

PSYCHOLOGICAL CONFLICT OF THE MAIN CHARACTER IN PAUL GREENGRASS' MOVIE "CAPTAIN PHILLIPS"

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Abstract

Psychological conflict is a condition that we often encounter in our daily lives. It is also known as interpersonal conflict and is defined as a conflict caused by the character itself. Commonly, it arises when people make difficult decisions. According to Kurt Lewin's theory, psychological conflicts are divided into three types: (1) approach-approach conflict (an individual presented with two desirable alternatives), (2) avoidance-avoidance conflict (an individual presented with two undesirable alternatives), and (3) approach-avoidance conflict (an individual presented with two choices, desirable and undesirable alternatives at the same time). In literary work, a character is a person who has a conflict, and then they are taking action to solve the problem that happens. Every problem must also have an impact that can affect life, particularly on ourselves, both mentally and physically. That's why the researcher carrying out this research is to analyze what kinds of psychological conflicts were experienced by Capt. Richard Phillips and how these psychological conflicts impact his mental state. This research method is descriptive and qualitative with a focus on Kurt Lewin's theory. This research data is taken from Captain Phillips's movie. Other data were collected from various references, namely journals, thesis, articles, and online sources. Data analysis techniques include data reduction, data display, and conclusion drawing (Miles and Huberman, 1994). In this study, based on the actions, feelings, and utterances of the main character, the researcher found 29 data with the dominant psychological conflict being avoidance-avoidance conflict. The impact of the psychological conflict experienced by Captain Richard Phillips as the main character is mental stress and poor physical health.

Keywords: Psychological Conflict, Character, Movie

INTRODUCTION

Literary work is a form of the thought or imagination and psychology of the writer which is then poured into the form of a work. Thus, literary work does not mean just talking about the fact, but imagination too, depending on the author's idea. One of the most popular literary works is a movie. In this research, the researcher chooses a movie as the object that will be discussed. The movie is a very important mass communication medium to communicate on a reality, one of which is about the reality of society.

Psychology and literature are two inseparable sciences. There is a close correlation between literature and psychology in that both the treatment of people and their reactions, experiences, perceptions of the world, desires, fears, their conflicts, them and their reconciliation; individual and societal concerns, using a variety of concepts, methods, and approaches. Psychology is the science of mental life, including phenomena and their conditions... phenomena are things we call sensations, desires, perceptions, reason, decisions, etc. (James in Ladd, 1887).

Conflict is one of the intrinsic elements that play an important role in the story because it makes the story exciting. Conflict is the energy of the story. There are two types of conflicts, one is internal conflict and the other is external conflict. Inner conflict is the conflict manifested in the character's heart. At the same time, external conflicts are conflicts manifested through the characters of other people or other lives. Conflict is useful to build the story because that triggers the emotions of literary connoisseurs. We can say that conflict is the heart of the story that is usually related to the main character. Conflict cannot stand alone because it can't deliver without characters. Conflict is also essential to building a character's personality. The type of conflict that has a significant impact on building the character's personality is psychological conflict. Psychological conflict is a conflict between a person who struggles with themselves, their conscience, their feelings, or their guilt, or is just trying to decide what to do (Jones in Damayanti, 2016).

A character is a person who has a role in the story. The character becomes a very important role in the structure of a literary work of the author creates characters as human perfection in which they carry all the things that happen in humans. In this case, they carry the nature and actions of real people.

In literary work, a character is a person who has a conflict, and then they are taking action to solve the problem that happens. Every problem must also have an impact that can affect our life, particularly on ourselves, both mentally and physically. Captain Phillips's movie is an example of a life struggle story that we can take. The movie is based on a true story that makes sense of the movie looks real too, of course. Moreover, the impact of

exiting psychological conflict is often found in real life.

From the description above, the researcher wants to uncover aspects of psychological conflict by using qualitative descriptive methods, psychoanalysis approach, and conflict theory by seeing the mind and exposing the mental state that engulfs the main character. Apart from how psychological conflict of the main character and how can he resolve the problems that happen, we can also see how the problem affects his mind and mental state (mental disorder). This encourages researchers to study more deeply Captain Phillips's movie by Paul Greengrass through the approach of literary psychology. With this in mind, the researcher conducted a study entitled Psychological Conflict of The Main Character in Paul Greengrass' Movie "Captain Phillips". The research questions are as follows:

What kinds of psychological conflicts Capt. Richard Phillips as the main character suffers from?

