

**ANXIETY AND DEFENSE MECHANISM ANALYSIS OF ARLO AS A
MAIN CHARACTER IN *THE GOOD DINOSAUR* MOVIE**

FINAL PROJECT

**Presented as Partial Fulfillment of the Requirement to Obtain the
Sarjana Sastra Degree in English Literature**



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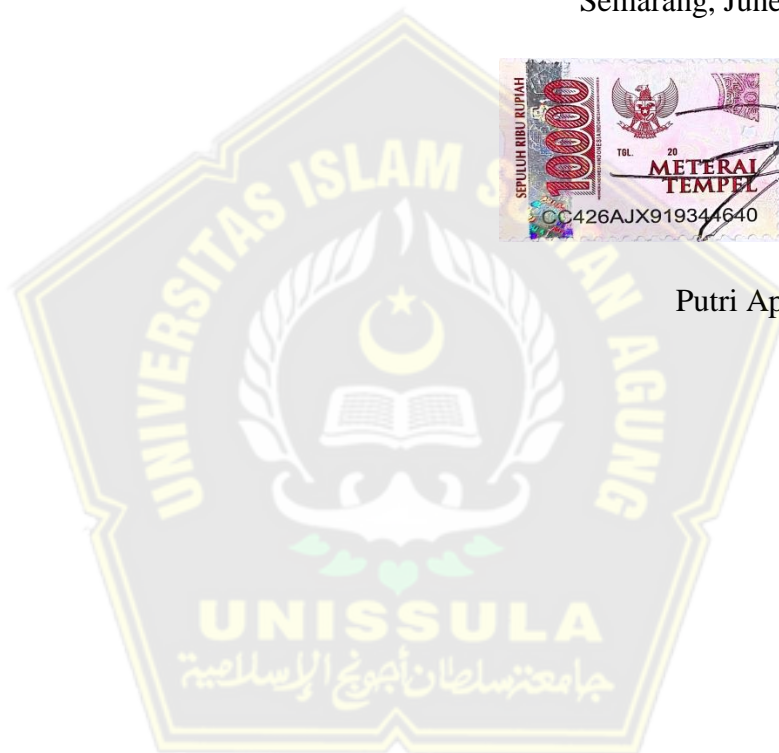
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Putri Apriani



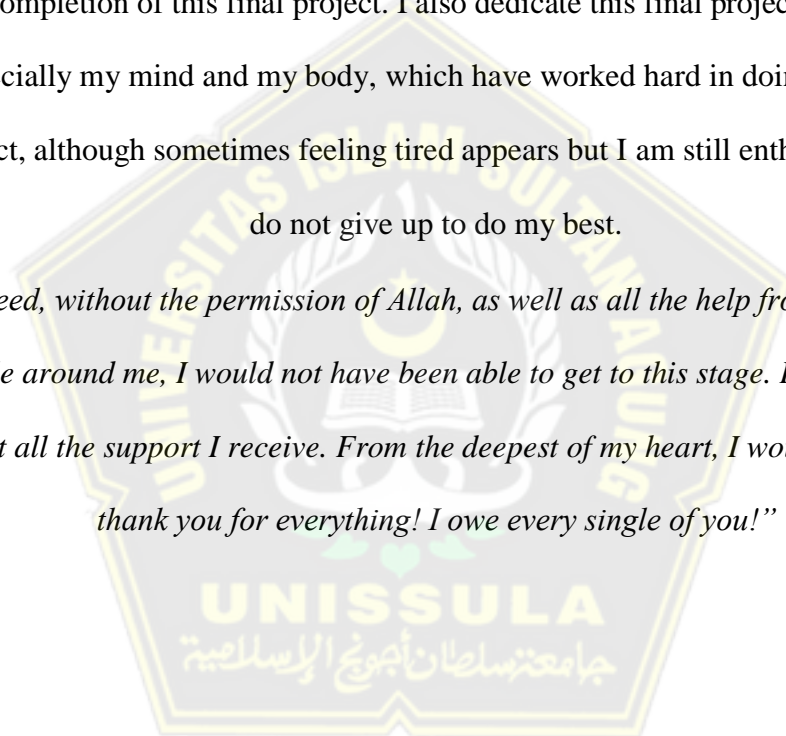
MOTTO

No matter how difficult the obstacles are, as long as you believe and try, then all the obstacles will be passed.

DEDICATION

I dedicate this final project to my family, my friends, and everyone who has provided direction, encouragement, assistance, and prayers in every process until the completion of this final project. I also dedicate this final project to myself, especially my mind and my body, which have worked hard in doing the final project, although sometimes feeling tired appears but I am still enthusiastic and do not give up to do my best.

“Indeed, without the permission of Allah, as well as all the help from the good people around me, I would not have been able to get to this stage. I am nothing without all the support I receive. From the deepest of my heart, I would like to say thank you for everything! I owe every single of you!”



ABSTRACT

Apriani, Putri. 30801800036. Anxiety and Defense Mechanism Analysis of Arlo as a Main Character in *The Good Dinosaur* Movie. Final Project of Language And Communication Science Faculty. English Literature Study Program. Sultan Agung Islamic University Semarang. Advisor: Destary Praptawati, S.S., M.Hum.

The Good Dinosaur Movie by Peter Sohn is the object of analysis in this study. The aims of this study are to analyze the anxiety and defense mechanism experienced by Arlo as the main character in *The Good Dinosaur* Movie based to psychoanalysis theory of Sigmund Freud.

This study used qualitative method. The data were taken from the movie, such as dialogues, narratives, monologues and pictures. There were several steps taken to collect the data, such as watching the movie, reading the movie script, identifying the data, classifying the data, inventorying the data and reducing the data.

There were two results found in this study. First, the study portrayed the anxieties of Arlo according to Sigmund Freud's theory, which were reality anxiety and neurotic anxiety. The reality anxiety that experienced by Arlo is shown when Arlo was always anxious about situations that were frightening to him, because he was born differently as a timid dinosaur which is very different from his two brave and strong brothers. Even if the fear is from the little things though, especially when he was carried away by the river far from home, making his feel more anxious. He encounters something real in the wild and struggles to return home. The neurotic anxiety that experienced by Arlo is shown from his fear of being in the wild and not knowing the way to return home. In addition, the trauma of the death of his father always made him worry that the same thing would happen to him and his friend Spot. Second, this study portrayed the defense mechanisms according to Sigmund Freud's theory; they were reaction formation, regression, rationalization, displacement, and sublimation.

Keywords: Psychoanalysis, Anxiety, Defense Mechanism, Sigmund Freud, *The Good Dinosaur* Movie.

INTISARI

Apriani, Putri. 30801800036. Analisis Kecemasan dan Mekanisme Pertahanan dari Arlo sebagai Tokoh Utama dalam Film *The Good Dinosaur*. Skripsi Program Studi Sastra Inggris Fakultas Bahasa Dan Ilmu Komunikasi Universitas Islam Sultan Agung Semarang. Pembimbing: Destary Praptawati, S.S., M.Hum.

Film *The Good Dinosaur* karya Peter Sohn adalah objek analisis dalam penelitian ini. Penelitian ini bertujuan untuk menganalisis kecemasan dan mekanisme pertahanan yang dialami oleh Arlo sebagai tokoh utama dalam film *The Good Dinosaur* menurut teori psikoanalisis Sigmund Freud.

Penelitian ini termasuk penelitian kualitatif. Data diambil dari film, seperti dialog, narasi, monolog dan foto. Ada beberapa langkah yang dilakukan untuk mengumpulkan data, seperti menonton film, membaca naskah film, mengidentifikasi data, mengelompokkan data, menginventarisasi data dan mereduksi data.

Ada dua hasil yang ditemukan dalam penelitian ini. Pertama, penelitian ini menggambarkan kecemasan Arlo menurut teori Sigmund Freud, yaitu kecemasan realitas dan kecemasan neurotik. Kecemasan realitas yang dialami Arlo ditunjukkan ketika Arlo selalu cemas akan situasi yang menakutkan baginya, karena ia terlahir berbeda sebagai dinosaurus pengecut yang sangat berbeda dengan kedua saudaranya yang pemberani dan kuat. Bahkan ketakutan itu dari hal-hal kecil sekalipun, apalagi saat dia terbawa arus sungai yang jauh dari rumah, membuatnya semakin merasa cemas. Dia menghadapi sesuatu yang nyata di alam liar dan berjuang untuk kembali ke rumah. Dan kecemasan neurotik yang dialami Arlo ditunjukkan dari ketakutannya berada di alam bebas dan tidak tahu jalan pulang. Selain itu, trauma kematian ayahnya selalu membuatnya khawatir hal yang sama akan menimpa dirinya dan temannya Spot. Kedua, penelitian ini menggambarkan mekanisme pertahanan menurut teori Sigmund Freud; yaitu reaksi pembentukan, regresi, rasionalisasi, perpindahan, dan sublimasi.

Kata kunci: Psikoanalisis, Kecemasan, Mekanisme Pertahanan, Sigmund Freud, Film *The Good Dinosaur*.

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All praise and gratitude for the presence of Allah *Subhanahu Wa Ta'ala*, the Lord of the Universe, who has always given His extraordinary grace and gifts so that I can complete this Final Project. *Shalawat* and *salam* are always offered to our prophet Muhammad *Shallallaahu 'Alaihi wa Sallam*, who has saved us from darkness to the right path.

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I do realize this final project is way far from perfection. Thus, any suggestions and criticisms will be very meaningful for this final project. Lastly, I hope that this final project could still provide enlightenment or benefit to anyone who reads it.

