

Psychological Problem Of The Main Character In Shutter Island Movie: Psychoanalysis Approach

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Abstract

This study aims to analyze and identify the psychological aspects of Sigmund Freud's psychoanalysis of the main character in the film *Shutter Island*, starring Leonardo DiCaprio as Edward 'Teddy' Daniels, who suffers from delusional disorders due to past conflicts. Teddy's internal conflict causes him to experience delusions that lead to subconscious conflicts that trigger inappropriate and irrational beliefs that make it difficult for him to accept reality and control his id, ego and superego. Qualitative methods are used in this research because this research does not refer to numbers and statistical calculations. The writer analyzes the main characters in the film in depth based on dialogue scripts and storylines. Based on the research results, psychoanalytic data was found on the main character with 5 id data, 3 ego data, 6 superego data, with Id as part of psychoanalysis which dominates the main character's personality caused by unresolved subconscious conflicts by always trying to ignore and reject reality by fulfilling the will of the id which is contrary to the state of reality.

Keywords: Psychoanalysis; Sigmund Freud; Movie

1. Introduction

Psychoanalysis is a branch of psychology that deals with human behavior and personality traits possessed by humans. Psychoanalysis is the study of personality development and human behavior. Psychoanalysis is a psychological theory developed by Sigmund Freud about human behavior, which is completely governed by his subconscious, which contains the id, ego, and superego. Initially, Sigmund Freud's theory of psychoanalysis was only intended for himself, namely Freud's psychoanalysis. Nevertheless, over time, this theory was developed by Sigmund Freud to become a theory that can teach everyone. According to the psychology flow, this theory is also used as a treatment technique. Of course, psychoanalysis relates to psychology, especially in studying personal psychology. Because of Freud's psychoanalysis, it is more inclined to study the mental or personal soul of individuals.

Sigmund Freud explained that psychoanalysis is the study of theories about mental development, most of which come from the subconscious or unconscious. According to Sigmund Freud, the ego defense mechanism is a mechanism for diverting behavioral impulses, suppressing impulses that cause anxiety in the unconscious or the subconscious. Part of the subconscious, which is much larger, is below the sea's surface and contains instincts that drive all human behavior. The unconscious is a container or place where all impulses occur. Without us knowing, all we do is an impulse from our subconscious. Sigmund Freud devoted more of his psychoanalytic studies to personality theory which refers to the system of the subconscious or unconscious and the conscious, which is divided into three structures. There are *das Es*, *das Ich*, and *das Ueber Ich*. These three elements have different operating processes. Therefore, Freud classified consciousness and unconsciousness into three parts: id, ego, and superego.

Film

Film is a communication medium displayed with moving image visuals to provide information, entertainment, and education. Medium of communication with the display of moving and color images "A film is a form of literary work because it is an art presented with moving image illustrations" (Rizakiah et al., 2018). Literary works called "Films" use visual imagery to describe moving images. It has conflicts, places, storylines, and characters similar to novels. Film is a

form of fiction and non-fiction that is part of literature. In conveying this, the film has the main character as a person who has a more profound role in the film to convey the messages contained in the film.

The main character is a character who often appears along the course of the story. Lestari et al., (2016) explained that “Character is essential since it contains the author's message, which may provide numerous values in human existence, such as morals, education, and many others”. This character is also usually a protagonist and is a character who always resolves a conflict or problem that occurs. The main character has a more profound role in building the story’s course and specifically affects the audience. Psychological analysis can be applied to the main character in a film to understand his personality and behavior. The psychoanalytic method tries to uncover the unconscious emotions, motives, and conflicts that drive the actions and interactions of the characters. Psychoanalysis is a personality theory that emerged in 1986 and was created by Freud. Personality and psychoanalysis are closely related because psychoanalysis focuses on understanding and treating personality problems. Psychoanalysis is a psychological theory developed by Sigmund Freud which emphasizes the importance of subconscious influence on a person’s behavior, thoughts, and emotions.

Based on background exposure and reason in choosing the title, the writer can conclude several problems that will be resolved in this study. The formulation of the problem is as follows :

1. How do the main characters in the film experience inner conflict, and how is this conflict reflected in their actions and behavior?
2. How do the past experiences of movie characters influence their personalities and actions in the present?
3. How does the main character use the ego defense mechanism in the Shutter Island movie based on Sigmund Freud’s psychoanalytic theory?

The writer aims to analyze and identify what aspects of psychology according to Sigmund Freud, and how the psychoanalytic process occurs. This study also aims to know how the ego defense mechanism of the main character in the Shutter Island film is based on Sigmund Freud’s psychoanalytic theory.

2. Method

The qualitative method is suitable for this research because the film is an element of art with unique and complex characteristics. “Qualitative research is where the results are not obtained through quantitative methods, statistical calculations, or other methods that use numbers” (Rukajat, 2018). The writer pays attention to subjective elements such as visuals, narration, sound, and emotions, so it does not require numerical measurements.

3. Findings and Discussion

The results of the writer’s analysis based on qualitative research methods will be presented in this section. The writer divides the results of the analysis into three parts, namely id, ego, and superego. Each section contains an explanation of why the scene or script in the film Shutter Island is categorized as id, ego, and superego. The following is a table of each id, ego, and superego data found by the writer.

