

CHAPTER I

INTRODUCTION

1.1 Background Of The Study

Psychology of literature is a field of study that applies psychological principles to analyze literary works. This understanding includes how the characters, plot and themes in a literary work are in accordance with human thoughts, emotions and behavior. In psychology of literature, experts and researchers analyze literary works to reveal deeper meanings about human psychology, including conflict, motivation, feelings and thought patterns expressed in a literary text. Apart from that, psychology of literature can also help understand how a literary work affects its readers both emotionally and cognitively. Psychology of literature is also a branch of literary science that is used to approach (study) a literary work from a psychological perspective. This concept was finally finalized by many experts with various definitions, one of which was the interpretation of the concept psychology of literature (Noor, 2004:92).

One of the psychological literature that will be discussed in this research is emotions and emotional intelligence. Emotions are a form of reaction to a particular event or action. It involves strong or intense feelings, physiological changes in the body, as well as an urge to act or react. Emotions include several

feelings such as feelings of sadness, happiness, anger, anxiety and fear. Emotions were defined by James-Lange in the 19th century, who stated that physiological stimuli trigger the autonomic nervous system to produce a reaction, thus making a person experience certain emotions. Apart from that, according to Schachter-Singer, emotion is when someone experiences an event that triggers physiological stimulation, then the mind tries to find the reason for the stimulation and then causes emotion.

A psychologist also states that emotions as "affective states produced by subjective evaluation of events relevant to a person's goals, desires, needs, or values." (Lazarus, 1991). Emotions have an important role in human life. Emotions also help us understand ourselves, navigate social relationships, make decisions, and respond to our surroundings. However, proper control and understanding of emotions is also important, as poorly regulated emotions can have a detrimental impact on a person's well-being and social relationships.

To run all these emotions requires ability to manage and control these emotions using emotional intelligence. Emotional intelligence is the ability to perceive, interpret, demonstrate, control, evaluate, and constructively (Kendra Cherry, 2024). The ability to express and control emotions is essential, as is the ability to understand, interpret, and respond to the emotions of others. Emotional intelligence involves skills such as controlling impulses, motivating yourself, recognizing emotions in yourself and others, and establishing good social relationships which is usually called emotional intelligence. Emotional intelligence is a person's ability to understand, manage and express emotions

appropriately. This ability uses emotions as a guide in thinking and acting. This involves self-awareness of one's own emotions and the emotions of others, the ability to manage oneself in various situations, the ability to motivate oneself, and the ability to establish healthy relationships with other people. Emotional intelligence also influences a person's ability to control their emotions when they feel a feeling that arises as a result of a problem that arises. At this time, emotional intelligence plays a role in regulating what emotions a person wants to express in order to express their emotions.

According to Howard Gardner (1983), there are five main points of a person's emotional intelligence, namely being able to realize and manage one's emotions, having sensitivity to other people's emotions, being able to respond and negotiating with other people emotionally, and being able to use emotions as a tool to motivate oneself. Moreover, someone who has good emotional intelligence is easier to trust, can adapt well, can get along and work together in a team, has a high sense of knowledge, and has high motivation. Daniel Goleman explains in his book entitled "Emotional Intelligence" (1995) that it is a concept that pays attention to theoretical explanations regarding how to determine emotional development in children. Goleman also explained that the concept of emotional intelligence identifies five main components of emotional intelligence. Among them are self-awareness, emotional regulation, motivation, empathy and social skills. Apart from that, Hein (2007) also believes that emotional intelligence is a person's ability to understand, feel, recognize, use, communicate, remember and release various emotions. Emotional intelligence has a significant impact on

many aspects of life, including personal relationships, career, mental health, and overall success. The ability to manage emotions well can help a person to be more adaptive, effective and happy in everyday life.

In everyday life we encounter many emotional problems, for example feeling unstable, wanting to express feelings of sadness and anger according to what we feel, trying to cry to reduce the pain and also getting angry to release all the anger that is in our minds. We can also find problems like this in literary works, including film. One of movies that raises the issue of emotional intelligence is the movie *Elemental Forces to Nature*. The movie *Elemental* was released in 2023, directed by Peter Sohn and produced by Walt Disney Pictures and Pixar Animation Studios. The film's screenplay was written by John Hoberg, Kat Likkell, Brenda Hsueh, and Sohn. This is the twenty-seventh film in total produced, the voices of the characters include Leah Lewis, Mamoudou Athie, Ronnie del Carmen, Shila Ommi, Wendi McLendon-Covey, Catherine O'Hara, Mason Wertheimer, Joe Pera, and Matt Yang King .

The movie *Elemental* talk about a world inhabited by anthropomorphic nature, the story tells fire element Ember Lumen (Lewis) and water element Wade Ripple (Athie), who meet and fall in love after Wade has a plumbing accident at the grocery store owned by Ember's father, Bernie (Carmen). Even though they can't touch each other, Ember and Wade discover that they actually have a lot in common. Ember Lumen has a nature that burns like fire and cannot control her emotions. Meanwhile, Wade Ripple has a calm nature like flowing water.

The reason researchers chose this movie to study is because movie Elemental teaches us to be able to face big challenges in controlling our emotions by controlling our emotions wisely. The message contained in this movie also reminds us that the strength we have must be accompanied by good understanding and self-control. In addition, emotional intelligence is very important to discuss because emotional intelligence influences the way we interact with other people, overcome challenges, and handle stress. This movie will be analyzed using Golmen's theory.

1.2 Limitation Of The Problem

This research focuses on analyzing the emotions and concepts of emotional intelligence of the main character Ember Lumen in the Elemental Forces to Nature movie using Daniel Goleman's theory of emotional intelligence.

1.3 Research Question

1. What emotions are found in the main female character in the Elemental Forces to Nature movie?
2. How are the concepts of emotional intelligence of the main female character in the movie Elemental Forces to Nature?

1.4.Objective Of The Research

1. To reveal the emotions found in the main female character in the Elemental Forces to Nature movie.
2. To reveal the concepts of emotional intelligence of the main female character in the movie Elemental Forces to Nature.

