BULLYING PORTRAYED IN MEAN GIRLS MOVIE:
A PSYCHOANALYSIS

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Abstract: Bullying is such a key problem in our schools and society because it impacts a large number of students of all races, genders, and socioeconomic statuses. Here the researcher identified types of bullying and described impacts of bullying in Mean Girls Movie. The data were in the form of utterances and actions implicated bullying in Mean Girls Movie. The steps to analyze the data were: identifying and classifying data based on the types of bullying used by The National Centre Againts Bullying (2010) and psychoanalysis from Freud (1973) in Storey (2009:91), describing impacts of bullying using theory of Righby (2003) in Darmawan (2010:23), and making conclusion based on the types and impacts of bullying in the Mean Girls Movie. The findings of the analysis reveal that there were twelve data which covered: four verbal bullying, one physical bullying, two psychological bullying, and five social bullying. Meanwhile, for the impacts of bullyings to the characters who get bullied, the researcher found low psychological well-being, poor social adjustment, and no response to the bullyings. The researcher expects the next researchers to do the analysis on bullying with other object of research and different relevant theories.

Keywords: psychoanalysis, bullying, mean girls movie.

INTRODUCTION

Bullying is action repeated over and over again by an individual or group of people. Sarazen (2002: 5) states that bullying behavior has become a hot topic in our society as well as one of great concern in our schools. According to Bean (1999) in Sarazen (2002: 2), bullying was an attempt to feel "power", and they have learned that bullying strategies work. The overall pattern of a bully is to gain power over someone else.

There are some types of bullying that are often done by adolescence, such as physical bullying, verbal bullying, psychological bullying, social bullying, and cyberbullying (National Centre Against Bullying in Queensland Government, 2010: 5).

Bullying has some negative impacts, too. Research has identified negative impacts, not only for those who are bullied, but for those who bully others and those who witness bullying. According to Shellard (2002) in Blazer (2005:4) bullying also has an effect on bystanders. Those who witness bullying are more likely to exhibit increased depression, anxiety, anger, posttraumatic stress, alcohol use, and low grades. This behaviour is related with psychoanalysis. Psychoanalysis is one of the literary criticism that is concerned to human beings behavior.

In the movie it is common to see examples of act bullying and verbal bullying. These behaviours are used to intimidate a weak character. One example of a movie with these kinds of bullying is Mean Girls. Mean Girls was released on April 30, 2004 in America, directed by Mark Waters. The researcher chose this movie because in this movie researcher found many negative behaviours as bullying. Nowadays, bullying itself becomes a hot topic in the society.

Based on that, the researcher conducted this research based on two research problems, they were: what are the types of bullying in the *Mean Girls Movie*? and what are the impacts of bullying to the characters who get bullied in the *Mean Girls Movie*? then, the research objectives to answer the research problems were: to identify the types of bullying in the *Mean Girls Movie* and to describe impacts of bullying to the characters who get bullied.

REVIEW OF LITERATURE

Psychoanalysis

Jarvis (2011) states that psychoanalysis is a theory that focuses on the dynamic relationship, between the body, mind and social order. Psychoanalytic criticism is one of the literary criticism that is concerned to human beings behavior. The theory of psychoanalysis can also be used if we want to study literary works, such as novels, Movies, or plays. Jarvis theory was first developed in the work of Sigmund Freud, a psychologist who ran a medical practice in Vienna from 1886 up until his death in 1939. The goal of psychoanalysis is to help us resolve or psychological problems (*called disorders or dysfunctions*). Freud (1973a) in Storey (2009: 91) argues that the creation of civilization has resulted in the re-pression of basic human instincts. According to the Jhon Storey (2009: 91) Freud's discovery of the unconscious, he divides the psyche into two parts, the conscious and the unconscious.

Conscious

According to Storey (2009: 91), conscious is the part that relates to the external world. The conscious mind is what you are aware of at any particular moment, your present perceptions, memories, thoughts, fantasies, feelings, what have you. Conscious is the opposite of unconscious, where the ego exists. Ego is the part of personality that keeps the id and superego balance. Ego provides us our conscience and our sense of what is right and what is wrong.

