

**REBECCA BLOOMWOOD'S EFFORTS TO COPE WITH HER
PSYCHOLOGICAL PROBLEM IN *CONFESSIONS OF SHOPAHOLIC*
THE MOVIE**

THESIS

**BY
REVITA HENDARYANI
NIM 0811113136**



**STUDY PROGRAM OF ENGLISH
DEPARTMENT OF LANGUAGES AND LITERATURES
FACULTY OF CULTURAL STUDIES
UNIVERSITAS BRAWIJAYA
2014**

ABSTRACT

Hendaryani, Revita. (2014). **Rebecca Bloomwood's Efforts to Cope Her Psychological Problem in *Confessions of Shopaholic The Movie***. Study Program of English Department of Languages and Literatures Universitas Brawijaya. Supervisor (I) Fariska Pujiyanti, Supervisor (II) Arcci Tusita

Keywords : psychological, id, ego, super ego, defense mechanism, *mise-en-scene*

Literature has a close relationship with psychology. They have the same object, that is human being. In the development of literature, movie is a form of entertainment that enacts a story by sound and a sequence of images giving the illusion of continuous movement. *Confessions of Shopaholic* the movie tells about the struggle of a woman as the main character who suffers psychological problem when she is at the shop. She wants to buy many things that she want. She still loves shopping even though she was being chased by a debt collector.

This research uses qualitative approach to analyze the object of the study. Freudian psychoanalysis theory used to solve the problem that is the psychological problem faced by Rebecca and how she copes with her psychological problem. Defense mechanism is the strategy developed by the ego to protect against anxiety. Defense mechanisms are expected to keep the mind against feeling and thoughts that are too hard for conscious mind to overcome. The writer also analyzes the *mise-en-scene* of each scene to help her understand more about the Rebecca's personality. *Mise-en-scene* refers to all objects in a specific frame and character primarily refers to the composition of the frame.

The research shows that Rebecca has psychological problem that is anxiety. She does a denial as a defense mechanism for relieving her id. However she is finally able to cope with her psychological problem by watching the tutorial from the author of "Control Your Urge to Shop" by Garret E. Barton, joining the shopaholic community, write "The Girl with Green scarf", sell all her goods that she has bought by her credit card to pay her debts.

Furthermore, the writer suggests the next researcher to analyze other aspects like defense mechanism that arise in *Confessions of Shopaholic* movie. It is because there are still many aspects that can be explored by using different theory approaches such as semiotics.

ABSTRAK

Hendaryani, Revita. (2014). **Upaya Rebecca Bloomwood Untuk Mengatasi Masalah Psikologisnya Dalam Film *Confessions of Shopaholic***. English Letters Department of Brawijaya University. Supervisor (I) Fariska Pujiyanti, Supervisor (II) Arcci Tusita,

Kata Kunci : Psikologi, id, ego, super ego, mekanisme pertahanan, *mise-en-scene*.

Sastra memiliki hubungan erat dengan psikologi. Mereka memiliki objek yang sama, yaitu manusia. Dalam perkembangan literatur, film adalah bentuk hiburan yang memberlakukan cerita dengan suara dan urutan gambar memberikan ilusi gerakan yang berkelanjutan. *Confessions of Shopaholic* film bercerita tentang perjuangan seorang wanita sebagai karakter utama yang menderita masalah psikologis saat dia di toko. Dia ingin membeli banyak hal yang dia inginkan. Dia masih mencintai belanja meskipun dia sedang dikejar oleh penagih utang.

Metode penelitian menggunakan pendekatan kualitatif untuk menganalisis objek penelitian. Teori psikoanalisis Freudian yang digunakan untuk memecahkan masalah yang merupakan masalah psikologis yang dihadapi Rebecca dan bagaimana dia mengatasi masalah psikologisnya. Mekanisme pertahanan adalah strategi yang dikembangkan oleh ego untuk melindungi terhadap kecemasan. Mekanisme pertahanan diharapkan untuk menjaga pikiran terhadap perasaan dan pikiran yang terlalu sulit bagi pikiran sadar untuk mengatasi. Penulis juga menganalisis *mise-en-scene* dari setiap adegan untuk membantunya memahami lebih lanjut tentang kepribadian Rebecca. *Mise-en-scene* mengacu pada semua objek dalam bingkai dan karakter tertentu terutama mengacu pada komposisi frame.