Semarang, June 15th 2022



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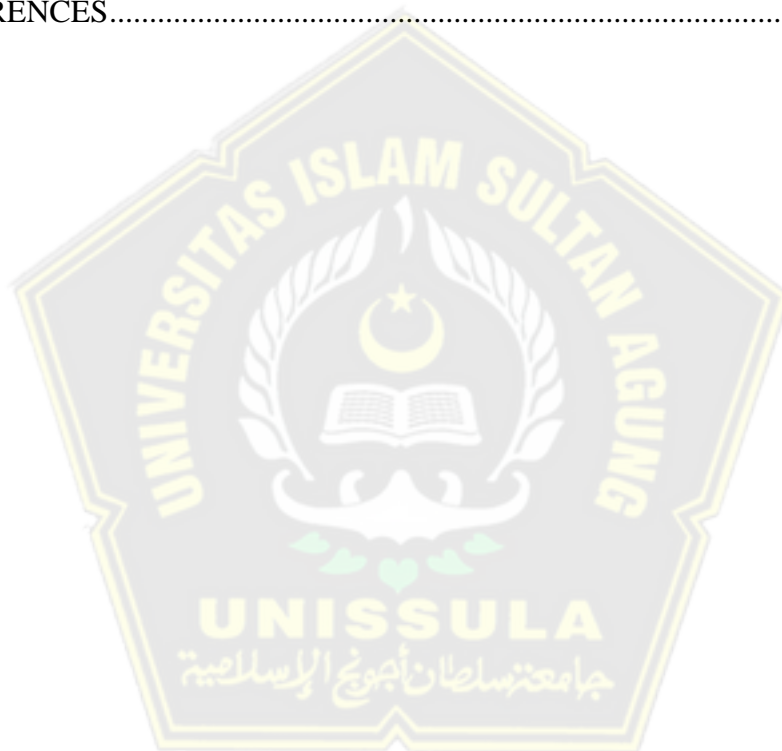
TABLE OF CONTENTS

COVER	
PAGE OF APPROVAL	i
PAGE OF VALIDATION	ii
STATEMENT OF WORK'S ORIGINALITY	iii
MOTTO.....	iv
DEDICATION	iv
ABSTRACT	v
INTISARI.....	vi
ACKNOWLEDGEMENT	vii
TABLE OF CONTENTS	ix
CHAPTER I	1
INTRODUCTION.....	1
A. Background of the Study.....	1
B. Problem Formulation	6
C. Limitation of the Study	7
D. Objectives of the study.....	7
E. Significance of the Study.....	7
F. Organization of the Study.....	8

CHAPTER II.....	9
REVIEWS OF RELATED LITERATURE.....	9
A. Synopsis	9
B. Related Literature.....	12
B.1 Anxiety.....	12
B.1.1 Reality Anxiety.....	14
B.1.2 Neurotic Anxiety.....	15
B.1.3 Moral Anxiety.....	16
B.2 Defense Mechanisms	17
B.2.1 Repression.....	19
B.2.2 Denial.....	20
B.2.3 Reaction Formation.....	20
B.2.4 Projection.....	21
B.2.5 Regression.....	22
B.2.6 Rationalization.....	22
B.2.7 Displacement	23
B.2.8 Sublimation.....	23
CHAPTER III.....	25
RESEARCH METHOD.....	25
A. Types of the Research	25

B.	Data Organizing	26
B.1	Data Collecting Method	26
B.1.1	Watching the movie	26
B.1.2	Reading the movie script	26
B.1.3	Identifying the Data	26
B.1.4	Classifying the Data.....	26
B.1.5	Inventoring the Data	27
B.1.6	Reducing the Data	27
B.2	Types of the Data	27
C.	Analyzing the Data.....	27
CHAPTER IV		29
FINDINGS AND DISCUSSION		29
A.	Anxiety experienced by Arlo <i>The Good Dinosaur</i> movie.....	29
A.1	The Reality Anxiety of Arlo	30
A.2	The Neurotic Anxiety of Arlo.....	40
B.	Defense Mechanism experienced by Arlo <i>The Good Dinosaur</i> movie	44
B.1	The Reaction Formation of Arlo	45
B.2	The Regression of Arlo	48
B.3	The Rationalization of Arlo	49
B.4	The Displacement of Arlo.....	52

B.5 The Sublimation of Arlo	55
CHAPTER V.....	57
CONCLUSION AND SUGGESTION	57
A. Conclusion.....	57
B. Suggestion.....	58
REFERENCES.....	



CHAPTER I

INTRODUCTION

This chapter conducts the introduction of the study that includes background of the study, problem formulation, limitation of the study, objectives of the study, significance of the study, and organization of the study.

A. Background of the Study

Literature is something that can be enjoyed and also a part of human life. In a broadest sense, literature is any kind of written work. Etymologically, literature comes from Latin word *litteratura* or *litaritura* that is “writing formed with letters,” even though some definitions include sung texts or spoken (Learning and College 1). According to Rizal in his article, literature is a name used to describe any spoken or written material and whatever from something creative like writing, speaking, or thinking to more technical or scientific works, literature usually used to refer to creative works from imagination, including works of fiction such as drama, prose and poetry (3).

Literature connected with fields such as psychology, philosophy, sociology, history and so on is a discipline where the language used as a place of expression to interpret human, culture and existence, personality and individual differences that have been studied by writers, artists, philosophers, psychiatrists and psychologists (Aras 251).

According to Lodge, for Noam Chomsky, literature is one of the most significant place to procure knowledge, about human and their unique experiences, their life and the idiosyncratic values: "... we will always learn more about human life and personality from novels than from scientific psychology" (as cited in Aras 251). Not only in novel, movie also often discussed about human life, experience and psychology which is reflected in each character that plays a role in it. According to Davis and Schleifer, in the words of Trilling, "... only literature and its study would allow us to glimpse anything like the whole of human experience, the whole a person- the rational, emotional, sacred, and profane dimensions of being human" (as cited in Aras 251).

Literature is always closely related to human life because it is taken from human experience. Literature is not only enjoyed, but also can be analyzed for its contents. There are many theories that are commonly used to analyze literary works, one of them is psychology. According to Pearce and Packer, Psychology is a discipline that focuses on the study of human mind and behavior (as cited in Mun & Thirumoorthi 1). It attempts to understand and explain the way a human thinks, feels, and acts. Literature and psychology have a very strong connection because those deal with human beings and their reactions, perceptions of the world, fears, conflicts, desires, miseries, wishes and reconciliations (Aras 251).

There are many scientists who put forward their theories about psychology. One of the most popular is Sigmund Freud with his psychoanalysis.

Psychoanalysis is one of the scarce intellectual accomplishments which had the impact of radically changing human self-understanding (Lapsley and Stey 1). Psychoanalysis is the generic term from a set theories of psychological and group of techniques, each of those emphasizes an important factor in human adaptation and behavior is the unconscious (Lipner and Muran 2).

The id, ego and superego are the basic theory of Freud which is called the personality structure. This theory is the basis of the personality of each individual. The id is an unconscious part of humans. The id keep trying to reduce suspense by satisfying basic desires because it no contact with reality. The id takes care of pleasure principle because the seek pleasure is sole function of it (Feist and Feist 33). Ego is conscious and unconscious part of humans. To Freud, ego is responsible for directing and controlling the instincts according to the reality principle because ego is the rational aspect of personality (Schultz and Schultz 46). The superego is the same as the id that works in the human unconscious. The superego reflects the ideal and moral aspects of personality and both have the idealistic and moralistic principles as opponent to the pleasure principle of id and the realistic principle of ego (Feist and Feist 36). These three personality structures play an important role in human life because they control the feelings and actions of humans or individuals. In addition, if these three parts work well then a good individual is formed, but if these three parts do not work well then problems will arise experienced by the individual. Problems often happen to anyone, young or old. Everyone can overcome problems in their life. Problems that cannot be faced can cause fear and anxiety.

Freud has many popular theories, one of which is anxiety and defense mechanisms. Both of these theories are useful for understanding problems within individuals. Humans are creatures that never escape from problems. Problems often occur anytime and anywhere. The problems faced by everyone must be different; this includes problems with oneself, with other people, the environment and problems with God. Problems are the cause of conflict that is experienced by everyone. Conflict is the beginning of the emergence of anxiety. This feeling that make conflict demands on the poor ego, as when the ego feels threatened, overwhelmed, and collapse under the weight of it all called anxiety, this is a signal to the ego that its survival, and with it the survival of the all organism, is in danger (Boeree 7).

Fear is the beginning of the emergence of anxiety. Fear warns a person of impending danger and prepares for possible escape. Anxiety usually refers to the same emotional state as fear. Fear and anxiety are common human experiences that come and go in the journey of life. Anxiety is not the same as fear. However, anxiety refers to fear is unusual, in terms of time, degree of avoidance, or subjective distress, relative to the current level of danger caused by potential fear stimulus (Sweeney and Pine 4). Anxiety is a total human react to threat or danger. Anxiety arises as a result of a person's fear. Anxiety and fear are parts of the experience that has happened in a person's life so it creates a sense of discomfort. Every anxiety experience incriminates a perception of danger, thoughts about danger, and the process of physiological alarm and activation. The accompanying behavior indicates an emergency attempt to "fight

or flight." (Moss 1). Freud emphasized anxiety as a feeling, affective, unpleasant state followed by physical sensations that remind people to impending danger (Feist and Feist 39). This anxiety allows people to anticipate something that will happen to them.

Anxiety must have happened to everyone. People who experience anxiety sometimes find it difficult to cope. But sometimes people can handle it in their own way. The ego deals as best it can with demands of reality, the id, and the superego. When the anxiety gets out of hand, the ego has to defend itself. It does so by subconsciously blocking impulses or turning them into a more acceptable and less threatening forms. This technique called the ego defense mechanisms (Boeree 7). Defense mechanisms are strategies that used by ego to defend itself oppose anxiety by the everyday life conflicts (Schultz and Schultz 49). Psychological defense mechanisms have an important function by attenuating negative emotions to maintain or restore a healthier state of mind (Bowins 2). Defense mechanisms play a positive role in everyone to help fight the disturbing discomfort. Defense mechanism appears to reject the reality that too hard and painful.

