

CHAPTER V

CONCLUSION AND RECOMMENDATION

This is the last chapter of the research it contains conclusion and recommendation. The conclusion wraps up the discussion on red panda as a symbol of excessive emotion in film *Turning Red* (2022) selected scene movies. Meanwhile, the recommendation part suggest further research.

5.1 Conclusion

In this film, the portrayal of the red panda serves as a defense mechanism of excessive emotions experienced by the characters and turns into a red panda when they are overwhelmed by heightened feelings and emotions. According to Anna Freud psychoanalysis theory, this research analyzes various scenes in the movie to identify symbols of excessive emotions. The study identifies three objects that symbolize excessive emotions depicted in the film: excessive happiness, excessive sadness, and excessive anger, all of which contribute to the exploration of excessive emotional states.

In Anna Freud psychoanalysis theory, the order of defense mechnism is depending on the context and the individual's psychological processes. However, in general, defense mechanisms are often categorized based on their adaptiveness and maturity. This process is employed to dive deeper into the portrayal of excessive emotions in the movie *Turning Red* (2022). For example, the coping of excessive happiness which represents an intense feelings of happiness will only make Meilin

Lee, Ming Lee, and Sun-Yee turn into red pandas. In the film scene, the experience of the elders turning into red pandas forces their descendants to change into individuals who are full of discipline, perfectionism, and strict family rules, which would be difficult for teenagers and even adults nowadays, causing excessive emotions that are detrimental to themselves. This presents the concept of the red panda as a coping to defend themselves when the character is experiencing excessive happiness. Similarly, excessive sadness is portrayed as another description, indicating feelings of depression, overwhelmed, and perpetual sorrow. In this depiction, excessive sadness is not simply categorized as a typical emotion; it underscores the notion that not all emotions can be classified as ordinary feelings. Recognizing excessive sadness is crucial for managing and regulating emotions when confronted with challenges. Lastly, excessive anger is depicted as impulsive or aggressive actions, encompassing behaviors such as yelling, shouting, verbal assaults, physical aggression, or property destruction. The portrayal of excessive anger underscores the detrimental effects this behavior can have on both the individual experiencing it and those in their vicinity. According to the analysis, researchers concluded that the theory of defense mechanism featured in the film were manifestations of heightened emotions experienced within the characters' relationships in the movie. The defense mechanism which exists under the auspices of psychoanalysis theory conveyed through the three characters in *Turning Red* (2022) portray the red panda as a coping mechanism of excessive emotion. Depicted through various objects within the scenes, illustrate happiness, sadness, and anger as

indicators of excessive emotional states.

Therefore, the author of this thesis hoped that readers will understand and increase awareness among parents, friends, and family about the vast range of emotions that can occur during adolescence. The importance of attention and understanding can help children grow and develop normally, preventing the development of certain traumas that can persist into adulthood and even old age. This is in line with defense mechanisms; one's ego is shaped by the environment.

5.2 Recommendation

There was a recommendation of theory that could be used as different approaches in analyzing the movie further. Through this recommendation, it was expected to inspire further research on the movie *Turning Red* (2022). The theory that this research recommends was defense mechanism theory. By using defense mechanism theory, the researcher wants to show the depiction of defense mechanism in *Turning Red* (2022) by revealing human behaviour when they relieving excessive emotions and coping it with turns into red panda. Meilin Lee and Sun-Yi in this movie experiencing repression and rationalization when they are happy. Meilin Lee experiencing projection when she is sad. Meilin Lee and Ming Lee experiencing displacement and denial when they are angry.

Moreover, this current study suggested providing a study that could show the possibility of negative impact from a showing their excessive emotions. However, Meilin Lee actually turned out to be a diligent child and the smartest in her class. Thus, there was a possibility that this attachment style also had positive impact in

some kind of way. Ming Lee, as Meilin Lee's mother, at the end of the film, conveys a sense of acceptance and openness after seeing her daughter being brave and capable of taking what she wants and chooses, and realizing that it is time for Meilin Lee to grow up. And Sun-Yee, as the ancestor, finally provides good feedback, especially to Meilin Lee, who has learned and accepted that their lineage (which causes them to transform into a red panda) is the key to their belief that controlling every emotion and ambition greatly influences their live.

