

Analisis peran mekanisme pertahanan dalam perkembangan kepribadian pada film Inside Out (2015) = Analysis of defense mechanism in personality development in Inside Out (2015)

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Abstrak

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Inside Out merupakan sebuah film yang menggambarkan pengaturan sistem pikiran manusia. Film ini menampilkan ilustrasi dari proses perkembangan psikologis yang terjadi pada alam bawah sadar menurut teori Freud mengenai kepribadian. Teori ini ditampilkan melalui sebuah penggambaran alegori melalui ilustrasi mekanisme pikiran manusia yang rumit dengan melakukan personifikasi pada karakter-karakter yang mengatur sistem tersebut. Masalah yang difokuskan pada film ini adalah dominasi sebuah emosi, yaitu Joy, dalam mengontrol Riley. Dominasi yang cenderung menekan peran emosi lain dianggap sebagai sebuah mekanisme pertahanan untuk melindungi Riley dari perasaan tidak menyenangkan. Dalam film ini, mekanisme pertahanan dideskripsikan tidak hanya sebagai respon normal manusia yang muncul saat menghadapi bahaya dan ketakutan, tetapi juga sebagai sebuah sistem yang dapat memengaruhi pengembangan kepribadian seseorang dan kehidupan emosinya. Dengan menggunakan analisis tekstual, penelitian ini mengungkap peran dari mekanisme pertahanan dalam proses pengembangan kepribadian berdasarkan teori Freud. Hasil dari penelitian ini menunjukkan bahwa mekanisme pertahanan dapat memengaruhi proses identifikasi dalam proses pengembangan kepribadian seseorang.

ABSTRACT
Inside Out has become a significant movie which depicts how human mind system is regulated. This movie delivers the illustrations of psychological development processes that happen in the subconscious mind according to Freud's theory of personality. This theory is reflected in this movie through an allegorical depiction by illustrating the mechanism of human mind as a sophisticated system with various personified characters that handle the tasks. The problem that is highlighted in this movie is that one of the emotions, Joy, dominates the control of Riley. Her domination which impedes other emotions' roles can be considered as the mechanism of defense in protecting Riley from unpleasant feelings. In this movie, the defense mechanisms are described not only as normal responses of human that occur when facing threat and fear, but also as a system that can affect the development of one's personality and the emotional life. By using textual analysis, this paper unveils the roles of defense mechanisms in the process of personality development by using Freud's theoretical framework. The outcome of this research is that defense mechanisms can affect the identification process in developing one's personality.

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