



**THE ANALYSIS OF AMBER IN THE FILM OF
“ELEMENTAL FORCES OF NATURE” BY PETER SOHN
THROUGH ANXIETY THEORY**

THESIS

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20200600001

ENGLISH STUDIES

FACULTY OF SOCIAL SCIENCES AND HUMANITIES

BUDDHI DHARMA UNIVERSITY

TANGERANG

2024



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Tangerang, 09 September 2024

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STATEMENT OF AUTHENTICITY

I honestly declare this final project is my own writing. This is true and correct that I do not take any scholar ideas or work from others dishonestly. All the cited works are quoted in accordance with ethical code academic writing.

Tangerang, 09 September 2024



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The Analysis Of Amber In The Film Of “Elemental Forces Of Nature” By Peter Sohn Through Psychological Theory is the title of the research that the writer wants to start with thanksgiving to ALLAH SWT who has given the author the opportunity and knowledge so that this research can finally be completed. The author appreciates this research which can increase his knowledge, but on the other hand the author still has problems in writing and understanding the topics raised. However, researchers will continue to strive to convey the best possible information. There were many challenges faced during the writing of this thesis, but all of them could be overcome with the help of many other people:

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The researcher is aware of the many problems that exist in this thesis. Therefore, criticism and suggestions to improve this thesis are highly appreciated. I hope that readers will find my research informational material that is informative and useful. Many thanks to my friends, as well as the examiners and supervisors who were very patient with me and helped me by providing excellent direction for the smooth running of this research.

Tangerang, 09 September 2024

The researcher,



Selvi Purnama Sari

ABSTRACT

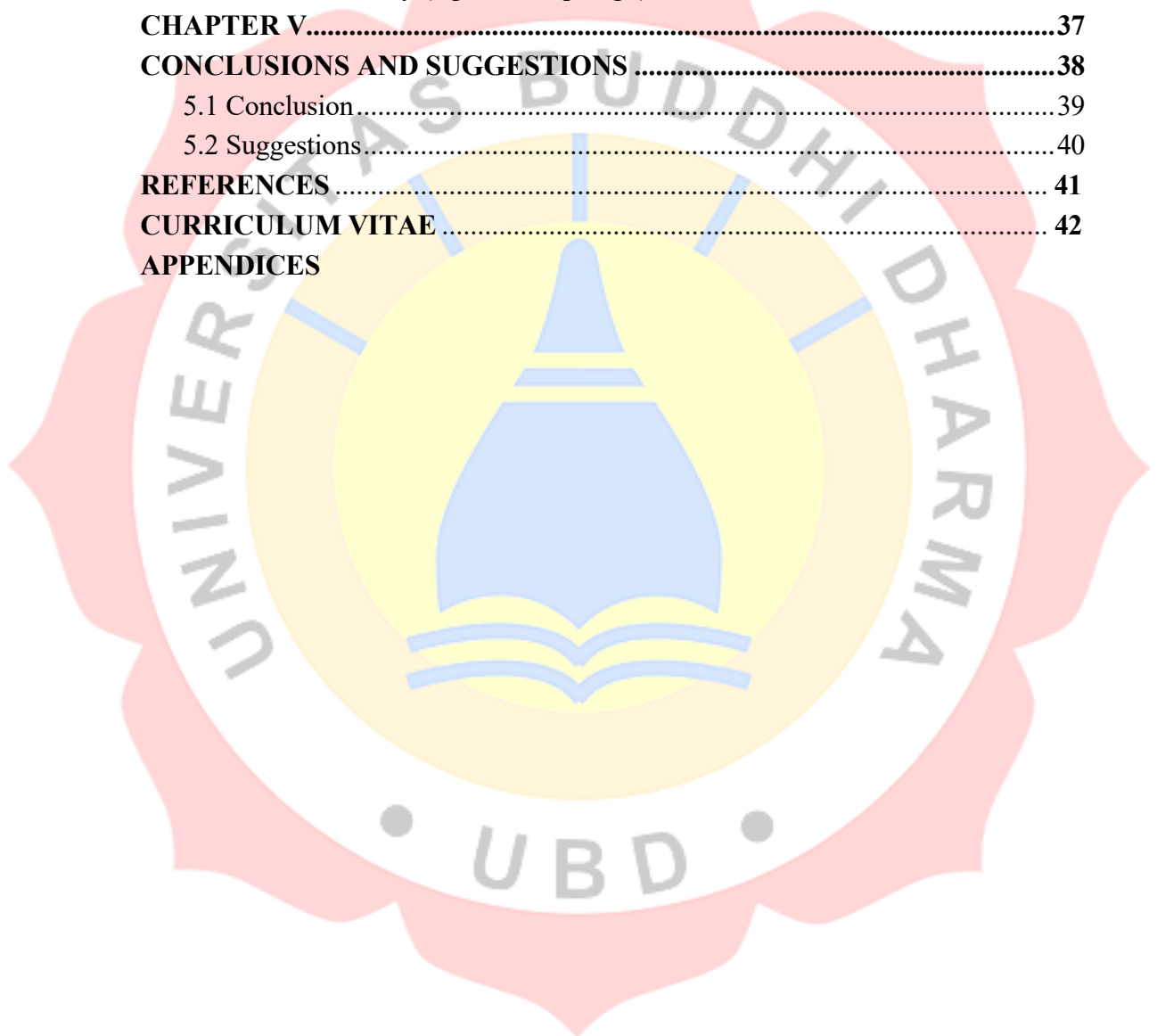
This study aims to analyze the types of anxiety depicted by the main character Amber Lumen in the film "Elemental Forces Of Nature". This film was released in June 2023. The researcher of this analysis uses the anxiety theory of Gerald Corey, the founder of psychological theory, which consists of three theories of anxiety, namely reality anxiety, neurotic anxiety and also moral anxiety. In his theory, Corey stated that anxiety is a condition that causes a person to become tense, which can arouse a person to carry out deviant behavior. In this study, the author used a qualitative method by collecting data mainly in the form of words or dialogues or images that have meaning and can stimulate understanding of the anxiety theory itself and become more realistic than just a numerical representation or frequency. The researcher emphasizes notes with detailed and complete sentence explanations. The depth to explain the actual situation is supported by the presentation of data. The results of this study are reality anxiety has 5 data, neurotic anxiety results have 4 data, and moral anxiety results have 6 data.

