

Influence of Environment Condition on Main Character's Stress Significant In *Inside Out* (2015) Film

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Abstract

This research aims to observe influence of environment condition on main character's stress significant through psychological approach in Inside Out (2015), a film directed by Pete Docter and Ronnie Del Carmen. By using qualitative method and descriptive analysis technique, this research explains influence of environment on main character's stress significant through characterization by Boggs and Petrie and concept of stress by Richard Lazarus. To support the analysis, the writer also uses one of cinematography aspects: color to reveal visual evidence in supporting the analysis. This research finds that the main character of Inside Out film has dynamic characters and environment in Inside Out film has a significant influence as the stimulation of stressors that put main character into stress condition based on the facts that San Francisco has natural disaster potency, different food culture, and manner. Moving to San Francisco for Riley means that she must separate from all her friends and her beloved hockey team which put her feeling into loneliness and stressful condition.

Keywords: Film Study, Psychological Approach, Stress, Stressor, Cognitive Appraisal

Abstrak

Penelitian ini bermaksud untuk meninjau pengaruh kondisi lingkungan pada gejala stress karakter utama melalui pendekatan psikologi dalam film Inside Out (2015), sebuah film yang disutradarai oleh Pete Docter and Ronnie Del Carmen. Dengan menggunakan metode kualitatif dan teknik deskriptif analisis, penelitian ini menjelaskan pengaruh lingkungan pada gejala stress pada karakter utama melalui karakterisasi oleh Boggs dan Petrie dan konsep stress oleh Richard Lazarus. Untuk mendukung analisis, penulis juga menggunakan salah satu aspek-aspek sinematografi; warna, untuk menunjukkan bukti visual dalam mendukung analisa. Penelitian ini menemukan bahwa karakter utama dalam film Inside Out memiliki karakter-karakter yang dinamis dan lingkungan dalam film Inside Out memiliki pengaruh yang signifikan sebagai rangsangan stressor-stressor (faktor-faktor yang menyebabkan gejala stress) yang menempatkan karakter utama pada kondisi stress berdasarkan fakta bahwa San Fransisco memiliki potensi bencana alam, budaya makanan dan tata krama yang berbeda. Bagi Riley pindah ke San Fransisco memiliki arti bahwa dia harus terpisah dari semua teman-temannya dan klub hoki yang dicintainya yang pada akhirnya menempatkan Riley pada kesepian dan kondisi penuh tekanan.

Kata-Kata Kunci: Studi Film, Pendekan Psikologi, Stress, Stressor, Penilaian Kognitif.

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A. Introduction

Environment is the aggregate of all of the external condition and influences affecting the life and development of organisms. It can be divided into physical, biologic, social, and cultural; any or all of which can influence the health status of the population.² The definition above shows that the term of environment can include variety aspects, such as physical, biologic, social and cultural. It has influence that effect on many organisms. So environment with its complex pattern can influence men's life, because men are kind of organism. For instances, when one lives in environment with bad quality air, it can cause someone has respiratory problem. Indeed, everyone who faces this kind of condition will choose to leave that problematic area. Thus, environment condition can influence men's life by stimulating the way they live.

Men also have awareness of their environment. It leads them to look for environment with certain qualities. First, men seek for environment that physically comfort. When they live in undesirable environment, they must be uncomfortable because they do not find environment which appropriate with their expectation. Then, they also will look for environment that psychologically comfort. This term means that environment can offer a stimulus that affects their live psychologically. For instance, if one lives in a social environment where he feels alienated, he will experience a depression that pressures his mental condition.

Based on the statements above the writer claims that if environment

²Farlex Partner Medical Dictionary, "Environment." Def. 2., Web. 18 March 2016, 2012, Medicaldictionary.thefreedictionary.com.

does not include certain qualities, it will stimulate individuals' stress both of physical and psychological aspects. Actually, the term of stress itself is a difficult concept to define. Early definition emphasized that stress is the response of the individual or the situation that caused disruption of ongoing behavior and functioning.³ This definition implies that stress is form of a reaction by an individual when he faces a situation that regarded harmful.

Hans Selye defines stress as almost every organ of the body response. For example, the effect of insulin in a large dose that decrease blood glucose levels can causes stress.⁴ This means that stress is caused by internal reaction which involves hormones as the important aspect that most affective on the process of stress. But this research will not use this stress definition because, this research will be obscure if includes internal body reaction. Richard Lazarus, a professor of psychology at the University of California, claims in his theory that,

*Psychological stress refers to a relationship with the environment that the person appraises as significant for his or her wellbeing and in which the demands exceed available coping resources.*⁵

³Evans, Gary W, dan Cohen, *Handbook of Environmental Psychology*, vol. Volume 1 (New York: Wiley Interscience Publication, 1987), 572.

⁴Sandor Szabo, Yvette Tache, dan Arpad Samogyi, "The Legacy of Hans Selye and The Origin of Stress Research: A Retrospective 75 Years After His Landmark Brief "Letter" to The Editor of Nature.," *Journal of Stress and Healthcare*, 2012, <https://doi.org/10.3109/10253890.2012.710919>. p.

⁵Richard S Lazarus dan Susan Folkman, *Stress, Appraisal, and Coping*. (New York: Springer, 1984), 63.

The quotation above shows that stress is when someone's actions to respond to potentially harmful factors of his environment are overstep his capability. He does that action in order to protect him from being threatened. Thus, environment can stimulate stress.

