

CHAPTER V

CONCLUSION AND SUGGESTION

In this chapter, the researchers present conclusion and suggestion of the whole research.

5.1. Conclusion

Based on the research, with the various scenes in Inside Out, we can see that cognitive distortion greatly influences the way Riley responds to her emotions and makes decisions. The film clearly shows how emotions play a role in shaping behavior, especially when Riley faces major changes in her life.

There are several cognitive distortions shown in this movie, such as All or Nothing thinking, Overgeneralization, Mental Filtering, Disqualifying the Positive, Catastrophizing, Emotional Reasoning, Labelling, Personalization, and Blaming. This cognitive distortion shown as a dominant pattern in Riley's struggle to adjust to her life.

This research shows that understanding and addressing cognitive distortions and emotions is important, not only in fiction, but also in real life. Many people, especially those going through major changes or emotional stress, often get caught up in this type of thinking, which ultimately makes them feel even more stressed and unhappy.

5.2. Suggestion

Based on the main result of this study, it is suggested that future studies can examine how these negative thought patterns manifest in various age groups and whether media, such as animated films, can aid in a better understanding and

management of emotions. Additionally, educators and psychologists might use films like *Inside Out* as a tool to help kids and teenagers better understand and control their emotions.

It will be interesting to observe in the future how other cultures affect how people think and handle their emotions. We can develop more efficient strategies to support people in preserving their mental health and face life's challenges in life by having a greater knowledge of how cognitive distortions operate.

