

IAN'S ANXIETY AND DEFENSE MECHANISM IN *ONWARD*

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ABSTRACT

This is an analysis of a movie titled *Onward*. Ian is the main character who experiences psychological problems while on his adventure to find a phoenix gem. This analysis aimed to describe Ian's anxiety and defense mechanism. In this analysis, the researcher used a theory by Sigmund Freud, anxiety and defense mechanism. The data were analyzed using a qualitative method. The researcher found 14 data on anxiety and 8 data on defense mechanism. The researcher found 6 data on realistic anxiety, 4 data on neurotic anxiety, and 4 data on moral anxiety. For Ian's defense mechanism, the data found are; 3 data on denial, 2 data on displacement, 1 data on regression, and 2 data on fantasy. In conclusion, Ian's realistic anxiety is the most dominant of the other two types of anxiety. This happened because, on his adventure, he dealt with events such as fire, whirlwind, flood, and animals. On the contrary, the result of his defense mechanism shows no significant difference.

Keywords: *Ian, Onward, Anxiety, and Defense Mechanism*

INTRODUCTION

Difficult problems and certain situations can cause some people to feel fear. At some point, in one's life, the feeling of anxiety can appear. For example, a student may feel fear of failing an examination. The other example is a driver who feels fear when he drives without a driving license. From the point of view of psychology, those kinds of fear are normal in life, but some people find it hard to control their worries, and can often affect their daily lives.

Apprehension, tension, or uneasiness that results from the anticipation of danger, which may be internal or external," is one definition of anxiety. Anxiety is described as the anticipatory of a future risk or negative event, accompanied by feelings of dysphonia or bodily manifestations of tension [1]. Anxiety is a common emotion because it affects everyone at some point in their lives. Its natural function is to warn us about potential threats so that we can assess and respond appropriately [2].

To minimize the occurrence of anxiety, there must be a defense mechanism to prevent it. The defense mechanism serves as a safeguard or defense against worry. According to [4], a person's unconscious mind acts as a defense mechanism against fear by distorting reality in specific ways to shield the person from external threats or concerns. Because anxiety can be reduced, those who are successful in using their defensive mechanism also lead fulfilling lives.

Furthermore, the id is an unconscious psychological system that has no connection to reality.

Literature draws from human experience; it is always closely tied to human life. Literature can be studied for its substance as well as just enjoyed. Psychology is one of the many ideas that are frequently employed to examine literary works. In addition, psychology is a discipline that focuses on the study of the human mind and behavior. It makes an effort to comprehend and describe how a human thinks, feels, and behaves. Because both deal with people and their responses, perceptions of the world, fears, desires, miseries, conflicts, reconciliations, and wishes, literature and psychology have a deep connection [4].

Onward is a movie that portrays its character's psychological problems. Ian experienced anxiety as the adventure began. To protect against the occurrence of anxiety, there must be a defense mechanism to prevent it. For example, when Ian is annoyed with his mother, he cannot be angry at her. Ian finds a replacement target to express his anger, which is Barley's untidiness. When parents and children watch *Onward*, they can learn how to deal with anxiety and defense mechanism because part of a child's education comes from what they see and hear. It can be concluded that media such as film can be used to gain knowledge.

METHOD

This study applied a qualitative method. Qualitative research is a research method to explore and understand the meaning that some individuals or groups of people think comes from social or human problems [5]. The data used in this study are taken from the movie and the movie script of *Onward*. *Onward* is a 2020 American computer-animated urban fantasy adventure film produced by Pixar Animation Studios and distributed by Walt Disney Studios Motion Pictures. The film was directed by Dan Scanlon, produced by Kori Rae, and written by Scanlon, Jason Headley, and Keith Bunin. The desired data from the *Onward* movie is the anxiety experienced by Ian. There are 3 types of anxiety namely, realistic, neurotic, and moral. Meanwhile, data on defense mechanisms are also found in Ian's character, including denial, displacement, regression, and fantasy.