This research notes that the case about relationship between individual's stress and his or her environment appears in several films, such as *Broken English* (2007) and *Morning Glory* (2010). *Broken English* is a film which explains a story about Nora Wilder, thirty years old girl who has difficulties in trusting men because she often hurt cruelly by them. She becomes stress of her social environment because, she never meets the right one. Moreover, her stress increases when she finds all of her friends are married and some of them are in a relationship. While *Morning Glory* film tells about Becky Fuller, a woman who gets a job as executive producer in a morning show, *Day Break*. In this film Becky gets stress of her working environment because, she has uncooperative partner at her new work place, Mike Pomeroy and she has a demand to increase the rating of the show in just a few weeks.

Inside Out (2015) is a film directed by Pete Docter and Ronnie Del Carmen and produced by Walt Disney Pictures that also deals with stress and environment. *Inside Out* is an animation film which narrates a story about Riley Anderson, a young girl who tries to deal with her new life in her new environment. She and her family who originally live in Minnesota move to San Francisco because of her father's job. Although she has some good predictable possibilities of her moving, she does not fully happy. Because, she cannot accept the fact that her moving to San Francisco means that

she leaves her close friend and hockey team.

Since her arrival at San Francisco, she becomes more anxious of her surroundings. Because, she gets her new house that do not suite with her expectation. Moreover, she also finds food that does not fit with her taste. As Lazarus defines that if someone experiences a stress, they will do such cognitive appraises.⁶ Riley regards San Francisco as a demand, because she does not feel comfortable physically and psychologically. Her negative appraisals are the indication of her stress condition. The condition is resulted from her response to the environment. This is the main focus of the research to argue that Riley's stress is to respond to her environment.

When someone faces a potentially harmful situation, he or she will make certain behavioral efforts to master, tolerate, or reduce external and internal demands and conflicts among them.⁷ Riley's stress leads herself to blame her parents, because she regards that all what she experienced is caused by the moving that determined by her parents. Then, to master the demand she supposes that coming back to Minnesota is the best choice. This belief leads her to run away from her house.

Since the main issue of this research is relationship between Riley's stress and her environment, the writer's point of his analysis is to analyze influence of environment condition on Riley's stress significant. The issue

⁶Richard S Lazarus, "Coping Theory and Research: Past, Present and Future.," 1993, 237.

⁷Susan Folkman dan Richard S Lazarus, "An Analysis Of Coping In a Middle Aged Community Sample.," *Journal of Health and Social Behavior* 21, 1980, 219.

about Riley's stress of her environment is interesting to be discussed, because it is associated with psychological issue.

In order to support the statement, this research will be conducted by using psychological approach with characterization theory from Boggs and Petrie and concept of stress from Richard Lazarus. The writer believes that concept of stress from Richard Lazarus can explain Riley's conflict with her environment through psychological perspective, because there is correlation between the theory and the issue that the writer likes to discuss as explained before.

B. Discussions

Characterization in Film

Characterization is the use of literary technique to reveal the nature of a character. It refers to description and development of character.⁸ In their book, Joseph Boggs and Petrie draw that characterization can involve eight features. But in this research, the writer only uses five of them, those are: appearance, dialogue, external action, internal action and reaction of other character.

Characterization Through Appearance

People can make certain assumption of characters from their face value, dress, physical appearance, and manner and gesture. Those features are revealed by characters to show who they are and how important their roles in film. So, first visual impression that a film is portrayed has a huge effect on the story progresses. In this sense, to establish or to develop characters become the most important point, because in film most actors show certain qualities of a

⁸Joseph M Boggs dan Petrie Dennis W, *The Art of Watching Films: Seventh Edition* (New York: McGraw Hill, 2008), 60.

character according to how long they appear on the screen.

Characterization Through Dialogue

In film, characters show a great deal about themselves from what they say. It can be revealed through their true thoughts, attitudes, and emotions. Usually, this element is portrayed through dialogues. It includes the stress, pitch, and pause patterns of their speech. Indeed, element of language in a film becomes the hint of characters' background and even mental process.⁹

Characterization Through External Action

Naturally, character's action in a film is not something in vain. He or she does it for a purpose, but it does not include motives of their overall personality. Moreover, he or she is not only part of instruments in a film but his or her actions are the most important part in understanding the whole story in a film. So, there must be a clear relationship between a character and his or her actions.¹⁰

Characterization Through Internal Action

Film is magic. It reveals inner world of action that might be unseen and unheard by people in general. This dimension can reveal more comprehensive understanding of a character. It often involves the essential of a character, such as characters' minds and emotions which consists of secret, unspoken thoughts, daydreams, aspirations, memories, fears, and fantasies.¹¹

Characterization Through Reaction of Other Characters

Another excellent feature of characterization is reaction from other

⁹Boggs dan Petrie Dennis W, 62.

¹⁰Boggs dan Petrie Dennis W, 62.

¹¹Boggs dan Petrie Dennis W, 62.

characters. The way other characters view a character often serves most adequate meaning of a character. In this dimension, viewers can find a character background and know how a character gives a huge effect on other character. In some films, certain information about a character is already revealed through subtle ways before he or she first appears on the screen.¹²

Cinematography

The term cinematography comes from the Greek roots meaning “writing with motion”. Essentially filmmaking is shooting, but cinematography is more than the mere act of photography. It is the process of taking ideas, words, actions, emotional subtext, tone, and all other forms of nonverbal communication which rendered into visual terms. It has some conceptual tools which can be divided into several categories, such as frame, light, color, lens, movement, texture, establishing, and POV.¹³ But the writer only uses one of them, that is color.

