

## **Psychoanalysis: The Reasons Of Body Changing In A Movie *Turning Red***

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### **Abstract**

When confronted with a challenge, individuals frequently experience anxiety. Numerous literary works depict the worry of the characters through the author's and characters' psychology. This study examines the psychology of the characters in the Disney film *Turning Red*. Mei Lee, a youthful, vivacious, and self-assured girl, is the film's primary character. Novels, poems, and films have examples of such works of literature. Freud discusses three types of anxiety: realistic anxiety, moral anxiety, and neurotic anxiety. The study employs qualitative descriptive methodologies. This study aims to determine why the main character in the film *Turning Red* undergoes physical transformations using Freudian anxiety types. According to this study, the main character experienced three types of anxiety. Realistic anxiety is the most prevalent type of anxiety. Anxiety occurs due to the dread of others caused by her body's transformation. It will cause others to fear her and consider her weird.

**Keywords:** Psychoanalysis, Anxiety, Movie

### **Abstrak**

Ketika dihadapkan dengan tantangan, individu sering mengalami kecemasan. Berbagai karya sastra melukiskan kegelisahan para tokoh melalui psikologi pengarang dan tokoh. Penelitian ini mengkaji tentang psikologi karakter dalam film Disney *Turning Red*. Mei Lee, seorang gadis muda, lincah, dan percaya diri, adalah karakter utama film tersebut. Novel, puisi, dan film memiliki contoh karya sastra semacam itu. Freud membahas tiga jenis kecemasan: kecemasan realistik, kecemasan moral, dan kecemasan neurotik. Penelitian ini menggunakan metodologi deskriptif kualitatif. Penelitian ini bertujuan untuk mengetahui mengapa tokoh utama dalam film *Turning Red* mengalami transformasi fisik menggunakan tipe kecemasan Freudian. Menurut penelitian ini, tokoh utama mengalami tiga jenis kecemasan. Kecemasan realistik adalah jenis kecemasan yang paling umum. Kecemasan terjadi karena ketakutan orang lain yang disebabkan oleh transformasi tubuhnya. Itu akan menyebabkan orang lain takut padanya dan menganggapnya aneh.

**Kata Kunci:** Psikoanalisis, Kecemasan, Film

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## **INTRODUCTION**

Anxiety often arises in a person when faced with a problem. Many literary works display the psychology of the author and characters that describe the anxiety of the characters in the work. Literary works that show this can be found in novels, poetry, and movies. Anxiety's relevance as a major influence in contemporary life is increasingly recognized, and expressions of current anxiety concerns can be seen in literature, the arts, science, and religion, as well as many other aspects of our culture, (Spielberger, 1966).

There are a lot of ways to analyze the characteristic of people in the movie. One of them is by using psychoanalytic criticism. This study discusses the psychology of characters from a Disney movie entitled *Turning Red*.

The movie's main character is Meilin Lee, a young, energetic and very confident girl. *Turning Red* is an American computer-animated fantasy comedy movie released on March 11, 2022. It was

directed by Domee Shi and produced by Lindsey Collins. The story of *Turning Red* is written by Domee Shi, Julia Cho, and Sarah Streicher.

The movie is focused on Mei Lee and her mother named, Ming. Her mother is quite over-protective as she never had good relations with her mother, and now she wants to give the best to her daughter. It is often seen that to keep her daughter Mei close, Ming never points out Mei's mistake and blames someone else for it. However, this does not work every time, and eventually, Mei starts experiencing the same things Ming experienced in the past.

As a result, Mei started turning into a big red panda whenever and wherever she felt excited or angry. Ming was shocked to see Mei's transformation and confronted her that she was experiencing this because of her genes and that she had also faced the same thing in her childhood.

Literature is frequently regarded as inventive or innovative in terms of artistic worth. Literature and literary works are two linked components of literature that cannot be separated. Literary work refers to the portion of a work that deals with both fictional and non-fictional experiences (Silalahi, 2021).

Literary works are a creation of the human psyche (Endraswara, 2011), many aspects of them can be analyzed from a psychological standpoint, such as the types of conflicts that occur in stories, challenges, and tragedies.

According to Stangor (2011), psychology is a science that will teach you new ways to think about your own thoughts, feelings, and behaviors. Psychology means science of life or science that investigates and studies (Atkinson et al, 1996).

Gallagher (1958), anxiety can manifest itself on a deep, unconscious level and be mistaken for physical sickness symptoms. It can also occur at a level very close to consciousness. It can be seen in the body's reactions. A dry mouth, quick breathing, a fast heart rate, big pupils, and tense muscles are all signs of anxiety.

Schur (1953) Anxiety is the ego's or matrix's reaction to a painful circumstance or to imminent or expected danger. Anxiety, according to Brenner (1953), is just a warning sign of impending danger; Melanie Klein (1932), the fear of the death instinct; Sullivan (1956), the fear of losing approbation in interpersonal relationships; and Mowrer (1950), the fear of the superego.

Three types of anxieties are mentioned by Sigmund Freud: The first is anxiousness that is based on reality. If you are thrown into a pit of venomous snakes, for example, you may experience realistic anxiety. The second is moral anxiety. This is how we feel when the threat comes from the superego's internalized social environment rather than the outward, physical world. It's simply another word for feelings like shame and guilt, as well as the fear of retribution. The last is neurotic anxiety. This is the fear of being overwhelmed by impulses from the id. If you have ever felt like you were about to lose it, losing control, your temper, your rationality, or even your mind, you have felt neurotic anxiety. Neurotic is actually the Latin word for nervous, so this is nervous anxiety. It is this

kind of anxiety that intrigued Freud most, and we usually just call it anxiety, plain and simple (Boeree, 1997).

