



## PSYCHOLOGICAL CONFLICT IN A *COPY OF MY MIND* FILM BY JOKO ANWAR

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### Abstract

*Conflicts are defined as situations in which two or more parties believe their aims and or interests are in direct conflict with one another and act on that belief. This research examines how fictional characters could reflect our daily life deducted from a movie called "A Copy of My Mind" by Joko Anwar as the main character named Sari. Psychological conflict theory would be applied to classifying the main character's utterances toward other characters that are classified into types that have occurred. The method and techniques of collecting data are watching the film, note taking, comprehensive analysis, and grouping the data. A theory of psychological conflict by Kurt Lewin would be applied to answer conflicts that the main character has experienced; the method and technique of analyzing data is qualitative descriptive by secondary data. There are Approach-Approach Conflict, Avoidance-Avoidance Conflict, Approach-Avoidance Conflict, and Double-Approach Avoidance Conflict used in this film. Instead of feeling remorse she changed her mind, tempting but when looking at the consequences it is not worth it, she changes her mind by replying with the opposite reaction, when Alex assures her to look inside her bag, she refused his suspicion that she is the thief but she has no choice but to choose. Avoidance-Avoidance Conflict is the most frequently occurring by the main character toward other characters. When an individual is confronted with two desired options but only one can be acquired, the approach-approach conflict would arise, in opposition to the avoidance-avoidance conflict to flee or avoid two bad options.*

**Keywords:** Conflict, Main Character, Psychological Conflict

### 1 Introduction

The film is one of the dominant cultural forms of this era, is itself unstable, contingent, transforming, and it reflects in our daily life in a part of individual experiences conditioned by the environment (Jacobi, 1959). According to Henry Van Dyke (1910), literature consists of those writings which interpret the meaning of nature and life, in words of charm and power, touched by the personality of the author, in artistic forms of permanent interest. As we can see in the movie, we could feel that sometimes there is relatedness to what is shown, it always picturizes what we have seen or experienced in our past life (Hauke & Hockley, 2011:185). Movies, television series, and other visual media not only art but also portals for intellectual discovery, by a better understanding of media from different parts of the world also could bridge cultures and create opportunities for mutual understanding.

Characterization is the strategy used by a writer to build a character, and it is the process through which the writer reveals the characteristics of a character. The indirect dramatic style of displaying, on the other hand, entails the author standing back to enable the characters to reveal themselves directly via their language and actions. Abrams (1999) stated that character is people who appear in narrative prose or novel and it is interpreted by the readers. Authors present characters via action, speech, description, and criticism, but there are also characters worth laughing at, disliking, or even

hating. Stories may have antagonist characters, with whom the protagonist becomes embroiled in conflict.

The main characters are figures that hold an important dominant role and high intensity in each conflict that builds a story (Gill, 2010:129). Roberts and Jacobs (1989) state that character in literature generally, and in fiction specifically, is an extended verbal representation of a human being, the inner self that determines thought, speech, and behavior so that characters are, of course as vital as the plot is. Fiction on the other hand frequently gives us direct and immediate access to that inner life to the hidden intellectual, emotional, and moral complexity of human nature.

Psychology relies on every aspect of it, Bradley (2008) stated that in psychology, consciousness is always mediated through a prior network of signs, concepts, and values that enable us to make sense of our experience. We are frequently impacted by the culture, national standards, social expectations, and local community norms without even recognizing it and understanding how we represent the minds of other humans, a theory of mind is appropriate because the system might be used to generate predictions. According to the Neo-Piagetian theory on cognitive development, the theory of mind is a result of the human mind, greater hypercognitive ability to record, monitor, and depict its own functioning, it is a dynamic source of information about conspecific behavior that is relevant to many aspects of daily life. As a result people who are better able to characterize the specific mind of a mental state, are more likely to infer that mental state accurately. According to Mead (1966), there is something that reveals to us that the purpose is just the glance of the eye, the attitude of the body which leads to the response, conversation in gesture may be carried on which cannot be translated into articulate speech, there is a process out of which language might arise that is a certain attitude of one individual that calls out a response in the other, which in turn calls out a different approach and a different response. The assumption that another mind has since a person can only intuit the presence of their own mind through introspection and no one has direct access to others hence its existence and how it operates, can only be inferred through observation. Given such a sweeping definition it is apparent that cognition is involved in everything a human being might possibly do that every psychological phenomenon.