RESEARCH FINDINGS AND DISCUSSION

This part of the research finding and discussion consists of 2 parts: Ian's anxiety and Ian's defense mechanism found in the movie titled *Onward*.

Ian's Anxiety:

1. Realistic Anxiety

The data below describes Ian's encounter with a scaly Labrador-sized dragon named Blazey. Blazey jumped onto Ian intending to hug him. Blazey's sudden action caused Ian to fall on his back. Even though Blazey is not considered a wild, harmful animal yet, Ian has fear towards Blazey. Ian's fear is shown in the dialog.

Ian: Shh! Down girl! Please!

Laurel (noticing): Oh! Blazey, down!

Laurel races over, squirting the dragon with a spray bottle. [6]

Minute 0:3:26

The above data reveal Ian's fear of Blazey. Blazey is a pet dragon that belongs to his family, yet Ian feels threatened whenever she is near him. Ian's fear appears because of Blazey's scaly skin and her habit of jumping onto people. Ian's dialog "Down girl!" portrayed his struggle to hold Blazey from climbing on him. Ian saying "please" stated that Ian begged Blazey to stay away from him. Blazey can easily blow a small puff of fire at anyone when she is annoyed and also could accidentally blow a fire when excited. This is the anxiety felt by Ian whenever Blazey approaches him. The possibility of Blazey puffing a fire at him resulted in an unpleasant feeling.

2. Neurotic Anxiety

Barley offers to pick up Ian after school and also Barley wants to perform a ceremony at Ian's school.

Ian disagrees with this idea because Ian had a bad previous experience when Barley picked him. Barley makes a scene that makes Ian embarrassed being teased by his friends.

Barley: Alright, well I'll pick you up later and we'll perform the ceremony at school!

Ian: No! No, no, no, no, no. Don't do that.

Okay, bye! [6]

Minute 0:07:00

Ian's fear of Barley's plan to pick him up from school. Ian has a previous experience with his brother. The words "No! No, no, no, no, no. Don't do that. Okay, bye!" stated that Ian begging his brother, Barley not to pick him up after school. The repeated "no" indicates his neurotic anxiety because he fears that Barley would do the same things as before which is making him embarrassed in front of his friends. This is the anxiety that is felt by the main character, Ian.

3. Moral Anxiety

Ian's moral anxiety appeared during his flight to save themselves (Ian, Barley, and their father) from the motorcyclists. Ian was forced by Barley to drive the car because Barley's body suddenly shrunk.

Ian: No, no, no, no. No way.

Barley: You're gonna have to! [6]

Minute 0:45:15

Ian's fear of driving. Ian's fear appears when Barley asks him to drive the van. Ian knows the consequences, he will get punished by his mother. Furthermore, he also can be arrested by the cop because he is underage and he driving without a driver's license.

Ian's Defense Mechanism:

1. Denial

Ian's mother asked him about signing up for driving practice. But, in this case, Ian still has not signed up for the driving practice. The writer describes the data as follows:

Laurel: Did you sign up for driving practice?!

The blender stops, but Ian is still shouting.

Ian: No! (quieter) No.

Laurel pours her shake into a glass.

Laurel: I know you're a little scared to drive sweetie-pie, but..

Ian: I'm not scared, Mom. [6]

Minute 0:04:19

Ian did not want to admit that he was scared to try the driving practice. Ian's unwillingness to accept the truth that he is scared of driving is stated in "I'm not scared Mom". This response refers to his mother's

accusation “I know you’re a little scared to drive sweetie-pie, but...” When his mother asked him whether he had signed up for the driving practice, Ian’s answer was “No! (quieter) No.” This indicated that he was stalling time to sign up for the lessons, which means he is scared of driving. From the data before, it is related to moral anxiety because Ian was afraid to take the driving lesson. It can be concluded that Ian's anxiety appears and he defends it by denial, the types of the defense mechanism.