Color

Color is one of the most powerful tools in the cinematographers’ arsenal, because cinematographers can do beautiful things with it. Far more fundamentally is its power as a communications tool. Color affects the viewer in the same way that music or dance does. It reaches people at a gut emotional level. For this reason, it can be a powerful tool in creating visual subtext.¹⁴

Color does not only influent emotion but also hold meaning in various cultures. Green is Islamic traditional color that mentioned in Al-Qur’an as color of silks

and carpets in paradisi.¹⁵ and white in Chinese culture symbolizes mourning.¹⁶ In film, color also has significance in indicating meaning and telling stories. It is part of the narrative and the meaning it has is not spelled out literally but is communicated through the story. For instance, Robert Mills mentioned Oz the Great and Wonderful as one of films that uses color as prominent storytelling device. The first twenty minutes of the film are black and white; this brings a sense of nostalgic into the film. When Oz arrives in the magical island, there is transition from black and white into color. This storytelling device shows a clear distinction between two worlds. Kansas described as grey and lifeless city, whilst Oz being over the rainbow and colorful.¹⁷

Wei et. al. set features of color mood analysis in their journal. They believe to present effective landscape for viewer, characters’ feelings have important role to present it. In order to reveal them, color has significance as device to bring them on the screen because there is association between color and mood or emotion that characters show in film. Moreover, they establish the association between color and mood tones (emotions) which is summarized in the table below.¹⁸

¹⁵Mario De Bortoli dan Jesus Maroto, *Color Across Cultures: Translating Colours in Interactive Marketing Communications*. (Edinburg: University of Paisley, 2001).

¹⁶*Al-Qur’an Al-Karim: Surah Ar-Rahman: 76 (Mushaf Standar Indonesia)*. (Surabaya: CV. Duta Ilmu, 2008).

¹⁷Robert Mills, “Color and Storytelling in Films,” *Web*. 29 January 2016, t.t

¹⁸Wei dkk., “Color-Mood Analysis of Film Based on Syntactic and Psychological Models,” t.t.

¹²Boggs dan Petrie Dennis W, 64.

¹³Blain Brown, *Cinematography Theory and Practice 2nd Edition*. (Oxford: Focal Press, 2012), 2–4.

¹⁴Brown, 228.

Color	Associated Mood Tones (Emotion Terms)
Black	Hatred, Mourning, Sorrow, Indefinite
White	Mourning, Grief, Depression
Red	Love, Hatred, Noble, Life
Orange	Jovial, Happy
Yellow	Happy, Luminous, Jovial
Green	Tranquility, Peace, Life
Blue	Peace, Tranquility, Noble
Purple	Love, Noble, Authoritative

Concept of Stress

Richard Lazarus¹⁹ views stress as a relationship between individuals and their environment. It refers to a relationship with the environment that the person appraises as significant for his or her wellbeing and in which the demands overstep his or her available coping resources.²⁰ This reaction can include behavioral and emotional component. This concept points out two processes as central processes within transaction of one's stress, cognitive appraisal and coping. Before writer explains about those processes, he will describe about factors that caused stress occurs on individual.

Stressors

There are number of factors in human's life which cause stress, it is called stressor. Lazarus points that stressor or stressful event is produced by environment. When an environment has certain categories which can cause a person harmed, it can be categorized as stressor. In general, there are three categories which include stressor: (a) cataclysmic events: these stressors are usually sudden events in an environment that giving no warning

¹⁹Professor of Psychology at the University of California, Berkeley. He was born March 3, 1922 in New York City. His influential monograph released in 1966 titled Psychological Stress and the Coping Process," t.t.

²⁰Lazarus dan Folkman, *Stress, Appraisal, and Coping*.

of their occurrence such as, disaster and other unpredictable threats; (b) personal stressor: this stressor only affects fewer people at any one time than cataclysmic events, for instance, loss of loved one; (c) background stressor: this stressor is less powerful but more chronic and almost routine. It is divided into daily hassles and ambient stressor.²¹ Daily hassles are typical events of ordinary life that may cause frustration.²² It affects specific individual such as domestic problem and work issues, while ambient stressor is intractable conditions of the physical environment. This stressor is background condition of an environment.²³ It can affect large number of people such as, climate contrast and cultural differences. Thus, environment has a role in producing stressor as the stimulus because the direct action which caused stress on a person is specific event which stimulated by the environment itself.

Cognitive Appraisals

Retelling Lazarus, the concept of appraisal is a key factor for understanding stress transactions. This concept is based on the idea that emotional processes are dependent on expectancies that persons manifest to outcome of a specific goal. This concept is necessary to explain individual emotion when he or she lives in specific environment. It is assumed that emotion is generated by a specific pattern of appraisals. These appraisals are determined by a number of personal and situational factors such as: motivation, goals, values, and generalized expectancies.

²¹Bell, Paul A, dan et al, *Environmental Psychology 5th Edition*. (New York: Harcourt College Publisher, 2001), 117–18.

²²Evans, Gary W, dan Cohen, *Handbook of Environmental Psychology*.

²³Evans, Gary W, dan Cohen.

In order to achieve his or her goal, an individual will attempt to predict and control a potentially stressful event.²⁴ In general, cognitive appraisal is divided into primary appraisal and secondary appraisal.