How do these psychological conflicts impact on his mental state?

REVIEW OF RELATED STUDY

Psychology

Psychology is a discipline that learns about the behavior of humans, both individually and concerning their environment. Here, the behavior is the personality that is visible or invisible, whether conscious or unconscious. On the other side, psychology is a study of human behavior that was applied in analyzing the personalities of humans or the personalities of characters involved in the movie. In the literature, most writers use psychological analysis to analyze a person's character or writer or the paper that is related to psychoanalytic. Analyzing text, psychoanalytic theory can be used to interpret the hidden meaning in the text, or to better understand the writer's intent (Lye in Nolen & Arianto, 2020)

Literary Psychology

Literary psychology is a multi-discipline that consists of literature and psychology. Literary psychology focuses attention on issues related to the psychological elements of fictional characters in literary works. These human aspects are the main subject of literary psychology because psychological aspects exist in people. Literature and psychology have a very strong relationship in that they both deal with people and their reactions, perceptions of the world, unhappiness, wishes, desires, fears, conflicts, and reconciliation, and they touch individuals and society through methods and approaches to different concepts. Literature becomes an interesting study material that involves the characterization/personality of characters, writers of literary works, and readers. Thus, that is the main cause of the birth of new science known as literary psychology.

Literary works benefit from the psychology related to success, expressing its atmosphere, and bringing readers into the psychological dimension of human reality. Psychological and literary research focuses on fantasy, emotion, and the human soul. The purpose of literary psychology is of course to understand the psychological aspects of literary works.

Movie as Literary Work

The movie is one of the most literary works. The movie is a very important mass communication medium to communicate a reality, one of which tells about the reality of society. A movie is a synthesis of social, psychological, and aesthetic phenomena, and is a document composed of stories, images, text, and music. Make movies in a multi-dimensional and complex way.

Based on the research, the researcher chooses a movie from America in 2013 that tells about a hijacking accident that happened in Somalia sea which is Richard Phillips (who played by Tom Hanks) as the captain of Maersk Alabama ship.

Character

The characters in the film are related to people's psychology. Many factors affect human psychology. These are personal factors in personal factors and situational factors. Psychology comes from the individual, including biological and psychological partners. In terms of situational factors, psychology comes from outside the individual, including society, culture, time, technology, etc. (Rakhmat in Fitriani, 2019).

Based on the study of the movie that has been selected, the researcher just wants to explain the main character. He is Captain Richard Phillips (played by Tom Hanks); the personality of a captain of the ship who is responsible for the safety of his crew, willing to be a hostage to protect his crew while spinning out the time for reinforcements to arrive.

Plot

The plot is one of the intrinsic elements in literary work. The plot is built from the important events in a particular story (Dibell, 1988). Throughout a plot not only when and where the events in the story happen, we can know, but also what kinds of the atmosphere the events in the story.

In other words, we can say that the plot is a series of events in a story. In most stories, these events are caused by conflicts experienced by the main character. Talking about the plot means we are talking about the actions or events that are usually resolved at the end of a story that can be a happy or sad ending.

Conflict

The people in this life have to interact with each other as a consequence of being a civilized and multi-

motivated organism (Moskowitz in Lubis, 2018). Conflict is one of the most important elements in the story. We can say that the conflict is the heart of the story, without conflict the story does not have energy. Conflict occurs because of differences in thought or ideas and it makes stories interesting to read (in Purnami, Sosiowati, & Darmasetiyawan, 2016).

Internal Conflict

Internal conflict (also called mental conflict or internal conflict) is a conflict between the hearts and minds of the characters in the story (Nurgiyantoro in Tarigan, Ambarita, & Ansari, 2019). In addition, Kurt Lewin defined conflict as an internal problem of a person. He thinks that conflict is a problem that occurs as caused by conflicting motivation, so which creates a conflict that occurs in the character itself.