Unconscious

The unconscious is the storehouse of those painful experiences and emotions, wounds, fears, guilty desires, and unresolved conflicts we do not want to know about. The unconscious contains all those drives, urges, or instincts beyond consciousness but motivate all words, feelings, and actions. According to Storey (2009:91), while the unconscious is the site of instinctual drives and repressed wishes. The unconscious has two different levels: the unconscious proper (id) and the preconscious (superego). A reservoir (unconscious mind) of mostly unacceptable thoughts, wishes, feelings, and memories. Freud asked

patients to say whatever came to their minds (free association) in order to tap the unconscious.

Bullying

Rigby (2008) in Darmawan (2010: 15) suggests that bullying is the systematic abuse of power in interpersonal relationship. Bullying has become a very popular word amongst school age children. However, this word is often misunderstood. Bullying is action repeated over and over again by an individual or group of people. According to the Darmawan (2010:15) bullying is a behavior that can only be easily recognized when individuals experience it. Bullying can happen to anyone at any age and anywhere whether at school, home, or even in a workplace. According to the expert Olweous (1993) in Sarazen (2002:9), bullying is occurring when the child is exposed, repeatedly and over time, to negative actions on the part of one or more students. Negative actions are any physical, verbal or social action in which the bully intentionally causes injury or discomfort. In many cases, bullying can be a broad term, there are five

types of bullying based on National Centre Against Bullying in Queensland Government (2010: 5).

Physical Bullying

Physical bullying is when a person (or group of people) uses physical actions to bully, such as hitting, poking, tripping or pushing. Repeatedly and intentionally damaging someone's belongings is also physical bullying. Then, according to Bauman and Del Rio (2006) in Johnson (2013: 12), fighting and shoving a student into the lockers is considered an act of physical bullying. This type of bullying is much easier to observe. When observations can be made, it is easier for school staff and students to oppose this behavior and discontinue it. Students tend to fear this type of bullying the most as it is what is portrayed in media outlets and concentrated on by anti-bullying prevention.

Verbal Bullying

Verbal bullying can include repeated or systematic name calling, insults, homophobic or racist remarks and verbal abuse. While, Bauman and

Del Rio (2006) in Johnson (2013:12) said that verbal bullying is often times the outward attempt of teasing or name calling against an individual. Things such as calling someone gay, stupid, ugly, or mentally retarded are examples of verbal bullying. The seriousness can escalate to verbal threats towards these individuals.

These threats and uncomfortable social situations can make it difficult for students socially, but also can be a major contributor to withdrawing from school. Many students therefore suffer from a lack of friendships and issues with their grade point average. Commonly this behaviour do with words, phrases or verbal clues that embarrass, harass, or intimidate others. An example, teasing, name calling, racial comments, sarcasm, rumors, comment, intimidating words, et al.

Social Bullying

Indirect actions, such as lying about someone, spreading rumors, playing a nasty joke that make the person feel humiliated or powerless, mimicking or deliberately excluding someone. Social bullying includes consistently excluding another person

or sharing information or images that will have a harmful effects on the other person.

Cyber Bullying

This is a method of bullying using technology, such as email, mobile phones, chat networking verbally, socially psychologically. Cyberbullying has quickly become a new form of bullying and one that is growing in practice with school aged individuals. Slonje and Smith (2008) in Johnson (2013:13) defined cyberbullying as an outward aggressive act that is portrayed through technological devices such as phones and the Internet. Smith, Mahdavi, Carvalho, and Tippett (2006) in Johnson (2013:13) argue that cyberbullying can be divided into seven different subcategories: text messaging, picture/video, calling, email, chat-room, instant messaging, and via website. Cyberbullying is also an act where the bully has invisibility, making it much more difficult to

Psychological Bullying

Psychological bullying involves the repeated and intentional use of words or actions which can

cause psychological harm. Examples include intimidations, manipulations, and stalking.