Keywords : *Corey, Realistic, Neurotic, Moral Anxiety.*

TABLE OF CONTENTS

COVER	
INSIDE COVER	
FINAL PROJECT APPROVAL.....	i
THE BOARD OF EXAMINERS.....	ii
STATEMENT OF THE AUTHENTICITY.....	iii
ACKNOWLEDGEMENTS	iv
ABSTRACT	v
TABLE OF CONTENTS	vi
CHAPTER I.....	1
INTRODUCTION	1
1.1 Background of study.....	1
1.2 Statement of problem	3
1.3 Research Questions	4
1.4 Goal and Function	4
1.5 Scope and Limitations	5
1.6 Conceptual Framework	6
CHAPTER II	9
THEORETICAL BACKGROUND	9
2.1 Review of Previous Study	9
2.2 Theoretical Basis	11
2.3 Film	11
2.3.1 Character and characterization	12
2.4 Psychoanalysis.....	13
2.4.1 Neurotic Anxiety (Id)	14
2.4.2 Realistic Anxiety (Ego)	15
2.4.3 Moral Anxiety (Superego).....	15
CHAPTER III.....	17
RESEARCH METHODOLOGY	17
3.1 Research Approach.....	17
3.2 Subject Matter	17

3.3 Material	18
3.4 Procedure.....	19
CHAPTER IV	20
DATA ANALYSIS	20
4.1 Analysis Character and Characterization.....	20
4.1.2 Neurotic Anxiety (Id)	21
4.1.3 Realistic Anxiety (Ego)	25
4.1.4 Moral Anxiety (Ego and Superego)	30
CHAPTER V.....	37
CONCLUSIONS AND SUGGESTIONS	38
5.1 Conclusion.....	39
5.2 Suggestions.....	40
REFERENCES	41
CURRICULUM VITAE	42
APPENDICES	



CHAPTER I

INTRODUCTION

1.1 Background of study

Talking about human psychology and its nature is always interesting. The advancement of literature has gained the respect of practical analysis. Despite being labeled as a work of fiction, the components of a literary work and its evolution are consistent with the human condition. For example, the thoughts of writers who go through phases and are in particular psychological states often impact character development.