Kurt Lewin's Theory

The Lewin conflict takes place in a person's living area. The reality of life and psychological environment in which a person appears to him at a certain point in time. Field theory prioritizes the study of the human soul. However, Lewin's theory does not mean to convey a person's "intrinsic content", but to convey the individual's interrelationship with a specific environment, which affects experience and behavior (in Lindorfer, 2021).

Field theory is a theory that is classified as a method for analyzing causal relationships and constructing scientific constructs. There are three characteristics of Kurt Lewin's theory, as follows:

Behavior is the function of the present field of the time that behavior occurs.

Analyze begins with the situation where do the parts come from separated.

A concrete person in a concrete situation that can be described systematically.

Kurt Lewin's psychological theory is quite potential found in society. The inner conflict of Kurt Lewin is talking about conflict when an individual is faced with a 'choice'. Commonly, a phenomenon in a society that cannot be separated from the conditions that make us have to 'choose' which then impacts the inner conflict is violence.

Psychology Conflict

Conflict frequently associated with fighting, quarrels, and wars means that the conflict occurs among more than one person and can come from a group or country. However, conflict can also happen to a person, called internal conflict or inner conflict, or psychological conflict.

A psychological conflict is a conflict that arises when people make difficult decisions. Sometimes, as human beings, we are bound to face situations in life, and we must decide whether this is an easy decision or a difficult decision. That is caused by considerations that can lead to the appearance of the inner conflict of the individual itself which then triggers the appearance of psychological conflict.

Conflict is a turning point in which a person has had trouble achieving a certain psychological quality. Sometimes it refers to a psychosocial crisis, this can be a moment of vulnerability and strength since people work towards success and failure (Alwisol in Damayanti & Mujiono, 2016). Based on the state, the researcher can say that psychological conflicts are of internal importance not only of neurosis, but also to psychosomatic diseases, sexual deviation, and functional psychosis

Kinds of Psychological Conflict

The conflict is divided into four types, there are (1) approach-approach conflict, which occurs when an individual is presented with two undesirable alternatives, (2) avoidance-avoidance conflict which occurs when an individual is presented with two undesirable alternatives, and (3) approach-avoidance conflict which occurs when an individual presented with two undesirable and desirable alternatives at the same time (Kurt Lewin in Pratami, Johan, & Purwaningsih, 2016).

Based on the state above, psychological conflict divided into three kinds, there are:

The approach-approach conflict. This way occurs when an individual is presented with two desirable alternatives, that only one alternative can be acquired. Undesirable alternatives are termed positive aims. In other words, two powers are encouraged in the opposite direction, as in the example of people who are faced with two choices that are equally liked.

The avoidance-avoidance conflict. This happens when a person wants to get away from or avoid two unwanted alternatives. Undesirable alternatives are termed negative aims. In other words, two powers are obstructing the opposite direction, as the example people who faced with two choices that are equally disliked.

The approach-avoidance conflict. This happens when a person sees the same goal in both a positive and negative sense. In other words, two powers encourage and obstruct that occur from one goal, for example, people who are faced with choices at the same time contain elements that they like and do not like

Impact of Psychological Conflict

In life, everyone in the world surely has problems. It is not life if the trip is fluent sailing. Their problem can come whenever and anywhere. What distinguishes us is only how we think and act to solve the problem. Besides that, every problem must also have an impact that can affect life, especially on ourselves, both mentally and physically. In other words, we can say that the problem can impact the human soul. The impact of psychological conflict can be caused by internal conflict or external conflict. Both of them can disturb the mental state of the

character.

METHOD

Research Design

This study was carried out using qualitative descriptive research and psychoanalytic methods to identify and explore the main character's psychological conflicts that were shown in the movie Captain Phillips.

Qualitative research is defined as an interview process based on constructing a complex and overall image composed of words to understand social or human issues and describe informants in detail and conduct them in the field (Cresswell in Sogunro, 2001). Thus, the researcher concludes that qualitative research is research that describes the real situation briefly to support the data based on the note.

