

THE REPRESENTATION OF EMOTION THROUGH INSIDE OUT MOVIE (PSYCHOANALYSIS STUDY)

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Abstract

The aims of this study was to show the representation of Emotion and the conflict that the faced by Riley as a main character. The source of the data in this research was taken from the movie entitled “Inside Out” by Pete Docter. The data in this study is scenes of the movie that contain the color of the emotion of the main character and the script and scene that contain the conflict that the characters faces. In this study the researcher used qualitative research to analyze the Inside Out movie. The analysis based on the psychological theory proposed by Bernhardt (1963) to analyze the psychological aspects of the main character and the conflicts of the main character were analyzed using the theory of conflict proposed by Kenny (1966). In this research, the researcher used two instruments, they are the main instrument and supporting instrument. The results of this study are the representation of color in this film is the use of color in describing the sound of human emotions. From this study also shows that Riley as the main character faces two conflicts, including: internal conflict and external conflict. The source of this main character conflict is the debate between Riley's self and the emotions in her head and the argument between Riley and her parents or best friend. Every conflict experienced affects the psychology of the main character, this study found two psychological factors experienced, including: emotion and feeling and attitude.

Keywords: *psychology, conflict, emotion, psychology color.*

Introduction

Literature reveals many things about human life. Although literary works are the result of an author's imagination, taste and soul, literary works cannot be separated from the author's observations and experiences about human life with humans or humans with other living creatures in the real world. Even though literary works are fiction, they still refer to reality in the real world (Noor, 2009: 19; Fitri Rahmadi, 2013). Literary work is created as an art as a result of the creative thinking of the author who without limits cultivates stories about human life with various relationships and conflicts in it. Until now, there have been various literary works that have been present along with the development of human life. One of the literary works that has many fans from time to time is the film. As one type of literary work, film is a

literary work that is able to describe something imaginary to be clear, free and more realistic. According to Idy (2011: 190) films are an important part of the system used by individuals and groups to send and accept a message. So, films are not only a medium to entertain but also have an educational role.

Film is part of a literary work that has intrinsic elements such as theme, plot, character, characteristic, setting and moral message. The characters in the film play an important role in carrying out the contents of the story to build the story to make it look more alive. Plot is a series of events experienced by characters in the story, including conflict. Conflicts disputes or problems faced by the characters. Conflict provides an explanation of the character's storyline. Conflict usually occurs between two or more characters. Inner conflicts often occur in characters, especially the main characters in films. Inner conflict can occur as a result of external conflict with other characters. Inner conflict is closely related to the character's psyche and is described by behavior and emotions. So to find out and analyze the conflicts and emotions of the characters, a psychoanalytic research study is needed.

There are many films with the theme of psychology. One of the comedy films in the form of 3D animation is the film *Inside Out*, which is a production film from Pixar-Disney, released in 2015 and successfully captured the attention of many viewers so that it won the 2016 best animation movie award. Raise the theme of human emotion psychology which is packaged in the form of animation. The film is set in the mind of a young girl named Riley, where the five emotions try to guide her through life as she and her parents adjust to their new environment after moving from Minnesota to San Francisco. The film also illustrates the ways in which the emotional reactions people expect to events and their actual responses often fail to align. Real action: art, comedy, music and poetry, unfolds among the feelings that Riley personifies. The interesting thing in this film is the depiction of emotions with color. The film combines the psychology of emotion with color and is the first animated film to exist. This can be seen from the way each emotion is depicted in each colored character. When compared to other animated films, the depiction is more like real human life that manifests emotions through expression, but in this film it is manifested through colorful characters. This film also focuses on the emotions possessed by the main character named Riley. The five emotions that inhabited Riley's head were Joy, Sadness, Anger, Fear, and Disgust.

The depiction of this emotional character is distinguished by color, Joy is yellow, Anger

is red, Sad is blue, Fear is purple, and Disgust is green. So far, people have known the meaning of a color, such as red which means courage, green which means nature, and so on but in this film, color is interpreted as an emotion (Brooks, 2016). Cultural groups throughout the world talk about color differently; some don't even have a word for color (Nicola Jones, 2017). As it is known that the meaning of a color is different in every country in the world. Based on the place where this film was produced, namely America, the researchers took the meaning of each emotional color in the film based on the color perspective of American society and culture. A color symbolizes a person's emotion. This film is able to show things in very detail where feelings can be felt, feelings have a form. Every emotion in Riley's head also responds to all the conflicts faced by Riley. The focus of this research is also on the conflict of the main character, Riley, in the film *Inside Out*, so that this can be analyzed in terms of the inner conflict that occurs and the emotions that are in Riley's mind. Where is happy must always keep Riley's mind. Joy keeps Riley's feelings in balance. He tries despite Riley's sad memories to stay happy so as not to affect Riley's personality. In this case the author wants to do research between psychology and literature, the author wants to do research on the psychology of the characters in a film.