Literature is a form of art produced in any form. For example poetry, song lyrics, short stories, novels, films, etc. Literature also has an important role in human life. Based on Eagleton (p. 4) "Literature is a beautiful work in the form of beautiful writing, which records something in the form of language that is concise, profound, complicated, dense, convoluted, made strange, or in other ways arranged aesthetically through language tools". Literature, in the words of James H. & Hooper, Jeffrey D. (p. 307), "is a human expression. People are able to communicate their emotions". Depending on how people feel, individuals may have positive or negative emotions. Having a grudge for no apparent reason is one way to display resentment. Anger, meanwhile, can sometimes be a front for fear of making a mistake. Under such circumstances, the individual becomes incapable of considering the ramifications and becomes fixated on acting in an impolite manner. If a written work is compiled, summarized and studied in depth, a literary work such as poetry, novels, songs, films, etc.

In the current era of development, literature is a medium used by people to express their feelings and then express what they feel. For example, expressing feelings of love, affection, anger, happiness, etc. Through the medium of writing in the form of writing such as poetry, songs, short stories. However, literature does

not only take the form of written compositions, but literature can also be expressed through emotions and expressions. Over time, literature can produce works in the form of plays, music, and films. The presentation looks clearer and easier to understand. According to Marcus and Sollor (2009), "Literature means not only what is written but also what is expressed, what is disclosed, what is found in any form". This means that everyone knows how they feel and what other people say about literature. For example, listening to music or watching a film that can make our hearts moved or even sad, the audience will feel sad because they are carried away by the storyline and reveal a literary work about something they feel.

In literature, film is a work in the form of an indirect communication tool or medium conveyed through audio or images related to conflict or a problem in the surrounding environment. In the opinion of Encarta (2008), "Film is one of the most popular forms of entertainment, which allows people to immerse themselves in an imaginary world". According to Coulson (p. 622) "Believes that a film is a story, event, etc, that is recorded on film in the form of moving images". In this way, film can be an art form that reveals various issues related to real events that can be felt by the audience. Whereas Hill (Pradopo, p. 93) states that literary works are a complex structure, so to understand it requires analysis, namely the breakdown of its elements. Interpretation of literary works aims to clarify their meaning.

One way to enjoy literary works is through the study of literary psychology. According to Endraswara (p. 96), "literary psychology is a study of literature that views works as mental activities". The author will use creativity, feelings, and works in creating works. Literary works that are viewed as psychological phenomena will display mental aspects through characters. One of the problems discussed in this literary work is the psychology of the main character. Literary psychology is a study of literature whose center is identifying mental problems or behavior of a person in characterization in a film. According to Wellek (350), "A literary work that is psychological in nature is combined with a work of art that can be described and studied psychologically, which can provide intensity to the psychological aspect". With the close relationship between the psychological aspect

and the elements of character and characterization, literary works have the potential to have relevant value and good intensity to the psychological aspect.

The film *Elemental Forces of Nature* features a couple, Bernie and Cinder, who have a child named Amber Lumen (Leah Lewis). Several years later, after Amber grew up, she joined her father in looking after the shop. One day, Bernie plans to retire and hand over his shop to be managed by Amber. However, it turns out that Amber has problems because she has difficulty controlling her emotions, which ultimately causes fire explosions when she is angry. Amber's anger is considered dangerous for visitors, so Bernie, Amber's father, cannot trust Amber to run the food stall business. Bernie is only willing if Amber becomes the head of the shop on the condition that she can control her emotions. At one point, Bernie allowed Amber to run the shop alone. Amber couldn't hold back her emotions when faced with so many customers. One day, his anger exploded when Amber was in the storage warehouse, causing a lot of chaos.

This film focuses on the psychological values that emerge in the main character, Amber. Amber has psychological problems that make it very difficult to regulate her emotional ups and downs, so that when she gets angry it causes chaos. Finally, the writer wants to use Corey's Anxiety Theory (1996) to analyze the movie in terms of the many anxiety groups that the victims experience. because, like Amber in the movie "*Elemental Forces of Nature*," many anxiety sufferers today are unaware that they are experiencing extreme anxiety that is undoubtedly out of control.