Psychological analysis is the scientific theory of personality proposed by Sigmund Freud. Psychological analysis is a special term in psychological literary research (Endraswara in Minderop, 2016). This means that psychoanalysis is mainly used in any literary research that uses psychoanalytic methods in literary research, and it has led to an influential and suitable party, especially ones related to human behavior.

Thus, this research learned about field theory that talks about psychological conflict based on Kurt Lewin. The researcher finds all the data they need, such as searching for the actions, feelings, and statements in the film, and then analyze them to find out the types and effects (mental state) of the psychological conflict.

Data Sources

The data source of this research comes from the movie Captain Phillips. The researcher watches the movie to find any actions, feelings, and utterances of the main character in the movie to analyze the types and impact (mental state) of psychological conflict. Based on this research, the researcher used the Captain Phillips movie as primary data. Meanwhile, as the secondary data, the researcher used any literary documents like journals, articles, and previous studies that related to this study.

Data Analysis Techniques

When analyzing data, researchers use descriptive qualitative methods. Technical qualitative data analysis is a three-step process based on the interactive model of analysis promoted by Miles and Huberman (1994), there are data reduction, data display, a concluding.

Data reduction means the process of selecting, identifying, classifying, and coding the data that are considered important (Marshukin, 2014). To do the research, researchers reduce data by selecting each action and utterance based on relevant theory.

Subsequent is data display which is a compressed and organized collection of information from which to draw conclusions and take a note (Marshukin, 2014). By doing the research, the researchers organize data in tables or charts to make research easier.

The last step is conclusions. After processing the data, the researcher consults the research question formula to select, identify, and focus the data, and the result is data mapping. A researcher can conclude the display of data that a researcher has discovered after conducting a study.

FINDINGS & DISCUSSION

Kind of Psychological Conflicts

Approach-Approach

Approach-approach conflict occurs when an individual is presented with two desirable alternatives, that only one alternative can be acquired. Undesirable alternatives are termed positive aims. In other words, two powers encourage the opposite direction, for example, people who are faced with two choices that are equally liked.

Extract 20:

00:59:55,801	Action	Walkie-talkie with muse caught by crews in the engine room
00:59:59,601	Feeling	Calm down a bit
	Utterance	“You don't have a skiff anymore, but you could get into our lifeboat”.

According to Lewin's conflict Capt. Richard Phillips experiences approach- approach conflict based on his action, feeling, and utterances. He faced two choices that were equally good for him. Money, lifeboat, and safety are desirable alternatives for Capt. Richard Phillips, but he must choose one of those decisions.

Avoidance-Avoidance

Avoidance-avoidance conflicts occur when a person avoids or tries to avoid two undesirable alternatives. Unwanted alternatives are called negative goals. The main problem with this kind of conflict is that avoiding one negative goal leads to another.

Extract 1:

	Action	Talking to all crews
00:29:03,367	Feeling	Peevish
00:29:06,917	Utterance	You go out 300 miles, you run into one, go 6, you run into another.

He faced two choices and both of them are equally bad for him. Actually, Capt. Richard was worried about the incident that has been faced them in the morning, but he acts like he was no more worried than they are. On the other hand, if he shows his anxiety it will make his crew even more nervous and their argument will not end.

Extract 8:

	Action	Talking to Muse
00:45:52,583	Feeling	Worried, upset, afraid, annoyed, mixed
00:45:56,508	Utterance	Don't shoot him. Don't shoot him. You're gonna shoot somebody, shoot me.

Capt. Richard Phillips experiences avoidance-avoidance conflict based on his action, feeling, and utterances. He faced two choices and both of them are equally bad for him. Capt. Richard who died or some of his crews died are undesirable alternatives for Capt. Richard Phillips, but he must choose one of those decisions.

Approach-Avoidance

Approach-avoidance conflict occurs when a person perceives the same goal in both positive and negative meanings. Approach-avoidance conflict occurs when a person perceives the same goal in both positive and negative meanings.

Extract 14:

	Action	Accepting Muse's demand
00:49:25,588	Feeling	A little bit of worry
00:49:27,841	Utterance	All right. Engine room.

He faced on choices at the same time contain elements that they like and do not like. Capt. Richard saved the crews in the bridge, but the others in the engine room might not survive.