Effects of Bullying

There are many impacts of bullying behaviour according to Righby (2003) in Darmawan (2010: 23) such as the followings:

- Low psychological
  This includes states of mind that are generally considered unpleasant, such as general unhappiness, low self-esteem, and feelings of anger and sadness.

- Poor social adjustment
  This normally includes feeling of aversion toward one's social environment by expressing dislike, loneliness and isolation in one''s environment.

- Psychological distress
  This is considered to be more serious than the first two categories and includes high levels of anxiety, depression, and even suicidal thinking.

- Physical un-wellness
  Children who become victims of bully are likely more than others to suffer physical illness.

Mean Girls Movie

This movie was directed by Mark Waters, and was released at 30 April 2004 in USA. Actress from this Movie are Lindsay Lohan, Rachel McAdams, Tina Fey, and Tim Meadows. Then the genre is comedy.

Mean Girls tells about a teenage girl named Cady Heron. In her age, she must experience important case in her life that is emigrating from Africa to USA. It is so different for her. Cady does not have other choices except following her family to move, and Cady must go to school. The real school is a new thing for Cady because in Afrika she just had homeschooling. On the first day at the school she was bullied by others students. She gets two new friends, then join to Plastic gang, but Cady must accept strange requirements from Plastic gang. However, the strange terms is guile from Plastic gang.

METHODOLOGY

This research used qualitative approach and content analysis as the

research design. The researcher used data derived from a movie entitled *Mean Girls Movie* (2004). Then, the research data were in the form of utterances, actions, and situations of the characters which indicate bullying. Instrument of this research was the researcher as a subject of research. The research instrument in this research was the researcher herself by watching and analyzing the movie.

There were some steps of collecting the data in order to complete this research, they were: downloading the movie entitled mean girls from the website, downloading the english subtitle of *Mean Girls Movie* to synchronize the accuracy of word or sentences and the time of appearing subtitle with the action being uttered by characters in movie, watching the *Mean Girls Movie* a few times, screencapturing the scenes with the subtitle and situation indicating bullying, the last noting down the data in the table of data colelection.

To analyze the data, the researcher used some theories from experts. For that, there were some steps to analyze the data. First, the researcher identified and classified the data based on the types of bullying in *Mean Girls Movie* by using The National Centre Againts Bullying in Queensland Government is theory (2010:5). Besides, the researcher also used theory of Psychoanalysis from Freud (1973). Second, the researcher explained or described the impacts of bullying experienced by the victims of bullying in the movie. Here, the researcher used the theory from Righby (2003) in Darmawan (2010: 23). Finally the researcher drew conclusion or making Conclusion about the types of bullying and impacts of bullying in the *Mean Girls Movie*.

FINDINGS AND DISCUSSION
Findings

From this research, the researcher found 12 data of bullyings. The data found were: four verbal bullyings, one physical bullying, two psychological bullyings, five social bullyings, and zero cyber bullying. Then, for the impacts of bullyings to the characters who get bullied in *Mean Girls Movie* , the researcher found eight low psychological well-being, one poor social adjustment,

and trhee no response to the bullyings. Example of findings and analysis of this research are shown in the Table 1.

Table 1 Examples of Findings and Analysis

Code	Context of Situation	Data	Types of Bullying	Impacts of Bullying
004/MG/ 00:46:55 – 00:47:02	Karen gave her opinion to Regina but Regina did not Like with Karen's advice, then Regina insulted her.	I can't go to Taco Bell, I'm on an all-carb diet. God, Karen, you are so stupid!	Verbal bullying	Low Psychological well-being
010/MG/ 00:27:38 – 00:27:52	Regina made negative statements about Cady to Aaron Samuels. She said that Cady used African voodoo to made Aaron like her.	She's a stalker, but she saved this Kleenex youused and she said she's gonna do some kind of African voodoo with it to make you like her.	Social bullying	Low Psychological well-being

Analysis

Code : 004/MG/00:46:55- 00:47:02

> **Karen** : You wanna do something fun? You wanna go to Taco Bell?
>
> **Regina** :I can't go to Taco Bell, I'm on an all-carb diet. **God, Karen, you are so stupid**!

