

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 behaviour. 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's psychology of literature (Noor & Purnomo, 2007).

The theory of psychology of literatures that will be discussed in this research is Cognitive-Behavioral Theory (CBT). Cognitive-Behavioral Theory (CBT) is one of the most commonly used approaches in psychology to understand the relationship between thoughts, emotions, and behaviour. CBT was first introduced by Aaron T. Beck in the 1960s, emphasizing the important role of thoughts, or cognition, in determining a person's emotional and behavioral responses. Beck explained that irrational or

distorted thoughts can trigger unhealthy emotions and maladaptive behaviors. Therefore, CBT focuses on changing negative thought patterns to help individuals better manage their emotions and develop more adaptive behaviors (Beck et al., 1976).

In psychological studies, CBT is frequently used as theoretical framework to understand various emotional and behavioral phenomena. Through this theory, we can observe how people process their thoughts and emotions and how this affects their actions in daily life. This shows that CBT is a relevant and applicable theory for analysis in various context, including media like films.

As media develops, it increasingly becomes a tool to explain psychological concepts, helping people the reader to understand mental health and emotions. Pixar's *Inside Out 2* (2015), directed by Pete Docter, is a great example of this. The movie creatively portrays emotions by showing five key characters Joy, Sadness, anger, Fear, and Disgust who represent the main feelings inside the mind of an 11-year-old girl, Riley. The filmmakers designed the story to highlight how these emotions guide Riley's thoughts and actions, demonstrating the importance of every emotion in managing behavior (Docter et al., 2015).

The film's storyline, in which Joy and Sadness navigate Riley's mind and memories, exemplifies the interdependence of emotions, aligning closely with CBT's principle that accepting and processing both positive and negative emotions is crucial for emotional balance and resilience

(Greenberg, 2002). According to CBT, avoidance of certain emotions, such as sadness, can contribute to emotional dysregulation and maladaptive behavior, as illustrated when Riley begins to withdraw from her family and friends in response to her inability to process sadness. This cinematic depiction underscores the CBT view that emotional acceptance including the integration of unpleasant feelings enables individuals to navigate challenges more adaptively (Hayes et al., 2006).

Therefore, this study aims to analyze how *Inside Out* visually and narratively embodies CBT concepts, focusing on cognitive distortions, the role of emotional regulation, and the importance of balanced emotional processing in behavioral adaption. By applying CBT as a theoretical framework, the study will explore how Riley's emotional journey in *Inside Out* provides insights into the mechanisms of cognitive restructuring and emotional acceptance that are central to resilience and psychological well-being.

1.2. Limitation of The Problem

The study focuses on analyzing the representation of Cognitive-Behavioral Theory (CBT) concepts in the film *Inside Out*. While the research aims to explore how emotions and cognitive processes are depicted in Riley's character. The study primarily examines Riley, leaving out the potential exploration of other characters and their emotional dynamics, which could also provide valuable insight into CBT concepts.

1.3. Research Questions

1. How does each basic emotion (Joy, Sadness, Anger, Fear, Disgust) influence Riley's actions?
2. What cognitive distortions does Riley show in the Inside Out movie?

1.4. Objective Of the Research

1. To identify and analyze the portrayal of cognitive distortions in Riley's thoughts and actions, such as negative thinking patterns or overgeneralizations, and relate them to CBT concepts.
2. To identify key scenes in *Inside Out* where each basic emotion Joy, Sadness, Anger, Fear, and Disgust takes control of Riley's actions. By analyzing these moments, we can understand how each emotion contributes to Riley's overall emotional development and influences her reactions to different situations.