First, primary appraisal is the individual's evaluation of an event or situation as a potential hazard to his or her well-being. This is happening when an individual regards an event or situation possibly for harm.²⁵ Lazarus and Folkman also point out that primary appraisal can be divided into three types: (a) irrelevant: when the individual has no interest in transactional result; (b) positive: in which the individual assumes that the situation is positive with no potential negative result to his or her wellbeing; (c) stressful: where individual only perceives negative result or that the circumstances are detrimental to his or her wellbeing.²⁶

Then, secondary appraisal is the individual's evaluation of his or her ability to handle the event or situation. Secondary appraisal is purely a cognitive process; coping efforts have not been instituted at this point. The secondary appraisal can be influenced by contextual level factors such as demands, constraints, and opportunities.²⁷ The result from individual's appraisal

²⁴Richard S Lazarus dan R Launier, *Stress-Related Transactions Between Person and Environment*. (New York: Plenum, 1978).

²⁵S.J Lewis, "A Crisis State Assessment Scale: Development and Validation of A New Instrument." *Dissertation Abstracts International UMI No. AAT 3034054.*" (2001).

²⁶Matthieu, Monica M, dan Andre Ivanoff, *Matthieu, Monica M., and Ivanoff, Andre. Using Stress, Appraisal, and Coping Theories in Clinical Practice: Assessments of Coping Strategies After Disasters. Oxford: Oxford University Press, 2006. p. 342.* (Oxford: Oxford University Press, 2006).

²⁷Matthieu, Monica M, dan Ivanoff.

then generates an emotion related to the particular event or situation. When resources that a person has are insufficient, he or she will experience stress. Then, individual able to move from thinking into action to master the demand, this effort is called coping.

According to Lazarus, coping is the cognitive and behavioral efforts made to master, tolerate, or reduce external and internal demands and conflicts among them.²⁸ Lack of success in the coping process may increase the tendency to evaluate the situation as threatening.²⁹ There are two types of coping, problem-focused coping and emotional-focused coping. Problem-focused coping is an effort to master the demand that causes psychological stress into a better condition, while emotional-based coping only changes the way a person interpret what is happening.³⁰ When the coping efforts are adequate to handle the situation, there will be a final stage which is called adaptation.

Riley's Characters Before Moving to San Francisco

Riley is a beautiful girl; she is portrayed with short blonde hair with blue eyes and a slim body. She lives in a happy family with lovely parents. She always appears as cheerful girl, both in her family and among her surroundings.



Picture 2 (00:05:40)



Picture 3 (00:06:12)

²⁸Folkman dan Lazarus, "An Analysis Of Coping In a Middle Aged Community Sample."

²⁹Bell, Paul A, dan et al, *Environmental Psychology 5th Edition.*, 121.

³⁰Lazarus dan Launier, *Stress-Related Transactions Between Person and Environment.*, 8.

Based on Boggs and Peattie, visual impression that a film is portrayed has a huge effect on the story progresses.³¹ Pictures above are images of Riley when she was in Minnesota. Picture 2 is the scene when Riley plays with her close friend, Meg. Her moving looks active and her face always shows pose of joyful that means she enjoys living around there. Moreover, picture 3 that describes Riley plays ice skating with her family explains that her father and mother have times to spend with her. Harmonious relationship between Riley and her family indicates Riley as person who has tight relationship with them. In addition, in both pictures Riley's dresses is always displayed in bright color, like yellow; that shows sense of happiness and blue; that brings mood of peace.³² Indeed, Riley's physical appearance in Minnesota always portrays herself as a cheerful girl.



Picture 4 (01:09:20)

Before moving to San Francisco Riley is friendly. It is indicated by her relationship with her friends. In the film, Riley joins a great hockey team. Picture 4 shows memory of Riley that displays Riley, her hockey team and her family celebrating winning the game. Shiny yellow color which dominates picture 4 brings sense of joyful situation.³³ She and her hockey team's close interaction (displayed by the team cheering her)

³¹Boggs dan Petrie Dennis W, *The Art of Watching Films: Seventh Edition*, 60.

³²Wei dkk., "Color-Mood Analysis of Film Based on Syntactic and Psychological Models."

³³Wei dkk.

can be the indication that she is good in socializing and has good relationship with them. Riley feels pleased to live in Minnesota because she has everything that she wants: lovely parents, best friend and great hockey team. As explained by Boggs and Peattie, there is dimension that involves the essential of a character, such as characters' minds and emotions which can reveal more comprehensive understanding of a character.³⁴ So, the picture above includes into Riley's internal action which reveal Riley as a friendly girl.



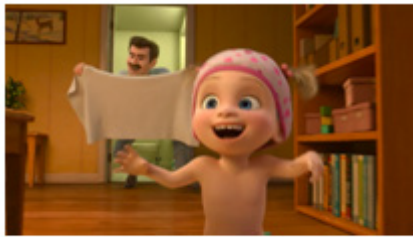
Picture 6 (00:05:43)

Then, picture 6 displays image of Honesty Island³⁵ inside Riley's mind. The island is the appearance of Riley's personality. The scene in the picture appears just before Riley confesses that she breaks a plate by a hammer. This is the most accurate image that shows Riley as an honest girl because the picture draws one of Riley's islands of personality that defines her as a person. As explained by Boggs and Peattie, there is dimension that involves the essential of a character, such as characters' minds and emotions which can reveal more comprehensive understanding of a character.³⁶ In this sense, the evidence above confirms that Riley is an honest person.

³⁴Wei dkk.

³⁵"One of islands of personality inside Riley's mind that present different aspects of Riley's personality that define her as a person.," t.t.

³⁶Boggs dan Petrie Dennis W, *The Art of Watching Films: Seventh Edition*, 62.