Impact of Psychological Conflict

The impact of psychological conflict can be caused by a conflict, one of them is a psychological conflict or internal conflict. It can disturb the mental state of the main character. Based on the Captain Phillips movie, Capt. Richard is traumatized by those psychological conflicts that experienced during the piracy incident, especially when he was a hostage for a few days.

When Capt. Richard Phillips was saved, he didn't even know what to say or how to feel. He was so psychologically distressed and physically unwell that he could not answer the questions of the medical team. He

just looks like he can't still believe what happened to him. Of course, he could only say that when he was crying for his family. Moreover, he even took a year off from sailing to overcome his trauma. He was returned to Vermont on 17 April 2009 and was reunited with his family then back to the sea on 25 July 2010.

Discussion

Psychological conflict is a condition that we often encounter in our daily lives. Psychological conflict also known as interpersonal conflict is defined as a conflict caused by the character itself. Commonly, it arises when people make difficult decisions. According to Lewin's conflict theory, psychological conflict is divided into three kinds of conflicts: approach-approach conflict, avoidance-avoidance conflict, and approach-avoidance conflict.

Based on the result of data analysis, it showed that there are three kinds of psychological conflict according to Lewin's conflict theory experienced by Capt. Richard Phillips, but the avoidance-avoidance conflict was a dominant kind of psychological conflict that was found in Capt. Richard Phillips which avoidance-avoidance conflict means an individual presented with two undesirable alternatives. This kind of psychological conflict had been done by Capt. Richard as long as piracy incident, even more, when he was a hostage in a lifeboat. He always faced two choices that both of them equally bad for him. As a responsible person, although he is always forced to decide between two things that are both dangerous to his safety or that of his crew, he never thinks about making a decision that benefits only himself even if it is a decision that could be detrimental for him. For example, when Capt. Richard said, "Don't shoot him. Don't shoot him. You're gonna shoot somebody, shoot me". Capt. Richard Phillips was also afraid that if he was shot by Muse, but if he kept quiet, his crew would be killed. In other words, Capt. Richard didn't want to be killed, but he didn't want his crew killed either.

As for the impact of psychological conflicts, Capt. Richard is traumatized by those psychological conflicts that experienced during the piracy incident, especially when he was being held hostage for a few days in a lifeboat. He experienced psychological distress and physical unwellness. Even though he can't say anything and just looks like he can't still believe what happened to him. Sometimes, he just cried and asked about his family. He even took a year off from sailing to overcome his trauma. He was returned to Vermont on 17 April 2009 and was reunited with his family then back to the sea on 25 July 2010.

Based on the result of data analysis, the researcher found the types and impact of psychological conflict that was experienced by the main character. Then the researcher compared the result of the research that has been found of this research to both previous studies found in "a psychological analysis of the main character in marsiraji thahir's kabar bunga" written by Afifulloh (2019) and "The Impacts of Bullying to The Main Character In The Movie Carrie: A Literary Psychological Analysis" written by Ningrum & Bahri (2020).

Commonly, both of them discussed the psychological conflict that occurred to the main character. The first previous study shows factors caused by internal (psychological) and external conflict of the main character while the second previous study found types of bullying and impacts of bullying. The main difference between both this research and the second previous study is that this research analyzes psychological conflict that occurs in victims of piracy hostage while the second previous study analyzes psychological conflict that occurs in victims of bullying.

CONCLUSION

By doing the research, the researcher found kinds of psychological conflicts and the impact of psychological conflict. According to Lewin's theory, psychological conflicts are divided into three types: approach-approach conflict (an individual presented with two desirable alternatives), avoidance-avoidance conflict (an individual presented with two undesirable alternatives), and approach-avoidance conflict (an individual presented with two undesirable and desirable alternatives at the same time). The dominant kind of psychological conflict found was an avoidance-avoidance conflict because Capt. Richard Phillips (the main character in the movie) always faced two choices and both of them were equally bad for him.

As we know, piracy is an undesirable incident, so the researcher thinks there are many undesirable decisions. This is done by Capt. Richard has experience. Sure, these psychological conflicts impact his mental state, especially making him get psychological distress and physical unwellness. He even took a year off from sailing to overcome his trauma.

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