

CHAPTER V

CONCLUSION AND SUGGESTIONS

5.1. CONCLUSION

Based on the research and various scenes in Frozen, it is evident how reinforcement and shaping significantly influence the emotional development and decision making of the main characters Anna, and Elsa. The film clearly illustrates how different responses to behavior whether positive or negative shape personality, relationships, and emotional resilience Elsa experiences Negative reinforcement when she is encouraged to hide her powers and avoid others, which reinforces her fear and isolation. Through the process of shaping, Elsa gradually learns to accept and control her abilities, with each small step positively reinforced, helping her develop greater confidence and emotional balance. Anna receives Positive reinforcement through affection and support from those around her, which helps her remain hopeful, courageous, and socially connected. Both characters face emotional conflicts, such as rejection by the townspeople and betrayal by Hans. These experiences challenge their sense of self, push them to adapt emotionally, and ultimately help them build resilience. This research highlights that understanding reinforcement and shaping is crucial not only in fictional stories but also in real life. The way individuals are treated whether with support, fear, or criticism deeply affects their ability to cope with challenges.

Encouraging emotional expression and providing positive reinforcement can help people, especially those facing emotional stress, grow into more confident and emotionally balanced individuals.

5.2 SUGGESTIONS

Based on the key findings of this study, it is suggested that future research could explore how reinforcement and punishment influence emotional development across different age groups and life stages. Additionally, animated films like Frozen could serve as valuable tools in helping individuals understand the impact of positive and negative reinforcement on behavior and emotional regulation. Educators and mental health professionals may use films like Frozen to help children and adolescents better navigate emotional challenges and develop healthier coping mechanisms. It would also be insightful to investigate how cultural differences influence the way people perceive and respond to reinforcement, punishment, and emotional growth. By gaining a deeper understanding of how these factors shape emotional responses, we can develop more effective strategies to support individuals in maintaining mental well-being and managing the ups and downs of life.