2. Displacement

Ian cleaned up Barley’s toys and he cancelled his birthday party. In this case, his mother talks about the driving practice. But, Ian still fears when his mom keeps asking about the sign-up for his driving practice.

Ian: I’m not scared, Mom. (Pointing off-screen) I’m gonna move Barley’s game.

Laurel: Okay, but you know how he gets when someone touches that board.

Ian walks to the kitchen table, stumbling over a plastic flail on the floor. The table is covered with a game: pewter figures, dice, and miniatures. Ian begins to move them.

Ian: Well, he’s gotta learn how to clean up his toys. [6]

Minute 0:04:19-0:04:24

Ian’s cleaned up Barley’s toys. Ian was angry with his mother and made Ian uncomfortable with his mother’s nosy questions about signing up for driving practice. However, Ian cannot express his angry feelings towards his mother. Instead, he transferred his irritability to Barley’s untidiness with his toys around the kitchen table. He could do this because Barley was not at home.

3. Regression

Barley wanted to clean the dirt on Ian's face. However, Ian was already annoyed with Barley, he asked Barley's help and said that he wanted to go home.

Barley licks his thumb and starts to rub Ian’s forehead.

Barley: Here, I’ll get it.

Ian pushes Barley’s hand away.

Ian: Can we please just go home? [6]

Minute 0:11:55

Ian was bullied and laughed at by his friends. Barley tries to erase the scribbles on the face of his young brother. Ian’s dialog “Can we please just go home?” stated that he felt irritated and depressed towards Barley. Furthermore, Ian also sulked at Barley when Barley tried to remove the ink on Ian’s face. Ian decided to go home and locked up in his room.

Because of this situation, Ian sulked and his childish behavior appeared. It can be concluded that the data from the dialog is a regression experienced by Ian.

4. Fantasy

The following data describes the situation when Ian was in his room while listening to his father’s voice on the vintage tape cassette.

Dad: Well, I’m trying to.

Ian: Yeah, me too. Although, I could clearly use some help.

Dad (laugh)

Ian: I sure do wish I could spend a day with you sometime. [6]

Minute 0:14:31

Ian was pensive and wished he could meet and spend time with his father. “I sure do wish I could spend a day with you sometime” stated Ian imagining talking to his father after hearing his father’s voice on the cassette. Furthermore, he also imagines that one day he can spend time with his father. The word “wish” is strong evidence that he only can appear his hopes to spend a day with his father sometime, but he cannot realize it in real life because his father passed away, and they cannot meet each other.

CONCLUSION AND SUGGESTION

The study's findings show that the writer discovered how Ian's fear was described in the *Onward* movie. The three types of anxiety that the main character, Ian. The writer found 14 data on anxiety, 8 data on defense mechanism, and a total are 2 data. The writer found 6 data of realistic anxiety, 4 data of neurotic anxiety, and 4 data of moral anxiety. For Ian’s defense mechanism, the data found are; 3 data on denial, 2 data on displacement, 1 data on regression, and 2 data on fantasy. In conclusion, Ian’s realistic anxiety is the most dominant of the other two types of anxiety. This happened because, on his adventure, he dealt with events such as fire, whirlwind, flood, and animals. On the contrary, the result of his defense mechanism shows no significant difference.

The writer hopes that by reading this thesis, the reader can define various types of anxiety and how to overcome them by using defense mechanism because both anxiety and defense mechanisms are subconscious concepts that cannot be recognized immediately. Nevertheless, people have to endure it throughout their lives to keep themselves biologically healthy, even if it goes unnoticed. In addition, this thesis is not perfect research. Therefore, if there is a gap, other researchers can fill it. In addition, they can use this thesis as a source for their research or thesis. Then, other researchers can look at other subjects to

identify anxiety and defense systems. Last but not least, they can do additional research on the subject related to using books or films as sources.

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