No.	Psychoanalysis’ Type	Amount of Data
1.	Id	5
2.	Ego	3
3.	Superego	6
Total Data		14

Table I. The amount of psychoanalytic data in the Shutter Island film

Based on the table above, there are 5 id data, ego with 3 data, and superego with 6 data. Each of these data is explained in detail by the author based on the script and scenes in the Shutter Island film.

The Id

At minute (25:35 – 25:50)

Teddy : Now listen. We’re gonna need those files on Sheehan and the rest of the staff as well.
 Dr. Naehring : No personnel files will be released to you. Period.
 Teddy : (Firmly) We’re gonna need those files

- Dr. Naehring : Out of the question.
 Teddy : Bullshit, out of the question! Bullshit! (Glass shattering). Just who the hell's in charge here, anyway, huh?
 Dr. Cawley : Dr. Naehring acts as liaison to our board of Overseers. He relayed your question, and it's been refused.

In searching for patient Rachel Solando, who is missing from the ward, Teddy enlists Dr. Naehring to give him data on Dr. Shehaan, who was in contact with the psychiatrist there, and other staff to make it easier for him to find Rachel Solando. However, Dr. Naehring refused on the grounds that this was personal data and should not be shown to anyone else. Teddy is annoyed that his job of finding missing patients is complicated by Dr. Naehring. His frustration leads him to bluff by hitting the table. This scene is in the Id category because Teddy can't hold back his anger by hitting the table and full of emotion in front of Dr. Naehring, Dr. Cawley, and Chuck. Id is the most primitive part of a person who will do anything to satisfy his lust regardless of values and morals.

The Ego

At minute (1:36:25 – 1:36:29)

- Dr. Cawley : Cigarette?
 Teddy : No, thanks. I quit.

Dr. Cawley offers Teddy a cigarette, but Teddy refuses, remembering Rachel Solando's words in the cave that the cigarette is a neuroleptic drug that will flow in the consumer's blood within 38 to 48 hours. The effect, Teddy will experience nerve paralysis starting from the fingers and then to all parts of the hand. Teddy's ego holds him back from using the cigarette because of the danger of the effects that will arise. It is included in the ego category because the ego is the part that works to make decisions about what is good and what is bad.

The Superego

At minute (2:06:28 – 2:07:20)

- Dr. Cawley : You reset, Andrew. Like a tape playing over and over on an endless loop. I hope that we've done here will be enough to stop it from ever happening again. But I need to know you've accepted reality.
 Andrew : You came after me, huh? You tried to help me when no one else would.
 Andrew : My name is Andrew Laeddis, and I murdered my wife in the spring of '52

After the debate at the lighthouse, this is where Teddy is now and is receiving treatment after fainting at the lighthouse. Dr. Cawley explains that Teddy has repeatedly done this, drifting off in his fantasy as a detective and then realizing, but soon Teddy will drift back into his fantasy as US Marshal. Always like over and over again like a tape that always plays without stopping. Dr. Cawley says that Teddy needs to wake up and accept the reality of his past, after hearing what Dr. Cawley, Teddy tries to accept reality and slowly admits that he is Andrew Laeddis and has killed his own wife. When Teddy begins to accept and acknowledge his past, it is categorized as a Superego. Teddy realized that in order to recover he had to learn to accept himself that he had killed his wife who had drowned their three children.

Synthesis of Psychological Problem and Psychoanalysis Approach

The psychoanalytic approach explains how disturbances arise due to internal conflicts experienced by the main character through his thoughts and feelings. Therefore the psychoanalytic approach and psychological disorders have relevance in understanding how psychological disorders can arise through understanding the psychoanalytic approach.

4. Conclusion

Based on the research conducted by the writer, it can be concluded that Sigmund Freud's psychoanalysis consists of three parts, namely the id, ego, and superego. Each piece has its role and greatly influences all behavior and activities. The id is the most primitive part of personality. Id will do whatever it takes to satisfy his desires. It does not matter if what he does is right or wrong. The ego is the part that connects the id to reality. The ego will try to follow the id's will based on the applicable morals and rules.

Nevertheless, the ego can also follow the id's will, which is based on no values and moral rules. The superego is the most conscious part of the personality. Therefore, the superego is in direct contact with reality and everything that happens in the real world. The superego will consider whether the thing to do is good or bad.

The writer analyzes id, ego, and superego in the film *Shutter Island* released in 2010, produced by Martin Scorsese, by presenting Leonardo DiCaprio as the main character in the film as Edward "Teddy" Daniels and Andrew Laeddis. Because of the trauma experienced by Andrew due to his past, Andrew experiences problems with himself. He

always fantasized that he was Edward Daniels, a US Marshal. He creates a new character and role to cover up his destructive past. He could not accept that he, as Andrew Laeddis, had killed his wife because his wife had killed their three children. Due to the delusions and fantasies that he created, the type of psychoanalysis that dominates him the most is the id. Andrew does anything to satisfy himself, from creating new personalities and roles to hurting the guards, nurses, and other patients. Everything he does is to satisfy his id.

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