The issue of anxiety and defense mechanisms can be found in the *The Good Dinosaur* movie. The main character in this movie was portrayed many aspects of psychology about anxiety and defense mechanism. This movie tells the story of Arlo, a young Apatosaurus who was carried away by the river currents when he wanted to kill a human boy who was the cause of his father's death which made him stray far from home and look for a way to return

home. Arlo is a coward young *Apatosaurus*, in contrast to his two brave and strong brothers. He has a father and mother who are farmers and ranchers. His father built a silo, a place to put their corn harvest and the whole family has been marking the silo walls after doing a great job. However, only Arlo has not done that because he always fails in doing his jobs. He wanted to be strong and brave so he could mark the silo like the rest of his family. But when his father gave him a job, he always failed because he was afraid. Until one day he met a human boy who was the cause of his father's death, he was carried away by the river far from home. Arlo who is basically a coward, confront with situations like this makes him even more anxious.

On his adventure to return home, Arlo faces many obstacles and fears. He was anxious and afraid of the things he would encounter during the trip because this was the first time he had been away from home. He is accompanied by Spot, a human boy who stole their corn against a herd of pterodactyls and helps three T Rexes who lost their long horns stolen by a herd of rustlers.

Based on the explanation, this study will analyze anxiety and defense mechanism based on Theory of Sigmund Freud in the main character of Arlo in *The Good Dinosaur* movie.

B. Problem Formulation

This study analyzes Arlo in *The Good Dinosaur* movie. This study discusses two important problems, they are:

1. How are anxieties experienced by Arlo in *The Good Dinosaur* movie?

2. How does Arlo use defense mechanism to cope his anxieties in *The Good Dinosaur* movie?

C. Limitation of the Study

The theory of psychoanalysis by Sigmund Freud will be used to analyze *The Good Dinosaur* movie. The study will be discussed anxiety and defense mechanism of Arlo as the main character in this movie. Narrations, dialogues and pictures in the movie as the data will be used to explain the analysis.

D. Objectives of the study

Based on the previous problem formulations, the objectives of this study are as follows:

1. To explain how are anxieties experienced by Arlo in *The Good Dinosaur* movie.
2. To describe how does Arlo use defense mechanism to cope his anxieties in *The Good Dinosaur* movie.

E. Significance of the Study

This study will provide knowledge about the psychoanalysis theory of Sigmund Freud on anxiety and defense mechanisms. The result of this study is expected to provide benefits for the student of English Literature program of Sultan Agung Islamic University. It can be a reference to the further studies to determine the anxiety and defense mechanism in many kind of literary works, especially in movie. However, it may also be useful to everyone who wants to

understand more about correlation between psychology and literary work field by watching the movie and reading this research.

F. Organization of the Study

This study consists of five chapters. Chapter I consists of the introduction that explains the background of the study in general, the problem formulation, the objectives of the study, the limitation of the study, the significance of the study and the organization of the study.

Chapter II consists of reviews of related literature such as the synopsis and the discussion of the anxiety and defense mechanism theory by Sigmund Freud which is used in this study.

Chapter III consists of research method which discusses the types of the research, the data organizing which consists of the data collecting method and the types of the data, and analyzing the data.

Chapter IV consists of finding and discussion which discusses the anxiety and defense mechanism of the main character in *The Good Dinosaur* movie.

Chapter V consists of conclusion and suggestion based on the analysis in chapter four.

CHAPTER II

REVIEWS OF RELATED LITERATURE

This chapter of review of related literature consists of two sub-chapters. First is synopsis of the story and second is the review of related literature. In the review of related literature consists of anxiety and defense mechanisms as theories that use in this study.

A. Synopsis

The Good Dinosaur movie tells the story of Arlo, a coward young Apatosaurus, in contrast to his two brave and strong brothers. He has parents who like farming and raising livestock. He and his two brothers always help his parents to farm and raise livestock. Arlo always gets a share to feed the cattle, although sometimes the cattle scare him. One day, they harvested the ripe corn and put it in a silo, a place the crops were stored. His parents put a mark on the silo wall, Arlo and his two brothers wanted to mark it too. However, his father had stopped them and told them that in order to give such a sign, they had to do one big thing. Time passed and his two brothers had put marks on the silo walls, while Arlo couldn't do it because he always failed with the jobs he did because of his fear. At night, his father woke him up to take him out and showed him the fireflies. Arlo who was initially scared, became amazed by that. Then his father said he would give him a final assignment tomorrow to be able to make a mark on the silo wall.

The next day, his father ordered Arlo to trap and kill the critter that stole their corn and he did as his father ordered. When the creature is trapped, Arlo is terrified. He let go of the creature because he felt pity to see the creature dying. However, the creature instead tried to attack him and made him scream. His father came to scold him for releasing the creature. He and his father went to catch the critter out. But during the chase, he realized that the weather was not favorable and scared him. When he looked behind him, there was a river current that was going to block them. Arlo's father helps Arlo to get to a higher place and when his father tries to climb, he falls and is carried away by the current river. Arlo and his entire family mourn the death of his father. One day, Arlo met the critter again who was eating corn in the silo. He was angry and tried to kill the creature for being the cause of his father's death. But instead made Arlo fall into the river and be carried away by the current far from his home. Arlo who is a weak and timid dinosaur, when faced with this situation makes him even more anxious. Because it was his first time away from home. Even so, he is still trying to find his way home.

Arlo looks for a way to go home by following the river, but on the way he meets the boy again. Arlo who initially hated the boy, now likes him because he has helped Arlo get berries to eat. Arlo followed the boy to a steep cliff to get a berry and made him fall due to an attack from a snake. Because of the help from Spot the name of the boy, has now become a friend on Arlo's journey. On his journey, Arlo faces anxiety due to his fear of things in the wild.

While continuing their journey with Spot, they met a storm that scared Arlo and went into hiding. When he wakes up he meets a herd of pterodactyls that will prey on Spot. He ran with the spot on his shoulder for help and ran into a pair of tyrannosaurs that scared him even more. However, the tyrannosaurs Nash and Ramsey were very kind to them and helped repel the pterodactyls. Arlo realizes there is another tyrannosaurus named Butch who is their father. The three tyrannosaurs are searching for their lost herd of longhorns. With the help of the Spot, they found the cattle. However, the cattle had been robbed by four hiding velociraptors. Arlo frantically walked up to the herd of longhorns and shouted to invite the four Velociraptors as Butch had planned. Butch and his two cubs attack four velociraptors and retrieve their cattle.

While directing the cattle to the south, Arlo saw the Wind Whistling, mountain close to his home. He said goodbye to the tyrannosaur, but on the way he met again with a herd of pterodactyls that kidnapped Spot and made him fall from the cliff. In his unconsciousness, he saw his father, but he knew that his father was no longer alive. He wakes up looking for spot and finds him being attacked by a herd of pterodactyls. However, there is a river current that is the same as the current that hit his father and came crashing into spot. By fighting his anxiety; The Arlo protects Spot from the brunt of the current that makes them drift away. Even so, they both survived and continued their journey after feeling better. At the end of the story, Spot parted with Arlo because he had got his family and Arlo arrived home safely.

B. Related Literature

In this sub chapter explained the anxiety and defense mechanism based on Theory of Sigmund Freud because this study used Freud's theory in analyzing the data.

B.1 Anxiety

There are many experts describe about anxiety. However, Freud is a first person that began this theory in his psychoanalysis (Strongman 4). According to Freud, anxiety as a feeling like fear and frightened without any definite cause (as cited in Schultz and Schultz 47). Freud composed the model of structural and reviewing his anxiety conceptualization. The model of structural determines personality which consists of the id, ego, and superego with anxiety as a result of the conflict between these forces and the need to block unacceptable thoughts and feelings from rising into consciousness (Sweeney and Pine 5). The id as a strong personality structure because it provides all the energy for the other two components (Schultz and Schultz 45). As what Freud called, the id operates in pleasure principal. In tension reduction, id aims to increase pleasure and relieve pain (Schultz and Schultz 46). Therefore, to make the id come true, the ego arises. The ego arises as a result of the direct influence of the outside world which is a modification of the id (Lapsley and Stey 1). Reality principle tries to substitute for the pleasure principle of the id that governed by the ego (Feist and Feist 35). Superego is a moral part of the mind which tries to follow rules, social norms, and personal value. It encourages people to act according to their ideals

and values (Vazire 20). However, the ego is the center between the id and the superego when both of them are in conflict then anxiety is created.

Freud assumed that the ego responds to threats related with the id impulses and anxiety signals (Leichsenring and Salzer 224). In an article written by Donald Moss, Anxiety is a total human response to threat or danger (1). Anxiety is a condition that has been experienced by everyone. Everyone's anxiety sometimes has no definite clarity. Anxiety will occur in everyone's life, depending on the problems faced. Anxiety is the response of emotional caused by fear. According to Beck, Thus fear "is the appraisal of danger; anxiety is the unpleasant feeling state evoked when fear is stimulated" (Clark and Beck 5). do not know

Freud described anxiety as fear without an object, which means that we do not know source of this point or the specific object that causes it (Schultz and Schultz 47). In defining anxiety, Freud emphasized anxiety as a feeling, affective, unpleasant state followed by physical sensations that remind people to impending danger (Feist and Feist, 39).

According to Barlow, Anxiety defined as "a futureoriented emotion, characterized by perceptions of uncontrollability and unpredictability over potentially aversive events and a rapid shift in attention to the focus of potentially dangerous events or one's own affective response to these events" (as cited in Clark and Beck 5). Discomfort is often vague and difficult to define, but anxiety is always felt. Every anxiety experience incriminates a perception of danger, thoughts about danger, and the process of physiological alarm and

activation. According to Michels, anxiety is an unconscious signal fantasy of imagined dangerous situations. These fantasies are caused by instinctual wishes or by external perceptions situations (as cited in Sweeney and Pine 5-6).

The ego is the part of the mind that can make and feel anxiety, but the id, superego and the outer side of world involved in one kinds of anxiety. The ego's dependence on the id produces neurotic anxiety; its dependence on the superego results moral anxiety; and its dependence on the outer side of world cause realistic anxiety (Feist and Feist 39)

From the explanation above, it can be concluded that anxiety as a feeling like fear, discomfort and worry caused by an impending and uncertain danger. In addition, the id, ego and superego give an important role in anxiety formation. Freud proposed three different types of anxiety which are reality anxiety, neurotic anxiety, and moral anxiety.