1.2 Statement of problem

Mental illness is about a condition of excessive moral anxiety experienced by the main character in the film "*Elemental Forces of Nature*", namely Amber. Moral anxiety is a mental health condition that greatly disrupts a person's physical and mental condition in daily activities. Moral anxiety can occur due to a feeling of fear and anxiety so that a person feels excessive worry to the point of being unable to control them. According to Freud (p. 95) "This is certainly very interesting to

study using the theory of moral anxiety which comes from a psychology expert who put forward the theory of Id, Ego and Superego”.

The main character in the film "Elemental Forces Of Nature", namely Amber, is actually a fire-shaped character who is still a teenager and is not yet able to control herself, including controlling her emotions. This turned out to be a problem for him. Amber has emotions that are very difficult to control due to her worry or anxiety about a problem she is facing. Like when her father, Bernie, was a chef and entrepreneur at a restaurant that Bernie owned. Bernie promised that when Amber was an adult he would inherit the restaurant from Amber. With the condition that Amber must be able to control and control herself well, especially with her emotions. Because, when Amber is angry she will make the people around her threatened and harmed.

1.3 Research Questions

The research question based on the reference above is: "How is the main character anxiety revealed in the film Elemental Force of Nature directed by Peter Sohn?"

1.4 Goal and Function

The purpose of this study is to answer the above research question and problem. Related to the problem above, the purpose of this study is to discuss and examine the nature and types of anxiety contained in the theory and film "Elemental Force of Nature". The function of this study is as a reference for other writers to study more deeply the theory of moral anxiety that affects this character. And can provide references or useful information for readers.

1.5 Scope and Limitations

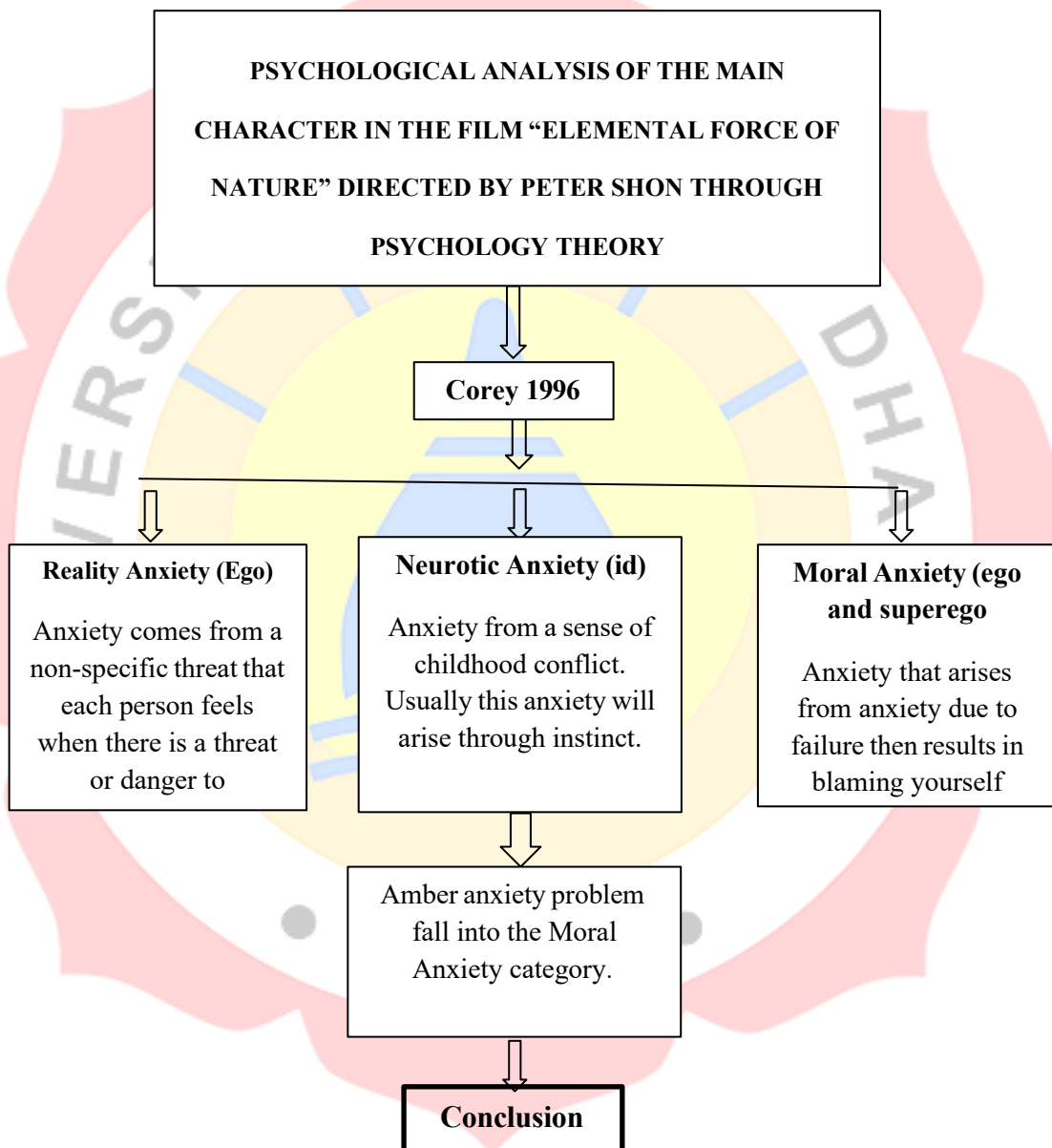
The writer will provide a scope for this study and focus on the problem of the main character's psychological condition in family, friendship, romance, and the community around her place of residence.