Hasil penelitian menunjukkan bahwa Rebecca memiliki masalah psikologis yaitu kecemasan. Dia melakukan penyangkalan sebagai mekanisme pertahanan untuk mengurangi id nya. Namun dia akhirnya bisa mengatasi masalah psikologisnya dengan menonton tutorial dari penulis "Control Your Urge to Shop" oleh Garrett E. Barton, bergabung dengan komunitas *shopaholic*, menulis sebagai "Gadis dengan Green scarf, menjual semua barang nya bahwa ia telah membeli dengan kartu kredit untuk membayar utangnya.

Selain itu, penulis menyarankan bagi peneliti selanjutnya untuk menganalisis aspek-aspek lain seperti mekanisme pertahanan yang muncul dalam *Confessions of Shopaholic* movie. Hal ini karena masih banyak aspek yang dapat dieksplorasi dengan menggunakan pendekatan teori yang berbeda seperti semiotika.

REFERENCES

- Anonymous. Answer. Britannica Concise Encyclopedia. Anna Freud. From <http://www.answers.com/topic/anna-freud>
- Anonymous. Bio. From <http://www.biography.com/people/sigmund-freud-9302400>
- Anonymous. *Confessions of a Shopaholic Script* - Dialogue Transcript. From http://www.script-o-rama.com/movie_scripts/a1/confessions-of-a-shopaholic-script.html
- Anonymous. Inner Health Studio. From <http://www.innerhealthstudio.com/definition-of-anxiety.html>
- Araudenbush. Synopsis for *Confessions of a Shopaholic*. (2009). From <http://www.imdb.com/title/tt1093908/synopsis>
- Barrett, Catriona (1997). *Re: What Is Psychology?*. Mon Nov 03, 1997. From <http://users.ecs.soton.ac.uk/harnad/Hypertext/Thinking.Psychologically98/0012.html>
- Boeree, George (2009). *Personality Theories*. Retrieved May10, 2012, from <http://webpace.ship.edu/cgboer/freud.html>
- Corrigan, Timothy (2004). *A Short Guide to Writing about Film (5th ed)*. USA: Pearson Longman.
- Feist, Jess & Feist, Gregiry J(Ed.7). (2010), *Teori Kepribadian (Theories of Personallity)*. Jakarta: Salemba Humanika.
- Freidman, Howard S & Schustack. Mriam W. (2006), *Personality: Classic Theories and modern research* (Fransisika Dian Ikarini, Martha Hany & Andreas Provita Prima). Jakarta: Erlangga.
- Heller, Sharon (2005). *Freud A to Z*. New Jersey. John Wiley & Sons, inc.
- Kenney, William (1966). *How to Analyze Fiction*. New York. Monarch Press.
- Primadhini, Weni Sukma (2011). *The Manifestation of Id, Ego, Superego in a Character Named Jamal Malik in the movie Slumdog Millionaire*. Malang. Universitas Brawijaya.

Semiun, Yustinus (2006). *Teori kepribadian & terapi psikoanalitik Freud*. Yogyakarta. Kanisius

Sigmund Freud's article 13th edition (2011). From
<http://www.britannica.com/ebchecked/topic/psychoanalysis>

Stephenson, Ralph (2013). Encyclopedia Britannica. *Motion Picture*. From
<http://www.britannica.com/EBchecked/topic/394107/motion-picture>

Widyastuti, Dewi (2009). *Characteristics and negative impacts of shopaholic on Becky's Character in Sophie Kinsella's Confession of Shopaholic*. Jakarta. Universitas Gunadarma.