Conflict can arise due to various sources, in every level of contact, conflicts are an inextricable significant aspect of human life, and can be defined as situation in which two or more parties assure their aims and or curiosity are in direct conflict with one another and act on that belief. Conflict is the heart of the story and it is related to the main character. A conflict identifies issues, creates incentives to explore problems, and provides media to move toward resolutions (Tjosvold & Tjosvold, 1995:184). There are underlying core issues in conflict, Marcus (2000) defines conflict as the incompatibility of ideas, beliefs, behavior, roles, needs, desires, values, and so on. Interpersonal relationships aren't the only places where conflicts arise, there might be an experience of internal conflict. Conflict is a major source of anxiety. When one person's or group's goals, beliefs, or ideals are hindered by another person or group, conflict arises. When we are faced with tough decisions in life, we experience psychological conflict.

Psychological conflict is a struggle between a person's conscience, guilt, or just figuring out what we should do. As a result, the person who is touched by this event may encounter conflict. There are four fundamental methods to define conflict situations according to social scientist Kurt Lewin: The approach-approach conflict, the avoidance-avoidance conflict, the approach-avoidance conflict, and the double approach-avoidance conflict are four types of approach-avoidance conflicts (Bruno, 2002, p.114-116). If they wouldn't able to avoid the issue, minimize its importance, or agree to disagree as it turns out, not every conflict is amenable to resolution.

## **2 Literature Review**

There are interpersonal conflicts, intragroup, intergroup, inter-organizational, intersocietal, and interethnic conflicts, as well as international, and even inter-civilizational conflicts. When one person's or group's goals, beliefs, or ideals are hindered by another person or group, conflict can arise.

There are underlying core issues in conflict, conflicts are quite common even after many years of marriage, and married couples report unresolved conflicts. Conflicts are drawn-out battles that can sometimes be mediated rather than eliminated, by imposing a cease-fire, Marcus (2000) defines conflict as the incompatibility of ideas, beliefs, behavior, roles, needs, desires, values, and so on. Interpersonal relationships aren't the only places where conflicts arise. There might be an experience of internal conflict some would argue that all conflicts stem from internal conflicts. Conflict is a major source of anxiety, when we are faced with tough decisions in life, we experience psychological conflict. Psychological conflict is a struggle between a person's conscience, guilt, or just figuring out what he should do, as a result, the person who is touched by this event may encounter conflict. There are four fundamental methods to define conflict situations according to social scientist Kurt Lewin: The approach-approach conflict, the avoidance-avoidance conflict, the approach-avoidance conflict, and the double approach-avoidance conflict are four types of approach-avoidance conflicts (Bruno, 2002, p.114-116). If they wouldn't be able to avoid the issue, minimize its importance, or agree to disagree as it turns out, not every conflict is amenable to resolution.

### **Approach-Approach Conflict**

When an individual is confronted with two desired options, but only one can be acquired, the approach-approach conflict arises. Positive aims refer to desirable alternatives. Choosing a birthday card for a friend or relative is a simple example of an approach-approach dilemma. Olympia is looking for a birthday card to send to her husband she's limited her choices down to two cards but she's having trouble deciding between them, she's having a problem with her approach. An approach-approach disagreement may appear to cause little stress, after all, the person has at least two viable options. However, such a dispute might cause a lot of stress in some circumstances. Another example is Kirk who is eighteen years old and has been admitted to two prestigious institutions. They're scattered around the country, and the decision he takes, in the end, will have a huge impact in the long term, he's having a hard time deciding which method to take. It is pretty mild, however; it is surprising how difficult it can be for some people to choose between two good things. Approach-approach is a choice between two things, a preference of two most favorable options, a pumpkin or apple pie, a bank, gas station, or grocery store, assuming there are no significant differences between them, it would be considered the choice of one that is closest or most convenient.

### **Avoidance-Avoidance Conflict**

When a person desires to either flee or avoid two bad options, they have an avoidance-avoidance conflict. Negative aims are undesirable alternatives. Moving away from one negative objective leads to the pursuit of the other negative desire, which is the core difficulty with this type of conflict. Nancy, who is nineteen years old, is in her first year of college she despises academic work is barely getting by, and is considering quitting. Her parents, on the other side, have stated that they would not support her if she drops out. She'll have to settle for a low-wage, low-skilled job, she will be miserable if she continues in school she will be dissatisfied if she accepts a low-paying job "I'm stuck between a rock and a hard place". A double bind is a concept associated with anthropologist Gregory Bateson's studies and is frequently used to describe an avoidance-avoidance conflict. A no-win situation is a double bind. There is a sense of failure or loss in everything the individual accomplishes. When we face a choice between two bad options, we would be trying to avoid making choices.

### **Approach-Avoidance Conflict**

An approach-avoidance technique When a person sees the same aim in both positive and negative light, conflict arises. Glen is head over heels in love with Margaret and is considering marrying her, he thinks she's lovely, warm, and sexually appealing. Glen's parents, on the other hand, are against Margaret, they point out to him that she is not of the same religious faith as Glen and his parents. Margaret is a devout follower of the Christian faith; Glen and his parents feel the same way.