The limitation in this study is seen from the events that occurred and experienced by the character Amber in the film "Elemental Forces Of Nature" to discuss the anxiety conditions that she was not aware of and did not know.



1.6 Conceptual Framework

The writer uses a Conceptual Framework so that the writer explanation has structured concise but clear results:



1. In the first place, the writer found animated films that use the romantic and comedy genres. Then, when the writer watched the film "The elemental forces of Nature" by Peter Shon, he discovered unique things about the personality of the main character, namely Amber. And then the writer links the animated film to psychological theory.
2. Then the writer found a theory from an expert in psychoanalysis, namely Sigmund Freud. This theory was found by the author in 1996 in the E-book and journal "The primary theory of psychoanalysis" and the author found a theory about the problem of abnormal anxiety.
3. And what attracted the writer's attention even more was when the writer found that there was a literary expert named Corey who adapted and developed the Anxiety theory that had been put forward by Freud into many branches of theory regarding anxiety theory itself. such as realistic anxiety, neurotic anxiety, and moral anxiety.

4. Realistic Anxiety (Ego)

It is a concept in psychology that refers to an individual's tendency to respond excessively to non-threatening situations. In the context of anxiety, reality anxiety refers to a person's tendency to feel anxious or worried about a disaster, threat, or even danger in an environment.

5. Neurotic Anxiety (id)

Neurotic anxiety, also known as neurosis, refers to a type of anxiety that arises from unresolved conflicts between the demands of the id, ego, and superego, according to psychoanalytic theory. Neurotic anxiety arises when there's a conflict between these three components of the psyche. For example, a person may experience neurotic anxiety when their ego is unable to satisfy the demands of both the id and the superego simultaneously, leading to feelings of guilt, shame, or fear of punishment. This anxiety is considered neurotic because it's out of proportion to the actual threat posed by the situation.

6. Moral Anxiety (Ego and superego)

Moral anxiety is a type of anxiety that arises when individuals experience an internal conflict between their personal values, moral principles, or ethical standards and the actions or decisions they must take. This term is often associated with personality theory and psychoanalysis. Feelings of Guilt or Discomfort: Moral anxiety is often accompanied by feelings of guilt, discomfort, or other emotional conflicts. Individuals may feel uncomfortable or anxious when they realize that an action or decision they are considering violates moral principles or values they believe in.

7. The final step, the writer relates the psychology of the main character in the film, namely Amber, using the moral anxiety theory because there are indications that the main character has abnormal anxiety, especially moral anxiety.

8. The writer's conclusion is that Amber's character was detected as having a moral anxiety disorder which concerns her lack of self-confidence and she often always blames herself for the chaos that has occurred.

CHAPTER II

THEORETICAL BACKGROUND

2.1 Review of Previous Study

To obtain a comprehensive understanding and serve as a reference for previously investigated issues, the writer will perform an analytical evaluation of earlier researchers' work before delving deeper into a topic or hypothesis. The writer will examine several earlier research on mental health issues associated with the anxiety that fictional characters in movies face. The following three sources of accurate and pertinent study findings were discovered by the writer:

Ibrahim Islamic University of Malang (2015) researched Aisyatul on "Moral anxiety hits Elizabeth Holland in Anna Godbersen's Splendor". This film tells the story of differences of opinion causing her to worry about the main character in the study. Threats from herself and her second partner are usually the cause of her fear. The surrounding environment is also influenced by other external problems. The results of this study found similarities between the attitudes of the main character and Amber, namely that both have the same type and attitudes were found that lead to moral anxiety felt by the main character, namely: worry, fear, and an unpleasant mood.

