

CHAPTER V

CONCLUSION

Based on the analysis that I have conducted in *The Whale* (2022) movie script by Samuel D. Hunter through intrinsic approaches such as characterization, plot, setting, and theme, alongside extrinsic approaches, I have identified psychological aspects that clearly reflected in Ellie's character, particularly anxiety and defense mechanisms. To analyze these elements, I employ an extrinsic approach grounded in Sigmund Freud's theory.

Three types of anxiety namely neurotic anxiety, realistic anxiety, and moral anxiety from Freud theory represents through Ellie's character. However, the anxiety experienced by Ellie stems from family issue specifically the trauma of her father's abandonment in her childhood, which align with Freud's concept of neurotic anxiety. The neurotic anxiety in Ellie creates a deep-seated fear of intimacy and connection. As a result, when Ellie reunites Charlie in her 18 years old self, Ellie feels uncertainty between desires to closeness or simultaneously fears the vulnerability that comes with it

Furthermore, the analysis of defense mechanism is framed within Freud's theoretical framework, including repression, denial, projection, regression, sublimation, and reaction formation. In Ellie's character, the primary defense mechanisms are repression and reaction formation. Repression manifests in her action that navigates her emotions, pushing her true feelings of disappointment and sadness about her family situation. Ellie is also avoid receiving her father's affection. While reaction formation is depicted in her sarcastic, rebellious, cynical, manipulative, reckless, apathy behavior, which serves as a way to mask her underlying emotions of vulnerability.

The movie script illustrates that there is a relationship between anxiety and defense mechanisms that affects and manifest the behavior that reflected in Ellie. It is found that the primary factor that leads Ellie to her repression and reaction

formation mechanisms are rooted in the abandonment that she experienced from her parents during her childhood.

As a result, this research contributes to a deeper understanding of the psychological approach to the concept of anxiety and defense mechanisms within the context of literary works. This research is also intended to enrich knowledge about the relationship between psychology and literature, illustrating how psychological theories can be applied to analyze the character development and emotional conflicts in narrative forms. By using Freud's framework, the research provides a structured approach to understanding the complexities of Ellie's character.

The findings of this research highlight the importance of examining literature through a psychological concept revealing how character's behavior and motivations are often influenced by their psychological states. This approach enriches our knowledge of literature as a reflection of human experience, offering insight into the emotional and psychological dimensions of character in a movie script that I analyzed.

Furthermore, the script of *The Whale* movie that I analyzed through a literary psychology lens can be used as a foundational reference for future research. It also can be opened for further research using other branches of literary studies and encouraging future researcher to examine a broader exploration of themes such as trauma, identity, and emotional conflict. By analyzing characters through diverse psychological concepts, further researchers can discover new dimensions of relevance in different literary contexts.