By focusing attention on the characters and conflicts contained in the film, this research is closely related to the psychological aspect. In this study, researchers used psychological aspects. Psychology is used because literary works are the fruit of human thought which includes psychological activities such as describing the character and personality of the characters in the story. Psychology has an important role in analyzing a literary work from one's point of view. According to Semi (1993:76) the psychological approach is an approach that starts from the assumption that literary works always discuss events in human life. To see and know humans more deeply and further requires psychology. The researcher describes the analysis of the research question 1) Representation of Riley emotion as the main character in the *Inside Out* movie and 2) The effect of conflict on the psychology of Riley. The analysis contained in this chapter is based on data in the form of scene images and dialogues in the *Inside Out* film.

Method of Research

In this study the researcher used qualitative research to analyze the *Inside Out* movie. Research design is the plan, structure and strategy and investigation concave so as to ensure to search questions and control variance. The analysis based on the theory of psychological theory proposed by Karl S. Bernhardt (1963) to analyze the psychological aspects of the main character and the conflicts of the main character were analyzed using the theory of conflict proposed by William Kenny (1966).

The source of the data in this research was taken from the movie entitled “Inside Out” by Pete Docter that has been downloaded in the link on 12 May 2021 <https://bioskopkaca21.com/inside-out-2015/#download>. This movie is a cartoon. The data in this study is scenes of the movie that contain the color of the emotion of the main character and the script and scene that contain the conflict that the character. In analyzing the film *Inside Out* as an object of research from a psychological perspective, where the emotional psychology of the main character Riley dominates and the conflicts that occur in the film. Thus, the approach used in this study is a psychoanalytic approach. In this study the emphasis is on the psychological analysis of color used to describe the emotions of the main character and the use of psychological conflict to find how conflict affects the emotions of the main character.

Finding and Discussion

A. Finding

1. The Representation of Riley’s Emotion

In this chapter, the writer describes the emotional colors of the main character Riley based on the theory of color and emotion. In this film, Riley has five emotions that are embodied in colorful characters that control Riley's mind. Each color that represents emotion has a different character and eating. This is related to the relationship between color and human emotions, especially Riley as the main character in this film.

1) Anger : Red



Picture 3.1. 1 Emotion of Anger

The angry character in Inside Out is represented by the color red, which is one of the most intense colors on the spectrum. This character plays a role in controlling Riley's emotions when facing something that is very contrary to her mind and controlling Riley's angry emotions. As is well known in psychology, color is associated with intense feelings of anger, anxiety, intensity, suffering, power, and aggression. In his theory, Goethe explained that the color red conveys an impression of gravity and dignity, and at the same time of grace and attractiveness.

Even in everyday life, the color red is the color of some objects that produce heat, such as fire and chili, so that the color red does have a hot aura that can provoke an increase in adrenaline in humans and is able to provide a quick or spontaneous response. In this film, anger appears in several scenes, among others, when Riley was angry because he was threatened by her father that if she didn't finish her breakfast, Riley wouldn't get Dessert. Riley's reaction at that time was to shout at her father. Another scene when Riley who is in bad mode is asked about her new school, anger arises and makes Riley yell at her father.

The anger character in this film is male, because male characters are stronger and stand out for this anger trait. However, in Western culture the color red is also associated with love, passion, warmth, emotion, danger, elegance, eroticism, seduction, power, justice, dynamism, leadership, energy, and pro-activeness.

2) Green : Disgust



Picture 3.1. 2 Emotion of Disgust

In the film *Inside Out*, the color green represents the character or emotion of disgust. Green is a color that we often see in nature, in the vegetable element, and, as such, is strongly associated with life. This is in accordance with the Disgust character in the *Inside Out* film, which appears for the first time when Riley is introduced to having to eat broccoli, the vegetable Riley disliked the most until Riley grew up. Disgust is tasked with preventing Riley from poisoning and other unpleasant things. This is in accordance with the use of green as a symbol of poison. In some animated films, green is used to represent poison gas, vomiting, pain, and other disgusting things.

This is in accordance with Eckman's explanation that disgust arises as a feeling of dislike for something that is offensive and humans can feel disgusted by something we feel with our physical sense (sight, smell, touch, sound, and test). In Western culture, there is an expression "green around the gills" referring to someone who appears to be ill. All states of disgust are triggered by the feeling that something is aversive, repulsive and/or toxic.