A study conducted in 2020 by Elmitia at Surabaya State University on "Anxiety in the character Ziyu in the film Shadow, by Zhang Yimou" Because he fears that Jing Chou will lose the fight, Commander Ziyu prepares him to defeat the opponent. Jing Chou found it difficult to match Ziyu's strength because he was a weak martial artist. Ziyu treated Jing Chou harshly emotionally, which made him lose his morality and become weak. The writer examined the movie dialogue as part of his research. Because of his intense desire to defeat Jing Chou, the author

noted that Ziyu suffered from moral concerns. But Ziyu hated what he had done since he thought he was really cruel and had no conscience. The writer of this study found similarities related to the 3 types of Theory used by researchers, namely neurotic anxiety, realistic anxiety, and moral anxiety. However, the only difference is the originator of the theory. However, researchers found a gap in this study that the anxiety shown by Ziyu's character was less visible because it did not show the characteristics of the 3 types of anxiety contained in the theory.

Matthew (2020) Sam Ratulangi University. In his thesis entitled "Reflection of Anxiety in the Film Final Destination 3 by James Wong". He said that the character Jason calmed Wendy down because he was worried about the strange image in his mind that there would be an accident on the roller coaster that his friends were riding. However, Jason denied that what Wendy thought would not happen. Therefore, the writer found similarities in this study. That the character Wendy experiences the same realistic anxiety as the character Amber.

Adela (2022) Universitas Islam Sultan Agung. In his thesis entitled "Nina's Neurotic And Realistic Anxiety Represent In The Black Swan Movie (2010)". She said that Nina, the main dancer in the Swan Lake performance, faces conflict as she must perform two different emotions: White Swan and Black Swan. She practices as a black swan daily, but fears Lily could replace her. Nina sees Lily as a threat and fears she will be cast as the black swan instead. In case of an unexpected absence, Lily is assigned as a backup dancer. The writer can see that Nina's character has 2 very obvious anxiety problems, namely neurotic and realistic anxiety types. This has similarities with Amber's character in the film "Elemental Forces Of Nature" which both have realistic and neurotic anxiety problems.

2.2 Theoretical Basis

The writer uses the theory of Anxiety (1996) Proposed By Gerald Corey, then the writer will classify the aspects of anxiety that happen and show in the film and affect the behavior of the main character. The background of the story from the film "Elemental Forces of Nature " will support this writing.

2.3 Film

Film (cinema) comes from the word cinematography which means cinema (movement), tho, or photos (light), and graphie or graph (writing, picture, image). So it can be interpreted that film is painting movement with light. Painting movement with light using special tools, usually the tool used is a camera. Films which are often known as moving pictures or movies are usually shown in cinemas, on television, or in many cases, on smartphones. Film is one form of literature that is popular today, and is also good at conveying messages, providing information, and telling stories. According to Hornby (2006), "film is a series of moving images with the sound that tells a story and is shown in a cinema/film". People watch films for various purposes, including relaxing, learning a foreign language, understanding a foreign culture, gaining new perspectives, and expanding knowledge. Even if it's just to refresh our minds, we need to learn the background of the story if we want to enjoy the picture, and now the creators also convey this information indirectly so we don't have to do it.

Therefore, the writer carried out an analysis using film media as research support. Because film is not only a medium for animation or moving images. However, films can be a means of living and learning which is certainly useful. Such as being able to manage stress or emotions. According to Sturdevant, 1998 in

Gregerson, (2010), "watching films can improve a person's mindset to become intelligent". So, films are the right and fun medium to be an effective learning tool.

2.3.1 Character and characterization

Characters and characterization in films, their traits are crucial to the development of a story and plot in movies, as well as serving in supporting capacities to draw viewers in during a performance. As stated by Shadily and Echols (2), "character is role and disposition." Character is an attitude or set of morals that can be inferred from a person's psychology.

