

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Every living creature is born unique. There is no creature that is completely similar to another creature, either in terms of physical or natural characteristics. If all creatures in this world were the same, then this world would be empty and monotonous. These differences make each creature have its own personality or characteristics. Differences should be normal, but there are some things that require everyone to behave the same. In this world, there are several regions that implement regulations which actually aim to ensure that everyone can be disciplined and comply with existing norms. However, in some areas, these regulations are actually made to create unwritten rules, thus becoming stereotypes for certain regions.

These stereotypes that are passed down from generation to generation make people afraid of the judgment they will receive if they deviate from their habits in this field. This stereotypical experience is one of the attitudes referred to as “stereotype threat” (Spencer et al. 1999, Steele 1997, Steele & Aronson 1995). Quoted from the Annual Review of Psychology (Spencer et al., 2016) stereotype threat is a situation where a person feels afraid of being judged badly by a certain group if they do not meet the criteria within that group's stereotype. Stereotypes cause a group to exclusively follow one set of rules and regulations. According to this perspective, differences are not always a good thing. But if they learn about other perspective other than the stereotype they already knew, they will learn that being different can be valuable.

Differences and changes that happen in our life can't be totally seen as something horrible. Sometimes these changes and differences are needed so that someone can understand more deeply about how real life works. However, sometimes because they are used to existing stereotypes, changes and differences are seen as bad things and difficult to accept. As a result of the difficulty in embracing the reality of differences, a person experiences psychological conflict inside themselves in the form of feelings of fear and anxiety about the changes in their life. This anxiety also forces a person to use self-defense mechanisms in order to prevent the discomfort that they and their inner feelings would eventually endure.

The cases about psychological problems, such as defense mechanisms and anxiety, could also appear in the movie. A film is a series of moving images that tells a story and is viewed on a screen or television. According to Arsyad (2017), a film is a collection of several images that are in the frame, which are mechanically projected through the projector lens so that the images appear to be alive on the screen. This film moves quickly and alternately, adding to its charm. Baksin (2007) defines the film as a form of mass communication media composed of various technologies and artistic elements. Based on this viewpoint, it is possible to conclude that the film is a collection of moving images depicting a specific story played by players or actors.

Film works, like written works in novels, also include actors who are given roles, actor characters, traits and personalities, and problems to the storyline to feel alive. The characters' portrayal also highlights social phenomena around us, one of which is about psychological phenomena in our daily lives. The plot of a film is

also usually closely related to or inspired by phenomena in real life. Therefore, besides sociological analysis, literature also can be discussed psychologically. That is because psychology is part of society's social environment, which is part of the community's personality.

One of the movies that have those issues is *Barbie*. *Barbie* is a movie directed by Greta Gerwig and released in 2023. The movie *Barbie* is a live-action film from a toy produced by Mattel which is popular among children, which is also called Barbie. This movie tells the story about the living toy Barbie who lives separated from humans in their own world. The Barbie dolls such as Barbie, Ken, Alan, and other discontinued products Barbie, living in a world called Barbie Land. It is an alternative world where Barbie could be everything, and the world is so dreamy for them. Meanwhile the human world is called the Real World. The real world is opposite from Barbie Land, as it reflects how the real world works. Later on, Barbie found out things that are totally different from Barbie Land and it is really out of what she can imagine.

Psychoanalysis theory was a theory found by Sigmund Freud. This theory (psychoanalysis) could help researchers to analyze the characters of any literary work psychologically. According to Tyson (2006), the goal of psychoanalysis is to assist us in resolving our psychological problems, which are commonly referred to as disorders or dysfunctions; the emphasis is on destructive patterns of behavior. This also led to Freud's defense mechanism theory, where this mechanism is present when someone feels anxious or threatened.

Based on the *Critical Theory Today* book (Tyson, 2006), Freud's defense mechanism theory describes how our conscious mind tries to reject something that can harm ourselves. Our conscious mind forms defenses to protect us from the trauma or problems that we face. Defenses are the mechanisms that keep the contents of our unconscious in our unconscious. In other words, it is a process in which we endure oppression to avoid knowing what we feel we cannot overcome to know. The defense mechanism is caused by excessive anxiety that a person feels due to a problem they are facing.

In the *Barbie* movie, there are several psychological problems that will be discussed. Researchers choose this movie as a research object because there are psychological problems that need to be solved. The researchers choose the movie *Barbie* to analyze because it reflects natural phenomena in the real world. This research will examine the anxiety and defense mechanism experienced by the main character. Therefore, the Defense Mechanism, Anxiety, ID, Ego, and Superego theory by Sigmund Freud and Core Issues of Anxiety by Lois Tyson, are used for analyzing this movie. The purpose of this research is to solve the psychological problems that appear in the main character of the film *Barbie*.

## 1.2 Limitation of the Problem

Researchers used the *Barbie* film as a research object. This film will be analyzed by using Sigmund Freud's psychoanalysis theory namely anxiety, defense mechanisms, and ID, ego, and superego. The researchers also use core issues of anxiety by Lois Tyson to analyze the relationship between the anxiety and defense

mechanisms issues. This film will discuss defense mechanisms and the relationship between the ID, ego, and superego and core issues of anxiety that causes anxiety to appear, which lead to defense mechanisms experienced by the main character. The researchers limit this research to focus on analyzing the main character, Barbie.

### 1.3 Research Questions

Based on the background, the research questions are:

1. What types of defense mechanisms does the main character experience?
2. How does the main character experience anxiety that leads to defense mechanisms?
3. What is the type of the main character's anxiety?

### 1.4 Objectives of the Research

Based on the questions, the objectives of the research are:

1. To identify the defense mechanisms shown by the main character in the movie.
2. To find out the core issues of anxiety of the main character which causes them to do defense mechanisms.
3. To identify the type of the main character's anxiety.