Individual Psychology as Represented By Joel In *Love And Monster* Film (2020)

Irene Jessica Christyanti[1], M. Bahri Arifin[2], Jonathan Irene Sartika Dewi Max[3]
[1,2,3]English Department, Faculty of Cultural Sciences,
Mulawarman University
Email: irene.christyanti09@gmail.com

ABSTRACT

This research focuses on analyzing the character of Joel Dawson in the film Love and Monsters, directed by Michael Matthews, through the lens of Alfred Adler's individual psychology. This research applied a descriptive qualitative method. This research applied the theory of characterization by Petrie and Boggs to draw conclusions about the character's individual psychology. The results obtained by the researcher in this research are the five aspects of individual psychology, such as inferiority feeling, fictional finalism, striving for superiority, creative self, and style of life.

Keywords: character, film, individual psychology, *Love and Monster*.

ABSTRAK

Penelitian ini berfokus menganalisis karakter Joel Dawson dalam film *Love and Monster* yang disutradarai oleh Michael Matthews melalui dengan Psikologi Individu karya Alfred Adler. Penelitian ini menggunakan metode deskriptif kualitatif. Penelitian ini menerapkan teori karakterisasi Petrie dan Boggs untuk menarik kesimpulan tentang psikologi individu karakter. Hasil yang diperoleh peneliti dalam penelitian ini adalah lima aspek psikologi individu, seperti perasaan rendah diri, finalisme fiksi, perjuangan untuk superioritas, diri kreatif, dan gaya hidup.

Kata Kunci: film, karakter, *Love and Monster*, psikologi individu

A. Introduction

Literature is a piece of writing which expresses and communicates through feeling and human attitude in literary works. Literature generally concerns the relationship between society and individuals, individuals and events which take place within the individual circle (Wellek and Werren 94). Literature is also called a work of art. Most literary works are created by the imagination of the authors. They are arranged with the author's style as the authors are allowed to write their works in their style, it makes the literary works to have artistic point and uniqueness.

Literature is closely related to psychology because of their relation to human beings and their mindset. Psychology helps to understand human emotional progression to be the person they are now. Literature is a piece of writing which expresses and communicates through feeling and human attitude in literary works.

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Literature is closely related to psychology because of their relation to human beings and their mindset. Psychology helps to understand human emotional progression to be the person they are now. With psychology, it is possible to understand the reasons and factors behind someone's decision and action. Psychology can be used beneficially in analyzing literary work. Psychology is able to give another level of understanding to the literary work because it is closely related to human nature as psychology gives insight regarding the character's behaviour, feeling and also reasoning behind decision making. With psychology, it is possible to understand the reasons and factors behind someone's decision and action. Psychology can be used beneficially in analyzing literary work. Psychology is able to give another level of understanding to the literary work because it is closely 1 related to human nature as psychology gives insight regarding the character's behaviour, feeling and also reasoning behind decision making.

This research analyzes the film using an individual psychology theory. It explores theories related to the problems in the *Love and Monster* film. In analyzing Joel Dawnson's psychology, the theory used was individual psychology by Alfred Adler. The use of Alfred Adler's theory because it reflects the state of a person who has struggled to get them. Individual psychology "is the theory of personality emphasizing the uniqueness of each individual and the process by which people overcome their limitations and struggles to achieve their life goals" (Adler 183).

There are reasons to analyze the film. The first is showing an unusual story about the film; even though this film is about a monster, it is not a horror film; it is actually a comedy film. The second is that the characters in Love and Monsters are extraordinary. Dylan O'Brien as Joel Dawson and Jessica Henwick as Aimee star as a pair of friends who once bonded well together, allowing them to bring the character to life. The third is Joel Dawnson's struggle to meet his love, even though he lacks fighting skills and the instinct to kill. Based on the phenomena above, the researcher is interested in conducting research on the film using the individual psychological approach of Alfred Adler. The researcher wants to analyze the main character's personality using individual psychology theory by Alfred Adler.

The research question is: "What are the individual psychological aspects reflected in Joel Dawnson in the *Love and Monsters* film?" The purpose of the study is to find out about Joel Dawnson's individual psychology in the *Love and Monsters* film. This research only focuses on analyzing Joel's individual psychology as found in the Love and Monsters film.

B. REVIEW OF LITERATURE

1. Films as Literary Works

Literature is a piece of writing which expresses and communicates through feeling and human attitude in literary works. Literature generally concerns the relationship

between society and individuals, individuals and events which take place within the individual circle (Wellek and Werren 94). Literature is also called a work of art. Most literary works are created by the imagination of the authors. They are arranged with the author's style as the authors are allowed to write their works in their style, it makes the literary works to have artistic point and uniqueness. That is why literary works are always appreciated by people around the world in looking at the artistic side and looking for the interesting issues. Many messages can be found from those works, but these messages can be known usually by reading and comprehending the works.