B.1.1 Reality Anxiety

Reality anxiety or objective anxiety is the fear of real danger (Schultz and Schultz 47). Freud's realistic anxiety toward the tangible objects and most people call it as fear (Pack 2). This involves a fear of tangible dangers in the real world. Most of people justifiably fear of fires, hurricanes, earthquakes, and some kind of disasters. For example, we run from wild animals, run from the path of a speeding car, and run from a burning building (Schultz and Schultz 48). Reality anxiety occurs when the emotional response to real danger (Rathee 203). This anxiety is directly related to the real world. In addition, this type of anxiety identifies that the object does exist. It is also defined as an unpleasant and non-specific feeling

involving the possibility of harm. Another example of realistic anxiety is when we driving in heavy and fast-moving traffic in an unknown city, a situation full of real and objective dangers (Feist and Feist 40). Thus, this fear is closely related to the outside world and threats from the environment, although these threats are not certain to occur. Reality anxiety has the positive goals to guiding our behavior to escape or protect ourselves from real dangers (Schultz and Schultz 48).

B.1.2 Neurotic Anxiety

Neurotic anxiety involves a conflict between the id and the ego. This neurotic anxiety is the subconscious fear of being punishment for exhibiting id-dominated behavior. This fear occurs as a result of satisfying the instincts and not on the instincts themselves. The conflict becomes a part between the id and the ego, and has a basis in reality (Schultz and Schultz 48). This anxiety is fear, worry and discomfort about something that is uncertain because it is caused by worries that are dominated by the id. The feeling itself originates from the impulses of the id but is in the ego. Feelings of hostility during childhood are often accompanied by a fear of punishment, and this fear often becomes an unconscious neurotic anxiety (Feist and Feist 40). This occurs when anxiety about the ability of ego to control the desires of id, especially sexual and aggressive urges (Rathee 203). For example, feeling like "lost it," losing control, your emotions, your rationality, or even your thoughts, you have experienced neurotic anxiety. Neurotic is actually the Latin word for nervousness, or another name for nervous anxiety (Boeree 7). This anxiety is the result of satisfying the instincts nominated by the id, giving rise to fear and worry about the punishment that will be

received. According to Strongman, neurotic anxiety is free-floating and does not have to be attached to real objects (as cited in Pack 2). This anxiety has no real object and arises because they do not know what law will be accepted, even though they are not sure whether they will be punished or not. It can be said that neurotic anxiety is a fear of suppressed id impulses. It has some basis in reality.

B.1.3 Moral Anxiety

Moral anxiety begins from the conflict between the ego and the superego (Feist and Feist 40). It is a feeling of being threatened that comes from the social world of the internalized superego, not the external or physical world. Actually, that's another name for feelings of shame and guilt and fear of punishment (Boeree 7). This anxiety is the conscience of someone who feels afraid. This is a result of the fear of violating the moral rules and norms in society. This can be described when a person expresses an instinctive urge that goes against his moral code so that the superego retaliates by making him feel ashamed and guilty. In moral anxiety, feelings of shame and guilt arise from within our conscience causing fear and anxiety. Freud believed that the superego demanded terrible vengeance for violating its principles (Schultz and Schultz 48). It happens when the ego feels threatened by the superego (Rathee 203). Moral anxiety arises as a function of a well-developed superego. A person who experiences greater conflict has a strong conscience compared to a person with weak morals. Moral anxiety has some basis in reality like neurotic anxiety. For example, the result of sexual temptation leads a child to believe that it is wrong to morally give in to temptation. This is also true if a child's

failure to behave is consistent with what they consider morally right, for example, failing to care for an aging parent Feist and Feist 40).

In brief, whatever the type, Anxiety is a warning sign for the individual against a danger. It is caused by an emotional response triggered by fear. This anxiety must be reduced. To reduce anxiety, individuals can use defense mechanisms.

B.2 Defense Mechanisms

Anxiety is a signal of impending danger to the ego. Everyone has feelings of anxiety in him or herself. To be able to eliminate or disguise it, people will find ways to reduce it. The ego deals as best it can with demands of reality, the id, and the superego. When the anxiety gets out of hand, the ego has to defend itself. It does so by subconsciously blocking impulses or turning them into a more acceptable and less threatening forms. This technique called the ego defense mechanisms (Boeree 7). Ego protects the situations or feelings that make people feel sad, threatened, unpleasant and hurt, in here ego builds defense to overcome the unbearable feeling and keep the consciousness in the safe position (Kustiyah et al. 2).

Defense mechanisms are strategies that used by ego to defend itself oppose anxiety by the everyday life conflicts (Schultz and Schultz 49). Freud explained that the id and superego are always in conflict with the ego because he sees the ego as a battlefield for both. Although most operate in consciousness, some processes of ego are unconscious and serve to protect someone from anxiety caused by the conflicting demands of the id and superego as cited in Ryckman

41). According to Gleser and Ihilevich, operationally, defense mechanisms involve the perception and processing of information (i.e., cognition) and reactions differ to stressful situations (i.e., activities/actions) largely as a function of personality (as cited in Zhang 164). Defense mechanisms can change our opinion about things like: subject or self, object or other, feelings or ideas (Vaillant 44). According to Ihilevich & Gleser, Defense mechanisms refer to the relatively stable pattern of individual responses that serve to change reality whenever their resources, motivation or skills are insufficient to resolve inner conflicts or overcome external threats to well-being (as cited in Zhang 164).

The danger may be that the instinctual impulses of someone get out of control and threaten to control them or the danger may arise because the person is afraid of punishment from his conscience for thinking of doing something contrary to the superego or perhaps the threat comes from the environment, for example, the death of a parent, serious injury in a car accident, being ignored by a boyfriend (as cited in Ryckman 41). Defense mechanism exists to overcome these problems. The use of defense mechanisms is normal because it functions every day. Defense helps us manage disappointment, stress, and strong negative emotions in limits way (Cramer 1).

There are several defense mechanisms mentioned by Freud including, Repression, Denial, Reaction Formation, Projection, Regression, Rationalization, Displacement, and Sublimation.

B.2.1 Repression

Freud considered repression as the most basic defense mechanism. He put it, "repression theory is the pillar on which psychoanalysis is built" (as cited in Ryckman 42). Repression involves a subconscious denial of the existence of something that causes anxiety (Schultz and Schultz 49). Anna Freud also called repression as "forgetting motivation," simply not being able to remember a threatening situation, event, or person (Boeree 8). Difficult to remove is when the repression is operating. Since we use repression to protect ourselves from harm, to eliminate it, we must realize that ideas or memories are no longer harmful (Schultz and Schultz 49). This is a kind of unconscious forgetting of the existence of something that makes us uncomfortable or sick. Repression can act on memories of situations or people, on our perception of the present (thus we may fail to perceive some clearly disturbing events right in front of us), and even on physiological functions of the body (Schultz and Schultz 49). Repression occurs entirely on an unconscious level, and involves preventing unpleasant experiences that are repulsive to the ego from reaching consciousness (as cited in Ryckman 42).

According to Freud, whenever the ego is threatened by unwanted id impulses, the ego protects itself by suppressing those impulses using threatening feelings into the unconscious. Furthermore, Freud believed that there are several possibilities that occur after the impulses are in the unconscious that is, the impulses may remain unchanged in the unconscious; they can force their way into consciousness in an unchanged form and will create more anxiety than the

person can handle, as a result the person will be filled with anxiety (Feist and Feist 41). In many cases the repression is then perpetuated for a lifetime. For example, a young girl may permanently repress her hostility for a younger sister because her hateful feelings create too much anxiety. Another example, a woman who hated her father might repress her hostility and anger, and thus be totally unaware of her actual feelings.

B.2.2 Denial

Denial is refusing to acknowledge something (Vazire 22). The defense mechanism of denial is related to repression and involves denying the existence of a threat or a traumatic event that has occurred. For example, a person with a terminal illness may deny the imminence of death. Parents of a child who has died may continue to deny the loss by keeping the child's room unchanged (Schultz and Schultz 50). Denial refers to a person's refusal to perceive an unpleasant event in external reality. In adults, the use of denial may be normal during times of extreme stress. For example, we may engage in denial when we are told of the death of a loved one. Our disbelief allows us to cope with the shock and to assimilate it in a more gradual and less painful manner (as cited in Ryckman 43). This denial is a defense in which information or activities are rejected from awareness if they are considered threatening which causes anxiety.

B.2.3 Reaction Formation

In reaction formation, we defend ourselves against a disturbing impulse by actively expressing the opposite impulse (Schultz and Schultz 50). Freud

considered it a lower form of sublimation (as cited in Ryckman 44). Reaction formation is one way in which a suppressed impulse becomes conscious is through adopting a disguise that is directly opposite to its original form (Feist and Feist 41). For example, a man who hates his wife but is very kind to her would be a relevant example (as cited in Ryckman 44). Freud believed that reaction formation was limited to one object; for example, people with reactive love only pour out affection for that person they hate unconsciously. In addition, Freud also argues that reactive behavior can be identified from its excessive character with obsessive and compulsive forms. Another example can be seen in a young woman who deeply resents and hates her mother. Because she knows that society demands affection toward parents, such conscious hatred for her mother would produce too much anxiety. To avoid painful anxiety, the young woman concentrates on the opposite impulse that is love, although it is not genuine (Feist and Feist 41).

B.2.4 Projection

Projection is a defense mechanism that involves attributing disturbing impulses to someone else (Schultz and Schultz 50). According to Freud, defense mechanisms of projection which can be defined as seeing in others unacceptable feelings or tendencies that actually reside in one's own unconscious (Feist and Feist 43). Moreover, according to Freud, when a person protects the ego by attributing undesirable characteristics to others, we can conclude that projection has occurred (as cited in Ryckman 44). For example, a girl who hates her mother may be believed that her mother hates her. A student who

cheats on examinations may continually assert that other students received high grades because they cheated. Projection is the misattribution of one person's unwanted thoughts, feelings, or impulses to another person who does not have those thoughts, feelings, or impulses (Grohol 2).