The two religions are founded on opposing premises, Glen's parents tell him that they don't think he and Margaret will ever be able to have a happy marriage, and Margaret will wish to nurture her children in her religious heritage if Glen and Margaret have children, Glen is going to want to raise children at his home. When Glen is not with Margaret, he is always thinking about her, he misses her and frequently resolves to propose marriage regardless of the repercussions. When he's with her, the words related to the marriage proposal will not come out of his mouth, at the last minute he gets cold feet. When the positive component of the objective appears to be temporarily out of reach, one of the features of approach-avoidance conflicts is that the approach inclination tends to gain strength. Under the presence of the objective, on the other hand, the avoidance tendency tends to strengthen; in these circumstances, negative elements seem to loom big. Before making a final choice, an individual trapped in an approach-avoidance conflict generally goes through a long period of emotional turmoil. Perhaps consider other candidates, either taller, shorter, or someone of the same size. The gradient of avoidance is steeper than the gradient of approach, the approach appears strong from a distance but the negative issues become more apparent as you get closer.

### **Double Approach-Avoidance Conflict**

In a two-pronged method of avoidance when an individual views two goals in both good and negative aspects conflict arises, this is a more complicated variation of the simple approach-avoidance conflict. Let's pretend Pamela is on a weight-loss program, she's at a restaurant for lunch, she's debating whether to get a burger and fries or a salad with grilled chicken; Goal 1, the burger and fries are Pamela's preferred option in terms of flavor and overall attractiveness. However, the disadvantage is that the combo will be high in calories, and she will be staying on her diet. Goal 2, the salad with grilled chicken, appeals to Pamela more in terms of calorie content, on the other side, the disadvantage is that she is tired of salad and desires a treat. Pamela's quandary is a milder variation of the twofold approach-avoidance problem, conflicts of this nature, on the other hand, can be rather heated. Because the approach gradient is greater than the avoidance gradient, it turns around and runs toward the opposite end. The double approach-avoidance conflict is a choice between two options each with positive and negative aspects. It comes down to choosing between going home for Thanksgiving dinner with relatives or staying in an apartment and eating a TV dinner alone. It is a choice between a pleasant woman who enjoys cats and a slightly less pleasant (or more pleasant) woman who enjoys dogs.

### **3 Methodology/Materials**

According to Creswell (2009), research approaches are research strategies and methodologies that extend judgments from big supposition to specific data collection and analysis. The research design refers to the method used by a researcher when doing research, quantitative, qualitative, and mixed methodologies research designs are forms of investigation that provide particular guidance for processes in a research project (Creswell, 2009). There are three following aspects that are formed in this study including data source, method, and technique of collecting data, method, and technique of collecting data, method, and technique of analyzing data, and method of presenting data. The method and technique of analyzing data are using descriptive qualitative methods. This method refers to the understanding and interpreting the event meaning in human behaviour in certain situations according to the perspective of the researcher himself and done in a natural setting. Qualitative methods are more based on nature phenomenology which emphasizes appreciation.

The meaning of the dialogue that is present would be the main data source to be analyzed. The method and technique of collecting data start with watching A Copy of My Mind film after that note-taking is a method to classify data into theory presented and comprehensive analysis will do to classify data that has been gathered into types of conflicts that happened through the main character within

the whole story also grouping data to group the data into the most conflict that has occurred in the main character. The data would be narrowed into types of conflicts by Kurt Lewin, the common conflict would appear to determine the most occurrence and the result will be revealing how the theory of mind could impact a character's mind in the state of working to resolve the conflict that is happening.

#### 4 Results and Findings

Approach-approach conflict occurs when a person is forced to choose between two desirable outcomes. This conflict is frequently simpler to settle than the other two conflicts, which are avoidance and aversion, approach-avoidance conflict, and avoidance conflict. There are four fundamental methods to define conflict situations, according to social scientist Kurt Lewin: The approach-approach conflict, the avoidance-avoidance conflict, the approach-avoidance conflict, and the double approach-avoidance conflict are the four types of approach-avoidance conflicts (Bruno, 2002, p.114-116). As analyzed from the object from A Copy of My Mind movie by Joko Anwar pictures an individual who lives in a city such as Jakarta, a fictional character named Sari who works in a cheap salon, as a new girl who newly moved to the city.

##### *Approach-Approach Conflict*

Alex: I've got a lot of movies at my place. You'll like it.

Sari: How would you know?

(00:32:20 – 00:34:00)

Alex starts to demand to take her out, he insists to come to his place, and Sari starts to entitle herself. She starts to open her mind to her assumption “How would you know?”. There when the approach happened, there are many advantages of her coming to his place she could have any kind of movie that she likes, but later her ignorance demanded to entice more.