Picture 5 (00:05:31)

Riley is a funny girl. She often does funny things among her surroundings. For instance, she loves to joke by imitating monkey's pose in front of her parents, it is named Goofball joke. Picture 5 shows Riley running from her father and using underwear on her head while her father tries to chase her. This is Riley's external action that means she has a high sense of humor because, since external action is not something in vain, it is done for a purpose.³⁷ Riley's action shows her purpose of having fun.

Riley's Characters After Moving to San Francisco



Picture 7 (00:13:23)

(Bill put Riley and Jill down from his shoulder.)

Bill : Ah! Sorry (talk to the phone) Hello? You're kidding. All right. Stall for me. I'll be right there. The investor's supposed to show up on Thursday, not today! (talk to Jill) I got to go.

Jill : It's okay. We get it.

Bill : (talk to Jill) You're the best. Thanks, hon. (talk to Riley) See you, sweetie.

³⁷Boggs dan Petrie Dennis W, 62.

(Inside Riley's mind)

Sadness : Dad just left us. He doesn't love us anymore. That's sad.

(00:10:41 - 00:11:04)

Since her arrival at San Francisco Riley becomes gloomy because she faces so many pressures since her arrival there as depicted in picture above. The scene in picture 7 happens when she walks down the stairs after she and her mother buy pizza in San Francisco. Her pose looks gloomy and her moving looks passive and spiritless because she feels pessimistic of San Francisco. According to Boggs and Petrie visual impression that a film is portrayed has a huge effect on the story progresses.³⁸ The picture above confirms that Riley becomes gloomy since her arrival at San Francisco. Furthermore, Riley's image in picture 7 is covered with transparent white layer. According to Wei et. al. color of white indicates sense of mourning and depression.³⁹ Riley misses' harmony in her family. She always thinks about her father who is busy with his job since their arrival at San Francisco as detailed in the dialogue before. The dialogue informs that Bill gets the phone in the middle of frolicsome situation with Riley and Jill. Bill talks in a hurry because he gets a phone call from his partner who told him about rescheduling of the meeting with the investor, so he needs to leave his family. The event breaks the happy mood between them immediately. Then, Riley feels hopeless because she interprets her father's leaving as he does not care about her and her mother anymore.

³⁸Boggs dan Petrie Dennis W, 60.

³⁹Boggs dan Petrie Dennis W, 62.



Picture 8 (00:41:42)

Since everything seems strange for her, she chooses to stay away from it. She becomes unsocial after she moves to San Francisco. Her decision to become unsocial appears after she cries in front of her classmates. She is crying because she remembers about Minnesota when she introduces herself for the first time. She regards it as a shameful experience because she is afraid of being a gossip topic. So, she decides to isolate herself from her surrounding as depicted in the picture 8 because she believes that avoiding her new surrounding is the best choice. Boggs and Peattie explain that there must be a clear relationship between a character and his or her actions (62).⁴⁰ According to the picture Riley's external action confirms that she becomes unsocial after her arrival at San Francisco.

Riley's daily is getting worse after she gets shameful experience at her school. She faces so many problems both in her house and school. In her house, she and her family are stressed out because the van that carries all the stuff from Minnesota is lost and will not arrive until several days. Then, in her school she also gets so many difficulties in adapting with new people.

Jill : So, how was the first day of school?

Riley : It was fine, I guess. I don't know.

Jill : Ehem! (signal her husband)

⁴⁰Boggs dan Petrie Dennis W, 62.

Bill : Ah! So, Riley, how was school?

Riley : School was great, all right?

Jill : Riley, is everything okay?

Riley : Ugh! (roll her eyes)

Bill : Riley, I do not like this new attitude.

Riley : What is your problem? Just leave me alone!

Bill : Listen, young lady, I don't know where this disrespectful attitude came from...

(00:27:42 - 00:29:00)

The dialogue above happens when Riley is having dinner with her family. When her mother realizes that there is something wrong with Riley, she immediately asks Riley about her condition. Riley pretends that everything is alright when she answers her mother's question. Even when her father asks the same Riley still pretend in answering the question. The truth is Riley has a problem in her school. She often remembers her past in Minnesota and it always makes her sad. Her sad feeling put her in a difficult situation to adapt with the surrounding. She chooses to hide it because she judges that the problem which she experienced is caused by the moving to San Francisco and she believes that her parents are the agents who have the power behind her moving to San Francisco. One of techniques to reveal characters in the film is dialogue because characters often show a great deal about themselves from what they say.⁴¹ As detailed above, Riley's dialogue to other character is her effort to hide the truth. It becomes the hint that she turns herself as a liar.

Beside dialogue, reaction from other characters also helps to reveal that there is strangeness in Riley. This technique can reveal Riley's character because the way other characters view a character

⁴¹Boggs dan Petrie Dennis W, 62.

often serves most adequate meaning of a character.⁴² As explained in the dialogue before, Riley's parents' reactions to respond the strangeness in Riley are apprehensive. Jill and Bill start to probe Riley because they find unusual attitude on Riley, but Riley does not reveal the truth and shows disrespectful attitude. She becomes harsh and shows impolite manner in front of her parents. This kind of attitude makes Bill mad, so he punishes Riley to go to her room. In this sense, both Jill and Bill reactions in respond Riley's attitude become the indication that Riley turns rebellious since her arrival at San Francisco.