In western culture there is a shift in the meaning of the color green, this is because in the 18th century, a Swedish scientist Carl W. Scheele created the green color to be used as paint, furniture, dresses, etc. But the material used contains arsenic, a toxic substance that causes many deaths of street rats and cats due to the waste disposal of the substance in the sewers. The arsenic even became the cause of the death of Napoleon Bonaparte. Because of the great impact green has been used since then as a symbol of poison. The color green is strongly associated with feelings such as serenity, hope, fear, worry, surrender, trust, admiration, acceptance, surprise, annoyance, wealth, experience, and jealousy.

3) Blue : Sadness



Picture 3.1. 3 Emotion of Sad

In this film, the character of Sadness is represented by the color blue, which is the color that best describes the emotion of sadness. It can be seen in the picture that displays the character's sadness with a woman who has a short stature, blue skin with glazed eyes that looks very anxious and a blue bob hairstyle. This character or emotion is the most avoided or disliked because it can make the atmosphere of life change 180 degrees. In accordance with the color theory put forward by Goethe that blue is a color formed from the element of darkness and it is seen as something negative, emitting sadness. This can be seen from the character of Sadness who is always sad, gloomy, pessimistic and uninspired. This is also supported by Eckaman's emotion theory that sadness is an emotion that is felt when a person experiences disappointment and pain in his heart. So this color is a safe choice to represent sadness and pessimism in the film *Inside Out*. This blue color was born from Riley's first cry as a newborn.

The color blue can also send a positive aura such as serenity, trust and truth. This also happened in the film *Inside Out* at the end of the film where Riley cried in her parents' arms because she had thought of running away and returning to their old city. In that scene Riley cries but feels calm. She is not alone who feels sad and misses Minnesota, their old city, her father and mother also feel the same.

From depression to royalty to trust, blue holds more meaning than any other color around the world. In Western Cultures, blue is commonly associated with feeling melancholy hence, having “the blues”, “feeling blue” that means someone that feel sad. And while that’s true, it’s also considered to be a calming and shooting color that symbolizes trust, security. In

Middle Eastern countries, blue means safety and protection, and symbolic of heaven, spirituality, and immortality.

4) Yellow : Joy



Picture 3.1. 4 Emotion of Joy

In the movie *Inside Out*, Joy is the main emotional character who plays the biggest role in keeping Riley happy. Joy's character is represented by the color yellow, which is the lightest or brightest color in the color spectrum which reflects cheerfulness, optimism and always trying to find fun in every situation. Joy's character is described with the characteristics, a woman with a bright yellow body color, tall, has short blue hair color and always smiling. In psychology this color gives a positive impression of happiness and warmth because this color is also a symbol of the color of the sun which gives warmth. This is in accordance with Goethe's explanation that the color yellow, considered to have a positive effect, displays the impressions of joy and softly exciting character.

Joy's character is very well described with yellow who is always cheerful. Joy is also represented by yellow because yellow is one of the first colors caught by the human eye, this is also proven by Joy being the first emotion that pops into Riley's head. Joy is also represented as a female character. This is because women are more able to express the happiness they feel. The expression of women is also more when compared to men. In the scene when the emotion of joy is born, when Riley is born into the world and sees her father and mother. There are many other happy moments, like the first time Riley could walk, play with her imaginary friends, play with her parents. In this film, Joy's character is represented not only by one color, but two colors, namely yellow for the body and blue for the hair. Blue color is usually interpreted as a color sadness, but in fact if depicted in the character joy will be able to get rid of that thought because

the blue hair color wants to show the audience if the character joy has a soft side while the signifier is smiling expression is a symbol of joy.

In this film, the character Joy appears in the scene when Riley was first born. Yellow is also often used to express optimism, comfort, hope, and concern. So this color was chosen as the color for the happy emotion character in the movie Inside Out.

5) Purple : Fear



Picture 3.1. 5 Emotion of Fear

The fearful character in Inside Out is represented by purple, which is a mixture of blue and red and carries traits of the two, ideas that can even contradict: strength and apathy, courage and fear. Purple has both the properties of two basic colors so purple gets two positive and negative auras that can occur simultaneously. Like in the movie Inside Out, the emotion of fear arises when Riley runs around the house and there are lots of wires around. Fear keeps Riley safe for fear of tripping over the wires and falling. Fear made Riley take a decision that would make Riley stay away from danger and feel the initiative to provide protection or seek refuge. Another scene on Riley's first day at his new school, Fear appears because it is a new environment for Riley, making Riley choose not to interact or be wary of her new environment.