From the conversation above, Karen asked to Regina "You wanna do something fun? You wanna go to Taco Bell?" but Regina answered with hard words" God, Karen, you are so stupid". Karen felt so sad because Regina called her stupid. Whereas, Karen just gave her opinion to Regina, but at the time Regina thought that Karen was so stupid. Call stupid is included into Verbal bullying, because it makes her sad.

Feeling sad is one of impacts of bullying. Felling Sad itself is included into low psychological well-being. Low psychological well-being itself includes stateds of mind that, are generally considered unpleasant.

Code :010/MG/00:27:38- 00:27:52

Aaron : Oh, come on.

Regina : Well, who can blame her? I mean, you're gorgeous.

And OK, look, I'm not saying

she's a stalker, but she saved this Kleenex you used and she said she's gonna do some kind of African voodoo with it to make you like her.

Aaron   : What?

The conversation above told aboout Regina and Aaron who talked about Cady. Regina said that Cady saved the kleenex Aroon used was going to do some kind of African voodo with it to make Aaron like her. While, Cady never said about it. In the utterance "**she's a stalker, but she saved this Kleenex you used and she said she's gonna do some kind of African voodoo with it to make you like her**" it consisted of social bullying, because Regina spread rumours about Cady.

Regina said like that because she did not want any competitor to be her rival and Regina did not want to lose Aaron's heart. Then, Aaron believe all of Regina's statements Cady was so sad seeing and hearing about it. Feel sad is included into low psychological well-being. low psychological well-being is consisted of impacts of bullyings.

Discussion

Based on the result of data analysis, the researcher found the types of bullying and impacts of bullying. After the researcher found the result of data analysis, the researcher compared the result with the previous results of researches. They are Prananda and Puspakasari. There were differences between this research to the results of previous researches. First, this research was compared with Prananda's research. The result of his research shows about internal conflicts of Piscine Molitor Patel as Pi in Life's of Pi movie related to the his situation.

Second, this research was also compared to Puspakasari's research. The result of her findings discussion shows that characteristics of growth and visible teenage development of social maturity, logically thinking and social transition experience changes in individual relationship with other human beings. It was seen from the figure of princess Alexa who felt shy and not self-confident then becomes into a self-confident after a

miraculous event in the fairy and mermaid world. She became a figure of confidence because of the maturity way of thinking and the relationship with the environment was very well established.

Then, in this research, the researcher found that the dominant type of bullying was social bullying, which was indicated by spreading rumours, mimicking, and sharing information or images that will have a harmful effects on the other person. Then, the impacts mostly experienced by characters was low psychological well-being because it made them feel low self-esteem, and feelings of anger and sadness.

CONCLUSION AND SUGGESTION

Based on the findings and discussion of the research it could be concluded that the bullying were done by some characters in the Mean Girls Movie. The dominant types of bullyings found was social bullying, because some characters in the movie did the bullyings by spreading rumours that to make someone sad or angry, like Regina who spreaded rumours about Cady. Then, the

second dominant type of bullyings found was verbal bullying. Some characters used words to intimidate, insult, and call someone stupid, ugly, and lesbian. In other hand, the researcher think that this movie not support bullying, because in the ending of this movie is every characters who did the bullying apologizing to the person who get the bullied and all of people in the movie especially for girls was at peace.

In the analysis of bullying in Mean Girls Movie by Mark Waters, the researcher realizes that this research is needed to be continued by the next researchers. This research stiil has many weakness. Thus, the researcher suggestes the next researcher to be more specific in analyzing the bullying using psychoanalaysis approach. Moreover, the researcher suggestes the next researchers to focus on analyzing psychological bullying and cyberbullying in the other objects, because the researcher did not find cyberbullying in this research. Finally, the writer hopes this research to be able to give an ispiration to the readers to continue this research on

bullying using psychoanalysis approaches.

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