Picture 9 (00:31:04)

Then, Riley also turns into a cold person since her arrival at San Francisco. Picture 9 is the scene when Bill tries to ask for Riley's apology because he was mad at her. However, Riley does not respond Bill's request. To release the tension between them, Bill starts a joke of Goofball. Unfortunately, Riley chooses to avoid it because she still regards her parents as trouble makers who cause her moving to San Francisco. This scene also includes into Riley's external action which indicates that Riley turns into cold person since her arrival at San Francisco.

To sum up, Riley as the main character in *Inside Out* film is a young girl who has several good characters. She is cheerful, honest, friendly and funny girl. She is based on Minnesota and lives in a happy family. Then when she moves

⁴²Boggs dan Petrie Dennis W, 64.

to San Francisco because of her father's job, she turns into her opposite side; she becomes gloomy, unsocial, rebellious and cold person.

San Francisco as Producer of Stressors

The conflict begins when Riley moves to San Francisco. She faces many difficult situations both in the middle of her family and among her new surroundings. Indeed, she does not feel suitable with her new environment. The writer figures out that there are some reasons which are related into factors that cause stress on Riley. First, she finds her new house that does not suitable with her expectation. Riley thinks that she will live in her dream house but, she gets her house that is so small and squeezed between two large buildings. The house is dirty. She also finds a dead mouse in the corner of her new house. The event makes Riley feels disgust of her new house. Second, she and her family daily needs are restrained. When Riley is about to ask about the van that carry all the stuff from Minnesota, she gets a bad news because the van is lost and will not arrive until several days as detailed in the dialogue below,

Bill : Well, guess what? The moving van won't be here until Thursday.

Jill : You're kidding. You said it would be here yesterday!

Bill : I know that's what I said. That's what they told me!

Jill : Did you even read the contract? (Inside Riley's mind)

Fear : Mom and Dad are stressed out! What are we going to do?

(00:09:51-00:10:16)

The dialogue above informs that Jill and Bill are talking about the lost moving van that carries all the stuff from Minnesota. It also shows that Riley is not the only one who is stressed out of the situation.

According to Lazarus, there is kind of stressor (cause of stress) which includes into event of ordinary life that may cause frustration.⁴³ This stressor is less powerful but gives more chronic effect to personal and almost routine, it is named daily hassle.⁴⁴ Dirty small house that needs to be cleaned and lost moving van are not a big problem but they are include into daily and almost routine that potentially cause stress, so they can be categorized as **daily hassles** that cause stress on Riley.



Picture 10 (00:11:27)

(Inside Riley's mind)

Fear : What the heck is that?

Joy : Who puts broccoli on pizza?

Disgust : That's it. I'm done.

Anger : Congratulations, San Francisco, you've ruined pizza! First the Hawaiians and now you!

(Reality)

Jill : What kind of a pizza place only serves one kind of pizza? Must be a San Francisco thing, huh?

Third, Riley's taste does not fit with food culture in San Francisco. There is a scene when she and her mother buy pizza down the street, they find pizza shop in San Francisco only serve one menu; pizza with broccoli. As displayed in picture 10, the waiter with her unfriendly face expression serves pizza with broccoli on it. The way waiter serves the pizza and her expression show impolite manner. This scene informs that San Francisco

⁴³Evans, Gary W, dan Cohen, *Handbook of Environmental Psychology*, Volume 1:547.

⁴⁴Bell, Paul A, dan et al, *Environmental Psychology 5th Edition.*, 118.

has different food taste and manner. The event increases Riley's disgust feeling, because she hates broccoli. Moreover, in dialogue above Jill, Riley's mother, also gives negative impression of food taste of San Francisco. This means Riley is not the only one who disappointed of the event.

Fourth, Riley feels pressured in her school. She always remembers about her past in Minnesota and it makes her feel sad. There is an incident when she cries in front of all her classmates while she introduces herself for the first time. She wonders that her action brings negative impression for the new people around her as explained in the dialogue below,

Teacher : And how about Minnesota? Can you tell us something about it? Well, you certainly get a lot more snow than we do.

Riley : Yeah, it gets pretty cold. The lake freezes over, and that's when we play hockey. I'm on a great team. We're called the Prairie Dogs. My friend Meg plays forward and my dad's the coach. Pretty much everyone in my family skates. It's kind of a family tradition. We go out on the lake almost every weekend. Or we did, till I moved away (Riley starts to remember her past and drops her tears).

(Inside Riley's mind)

Disgust : Cool kids whispering at three o'clock!

Fear : Did you see that look? Oh, no. They're judging us!

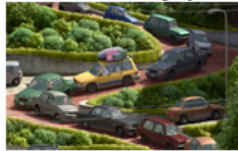
Joy : Somebody help me! Grab that... Everybody put...

(Reality)

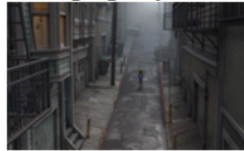
Riley : (Riley is crying) We used to play tag and stuff. But everything's different now. Since we moved.

(00:22:47 - 00:24:07)

The dialogue above shows interaction between emotions inside Riley's mind that presents about her thought specifically. Riley's thought informs that she is afraid of being the gossip topic among her new classmates. It also draws about meaning of Minnesota for Riley. For Riley, Minnesota is a place where she belongs to. She has close friend and hockey team there. She also has tradition to play skates every weekend with her family. This means when Riley was in Minnesota, she has a lot of happiness and beautiful memories with her family and her friends. The dialogue also confirms that Minnesota is joyful and longing city.



