only from his dialogue or monologue but also from his action. So, the pictures will be needed to support the data.

2.4 The Synopsis of Diary of a Wimpy Kid Film

Diary of a Wimpy Kid film is one of the American films. *Diary of a Wimpy Kid* film launched in 2010. This film was directed by Thor Freudenthal. Actually, this film was adapted from the first series of the book with the same title written by Jeff Kinney.

In *Diary of a Wimpy Kid* film, the personality trait is seen in Greg Heffley as the main character. He is a middle-school student who has a big desire to be a popular student in his school and to be voted in “a class favorite” so that his picture will be listed in the yearbook. Greg Heffley wants to be popular because he does not want to be humiliated by other students in school.

His anxiety about being an unpopular student drives him to join many extracurricular activities. His desire brings him some problems and makes him feeling so anxious and pains. To reduce his anxiety and pain, he always tries to defense himself.

The people around him that influence his action to defense himself are his best friend named Rowley Jefferson, his brother named Rodrick Heffley and Manny Heffley, his friends Patty Farrell, Quentin and Fregley, and his neighbour Mrs. Irvine. It happens because Greg Heffley always gets problems with them that will make him fails to be a popular student. It is because the problems appear when Greg Heffley in process to achieve his goal.

From the synopsis above, what Greg Heffley does in *Diary of a Wimpy Kid* film is trying to avoid or reduce his anxiety and pain when he interacts with Rowley Jefferson, Patty Farrel, Rodrick Heffley, Manny Heffley, Quentin, Mrs.

Irvine and Fregley. This case can be analyzed by using a psychoanalysis theory by Sigmund Freud. Therefore, this study title is Defense Mechanism as Reflected in Greg Heffley in *Diary of a Wimpy Kid* film.

2.5 Previous Studies

There are two researchers who take psychoanalysis study as their subject of study. The first study which concerning about psychoanalysis was done by Weny Sukma Primadi (2011) entitled *The Manifestation of Id, Ego, and Superego in a Character Named Jamal Malik in the Movie Slumdog Millionaire*. In this study, the researcher concerned in analyzing how id, ego and superego portrayed in Jamal Malik's personality which is also supported by cinematography concepts.

The second study was done by Shito Rarastrri H.P. (2011) entitled *Defense Mechanism Applied by The Main Character in The Other Movie*. In the second study, the researcher concentrated to analyze how anxiety and defense mechanism is reflected in the main character. Her defense mechanism analysis also related to id, ego and superego which is influenced by the death of the main character's husband.

Although those two theses and this study use psychology theory by Sigmund Freud, there are still differences that can be found. The differences between those two theses above with this study are in the problem of the study and the subject of study. The first study is discussing about how id, ego and superego reflected in the main character which is supported by cinematography concepts in *Slumdog Millionaire* movie. The second study is about the main character's anxiety and defense mechanism which is related to id, ego and

superego in *The Other* movie. On the other hand, this study focuses on how the main character defense himself from his anxiety while he interacts with other characters around him in *Diary of a Wimpy Kid* film.

Besides comparing the differences of those two theses with this study, there is a significance those two thesis to this study. The significance of these two theses to this study is as references that there are few analysis about film that can be analyzed by using psychoanalysis.

2.6 Research Method

In order to collect the needed data, there are 3 steps taken in conducting this research, they are deciding the object of the study, analyzing and interpreting the data.

2.6.1 Deciding the Object of the Study

Before *Diary of a Wimpy Kid* is chosen as the material object of the study, psychoanalysis theory by Sigmund Freud learned by the researcher first. Then, *Diary of a Wimpy Kid* film is watched several times. Next, this film is chosen as the material object of the study because the main character, Greg Heffley has symptoms how he tries to defense himself from his anxiety and pain towards other people around him. It is because Greg Heffley always gets problems with certain people around him while he tries to achieve his goal as a popular student. So, what he does after all is just ruining his life. He put himself into some troubles.

2.6.2 Analyzing and Interpreting the Data

In this step, *Diary of a Wimpy Kid* film is watched many times to observe how the main character, Greg Heffley defends himself. After that, to guide this study, there are three steps taken:

1. Focusing, taking notes and pictures on what the main character does, and says (the dialogue) between him with the other characters and monologue in this film. This analysis can lead us to interpret how Greg tries to defend himself.
2. Psychoanalysis is used to analyze this film because the main character tries to defend himself from pain or anxious feeling especially when he gets problems while he interacts with another characters. To conduct this study, defense mechanisms is used to analyze this film.
3. After analyzing the main character, Greg Heffley in *Diary of a Wimpy Kid* film with psychoanalysis, the next step is making conclusion.