B.2.5 Regression

Regression is a movement back to the psychological period when a person is faced with a stressful situation (Boeree 11). It is a return to an early stage of development when faced with unacceptable thoughts or impulses (Grohol 2). Regression is a defense mechanism that implicates changing behavior to an earlier and less stressful period of life and usually exhibiting childish behavior characteristics for a safer time (Schultz and Schultz 50). This mechanism occurs because of the transfer of behavior from ripe to immature. This means, when the ego feels threatened, the person may revert to a more childlike form of behavior as a means of dealing with stress (as cited in Ryckman 43). Regression is common and easy to happen in children. For example, on the first day of school, a 6 year old boy may start sucking his thumb or leaning on his mother.

B.2.6 Rationalization

Rationalization is a defense mechanism that reinterprets a behavior to make it less threatening and more acceptable (Schultz & Schultz 50). Rationalization is putting somethings into a different light or providing inappropriate explanations for one's perception or behavior in the face of changing reality (Grohol 3). It

comes with rational, logical but wrong explanations for shameful actions or thoughts (Vazire 22). According to Richard M. Ryckman, rationalization is the justification of a behavior with the use of reasonable reasons, but not true (44). We allow or justify threatening thoughts or actions by convincing ourselves that there is a rational explanation for it. For example someone who was fired from their job might rationalize themselves by saying that they do not like the job (Schultz and Schultz 50).

B.2.7 Displacement

Displacement is redirecting an unwanted impulse toward something more acceptable (Vazire 22). In displacement, people may direct their unacceptable impulses to various people or objects so that the real impulses are disguised or hidden. Freud also employs displacement to refer from one neurotic symptom to another (Feist and Feist 42). Displacement involves transfer of id impulses from a threatening object or from an unavailable object to an available object (Schultz and Schultz 50). People always use displacement when they are unable to express their feelings in a safe way to the person they are addressing. A classic example is a person who is angry with his boss, but cannot express his anger at his boss for fear of being fired. Instead he comes home and kicks the dog or starts an argument with his wife (Grohol 3).

B.2.8 Sublimation

Displacement involves a substitute object to fulfill the id impulse, while sublimation involves changing the id impulse itself. Sublimation is a defense

mechanism that links the change or transmission of id impulses by converting instinctive energy into socially acceptable behavior. The instinctual energy is thus diverted to other channels of expression, which are considered socially acceptable and admirable (Schultz and Schultz, 50-51). According to Ferud, sublimation helps both individuals and social groups (Feist and Feist, 44). This is a form of displacement in which the unacceptable id impulses themselves are transformed and is not changed to the intended object. Sublimation is the transforming of an unacceptable impulse, whether it be sex, anger, fear, or whatever, into a socially acceptable, even productive form (Boeree 12). So someone with a great deal of hostility may become a hunter, a butcher, a football player, or a mercenary. Someone suffering from a great deal of anxiety in a confusing world may become an organizer, a businessperson, or a scientist. For example, a woman with a strong need to be aggressive can channel her energy into socially acceptable activities, such as an outstanding scientist or a world-class athlete (as cited in Ryckman 43).

In summary, all of the defense mechanisms are protecting the ego towards the anxiety. Defense mechanisms are beneficial to the individual and harmless to society. This strategy helps everyone to face the problems in life.

CHAPTER III

RESEARCH METHOD

This chapter presents of procedures and research steps to solve the research problem. It consists of three sub-chapters, which are types of the research, data organizing, and analyzing the data.

A. Types of the Research

This study used qualitative methods. Data was collected by describing it in sentences. Qualitative research was designed to explore the human elements of a given topic, where specific methods are used to examine how individuals see and experience the world. Qualitative approaches are typically used to explore new phenomena and to capture individual's thoughts, feelings, or interpretations of meaning and process (Given 29). The resulting data is referred to as "narratives" those are comments in an interview, statements in a written text, but also videos, even works of art (Cropley). It can be understood that qualitative means understanding what people are doing and saying or hearing, getting and understanding what something means. In this case, qualitative data uses descriptive to describe everything towards the object, for example picture, monologue and dialogue. It was presented descriptively because the analysis of data is in the form of words, phrases, sentences, utterances, or dialogues not in the form of numbers.

B. Data Organizing

B.1 Data Collecting Method

In organizing the data, there some steps used in this analysis, they were:

B.1.1 Watching the movie

The first step in organizing the data is watching the movie several times to see and understand the general and detailed story. Because after understanding the story in detail, it can help to see the important points related to the problem.

B.1.2 Reading the movie script

The second step was reading the movie script. In organizing the data, after watching the movie, reading the movie script several times was also the most important part in the analysis. Because reading the movie script used to understand the story and got the important elements that fit with the problems.

B.1.3 Identifying the Data

After watching and reading the movie script several times, identification was carried out to find the parts of the movie to be analyzed. The important parts related to the problems that are obtained were anxiety and defense mechanisms experienced by Arlo. The data identified were in the form of dialogue or monologue in the movie script.

B.1.4 Classifying the Data

Classifying data is grouping all data by identifying them based on the problem formulation contained in the movie. There are two problems that need to

be solved, namely anxiety and the defense mechanism experienced by Arlo.

Classification of data is used to answer both problems and collect them according to each problem.

B.1.5 Inventorying the Data

Inventorying data Inventorying data means making a list of everything identified from the movie according to each problem and putting it on the table. The table consists of column numbers those are data forms, where data is found and comments. The inventory data table is called the Appendix.

B.1.6 Reducing the Data

Reduction means the process of eliminating or filtering data from large to small in order to get data that fits the problem. In reducing the data, it is used to answer the right problems and the data has been reduced to more specifics.

B.2 Types of the Data

There were two kinds of the data in this study, they were:

1. Primary data which were taken from narratives, dialogues and pictures in *The Good Dinosaur* movie.
2. Secondary data were cited from e-books, e-journals, articles and sites correlated to the study.

C. Analyzing the Data

Data analysis is a technique that consists of reporting and analyzing data from movie and movie scripts that are in accordance with the problem. Analyzing

the data is the last step in conducting this research. Research analysis is taken from data selected by the author and the reasons, stating why the data supports the determination of the problem. The complete analysis is outlined in Chapter IV as the final result of this research. Supporting data is added in the appendix.



CHAPTER IV

FINDINGS AND DISCUSSION

This chapter of finding and discussion consists of two sub chapters; they are the anxiety and defense mechanism of the main character in *The Good Dinosaur* movie.

A. Anxiety experienced by Arlo *The Good Dinosaur* movie

Anxiety is something that is often faced by many people in this world. According to Freud, anxiety as a feeling like fear and frightened without any definite cause (as cited in Schultz and Schultz 47). There are many things that can cause anxiety. It can arise anytime and anywhere. Anxiety can come from many sources, those are ourself, others, environment and so on. Anxiety that occurs to a person is caused by a thing or event faced by that person.

Arlo is experiencing anxiety caused by events or things that happen to him. This is illustrated in the movie where Arlo is born as a timid dinosaur. Anxiety faced by Arlo comes from small things to big things. He always felt anxious about the task given to him by his parents. But finally he had to experience an event that he had never faced, that is being carried away by the current far from home. He felt anxious when he found out he was lost in the wild forest and did not know the way home. He was worried that he would not be able to return home and meet his family. He tries to find a way to return home with the many obstacles and problems he faces in the wild. More explanation of Arlo's anxieties will be discussed below:

A.1 The Reality Anxiety of Arlo

Anxiety which is the fear of real danger is known as reality anxiety. This anxiety occurs because of the real dangers in the real world with real objects. This is a fear of tangible dangers (Schultz and Schultz 47). This first type of anxiety identifies that the object is real. In addition, this anxiety as an unpleasant and non-specific feeling can involve danger. Therefore, from the above explanation, reality anxiety is a feeling of anxiety when object that the people afraid appears, although the object is not certain to involve danger. Arlo's reality anxiety can be seen through the narrative and dialogue:

YOUNG ARLO: "You're free... Hello, move. Go find your poppa. And your..."

BOOM. BOOM. Two ugly feet with giant talons step next to Arlo. HENRIETTA -- the chick's ugly, mean...

YOUNG ARLO: "...momma." Arlo freezes.

CUT TO: The gate slams open, Arlo runs, screaming! Henrietta chasing Arlo out of the pen.

(The Good Dinosaur 07:57- 08:12).

The reality anxiety of Arlo is experienced when he is running because he is getting threats from Henrietta, the chicks ugly that scares him. This becomes the first reality anxiety experienced by Arlo. Arlo was worried by the sudden appearance of this creature and it startled him that made him run away in fear. Thus, the object of what Arlo afraid exists, that is Henrietta, the chick's ugly in the coop.

Furthermore, another proof of the reality anxiety experienced by Arlo in the *The Good Dinosaur* movie can be seen from the quotes below:

ARLO: “By myself?”

POPPA: “Go on.”

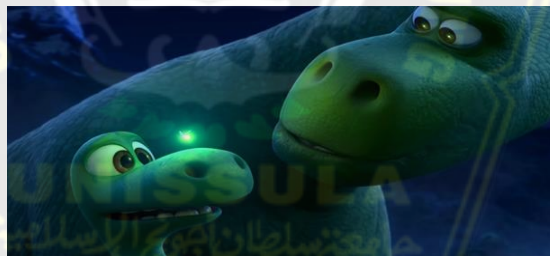
Arlo, scared but wanting to impress his father, cautiously moves out into the grass.

An ugly bug flies up out of the grass and lands on Arlo’s nose. Arlo looks at it, frightened.

ARLO: “Poppa. Poppa.”

Poppa comes over. **Arlo is frozen.**

POPPA: “Calm down. Breathe.” (*The Good Dinosaur* 12:57-13:13).



Picture 4.1 Arlo was frightened by the fireflies that perched on his nose.

Anxiety is a common thing experienced by many people. Reality anxiety is anxiety about real objects. Although this anxiety arises because of the presence of a tangible object, it is not specific and can involve danger. Like we can see from the quotes, Arlo wants to impress his father by walking on the grass, but an ugly bug flies and lands on his nose which makes him freeze. Therefore, the reality anxiety experienced by Arlo was when an ugly bug landed on his nose.

Another proof of the reality anxiety experienced by Arlo in the *The Good Dinosaur* movie is also described as below:

ARLO: "Okay... you're free."