Picture 11
(00:08:12)



Picture 12
(01:06:20)

On the contrary, San Francisco landscape often displayed as stressful place. Picture 11 depicts Riley and her family trapped in a traffic jam when they first arrive at San Francisco. The picture shows that San Francisco is a crowd and wearisome city. Then picture 12 depicts San Francisco landscape when Riley walks toward bus station through small path with darken color landscape around her. The color brings sense of hatred, sorrow and mourning.⁴⁵ Pictures above confirm the statement: San Francisco is full of dullness, boring and exhausting.

Based on the theory, there is kind of stressor called ambient stressor; intractable conditions of the physical environment. This stressor is background condition of an environment.⁴⁶ Broccoli

⁴⁵Wei dkk., "Color-Mood Analysis of Film Based on Syntactic and Psychological Models."

⁴⁶Evans, Gary W, dan Cohen, *Handbook of Environmental Psychology*.

pizzas as food culture and environment condition of San Francisco are part of its backgrounds. So, the writer believes San Francisco's background includes **ambient stressors** which put Riley into stress condition.

(Riley on a video call with Meg)

Meg : Do you like it there? Did you feel any earthquakes? Is the bridge cool?

Riley : Yeah, it's good.

(00:36:05 - 00:36:08)

Beside stress of the environment's conditions, there is another myth of the San Francisco itself that potentially cause stress on Riley. The dialogue above happens when Riley on video call with Meg. It describes Meg's question about San Francisco's condition. There is point about earthquake in Meg's question which refers into San Francisco. From the dialogue, the writer believes that rumor about earthquake is part of San Francisco's nature. This means San Francisco is a place that potentially put Riley into disasters. Lazarus said, there is such factor in human's life that cause stress like sudden event that giving no warning; cataclysmic event.⁴⁷ In this sense, rumor about earthquake is the evidence that San Francisco is a place that potentially put Riley into **cataclysmic event**.

The last factor of stress that occurs on Riley is personal stress. Lazarus explained personal stressor is incident in live of someone that requires personal responses.⁴⁸ As described before Riley's moving is to San Francisco from the first time makes her sad completely. Beside

⁴⁷Bell, Paul A, dan et al, *Environmental Psychology 5th Edition.*, 117.

⁴⁸Evans, Gary W, dan Cohen, *Handbook of Environmental Psychology*.

pressure, Riley also feels lonely in her new environment. Her loneliness brings memory of her friends and hockey team. So, her desire to come back to Minnesota and meet all the key of her happiness is unavoidable fact as described in the dialogue below,

Bill : Thank goodness! Oh, honey! What happened? Are you all right? We asked the neighbors, I called the school, we talked to your teacher.

Riley : I know you don't want me to but... I miss home. I miss Minnesota. You need me to be happy, but... I want my old friends, and my hockey team. I want to go home. Please don't be mad.

(01:20:02- 01:22:12)

The dialogue above happens when Jill and Bill look for Riley because she once disappears and no one knows her position. It describes Riley's confession to her parents about what she feels since their arrival at San Francisco. She misses all her friends, her hockey team and she wants to go back to Minnesota. Riley's feeling of missing confirms that she feels socially separated from her old friends that cause stress on her. It includes into **personal stressor**.

From explanation above the writer claims San Francisco as the producer of stressors that cause stress on Riley. Reasons of why Riley does not feel suitable with her environment are evidences that San Francisco has categories that cause Riley feels harmed and stress. In this sense, the writer believes that those stressors stimulate the main character's stress of her environment. In order to prove that Riley is stress of her environment, explanations about Riley's appraisal of San Francisco are necessary.

Riley's Cognitive Appraisals

Anger : I'll tell you what it is. This move has been a bust.

...

Anger : Fine. Let's see, this house stinks, our room stinks.

Disgust : Pizza is weird here.

Sadness : Our friends are back home.

Fear : And all of our stuff is in the missing van!

Joy : Oh, come on. It could be worse.

Disgust : Yeah, Joy. We could be lying on the dirty floor. In a bag.

...

(Jill enters Riley's room)

Anger : The Mom bad news train is pulling in. Toot-toot!

Jill : Hi, honey. Still no moving van. Now they're saying it won't be here till Tuesday, can you believe it?

Riley : Where's Dad?

Jill : On the phone. This new venture is keeping him pretty busy. Oh, your dad's a little stressed, you know, about getting his new company up and running. Now for a few well-placed withering scowls. I guess all I really want to say is, thank you. You know, through all this confusion you've stayed ... Well, you've stayed our happy girl. Your dad's under a lot of pressure, but if you and I can keep smiling, it would be a big help. We can do that for him. Right?

Riley : Yeah, Right.

(00:15:47 - 00:17:56)

The dialogue above draws Riley's anxiety of her family's condition. When she finds her father looks upset while talking on his phone, Riley realizes

that moving is the bad decision for all of her family members. The writer finds conversation between emotions in Riley's mind informs that Riley has negative appraisals of San Francisco. First, Riley feels frustrated of her new house because it was dirty and stinks. Second, she feels disgusting of San Francisco because gets inappropriate food taste there. Third, she appraises San Francisco as the city that separates her from her friends. Riley's negative appraisals are inescapable. Moreover, the missing van makes the matter worse because she cannot find any clothes for change. In addition, the dialogue also informs that Riley is not the only one who stress of San Francisco. Both Bill and Jill also feel stressed of all the events that they are experienced since their arrival at San Francisco. Bill's talk in high pitch indicates that he sustains tough burden that need to be solved in his job. Jill also explains that Bill is under pressure in running the company. Retelling Lazarus and Folkman, when individual only perceives negative result or that the circumstances are detrimental to his or her wellbeing⁴⁹, it means he or she has stressful primary appraisal. Riley's appraisals as explained above only perceive negative result of the moving to San Francisco. This means Riley has **stressful primary appraisal** of her environment.