Based on the phenomena above, the researcher is interested in conducting the research on the film by using the individual psychological approach by Alfred Adler. The researcher wants to analyze the main character's personality using individual psychology theory by Alfred Adler.

2. Character

A character in a literary work is an entity with some form of identity, which can be shaped by their physical attributes, dialogue, actions, name, and potentially their inner thoughts. According to Richard Gill, a narrative cannot be classified as such if it lacks characters. In narrative and dramatic compositions, the terms "characters" and "characterizations" are commonly used (Richard Gill 127). In character theory and characterization, authors typically adopt two approaches. The first is the direct method, involving explicit description or exposition. The second is the indirect method, relying on subtler techniques and often requiring readers to deduce character traits from actions, dialogue, and interactions with others. These methods are fundamental to analyzing characters in storytelling. Character is one of the intrinsic elements of a literary work and, of course, can also initiate events. According to Abrams, people who are shown in a narrative work, or the drama, which is translated by the reader, have quality morals and a willingness to care, like the expressiveness of their pronunciation and what they have to do in the action.

There are a few kinds of characters, but the main character takes the most attention from the audience and becomes the center of attention for the viewer. This character also has the most scenes. The supporting characters are the ones who created the situation and provoked conflict for the main character. Characters are generally divided into two categories, which are the protagonist and antagonist.

3. Characterization

According Bachman, Gordon and Kushner, characterization is the way the author makes the character alive and has unique identity to be recognized by the reader. "Characterization is what the author does to bring a character to life, to provide the reader with a sense of that character's personality, to make that character unique" (Bachman et al. 97). For the most part, the characters in a story are believable in the same way that the story is believable. In other words, they conform to the laws of probability and necessity (by reflecting externally observable truths about human nature), they conform to some inner truth (humans as we want them to be), or they are made to seem real by the convincing art of the actor.

a. Characterization through Appearance
b. Characterization through Dialogue
c. Characterization through External Action
d. Characterization through Internal Action
e. Characterization through Caricature and Leitmotif
f. Characterization through Choice of Name

4. Psychological Approach

The psychological approach to literature can be applied differently, such as in the psychological study of literary writers, who apply theory directly to the authors of literary works. Wellek & Warren called the psychological approach a psychological study of the writer, a study of the process of literary work, or a psychological study contained in literary works (Wellek & Warren 94). The psychological approach can also be applied to the process of creating literary works. Finally, the psychological approach can be used as a psychological study of literary works, such as the phenomena found in novels and the characters. A psychological approach leads directly to significant amplification. Psychology and literature are deeply connected with human life. Both are human behaviors centered around significant thoughts and motives. Kartono describes 16 psychologies as the science of human behavior. Psychology, broadly defined, is the scientific study of behavior, both external observable action and internal thought (Wortman 4).

5. Theory of Individual Psychology by Alfred Adler

Alfred Adler develops individual psychology from his interpretation of Freudian theory after being a follower of Freud. Adler, in Ryckman, states that individual psychology studies the experiences and behavior of humans as an organized entity (Ryckman 78). A person's action reflected their fundamental values in life. In human life, Adler's emphasized that humans are always moving forward with different purposes and different ways to be better. To move forward, motivation is needed, as Adler stated that goals can be seen as a motivation for humans to move forward. Adler's interest in raising humankind grew as he corrected the wrong through the knowledge he possessed in his theory. Individual psychology has six points that contribute as sections with equal importance. The six points include inferiority, fictional finalism, social interest, style of life, creative power, and striving for superiority. The contribution of each point can be seen as different parts that are assembled to form the individual psychology proposed by Adler.

a. Inferiority Feeling
   In other words, people are attracted to superiority because they have a desire to overcome feelings of inferiority.
b. Fictional Finalism
   According to Adler, humans are motivated more by his future expectations compared to past experiences.
c. Striving for Superiority
   The individual psychology theory of psychological reward states that the stronger the feeling of inferiority the higher the personal power goal.

d. Creative Self

The creative self-intervenes between individual stimuli and responsiveness to these stimuli. The creative view of the self asserts that humans have their own individuality.

e. Style of Life

Children work hard to please their parents and avoid feelings of inferiority. Some models work in certain social or family contexts while others do not.

f. Social Interest

Social interests are made up of individuals who help people to achieve the goals of a perfect society. Social interests are the true and inevitable compensation for all the natural weaknesses of individual human beings.