The boy/critter sniffs toward Arlo.

ARLO: "W-W-What are you doing? Jus-just leave! Flee!"

But the boy/critter keeps coming. Arlo backs away.

ARLO: "Stay back. Go!"

BAM. Arlo trips over a rock. The boy/critter is almost on him!

It's too much, Arlo is terrified. He screams! (*The Good Dinosaur* 17:12-17:23).

Fear is another name for reality anxiety as people nowadays call. Real objects are the cause of this anxiety. From the quotes, the boy sniffs toward Arlo. Arlo is scared and tries to get rid of the boy. He was worried that the boy would hurt him. But the boy was ignored and got closer which made Arlo even more scared and screamed. Therefore, Arlo's reality anxiety shows when the boy sniffs toward him.

Moreover, another proof of Arlo's reality anxiety can also be seen below:

Arlo looks ahead through the trees and sees, like a horrible monster, FLOOD WATER BANKING DOWN THE NARROW CANYON, ROARING TOWARD THEM.

Arlo freezes, too terrified to move. Poppa grabs Arlo, throws him up the bank. Arlo lands hard, looks back to his father.

ARLO: "Poppa!"

Poppa struggles to climb up the ledge. The flood water tumbling toward him.

ARLO: "Poppa! Poppa! POPPA!"

Poppa looks to Arlo just as the WALL OF WATER HITS. (*The Good Dinosaur* 19:47-20:03).



Picture 4.2 Arlo saw his father who was about to be hit by the flood water. Reality anxiety occurs because there is a real danger in the face. This real danger occurs in the surrounding environment. It's the same as what happened to Arlo, from the quotes when he was faced with fear from the environment, namely natural disasters. Arlo saw the flood waters coming against them from behind the trees. Arlo, who was terrified, freezes and couldn't move. His father, knowing this, helped Arlo rise to higher ground. But when his father tried to climb up, instead he was hit by the flood waters. Therefore, the reality anxiety experienced by Arlo was when the floodwaters came to confront them and instead hit his father. It is

aligned with Schultz and Schultz who state that This involves a fear of tangible dangers in the real world. Most of people justifiably fear of fires, hurricanes, earthquakes, and some kind of disasters (48).

Another proof of Arlo's reality anxiety can also be seen below:

Arlo tumbles in the water, gasping for air!

He sees the farm receding.

ARLO: "Help --"

Arlo gets pulled under, he leaps for air.

ARLO: "MOMMA! MOMMA!! MOMMA!!!"

But he's already too far away, the current pulling him down the river.

Arlo struggles to keep afloat. The rapids pull him under, he spins in circles, resurfaces.

There's a giant boulder ahead. Arlo gets pulled under by the current. BAM. He hits his head, almost knocked out.

Arlo resurfaces, his vision fading. The last thing he sees are the looming jagged peaks of Clawtooth Mountain.

Arlo passes out.

FADE TO BLACK.

FADE IN:

EXT. SANDBAR - DAY

Arlo slowly comes to, his body beached on a small sandbar. He struggles to stand, in shock, dazed, his body aching.

He stumbles to the rocky beach. His feet and legs are scratched and bleeding. He feels a bruise on his head, grimaces in pain.

He looks up, around the sandbar, trying to get his bearings.

He's surrounded by cliff walls.

ARLO: "Momma?"

No reply.

ARLO: "Momma!" (*The Good Dinosaur* 22:09 – 24:40).



Picture 4.3 Arlo fell into the river and was carried away by the current.

Reality anxiety is caused by a real danger in the environment. Just like the quotes when Arlo falls into the river. He screamed for help from his mother but the current of the river had carried him far and the rapids pulled him into the water. Arlo's head hit a boulder making him unconscious and the last thing he saw was Clawtooth Mountain. After conscious, Arlo with a bruised body condition,

shocked and confused trying to stand up and made him stumble over to the rocky beach. Even so he kept trying to call his mother. Therefore, Arlo shows reality anxiety because of his anxiety about the current of the river that takes him far from Clawtooth Mountain or his home and makes him shocked and dazed when he wakes up.

More proof of the reality anxiety experienced by Arlo in *The good dinosaur* movie can be seen below:

Nearby shrubs RUSTLE, **Arlo sits up -- something is coming toward him!**

Arlo looks out into the wilderness -- whatever it is, it's getting closer.

The bushes in front of Arlo move and there is the boy. He carries a stunned LIZARD in his mouth.

ARLO: **"You again?!"**

The boy lays the lizard in front of Arlo.

ARLO: **"Get outta here!"**

The boy steps back a few paces, looks at Arlo. Arlo looks at the stunned lizard in front of him. What am I supposed to do with that? The boy looks at Arlo. Waits.

(The Good Dinosaur 30:40-31:10).

Everyone is worried about the things they face. Moreover, it relates to the real object. Arlo felt threatened when he saw something moving behind the bushes and it was the boy. He brings a lizard on his mouth. Arlo was worried that the boy

would hurt him. Finally, Arlo got angry and chased the boy who was near him. Even though, the boy is still waiting for Arlo to eat that lizard. Therefore, the reality anxiety that Arlo experienced is when he sees something moving behind the bushes and it is the boy. He was worried that the boy would hurt him and Arlo tried to kick him out.

Arlo's reality anxiety is also portrayed through the proof below:

ARLO: "Where are you going?"

The ground beneath Arlo narrows, each step becoming more precarious as they make their way up the cliff. Arlo presses his body tightly against the wall. Rocks crumble beneath him, tumbling to the ground far below.

The boy stops. **The ledge ends, with a huge gap to the other side.** The boy thinks a moment.

ARLO: "I-I knew it! I'm gonna die out here because of you!"

The boy turns to Arlo, starts pushing Arlo's feet out from underneath him. **Arlo stumbles, trying to keep his balance.**

ARLO: "Hey -- hey -- hey -- hey -- hey, what are you doing? N-N-No, s-stop!"

The boy gets behind Arlo and starts pushing him toward the gap!

ARLO: “Hey... hey! NO! STOP!”

The boy bites Arlo’s leg! Arlo yelps, losing his balance and crashing forward... He barely catches himself with his teeth, clinging to the opposing cliff edge. (*The Good Dinosaur* 33:50-34:09).

Everyone who faces a danger will feel anxious, especially when the danger is right in front of him, the anxiety will increase. This is experienced by Arlo in the quotes. Arlo followed the boy's steps to the cliff. The road he passed was getting narrower and more dangerous. Arlo walked closer to the cliff wall and the stones he passed fell down the cliff. The boy stopped because there a ledge ends, with a huge gap to the other side in front of him. Therefore, the reality anxiety shows by Arlo when he stepped on the edge of a cliff that was narrow and difficult to pass.

Another proof of Arlo’s reality anxiety can also be seen below:

Arlo follows Spot, but as debris begins to fly at them on the strong wind, Arlo gets nervous, slows down.

Spot is tenacious, keeps pushing forward.

ARLO: “We should stop!”

Spot doesn’t hear, pushes on.

BOOM. THUNDER crashes, Arlo flinches. Menacing storm clouds form overhead, lightning flashes!

ARLO: “Stop!”

BOOM! The thunder grows louder.

CRASH! Lightning flashes close by.

FLASHBACK - EXT. MOUNTAIN PASS - DAY

That day with his father in the Clawtooth Mountain pass. The ground shaking, rain pouring on them, water rushing down the pass. (*The Good Dinosaur* 46:33-47:00).

This anxiety can come from the environment such as natural disasters. In addition, this avoiding outside dangers that can hurt. This anxiety aims to protect ourselves from real dangers. As in the quote, Arlo again sees the bad weather as when he was with his father. But this time he got it while walking after Spot. Strong winds accompanied by debris flew towards them. Arlo couldn't take it anymore and told Spot to stop but not heard. The sound of thunder sounded from above, storm clouds and lightning flashed. Arlo is getting scared and anxious because it reminds him of the same thing that happened to him and his father. Therefore it can be seen that Arlo's reality anxiety is when he is faced with bad weather accompanied by strong winds, storm clouds, thunder and lightning flashing across the sky. And it's like the same thing happened with his father.

Another proof of Arlo's reality anxiety can also be seen below:

EXT. RIVER - CONTINUOUS

Arlo struggles to swim in the current. Debris cuts into his skin.

He resurfaces, searches for Spot.

ARLO: "Spot!"

The current pulls him back under, he resurfaces, gasping for air and sees...

SPOT! Unconscious, floating in the tree.

Arlo hears the ROAR OF A WATERFALL, trees crashing over the edge. Arlo swims toward Spot!

Spot's eyes start to open...

Arlo fights the current. A massive tree is headed toward him, its limbs sticking out like spikes.

Arlo dives down, swims beneath it, the branches cutting into him. He doesn't flinch, determined to reach Spot.

He resurfaces... **Arlo is almost to Spot... but they are quickly approaching the waterfall!** Spot's tree submerges. He jumps -- swims toward Arlo. (*The Good Dinosaur* 1:16:42 – 1:17:59).

Reality anxiety is facing something real. From quotes, Arlo tried to swim in the middle of the current and called the spot. However, he heard the roar of a waterfall not far from him. He tried to swim to Spot and reach it even though a large tree carried by the current injured him. Thus, This Narrative shows Arlo's reality anxiety because of his fear of a waterfall not far from him and Spot.

A.2 The Neurotic Anxiety of Arlo

Neurotic anxiety begins from a conflict between the id and the ego. This anxiety is fear, worry and discomfort about something that is uncertain because it is caused by worries that are dominated by the id. This neurotic anxiety is the

subconscious fear of being punishment for exhibiting id-dominated behavior. This fear occurs as a result of satisfying the instincts and not on the instincts themselves (Schultz and Schultz 48). Feelings of anxiety occur in the ego however, it all comes from the impulses of the id. It is aligned with the quote from Strongman, neurotic anxiety is free-floating and does not have to be attached to real objects (as cited in Pack 2). It is another name for nerves. This anxiety has no real object but has a basis in reality. This anxiety occurs because of fear of the punishment that will be received, although not sure it will happen. Arlo's neurotic anxiety can be seen through the narrative and dialogue below:

Arlo sees the geysers lining a far ridge. The highest point Arlo can see, which means the best place to see his surroundings.