In western culture, at first purple was symbolized as the national color, where this color could only be used by nobles. However, with the changing times, different purple colors have different meanings. For example, light purple is associated with light romantic energy, while darker colors represent sadness and frustration. In parts of Europe, purple is associated with death and mourning. The color purple is formed from a combination of warm colors and strong

cool colors, so its aura is considered to increase imagination and creativity, and create a gloomy impression if there are too many shades of purple.

2. The Conflict Effect Riley's Emotion

In this section, the researcher explains about the internal and external conflicts experienced by the main character in the film *Inside Out* and how these conflicts affect the psychology of the main character. Conflict in the film aims to build the course of a story. Conflict also determines the direction of the story. Conflict has a very important role to support the content and course of the story. In a story, there are two conflicts that usually occur or are experienced by the main character, namely, internal conflict and external conflict. In this film, the conflicts that occur greatly affect the psychology of the main character. Based on the classification that has been done by the researcher, it is found some data related to the conflict experienced by Riley as the main character in this *Inside Out* film. This analysis is based on the theory of conflict proposed by Kenney (1966) and the theory of psychological aspect proposed by Bernhardt (1953). The following is a description of the discussion described:

a. Internal conflict

In accordance with Kenny's explanation that internal conflict is a struggle that takes place in the character's mind. A character must deal with his or her own mixed feelings or emotions. So based on the data analysis that has been found, in this film Riley's internal conflict is experienced. This internal conflict occurred between Riley and the emotions in his head. Emotions that wanted to overwhelm Riley. Examples of internal conflicts experienced are: In the 08:25 minute scene, the conflict that occurs in this scene is an internal conflict which occurs between Riley and the emotions in her head.

This conflict occurred when Riley and his family arrived at their new home in San Francisco. The condition of this house from the outside looks normal to them. Riley immediately went inside to look inside the house. When entering and seeing what was in front of him, Riley was disappointed that this house was not as expected. The house was dirty and smelled like a dead carcass. Anger couldn't believe this place would be their new home. Sadness also felt unsure about this place, and Disgust also felt this place was uncomfortable, there was a smell of animal carcasses here. This

house was very uncomfortable for Riley.

The internal conflicts that occur in Riley are mostly experienced because of the conflict between emotions in her head. Although every emotion has its own role but sometimes they want to be more dominant. In this case, Joy's emotions take on the role of mediator and always try to keep Riley happy. as in the case above, Riley is disappointed because the new house doesn't live up to expectations, but Joy takes over making new plans in arranging her room and enjoying their new life in San Francisco.

b. External conflict

According to Kenny, internal conflict is shown through actions (fight, argument, and physical struggle), character traits (good and bad characters) just forces an external conflict. This internal conflict itself is also divided into three types, namely character versus character, character versus society, and character versus nature. Based on the analysis data found, there were 2 external conflicts experienced by Riley. In this film, the type of external conflict faced is character versus character, which is the conflict between Riley and her parents and the conflict between Riley and her best friend. The first conflict between Riley and her parents, this conflict appears in the scene minute 00:27:12. Happened during dinner with his parents, Riley who was still carried away in her first day's class was asked by his mother about how her school was. Riley replied lazily about her new school. But her mother, who was worried about Riley's tone of voice and answer, asked if everything was really all right. And Riley answered with an expression rolling her eyes lazily repeating the same answer. Her father who saw things did not like Riley's new expression. However, Riley's angry emotions could not be contained and took over Riley's mind so she told her father to leave it alone but that answer was considered rude by her father and made Riley even more angry and told them to be quiet in a high tone. Mom and dad were shocked that Riley had snapped. Her father immediately got emotional and told Riley to go back to her room.

The second conflict between Riley and her best friend, Meg. This conflict occurred when Riley had a video call with her best friend in Minnesota. They talked about many things including their good memories. Maggie told me that they had just won the first game and might make it to the final. And their team also got new players

and the game is cool too. Maggie just said that she and her new close friend could even talk without looking at each other like reading minds. Riley, who didn't like it, ended the video call with his best friend unilaterally.

In this film, every conflict faced by Riley affects Riley's psychology. In describing Riley's psychology, the researcher uses Bernhardt's theory that there are five types or psychological motives, namely Appetites, Wants, Emotion, Feeling and Attitudes, and Social Motives. Of the five motives, in this film, only two psychological motives are found for Riley related to the conflict she is facing, namely Emotion and Feeling and Attitudes. Riley experienced emotional motives because Riley, who had just arrived at her new house in San Francisco, saw the condition of his house which was very far from her expectations. The house was cramped and smelly, which made her disillusioned and uncomfortable in her new place. The Feeling and Attitudes motive arises when Riley argues with her parents. This was because Riley, who was in a bad mood, was asked the same question over and over again. Riley told her parents to shut up by yelling, surprising her parents with Riley's change in character. Her father even went along with it and snapped at Riley, telling her to go back to her room.