C. RESEARCH METHOD

1. Research Design

This study applied a descriptive-qualitative method. Qualitative research is also described as an unfolding model that occurs in a natural setting that enables the researcher to develop a level of detail from high involvement in the actual experiences (Creswell 18). A psychological approach was used as a psychological study of the psychological phenomena contained in the film entitled *Love and Monster*, especially the main character named Joel.

2. Data and Data Source

The data were taken from a source that is called *Love and Monster* Film. The film, directed by Michael Matthews with Shawn Levy and Cohen as producers, was released in 2020. This research analyzes the dialogues and the action of the characters. The data were taken from the character, especially Joel Dawnson's character.

3. Data Collection

There were some techniques the researcher used to get the data. Watching the film, reading, and understanding the script and scenes were the data collection techniques in this research. The data of this study were obtained from the following steps. First, the researcher carefully observed each scene to understand the meaning of the film. Second, Joel Dawnson's individual psychology in the film *Love and Monster* was described using the individual psychology of Alfred Adler. In analyzing Joel Dawnson's individual psychology, this film required dialogue and film images as evidence. Third, the data were analyzed based on the concepts of individual psychology and developed into different categories. Fourth, the researcher drew conclusions from these data.

4. Data Analysis

After going through the data source collection process, data analysis shows how the data is handled. Preparing data for analysis, conducting various analyses, moving deeper and deeper into understanding the data, representing the data, and making an interpretation of the data's larger meaning is all part of the data analysis process (Creswell 183). Data analysis is an effort or method for converting data into information that can be used to solve problems. This research used descriptive data analysis techniques obtained from the results of studying of the data to indicate the

individual psychology of the main character by applying personality theory by Alfred Adler, which is related to the research summarized in a few steps.

In the first step, the researcher watched *Love and Monster* film and read the script numerous times to fully comprehend the story. Second, theory of characterization was applied to classify the data from the dialogues, action and scenes that align with Adler's personality theory, such as: inferiority feeling, fictional finalism, striving for superiority, creative self, style of life and social interest. Finally, the researcher made the conclusions based on the data about the individual psychology in the main character.

D. FINDING AND DISCUSSION
1. Findings
a. Representation of Inferiority Feeling

Joel's experience with feeling inferiority casts a shadow over his life, made worse by the fact that he was still a teenager when the *monsterpocalypse* struck. At only 24 years old, he grapples with a certain arrested development, an emotional and psychological state that reflects his incomplete transition to adulthood.

Fig. 1 Joel feels useless.

This data has characterization through dialogue, it can be seen from Joel's conversation, he said that he was not needed by Aimee, which was caused by miscommunication between Joel and Aimee.

b. Representation of Fictional Finalism

The researcher explains Joel's fictional finalism. In the *Love and Monster* film, the character Joel embodies a concept called "fictional finalism" by Alfred Adler. This means that people are often motivated by a strong desire or a future goal they imagine. For Joel, his main goal is to reunite with his high school girlfriend, Aimee. This goal is what drives him and influences the choices he makes in the story.

Fig. 2 Joel's desire.

This data has characterization through dialogue, it can be seen from Joel saying his wishes to his friends. The data above shows that Joel's main purpose is Aimee, he cannot live without Aimee.

c. Representation of Striving for Superiority

The researcher explains how Joel faces many challenges in his quest to see Aimee again. To make his dream come true, Joel tries different things. First, he makes friends along the way. This helps him stay safe and not feel lonely in a world full of monsters.

Fig. 3 Building friendly relationships.

This data has characterization through dialogue, it can be seen from Joel expresses a desire to join the group, using informal language and displaying a degree of hesitation.

d. Representation of Creative Self

The researcher explains about Joel's creative power in order to shape himself to be a better person. Creative power is what enables individuals to shape their own personalities and make choices that align with their life goals. It is the force behind personal growth and self-development.

Fig. 4 *Joel's tragedy that gave him motivation.*

This data has characterization through dialogue. It can be seen from Joel's mother's character, specifically her maternal instincts, love for her son, and the strength of their emotional connection. The emotional intensity of the dialogue contributes to creating a vivid picture of the relationship between Joel and his mother in a moment of crisis.

2. Discussion

The research aims to understand how Joel's mind changes as he grows from a sheltered person to a brave and smart one. It shows how people can handle tough situations and become stronger. This part of the research provides a detailed look at Joel's thoughts and feelings, helping us understand his journey and how people can change when they face challenges. Joel's story is like a small version of how people can learn and grow in real life.