EXT. RIDGE - CONTINUOUS

Arlo climbs to the top of the ridge, **the WIND WHISTLING around him and he sees... vast miles of unpopulated wilderness.**

ARLO: "Where am I?"

Arlo turns in circles, his panic growing. On all sides, just more wilderness.

ARLO: "Where's home?" (*The Good Dinosaur* 26:05 – 26:25).

Different from reality anxiety, neurotic anxiety lies in the impulse of the id. This anxiety occurs because of the conflict of the id and ego. This happens because of

the fear of punishment because it is dominated by the impulse id. However, it has its basis in reality. From quotes, Arlo wakes up from his unconsciousness after being carried away by the current of a river that keeps him away from home. He climbed to a higher peak to see the Clawtooth Mountain. However he did not see it at all and it made him anxious because he did not know his current location. Therefore, the neurotic anxiety shows by Arlo is when he realized he was in the wild and worried that he will not see the Clawtooth Mountain which can be a sign for him to go home.

Moreover, another proof of neurotic anxiety experienced by Arlo in *The good dinosaur* movie is also described as below:

ARLO: "What?"

RAMSEY: "He just wants you to get on that rock and scream."

She gestures to a BOULDER, TILTING IN THE CENTER OF THE FIELD. Longhorns all around it.

ARLO: "Uh... **but, who's out there?**"

BUTCH: They'll come right at you. You hold your ground. Don't move."

ARLO: "**Don't move? What if they have claws and big teeth?**"

BUTCH: "Don't over think it."

He pushes Arlo out into the field!

Arlo, with Spot on his back, goes a few steps, but does not want to do this. He glances back at the T. rexes.

Butch nods -

- "Go!" (*The Good Dinosaur* 56:33-56:58).

Neurotic anxiety caused by suppression of the id impulse. This anxiety is not attached to the real object. Arlo was given the task of standing on a rock in the midst of a herd of longhorns and screaming. He was worried about something among the longhorns. Although actually something as he thought it wasn't necessarily there. Butch encouraged him to do his bidding. Therefore, from quote that shows neurotic anxiety experienced by Arlo when it is ordered to stand in the middle of a herd of longhorns. He was worried that something terrifying was among the cattle; it had huge claws and teeth.

Another proof of Arlo's neurotic anxiety can be seen as below:

The ground begins to shake, Arlo turns upriver: A MASSIVE LANDSLIDE CRUMBLES DOWN INTO THE RIVER VALLEY, WATER CRASHES DOWN THE PASS -- A FLASH FLOOD IS ROARING TOWARD THEM!

The river's raging water pushes a wall of debris, trees are knocked down in its path.

Arlo looks to Spot holding on to the tree -- right in the center of the flood's path! Spot reaches for Arlo, but Arlo is too far downriver.

Arlo must get to Spot now! Arlo runs up the bank, toward the rushing flood water, the storm blowing against him.

ARLO: "Spot!" (*The Good Dinosaur* 01:16:12-01:16:25).

Neurotic anxiety begins from the conflict between the id and the ego and has a basis in reality. As in quotes, Arlo felt the ground begin to shake and the rushing river water roared towards them and knocked down the trees in its path. He looked at Spot in the middle of the flood lane. Spot tries to reach the distant Arlo. This event is the same as what happened to him and his father that killed his father. Arlo is anxious to see Spot going through the same thing as his father. Not wanting the same thing to happen, he ran towards Spot. Therefore, the neurotic anxiety that Arlo experienced is when he doesn't want the same thing happen to Spot as his father died.

With the explanations above, it can be seen that Arlo as the main character in *The Good Dinosaur* movie has two type of anxiety. They are reality anxiety and neurotic anxiety.

B. Defense Mechanism experienced by Arlo *The Good Dinosaur* movie

everyone must have a conflict or problem that they experience. In addition, everyone must have a way to deal with the problem. It depends on each person how they will deal with it. Defense mechanisms are strategies that used by ego to defend itself oppose anxiety by the everyday life conflicts (Schultz and Schultz 49). The ego takes on a role when anxiety gets out of control. This helps everyone

to stay in a safe situation or feeling. The use of defense is a part of normal because every day functions. Freud postulated several defense mechanisms and noted that it is rare to use only one defense mechanism; but usually defends against anxiety by use several at once (Schultz and Schultz 49). The main character in *The good dinosaur* movie depicts some kind of defense mechanism according to Freud's theory.

B.1 The Reaction Formation of Arlo

Reaction formation is a defense that expresses impulse opposite to it's the real form. This defense is limited to single object, for example, people with reactive love only pour out affection for that person they hate unconsciously. Freud also argues that reactive behavior can be identified from its excessive character with obsessive and compulsive forms (Feist and Feist 41). The Reaction formation of Arlo can be seen from the narrative and dialogue below:

ARLO: "Wow!"

Poppa smiles, runs, whooping through the grass, fireflies lifting off all around him, like shimmering stars. **Arlo loves it, follows.**

Arlo and Poppa running through the field together, chasing fireflies, making the night dance. (*The Good*

Dinosaur 13:42-14:09)

Expressing impulses that are opposite to their original form in self-defense is called reaction formation. Arlo shows this in his quote, when his father tries to impress him with fireflies which at first scared him and barely moves. Because he

saw his father who liked it, he finally did the same thing. He followed his father running through the grass and flying many fireflies. Therefore, the reaction formation that Arlo experienced when Arlo showed loving behavior for fireflies that at first he was afraid and did not like it, like running in the grass following his father and flying lots of fireflies.

Moreover, another proof of Arlo's reaction formation is also being seen below:

The berries are gone, just the empty stick left. Arlo turns to the boy.

ARLO: "But before I do... can you find me some more?"

The boy just stares at him.

ARLO: "Uh... here. More of these."

Arlo picks up the stick with his mouth. The boy still stares.

ARLO: "You know... um... nom nom nom."

Arlo pretends to chew the stick.

The boy grabs the other end of the stick, starts pulling it.

He's playing tug of war.

ARLO: "No... no... Stop! What are you doing?"

Arlo lets go, the boy gnaws on the branch.

Suddenly, the boy takes off.

ARLO: “H-Hey, wait!”

Arlo gets up, sees the boy dashing away on all fours.

ARLO: “**Are you taking me to the berries?**”

Arlo checks to make sure the river is in sight, follows the boy. (*The Good Dinosaur* 32:46- 33:06)

Reaction formation adopts a disguise that is directly opposite to its real form by suppressing the impulse to become conscious. The formation of this reaction is limited to one object only. From the quotes, Arlo asked the boy to be searched again for berries. But the boy did not understand what Arlo said. He then shows movements that are easy for the boy to understand. The boy, who understood this, took the stick in Arlo's mouth and ran to look for berries. Therefore, this quote shows Arlo's reaction formation because consciously, he is afraid and doesn't like the boy, but because he is hungry and wanted to eat the berries, he asks for help by not showing his fear and dislike for the boy. He behaved against his real feeling.

Another proof of reaction formation experienced by Arlo in *The Good Dinosaur* movie can be seen below:

Arlo, with Spot on his back, goes a few steps, but does not want to do this. He glances back at the T. rexes. Butch nods -- “Go!”

Arlo steels himself (does a “get over my fear” face), and moves toward the herd. He creeps through the

grass, looking back again. The T. rexes are now gone! Arlo continues.

Arlo and Spot make it to the rock. **Arlo does his “get over my fear” face again, and climbs on top.**

He opens his mouth to roar... NOTHING COMES OUT! Just a strangled whisper. Spot watches Arlo try again -- still nothing! (*The Good Dinosaur* 56:57-57:38).

Arlo took a few steps with Spot on his back. He did not really want to do this but Butch had pushed him to do his bidding. Like it or not, he had to do what Butch said. He braced himself by making a face overcoming my fear and stepping towards the herd of longhorns. Looking back, Butch and his two children had disappeared. Arlo continued on his way to the top of the rock and tried to scream. From the quotes it shows the reaction formation that is on Arlo. He did the opposite of his true feelings.

B.2 The Regression of Arlo

The defense mechanism that returns to an early stage of development to deal with stress is called regression. Regression is a defense mechanism that implicates changing behavior to an earlier and less stressful period of life and usually exhibiting childish behavior characteristics for a safer time (Schultz and Schultz 50). This occurs because of the shift from adult behavior to child behavior in dealing with unpleasant situations or thoughts. Regression that experienced by Arlo can be seen through the narrative below:

Arlo dodges in different directions -- scared, gets turned around. BOOM. THUNDER. **Arlo trips over debris on the ground, sees a fallen tree, its huge ROOT BALL exposed. He crawls under the roots, presses himself into the earth, trying to feel safe again.** (*The Good Dinosaur* 47:25:47:43).

A defense mechanism whose behavior returns to a developmental stage when under stress is known as regression. Regression also occurs when dealing with unacceptable thoughts or situations as a way of dealing with stress or anxiety. From the quotes, Arlo tries to avoid bad weather. This bad weather reminded him of the incident with his father. Arlo hides behind the roots of a fallen tree for protection. This shows the repression of Arlo because it seeks shelter from behind the roots of a fallen tree to avoid the same danger.

B.3 The Rationalization of Arlo

Rationalization is a defense that reinterprets behavior so that it is acceptable and not threatening. Rationalization is putting somethings into a different light or providing inappropriate explanations for one's perception or behavior in the face of changing reality (Grohol 3). This is tantamount to providing logical and plausible explanations for a shameful thought or action. According to Richard M. Ryckman, rationalization is the justification of a behavior with the use of reasonable reasons, but not true (44). Arlo's rationalization can be seen through the dialogue below:

YOUNG ARLO: “Poppa, Henrietta is the worst one in the coop.”

POPPA: “Yesterday you said Footless Fran was the worst.”

YOUNG ARLO: “She’s only got one foot!”

POPPA: “You don’t have to like ‘em, Arlo. You just have to feed ‘em.” (*The Good Dinosaur* 08:25-08:33).