##### *Avoidance-Avoidance Conflict*

Alex: What is it?

Sari: Just see.

(01:13:20 – 01:14:15)

Because she is exhausted, she straight to Alex's sofa and asked him to pass her bag that she missed the door when Alex do his work. He does not understand the order, but instead of giving him some explanation, she is straight to point that she has a new DVD to be watched. Alex got more confused. He said that he already had many DVDs to be watched, but she said it was different. After a lot of asking, she replied with only “Just see”. This is when the avoidance-avoidance conflict happened when she has no way to reply, either replying or not because she is tired then she tried to not arguing with anybody because she thinks it might be no use and no energy to her in that situation it could make her more tired and also there is no point for debating with her boyfriend, then she moves forward. Avoidance of approaches is one of the three basic categories of conflict that is defined by Kurt Lewin. It is the conflict that happens when a person is confronted with a scenario that has both good and negative characteristics for example when a person experiences equivalent degrees of attraction and repulsion toward a goal or competing objectives, it occurs when a person feels

undecided and ambivalent about pursuing a desirable objective with an unfavorable consequence. This is frequently the hardest problem to overcome, in this type of conflict we are confronted with a single aim that has both good and negative implications.

### *Approach-Avoidance Conflict*

Alex: I saw you took a DVD. Let me see, this is boring too much talking, you won't like it.

Sari: Look, I'm sorry.

(00:32:20 – 00:34:00)

When Alex asked her why she looks nervous but she declines Alex's statement, when he assures her of his suspicion that she is the thief and asked her to look inside her bag, she refuses and said "Look, I'm sorry" she said in response in her avoidance-avoidance conflict experience. She felt pressure, she understands that Alex was right by asking about her anxiety for insisting to look inside her bag. but on the other hand, she had no choice and had the opposite reaction while changing her mind. It looks intriguing what Alex offers asking if he got a lot of movies in his place, but when looking at his indecisive statement she changes her reflex that she is not meant sorry. Here when approach-avoidance conflict happens, it is tempting but looking at the consequences it is not worth it, she changes her mind indeed by replying opposite reaction.

### *Double Approach-Avoidance Conflict*

Alex: Do you like it here?

Sari: Yeah, I do.

(00:50:55 – 00:51:45)

Alex commented that her place looks too crowded, he is curious, and asking about a bunch of questions he asks her if it is convenient to live in a place like that. On his curiousness, within the urge of the situation she neglects her attention and his question by only replying "Yeah, I do". With Alex's curiousness, it is when a double approach-avoidance conflict happened, the moment when Alex visits her for the first time yet it is crucial for them to discuss but with the situation that they are currently facing she could not get going. It could go said that the question is light talk, but Alex in that situation tries to know her more she could not react well. She knows that it is important for her to answer her boyfriend's question but within that critical time, she could not answer it properly.

## **5 Conclusion**

When an individual is confronted with two desired options, but only one can be acquired, the approach-approach conflict arises. Positive aims refer to desirable alternatives. Choosing a birthday card for a friend or relative is a simple example of an approach-approach dilemma. When a person desires to either flee or avoid two bad options, they have an avoidance-avoidance conflict. Negative aims are undesirable alternatives. Moving away from one negative objective leads to the pursuit of the other negative desire, which is the core difficulty with this type of conflict. In an approach-avoidance technique when a person sees the same aim in both positive and negative light conflict arises. A two-pronged method to avoidance is when an individual views two goals in both good and negative aspects conflict arises these are a more complicated variation of the simple approach-avoidance conflict.

If we talk about psychology, definitely we could meet in the everyday life. If we have an inner dialogue within our head, it is part of psychology, within facing conflict as an example, showing the

mind theory of the resolving situation. If we interact with other parties, specifically in every aspect of living it could be analyzed interestingly from that it could evolve from the mind through society. As analyzed from the object from A Copy of My Mind movie by Joko Anwar who pictures an individual who lives in a city such as Jakarta a fictional character named Sari who works in a cheap salon as a new girl who newly moved to the city, she understands how is it going her mind is working as situation appearing, becoming complex into conflicts that she is facing and made her mind found a theory to solve the conflict showing her theory of mind in the way her solving the conflict. As the data that is shown above, Avoidance-Avoidance Conflict the most appears throughout the story. There are many kinds of factors that demand the main character's utterance and also produce conflict. There are many kinds that could be observed in the character above, especially with her complex situation with her boyfriend whom she just met. There are four types that happened in the conflicts above, Approach-Approach Conflict, Avoidance-Avoidance Conflict, Approach-Avoidance Conflict, and Double Approach-Avoidance conflict with Avoidance-Avoidance Conflict which occurred frequently throughout the script.

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