## **METHODS**

In order to analyze data, researchers apply qualitative research methods. In the social sciences, qualitative research methods are designed to allow researchers to investigate social issues. This is used to perform in-depth data analysis. The researcher will gain access to a wealth of detailed information as a result of this benefit. This is a qualitative descriptive study. The purpose of this study is to find out the reasons for the body changes of the main character in the movie Turning Red.

Primary data and secondary data are the two types of data sources. Data collected directly from the source is referred to as primary data. The primary data was the turning red movie. Secondary data is information gathered from outside sources such as books and journals to help researchers understand the problem findings and discussion.

## **FINDINGS AND DISCUSSION**

### ***Realistic Anxiety***

Realistic anxiety is when the ego is dependent on the outside world. The ego is driven to realistic anxiety by the outside environment. Fear and realistic anxiety are inextricably linked.

Meilin was confused, and she tried to hide her changing body from her parents. However, Meilin's parents misunderstood and thought she was on her period. Meilin tried to win herself over and returned to her original form. She went to school. However, her mother followed Meilin and caused a stir at her school and making Meilin feel embarrassed, anxious, and scared, so she eventually turned into a red panda.

The main character, Meilin, was worried that she would not be able to attend her favourite band's concert because, on that day, she had to follow a ritual to remove the red panda curse on Meilin.

She worried and ran, scared for fear that her mother and friends would see her as a red panda. She ran scared out of school. Meilin felt she was a strange human and thought this was a curse. In this film, it is also said that the red panda is a figure who helped during the war and has become a hereditary thing in Chinese culture.

### ***Moral Anxiety***

The ego is reliant on the superego in moral anxiety. As a result, ego dependency leads to a conflict between the ego and the superego, which can result in uneasiness. It is about the tension between children's realistic requirements and the dictates of their superego when they have formed one.

That night, while studying, Meilin was doing homework, but she accidentally drew a man who turned out to be Devon, a minimarket keeper near her house. Her mother came to Meilin's room and accidentally found a book with Devon's picture. Her mother was furious and went to scold Devon for being a bad influence on her young daughter. However, unfortunately, at the minimarket, Meilin's school friends were shopping and saw all that had happened. Meilin was ashamed of Devon and her friends. She could not stop her mother either because she was afraid of her. The main character, Meilin Lee, sleeps and has nightmares about all her mistakes, which makes her feel ashamed of her friends and guilty towards her mother, so she turns into a red panda.

### ***Neurotic Anxiety***

Anxiety caused by a fear of an unknown danger is neurotic anxiety. The ego relies on the id in neurotic anxiety since it can only produce anxiety.

The main character worried and ran scared for fear of how her mother and friends would see her as in the form of a red panda.

Meilin turns into a red panda when she is threatened by her friend Taylor that she must come to his birthday party because she will be reported to her mother that she is using her powers to earn money. She was afraid that his mother would be angry because she had lied to her about school extracurricular activities and planned to watch a concert by her favourite band.

### ***Discussion***

The psychoanalysis of literary criticism is based on Sigmund Freud's idea of psychoanalysis. Consciousness and unconsciousness, considered personality traits, as well as impulses and anxiety, are some of Freud's key principles. Personality aspects are divided into the id, ego, and super-ego. Personality dynamics are determined by how psychic energy is distributed and used by the id, ego, and super-ego.

Freud mentions three kinds of anxieties; realistic anxiety, moral anxiety and neurotic anxiety. Realistic anxiety experienced by the main character is when Meilin feels embarrassed, anxious, and scared, so she eventually turns into a red panda.

Meilin Lee, the movie's main character, her transformation into a red panda was started by shame for her friends and guilt for her mother. She experienced moral anxiety. Moral anxiety is the result of the conflict between the id and the super-ego. It is a fear of the inner voice of the individual himself.

*The main character, Meilin Lee, sleeps and has nightmares about all her mistakes, which makes her feel ashamed of her friends and guilty towards her mother, so she turns into a red panda.*

Neurotic anxiety is a closely related anxiety disorder to escape mechanisms because many negatives are caused by guilt or sin and ongoing serious and chronic emotional conflicts, frustrations, and inner tensions.

*Meilin turns into a red panda when she is threatened by her friend Taylor that she must come to his birthday party because she will be reported to her mother that she is using her powers to earn money. She was afraid that his mother would be angry because she had lied to her about school extracurricular activities and planned to watch a concert by her favourite band.*

## **CONCLUSION**

The fundamental elements of Sigmund Freud's theory are consciousness and unconsciousness, regarded as personality traits related to impulses and anxiety. Freud categorized anxiety into three kinds realistic anxiety, moral anxiety and neurotic anxiety.

The movie Turning Red tells about a young girl, Meilin Lee, whose body can turn into a big red panda whenever and wherever she feels excited or angry. The main character in this study was shown to have three different types of anxiousness. The most common anxiety is realistic anxiety. This happens because of the fear of others because of her body changing. It will make other people afraid of her and think she is strange.

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