Reinterpreting behavior so that it is acceptable and not threatening us is called rationalization. This defense mechanism is carried out by providing different explanations for behavior in the face of reality. Therefore, in quotes, Arlo tries to explain to his father about the cattle that frighten him. He explained that Henrietta was the worst cattle in the barn and only had one leg. Whereas before he had also said that Footless Fran was the worst cattle. From quotes shows the rationalization of Arlo because he always gives different explanations to his father when dealing with livestock in the coop.

Another proof of Arlo’s rationalization in *The Good Dinosaur* movie can be shown below:

POPPA: “Why’d you let it go?!”

ARLO: “It was was bitin’, and comin’ at me and screechin’... and I –“

POPPA: “You had a job to do!” (*The Good Dinosaur* 17:24-17:32).

Logical but false explanation of an action includes in rationalization. Therefore, from quotes, Arlo explained to his father that the boy bit him and came to him. Despite the fact that the boy only sniff toward Arlo, Arlo was scared. Therefore, Arlo rationalized by giving a different explanation to his father about the boy.

The next proof of Arlo's rationalization can be describing from the dialogue below:

He spots the river in the valley below him, going on for miles and miles... and Arlo realizes...

ARLO: "As long as you can find the river, you can find your way home. Arlo starts his journey upriver." (*The Good Dinosaur* 26:24 – 26:41).

Rationalization also justifies behavior by using reasonable reasons, but that is not necessarily true. From quotes, Arlo sees the river under the valley and he realizes his father's message about the way back home if lost by finding the river. He believed it would take him home even though the river was miles long in front of him. As explained that rationalization justifies behavior by giving inappropriate reasons, Arlo also does that by believing his father's words to find a river when lost so that he can return home even though the river is miles long.

The last proof of Arlo's rationalization in *The Good Dinosaur* can be seen below:

Arlo resurfaces carrying an unconscious Spot. Arlo paddles to shore.

He crumbles to the ground, gently laying Spot on his leg.

Arlo nudges Spot, trying to wake him.

Spot doesn't move. Beat.

Arlo gently blows on Spot.

Spot coughs, opens his eyes.

They look to each other, smile. "We're okay." Arlo lays his head down, closes his eyes in exhaustion.

(The Good Dinosaur 1:18:20– 1:18:56).

Everyone when faced with a problem, they try to convince themselves that they are fine in order to reduce the discomfort. Rationalization takes on that role in the defense mechanism by providing an acceptable explanation even if it is not true. Therefore on Narrative, Arlo brought the unconscious Spot on the river bank. He collapsed to the ground and placed Spot on his leg. He wakes up Spot by nudging and blowing gently. Spot opened his eyes and they smiled at each other as if to say they were fine after facing the current of the river. It shows that Arlo is experiencing rationalization defense mechanisms because he convinces himself that they are fine after being hit by the river current.

B.4 The Displacement of Arlo

Displacement is a defense mechanism that directs unwanted impulses to what is available. Displacement involves transfer of id impulses from a threatening object or from an unavailable object to an available object (Schultz and Schultz 50). This mechanism directs the actual impulse to another person or

object that is less threatening than its original form. Displacement experienced by Arlo can be portrayed from the narrative and dialogue below:

The boy is fast, jumps out of the way, down onto Arlo's back.

The boy grabs a stalk of corn, leaps to the ground and runs.

ARLO: "It's all your fault!"

The boy moves swiftly on all fours. Arlo chases him, biting at him, trying to grab hold of the stalk.

ARLO: "My poppa would still be alive if it weren't for you!"

Arlo gets ahold of the stalk of corn, but the boy doesn't let go. (*The Good Dinosaur* 21:47- 21:55).

The defense mechanism by transferring unacceptable or threatening impulses to an available object or person is included in displacement. From quotes, Arlo meets the boy again after his father's death. Arlo vents his dislike for the boy by scolding him and blaming him for his father's death. Even though, his father's death was not caused by the boy. But the boy did not hear and instead stole the corn and ran. Therefore, another defense mechanism experienced by Arlo is displacement when blaming the boy.

Furthermore, another proof of displacement experienced by Arlo in the *The Good Dinosaur* movie can be seen from the quotes below:

Startled, Arlo looks up and sees a figure at the top of the cliff. It's the same critter/boy from the farm! The boy looks down at Arlo, in what seems like curiosity. Arlo isn't curious -- he's pissed!

ARLO "You!"

Furious, Arlo propels himself up the cliff to get at the boy!

ARLO: "I -- I should have killed you... the first time."

The boy just sits at the edge of the cliff, watching, as Arlo ineptly gets up the cliff.

Arlo lifts his head up over the ledge. He uses his neck to inch forward toward the boy.

ARLO: "This is all your fault!"

He bites at the boy, trying to get ahold of him. The boy quietly watches Arlo's struggle.

ARLO "Get over here! Get over here!" (*The Good Dinosaur* 25:05 – 25:27).

Move the impulse on some object or person so that the original impulse is hidden. From quotes, Arlo saw the boy who was on top of the cliff looking at him. Arlo, who was annoyed, scolded the boy and tried to reach him from the top of the cliff. Arlo blames the boy for making him fall into the river and get carried away by the current river far from home and he tries to attack the boy. Therefore, Arlo

experienced defense mechanism of displacement because he blames the boy for what happened to him and tries to attack him.

Another proof of Arlo's displacement is shown from the dialog below:

The boy stops. The ledge ends, with a huge gap to the other side. The boy thinks a moment.

ARLO: "I-I knew it! I'm gonna die out here because of you!"

The boy turns to Arlo, starts pushing Arlo's feet out from underneath him. Arlo stumbles, trying to keep his balance.

ARLO "Hey -- hey -- hey -- hey -- hey, what are you doing? N-N-No, s-stop!" (*The Good Dinosaur* 33:50 – 34:01)

Displacement indicates the displacement of the impulse id from a threatening object to a non-threatening object or to an available object. From quotes, Arlo scolds the boy and blames him for leading him to a steep cliff. The boy turned and walked past Arlo's feet making him wobble. Arlo told the boy to stop and scold him. Therefore, the quotation shows Arlo is experiencing a displacement defense mechanism because he scolds and blames the boy for leading him to a steep cliff.

B.5 The Sublimation of Arlo

Sublimation involves changing the id of the impulse itself. The change is directed at things that are acceptable in society. Sublimation is a defense mechanism that links the change or transmission of id impulses by converting

instinctive energy into socially acceptable behavior (Schultz and Schultz, 50). According to Ferud, sublimation helps both individuals and social groups (Feist and Feist, 44). Sublimation experienced by Arlo in the *The Good Dinosaur* movie can be seen from the narrative below:

ON SPOT: The debris is barreling toward him, he lowers down into the tree trunk for protection.

ON ARLO: **HE LEAPS BETWEEN SPOT AND THE WALL OF WATER!**

BAM! The flood water hits Arlo midair, he's knocked into the water by the debris. (*The Good Dinosaur* 01:16:34- 01:16:43).

Sublimation is a defense mechanism that has a positive effect on changing socially acceptable behavior. It involves transferring instinctual energy to other channels of expression that are admirable and socially acceptable. From the quotation, Arlo demonstrates a socially acceptable action by helping Spot from being hit by a flood. He sacrificed himself by becoming a fortress so that Spot would not be directly hit by the flood. Arlo did that because he had previously lost his father due to the same thing. Therefore, Arlo tries to save Spot from being hit by a direct flood. Therefore the sublimation experienced by Arlo when he saved Spot so that the same thing did not happen to him like his father's death.

Based on the explanations above, it shows that Arlo as the main character in *The Good Dinosaur* movie has five characteristics of defense mechanisms. They are; reaction formation, regression, rationalization, displacement, and sublimation.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter five consists of conclusion of this study based on the result of the analysis in chapter four and followed by suggestion.

A. Conclusion

The conclusion of the problem formulations in this study is based on the analysis in chapter four. This study analyzes anxiety and defense mechanism experienced by Arlo as the main character in *The Good Dinosaur* Movie. Both of the two problem formulations in this study are analyzed by using Sigmund Freud's psychoanalysis theory.

Based on Freud's theory, anxiety is a feeling like fear, discomfort and worry caused by an impending and uncertain danger. There are three kinds of anxiety, they are: reality anxiety, neurotic anxiety, and moral anxiety. Besides, defense mechanism are the strategies that ego uses to against anxiety. There are eight kinds of defense mechanism, they are: repression, denial, reaction formation, projection, regression, rationalization, displacement, and sublimation.

Based on the analysis, this study finds out two kinds of anxiety experienced by Arlo and five kinds of defense mechanism done by Arlo to reduce the his anxiety. The two kinds of anxiety experienced by Arlo are reality anxiety and neurotic anxiety. The first anxiety that experienced by Arlo is shown when Arlo was always anxious about situations that were frightening to him, because he was born differently as a timid dinosaur which is very different from his two brave and

strong brothers. Even if the fear is from the little things though, especially when he was carried away by the river far from home, making his feel more anxious. He encounters something real in the wild and struggles to return home. And the second anxiety that experienced by Arlo is shown from his fear of being in the wild and not knowing the way to return home. In addition, the trauma of the death of his father always made him worry that the same thing would happen to him and his friend Spot. The five kinds of defense mechanisms done by Arlo are reaction formation, regression, rationalization, displacement, and sublimation. Based on the analysis, the defense mechanism done by Arlo when Arlo faces his fears as a timid dinosaur. Furthermore when he is lost in the wild, he must be able to better fight his fears to face the real obstacles in front of him. He tried to find a way to survive and return home.

B. Suggestion

Based on this study, there are some suggestions that can be given to the readers. First, the readers could analyze other movies such as *Ratatouille* (2007) by Brad Bird using Sigmund Freud's psychoanalysis theory. Second, *The Good Dinosaur* movie can be analyzed by the readers, using other theories such as the hero's journey. The third suggestion to the readers who want to using anxiety and defense mechanism theories by Sigmund Freud, there are structure of personality which are the levels of personality as the basic of Freud theory that should be mastered before conducting an analysis. They are id, ego and superego.

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