First is Joel's inferiority feeling, how Aimee's words exacerbate this emotional state, and the role of characterization through dialogue in highlighting Joel's sense of uselessness when in the presence of Aimee. Joel's deep-seated feelings of inferiority suggest a complex emotional state. In essence, analyzing the interplay of Joel's inferiority, Aimee's dialogue, and the resultant sense of uselessness provides a rich tapestry for understanding the characters and their journey.

Second is Joel's fictional finalism, the researcher discusses Joel's "fictional finalism" in the *Love and Monster* film. This concept, introduced by Alfred Adler, suggests that people are frequently guided by a powerful desire or a future goal they envision. In Joel's case, his primary objective is to reconnect with his high school girlfriend, Aimee. This goal serves as his motivation and shapes the decisions he makes throughout the story. In this aspect, Joel's character is identified as characterization through dialogue because Joel's attitudes, and emotions can be suggested through word choice and through the stress, pitch, and pause patterns of their speech.

Third is Joel's striving for superiority; the researcher discusses how Joel encounters numerous challenges while striving to reunite with Aimee. In pursuit of his dream, Joel employs various strategies. Firstly, he forms friendships during his journey, which not only provide him with safety but also combat loneliness in a world infested with monsters. Secondly, he acquires self-defense skills, a crucial aspect of surviving in a world fraught with perilous creatures. Lastly, he conducts a study of the monsters, enhancing his understanding of them. In this aspect, Joel's character is identified as characterization through external action because there is a clear relationship between a character and his actions, and the actions grow naturally out of the character's personality.

Next is Joel's creative self. The researcher describes how Joel uses his creative power to improve himself. Creative power is the ability people have to shape their personalities and make choices that help them achieve their life goals. It's the force behind personal growth and self-development. In Adler's theory, creative power is the inherent capacity within each individual to mold their personality, work towards their goals, overcome feelings of inferiority, and contribute to society. In this aspect, Joel's character is identified through characterization through dialogue and characterization through external action because characters in a fictional film naturally reveal a great deal about themselves by what people say, and there is also a clear relationship between a character and his actions, and the actions grow naturally out of the character's personality.

Finally, in Joel's style of life, the researcher discusses how Joel's life undergoes significant changes during his adventure, drawing from Alfred Adler's theory. According to Adler, people have the ability to adapt and transform their lives to

overcome challenges, a concept exemplified in Joel's character in the *Love and Monsters* film. Joel's journey encompasses several noteworthy transformations.

The previous study was by Ayu Riska Lestari (2012), entitled. A Struggle for Love: Bella Swan Reflected in the *New Moon* Movie: An Individual Psychological Approach. The research described the struggle for love of Bella Swan reflected in the New Moon movie by 26 using Alfred Adler's individual psychology and analyzed the plot of the movie. It used a qualitative research method, and the object of this study was a major character named Bella Swan. Certainly, a comparative analysis between Ayu Riska Lestari's exploration of Bella Swan's emotional journey in the New Moon movie and the current research's focus on Joel's psychological development offers intriguing insights into 48 distinct facets of character evolution and personal growth.

E. CONCLUSION

In conclusion, this research has offered a comprehensive analysis of Joel's character in the *Love and Monster* film through the lens of Alfred Adler's psychological theories. Key aspects of Joel's journey and personal development were examined, including Inferiority feeling: Joel's persistent sense of inferiority, exacerbated by Aimee's words, makes him feel useless and disappointed. This is characterized by dialogue and Joel's internal action when meeting Aimee. Fictional finalism: Joel's unwavering desire to reunite with Aimee illustrates "fictional finalism" as his driving force. This is evident in Joel's desire and feelings throughout the narrative. Striving for superiority: Joel's determination to achieve his goal is evident in his strategies, including building friendships, learning self-defense, and studying the monsters. This is characterized through dialogue and Joel's actions. Creative self: Joel's ability to shape his personality and make choices aligns with the concept of creative power. This is shown through Joel's motivation and discovery of an evil plan. Style of life: Joel's transformation from safety to adventure exemplifies his adaptability and mirrors Adler's theory that individuals can reshape their lives. This is characterized by Joel's actions and ability to master his mind.

In essence, Joel's character in the Love and Monsters film illustrates how individuals can evolve, adapt, and grow in the face of adversity. His journey reflects the principles of Adler's psychology and offers insights into personal development and resilience. It is a testament to the human spirit of growth and transformation. After analyzing and discussing the *Love and Monsters* film, the researcher's suggestion for the future researcher is Joseph Campbell's Hero's Journey. Joseph Campbell's monomyth, commonly known as the hero's journey, can be a powerful framework for analyzing the protagonist's transformation in the film. The researcher can trace the hero's stages of departure, initiation, and return, examining how they evolve and overcome challenges throughout their journey.

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