B. Discussion

In this section, the researcher discusses what is in the findings of this study. In a literary work there is a purpose of the author who wants to give a message to the reader. Based on the data analysis that has been done, the researcher concludes that every emotion that Riley has as the main character has a meaning that matches the character of the emotion using Paul Eckeman's theory of emotion and Goethe's theory of color psychology. This study also applies Shutterstock's theory of culture color.

The researcher found that there were two points discussed, based on the research problem in chapter one and the findings above. The first is a representation of Riley's emotions as the main character in the film *Inside Out*. The representation of color in this film is the use of color in describing the sound of human emotions. There are five emotions represented, namely Anger is represented by red, Sadness is represented by blue, Joy is represented by yellow, Disgust is represented by green, and Fear is represented by purple. This color representation is based on Goethe's color theory because it is in accordance with his presentation

that color is the first thing a person sees and each color gives a certain impression and identity and because colors have different meanings in each region of the world. Each region has its own representative color according to their customs. So, in this research, culture color theory is also applied. Color psychology helps explain human perception of colors in life. Color has a close relationship and character with humans.

The second problem formulation is how conflict affects the psychology of the main character in the film *Inside Out*. Every conflict experienced by Riley greatly affects his psychology. In this film, the conflicts that Riley faces are very diverse, especially the internal conflicts between emotions in Riley's head. And the external conflict between Riley and his parents and Riley and his best friend. Researchers found 2 psychology experiences by Riley due to the conflict. The psychology applied in this research is the psychological theory of Bernhardt and the conflict theory of William Kenny.

In the study, the researcher found several difficulties and shortcomings. First, researchers have difficulty in finding a color theory that fits the emotional character in the *Inside Out* film, because each region has its own perception of the meaning of these colors. The second is that due to time constraints, researchers could not investigate why Riley's emotional character was different from that of her parents. In this *Inside Out* film, every human being has an emotional character which is represented by color. However, Riley's emotional character is described as both male and female. While the emotional character of the parents is described according to their gender, the emotional character of the mother is all women who wear glasses the same as the mother's character and the emotional character of the father is described as a man with the same mustache as the father's character. Third, the portrayal of Joy's character in the film is different from other emotional characters. This can be seen from Joy who is depicted in yellow but has blue hair while the other characters are depicted with only one color.

Conclusion

Based on the previous findings and discussion, the following points are the conclusion. Riley Andersen is the main character of the *Inside Out* movie. In the film, Riley has 5 emotions in his head. Each emotion is embodied with a colored character. In the movie *Inside Out*, Joy is

the main emotional character who plays the biggest role in keeping Riley happy. Joy's character is represented by the color yellow, which is the lightest or brightest color in the color spectrum. Joy's character is very well described with yellow who is always cheerful. The angry character in *Inside Out* is represented by the color red, which is one of the most intense colors on the spectrum. Even in everyday life the color red is the color of some objects that produce heat such as fire and chili. The character of Sadness is represented by the color blue, which is the color that best describes the emotion of sadness. The fearful character in *Inside Out* is represented by purple, which is a mixture of blue and red and carries traits of the two, ideas that can even contradict: strength and apathy, courage and fear. In the film *Inside Out*, the color green represents the character or emotion of disgust.

The conflict in the film can describe the way Riley, as the main character, lives her life as an 11 year old kid with all the problems she goes through. Riley faced several internal conflicts, the conflict between the emotions in his head and the situation at hand. The most internal conflict that exists in this movie is when the first time she entered her new school and was asked to tell how her life was in Minnesota, Riley's initially happy story turns sad because Sadness holds the ball and makes all the memories in Minnesota become sad memories. So that Riley almost cried and was afraid, appearing because he almost became the center of attention in class. In this film, Riley is also faced with an internal conflict, character versus character. The most external conflict that exists in this film is when Riley yells at her father. This happened because Riley answered her parents' questions in an impolite manner and instead shouted so that she received a shouting response from her father and ordered her to return to her room.

In every conflict faced by Riley, these conflicts affect his psychology. Based on Bernhardt's psychological theory used there are five types, namely, appetites, wants, emotion, feeling and attitude, and social motives. In this *Inside Out* film, only two types of psychological factors are found, namely emotion and feeling and attitudes. The emotion is experienced because when Riley first arrives and sees her new home that doesn't live up to her expectations or expectations, she feels disappointed and uncomfortable. The feeling and attitudes experienced when Riley argued with her father so she snapped at her father too.

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