According to Minderop (2), he shared his thoughts on the subject of characterization. A description of a character from a character or role depicted in a film. "Characterization is the author's way of presenting characters or actors. "Character characterization can be understood in two ways: directly and indirectly.

Writer can narrate a character or herself through direct characterization, whereas the writer can give instructions to the character in question through indirect characterization.

The writer can conclude in general that characterization and characters play an important role in shaping and bringing a film's story to life. Films can be more persuasive, impactful, and engaging to the audience if they feature well-developed characters and in-depth characterization by making the characters relevant, memorable, and important to the development of the story. By combining various methods of characterization, filmmakers create rich and immersive worlds that captivate the audience and drive the narrative forward.

2.4 Psychoanalysis

Psychoanalysis is a branch of psychology that focuses on mental and neurological disorders. Wellek and Warren (102) argue that the term psychoanalysis has a basic assumption that the human mental element is divided into two levels, namely conscious and unconscious. Psychoanalysis is more suitable for dealing with short-term problems such as anxiety or depression caused by stress, loss, or certain trauma. Psychoanalytic theory was put forward by Freud. Psychoanalysis developed into a personality theory along with the development of an understanding of psychology. The psychoanalytic approach deviates from the science of psychology, namely psychoanalysis as put forward by Freud. This idea began as a form of psychotherapy to treat mental and neurological illnesses, but eventually developed into a personality theory. Corey (1996) also emphasized that although psychoanalysis has made significant contributions to the understanding of unconscious mental processes, this approach has also been criticized for its limitations in terms of science and application. Therefore, in modern therapy practice, psychoanalysis is often mixed with other approaches or combined with other techniques to provide a more comprehensive and practical approach to understanding and treating psychological problems.

Thus, psychoanalytic theory can be used widely to analyze personality, and some characters in a story can be analyzed using psychoanalytic theory. Psychoanalysis is based on the idea that people are not aware of the various factors that influence their behavior and emotions. These unconscious influences can cause sadness, which manifests itself as a variety of different symptoms, such as disturbing personality traits, problems in relating to others, or disturbances in self-esteem or general temperament. Freud was a psychoanalyst who pioneered the study of unconscious mental activity, particularly anxiety.

In the book "Theory and Practice of Counseling and Psychotherapy" by Gerald Corey (1996), anxiety is discussed in various contexts of psychological theory and therapy. Corey explains that anxiety is a feeling of restlessness, worry, or tension that can affect an individual's behavior and well-being.

According to Corey (17) "defines anxiety as a condition that causes a person to become tense, which can inspire a person to engage in deviant behavior". Corey has three anxiety theories: Neurotic anxiety, realistic anxiety, and moral anxiety.

The writer uses the anxiety theory proposed by Corey (1996). The writer will classify aspects related to the anxiety felt or displayed by the main character. And this research will be supported by the background story of the film "Elemental forces of nature".

2.4.1 Neurotic Anxiety (Id)

Neurotic anxiety, according to Corey (178), is the worry that an instinct will go awry and lead someone to do something for which they will be penalized. and according to the writer, Neurotic anxiety is a type of anxiety that develops as a result of impulses from the Id, which are related to the bad instincts that humans have and can induce fear and trauma. According to the writer, neurotic anxiety is caused by negative experiences that might begin in childhood and persist into maturity.

Some examples of Amber's characteristics that show that she is experiencing a neurotic type of anxiety are: Excessive worry, difficulty controlling emotions when under pressure or in stressful situations, easily overwhelmed and overreacting.

2.4.2 Realistic Anxiety (Ego)

In the context of psychological theory discussed by Corey (1996), realistic anxiety refers to a form of anxiety that arises in response to real and present threats or dangers in the external world. This is a type of anxiety that is usually adaptive

and serves to motivate individuals to deal with challenging or dangerous situations constructively. Unlike neurotic or moral anxiety, which is often internal and not always related to real threats, realistic anxiety is directly related to concrete situations that require attention and action.

According to the writer, realistic anxiety is anxiety that is objective and felt by everyone. However, the reactions that arise vary, causing an abnormal type of anxiety.

For example, sufferers will feel excessive anxiety when nervous, getting threatened. such as the character Amber who feels nervous when she faces her parents, and visitors.