The dialogue before also informs that Jill gives Riley suggestion to still become a happy girl and does not put the situation into the worse because

⁴⁹Matthieu, Monica M, dan Ivanoff, *Matthieu, Monica M., and Ivanoff, Andre. Using Stress, Appraisal, and Coping Theories in Clinical Practice: Assessments of Coping Strategies After Disasters. Oxford: Oxford University Press, 2006. p. 342.*

she believes that this effort can reduce difficulties in their family. Lazarus explained that after an individual evaluate the treat that potentially harms him or herself, he or she will evaluate his or her ability to handle the situation. This is called secondary appraisal. This appraisal depends to the nature of primary appraisal, it can be influenced by external situation such as demands and opportunities.⁵⁰ In this sense, Riley's acceptance of Jill's suggestion indicates that Riley tries to evaluate her ability to handle the situation for her wellbeing. Unfortunately, her secondary appraisal which influenced by the constraint that burden herself makes her feels too hard to go through her daily. She finds many kind of harmful events as described in the explanation of stressors before that increase her hurt feelings. Based on Lazarus, when resource and ability of an individual are insufficient to master the demand, he or she will experience stress.⁵¹ In this sense, the fact that Riley is stress of her environment is unavoidable because she gets **insufficient secondary appraisal**, so the stress occurs on her. In order to deal with the condition Riley tries to look for alternative effort to master her demands until she decides to run away from house and come back to Minnesota as detailed in the dialogue below,

Anger : All the good Core Memories were made in Minnesota. Ergo, we go back to Minnesota and make more. Ta-da!

Fear : Wait, wait, wait. You're saying we run away?

Anger : Well, I wouldn't call it that. I'd call it the Happy Core Memory Development program.

⁵⁰Matthieu, Monica M, dan Ivanoff, 342.

⁵¹Matthieu, Monica M, dan Ivanoff, 342.

Fear : You can't be serious.

(00:50:07 - 00:51:05)

The dialogue draws about conversation between emotions in Riley's mind. It shows that Riley's stress leads her to think of escaping from San Francisco. Riley's decision to run away is also part of her secondary appraisal which influenced by external factor; opportunity. She believes to the idea that to find happiness she must come back to Minnesota, because she believes that all happy memories can be made in Minnesota only. Finally, Riley's thought to running away leads her from strategy into action to handle the stress.

From the explanation before, the writer concludes that San Francisco has a huge effect on Riley's stress. It has a role as the stimulation of the stressful events that cause stress occurs on Riley. Furthermore, the writer finds that influence of environment condition on Riley's stress in this film as an important factor that produce stressors until stress occurs on her. Indeed, the existence of environment around Riley and her perceiving of it are inevitable. In addition, the explanation of stressors that cause stress on Riley before points out that stressor which divided into certain types; cataclysmic event, personal stressor, ambient stressor and daily hassle, are coherent with term of environment⁵² that the writer uses in this research. Based on the film, the analysis proves that cataclysmic event as part of physical environment, personal stressor as part of social environment and ambient stressor and daily hassle as part of cultural environment.

⁵²“The aggregate of all of the external condition and influences affecting the life and development of organisms and it can be divided into physical, biologic, social and cultural (Farlex Partner Medical Dictionary).” t.t.

C. Conclusions

Inside Out is an animated film that produced by Walt Disney Pictures and directed by Pete Docter and Ronnie Del Carmen. The film portrays particular setting about resettlement of a young girl from her beloved place to the new environment. In this research, the writer reveals how the environment condition influences the main character's stress significant in the film. In order to answers the question, this research uses characterization theory by Boggs and Peattie, stress concept by Richard Lazarus and one aspect of cinematography; color to support the writer's statement.

From the findings in the previous chapter, the writer will give two major conclusions. First, the writer concludes that Riley as the main character in *Inside Out* film shows emotional stress reaction since her arrival in San Francisco. She who once a cheerful, friendly, honest, and funny girl turns into a gloomy, unsocial, rebellious, and cold person. Her characters' changes indicate that she does not feel comfort of her new environment.

Second, the writer concludes that environment has significant role as the stimulation of main character's stress in the film. Its existence which is constructed naturally produces many kind of stressors that put Riley into the stress condition. San Francisco which has different culture, manner and natural disaster potency progressively stimulates her stress. Moreover, visual impressions of San Francisco also demonstrate that its environment is stressful and exhausting. As the result, Riley's negative appraisals of San Francisco are inevitable.

In addition, the writer finds correlation between his research findings with

moral of education which is taught by the great teacher in Islam Syekh Az-Zarnuji, author of *Ta'lim Muta'lim*, who intonates in his lyric: "Bad friends (environment) bring you to fiery hell, while good friends (environment) bring you to the heaven that full of enjoyment."⁵³ The lyric implies that environment that a person lived has significance role in constructing his or her personality and behavior. It explains that positive environment can bring individual to the right way, while negative environment to the opposite. In this case, the research can help readers to deeply understand about how influence of environment on individuals.

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⁵³Az-Zarnuji, *Ta'lim Muta'lim Fi Bayani Thariqi At-Ta'allum*. (Surabaya: Al Hidayah, t.t.).

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