2.4.3 Moral Anxiety (Superego)

Moral anxiety according to Corey (1996) refers to feelings of anxiety or restlessness that arise due to conflicts between a person's moral values and the behavior or decisions they make. In the context of psychological theory, especially in the approach to therapy and counseling, moral anxiety can arise when someone feels inconsistent with the ethical principles or values they adhere to.

Corey (1996) suggests that moral anxiety is often related to a person's inability to make decisions that are in accordance with their own moral standards or when they face a moral dilemma. In therapy, it is important to explore the source of this moral anxiety and help individuals understand and align their values with their actions.

Moral anxiety is fear of one's inner voice (superego). People who have a good superego tend to feel guilty or ashamed if they do or think something that is contrary to morals. Similar to neurotic anxiety, moral anxiety also develops based on experiences gained in childhood related to punishment and threats from parents or other people in authority if they commit acts that violate norms.

For example, when Amber lied to her parents when the basement incident was destroyed and caused a major disaster for the family and residents of fire town because Amber released her anger.



CHAPTER III

RESEARCH METHODOLOGY

3.1 Research Approach

According to Williams (1995), "Qualitative research is collecting data in natural settings, using natural methods, and by individuals or researchers,". Qualitative approaches center on the process by which authors read, observe, comprehend, characterize, and present data in research. Other viewpoints provided by literature or even by other researchers can be used to advance qualitative research; data can also be acquired through surveys or interviews with pertinent sources. When qualitative methods are applied, the viewpoint, data, methodology, and results may vary from those of other researchers. Qualitative research employs words or visuals to express and illustrate data instead of numbers.

The writer of this research will use qualitative methods to analyze this research. This method will prioritize the process of analyzing the film rather than the results, and the key to this method is the writer himself, because the process and results depend on how many perspectives and points of view the writer can get for just one scene. Or one of the dialogues that occurs in the film, the wider the perspective and point of view that the writer has, the more in-depth the research produced will be. The writer uses films as a source in this research and analyzes dialogue, scenes, etc. Related to the topic in this research regarding the anxiety of the main character, namely Amber Lumen.

3.2 Subject Matter

The writer analyzes the film entitled "The Elemental Forces Of Nature" which was released in June 2023. This film is an animated romantic comedy drama from the United States, produced by Walt Disney Studio Motion Pictures and Pixar

Animation Studios. This film was directed by Peter Shon. This film is set in New York, United States.

This film is based on a teenage girl who is described as a Fire Element. She was given a big responsibility to maintain his father's legacy, namely Bernie. However, Bernie will provide the rest when Amber is able to face and control excessive emotions and anxiety. Director Peter Shon made this film with a Romance Comedy theme which was made into an animation to entertain and open the perspective of someone who sees this film.

Analyzing the film "The Elemental Forces of Nature" using psychological theory that focuses on 3 types of anxiety, namely neurotic anxiety, realistic anxiety, and moral anxiety. The writer obtains data from dialogue, scenes, settings, and settings that direct the author to psychological disorders that occur around the main character. Then the author will find out certain events that can affect the main character, and after that the data that has been collected will be collected. Analyzed to show how a disease disorder that originates from mental problems can affect the main character. The data that has been collected will be analyzed using Anxiety whose theory was put forward by Corney in the book Psychological Theory by Sigmund Freud.

3.3 Material

The writer used a film from Peter Shon's June 2023 "The Elemental Forces of Nature" containing most of the data that will be covered in this study. This study will employ the Anxiety theory by Corney (1996) from the film and dialogue, which is an adaptation of Sigmund Freud's work on psychological theory. To bolster her claims, the writer will also consult several books, journals, records, and online pieces that discuss the psychology and behavior of excessive worry. The writer's conclusions and recommendations will be outlined in the last section.

3.4 Procedure

As explained above, the author's first step is to find a topic that will be used in this study, namely: "Analysis of the Main Character in the Film The Elemental Forces of Nature directed by Peter Shon Through Anxiety Theory." Next, the author looks for media, namely the film "The Elemental Forces of Nature" as a supporting media for the study. Then the author watches the film several times to get an overview of the story, characters, and characterization. After that, the author has determined that this study will use a qualitative method by connecting the theory of character, characterization, and anxiety theory sourced from Corey (1996) which is an adaptation of Freud's theory. Then, the author looks for dialogue transcripts, makes a list of all the useful dialogues in the film, and relates them to the theory. Finally, the author concludes and provides suggestions based on data the writer found.