

## **Trauma and Its Impact in Aury Wallington's *Spirit Untamed* Movie**

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### ***Abstract***

*The aim of this study entitled Trauma and Its Impact in Aury Wallington's Spirit Untamed Movie is to describe the issue of trauma and how to deal with trauma depicted in the characters in the movie. "Spirit Untamed" mostly shows the trauma experienced by characters who feel that they cannot forget the events that traumatized them. In addition, Spirit Untamed also contains ways to deal with traumatic itself. The object of this study is a movie entitled Spirit Untamed (2021) by Aury Wallington. This study uses a qualitative descriptive method which is presented in the form of an essay. In this study, the writer uses the theory of psychoanalysis by Sigmund Freud (1926) regarding the id, ego and superego used in research based on the object movie as the main object that explains the psychology of characters in the movie. The data from the writer are a narrative that describes the situation in the characters, characterizations, settings and cinematography in the movie Spirit Untamed as a data source. The results of this study indicate that there are two types of trauma and how to deal with them which are depicted in the film, namely acute trauma in which the character experiences excessive fear of a tragedy and chronic trauma in which the character experiences excessive anxiety and makes him overprotective to those around him. Both of these traumas were overcome by self-introspection as a treatment and input from those closest to him.*

**Keyword:** cinematography, movie, trauma, qualitative method.

### **A. Introduction**

Trauma is a condition when a person experiences an unforgettable experience suddenly, this can also be called an unexpected mental attack. The cause of trauma is usually obtained when a person experiences a physical injury that makes him/her unable to forget the incident. It can even be caused by the death of a loved one who leaves fear for the sufferer, so the sufferer is worried that the same thing will happen. According to Alford (2013), trauma is an interruption in an individual's experience caused by an event that occurs unexpectedly and exceeds the individual's tolerance for pain and loss. It means, trauma is a condition where a person feels a very sudden experience and cannot accept the situation. The pain and loss caused by an accident when someone who experiences trauma becomes stressed, feels helpless, and out of control himself, this is called psychological trauma.

A person who is traumatized by something that makes him unable to accept the situation, such as lost someone he loves, this deep feeling can make the sufferer feel excessive sadness. Therefore, at this phase someone who is traumatized will find it difficult to deal with it because the incident that made him traumatized will still be remembered in his mind which means it is not easy to forget an incident that

traumatized a person. After that, the traumatic experience can have an impact on the mentality of the traumatized person when individuals who experienced trauma become extremely stressed, emotions, out of control, and anxious. So it will interfere with daily life. An event that causes trauma that then affects someone, for example, losing someone loved. According to Freud (Zaviera, 2008, p.115) "traumatic experiences have an impact on the mental health". It means, every traumatic experience by a person must have an impact on the individual. In this case, someone who has experienced trauma will be faced with a reality that he has not been able to accept.

Meanwhile, in real life, as published by (Tribunnews 2021) the trauma experienced by singer and artist Intan Rj who has been traumatized by the death of her husband who suffered from a lung infection. Since the death of her husband, Intan Rj admits that she is still not ready and feels sad for a long time. Intan Rj took seven months to return to the world of entertainment. Moreover, within seven months, Intan Rj admitted to living her life with a sense of trauma and loneliness. As she told, "During those seven months, to be honest, I lived with such a great trauma. I was traumatized by the sound of the ambulance and traumatized passing through the path to the hospital where my husband was being treated," she said. Besides that, in (CNN Indonesia 2018) Gong Hyo-jin also experienced trauma, an actress from Korea had a series of accidents.

Not only physically injured, but also mentally injured. The accident that Gong Hyo Jin had caused Gong Hyo Jin to be afraid to travel by car, she also had trouble sleeping because she was reminded of the car accident that happened to her. Another example was published in (CNN Indonesia 2020) about Dylan O'Brien, a Hollywood actor who was traumatized by an accident while filming. This resulted in the impact that occurred on Dylan O'Brien's psychology. So he experienced emotional disturbances and also often experienced panic attacks. This is the result of the trauma he experienced. Moreover, the issue of trauma is not only represented in real life but also in literary works such as drama, poetry, novels, and movies. According to Hornby (2006, p. 950), film is a series of motion picture sound recordings that tell a story, shown in a cinema. The series of images that are put together in a film will become a moving image that will make the audience feel more entertaining about the illustration of the story. This statement confirms that the film can also be a medium for distributing literary works that can be enjoyed by the audience with illustrations on the film that will make the story more real. Thus, the writer focuses on analyzing the trauma experienced by the character in the movie based on the psychoanalysis by Sigmund Freud. Therefore, seeing the character who is traumatized after the death of his wife in an accident. The character experiences the impact of the trauma, resulting in excessive anxiety and fear.

Most causes of traumatic experiences occur in the past. This is related to what happened to the characters in the Spirit Untamed movie. Thus, the writer chose this movie because the issue in it is perfectly fit for discussion. After the explanation

above, the writer is interested in analyzing the trauma in the Spirit Untamed movie by Aury Wallington to be used as a thesis proposal entitled "Trauma and Its Impact in Aury Wallington's Spirit Untamed Movie". Related Studies Currently, psychological analysis is not a new thing that is discussed in our environment. Therefore, this study is not the only one that analyzes the problem of trauma.

The writer found several similar studies conducted by several students from different universities which analyzed the problem of trauma and its impact on literary work. These studies are summarized in this chapter, as follows: The first study was conducted by Pratiwi (2020) from Dian Nuswanto University Semarang for her thesis entitled "Narrative Analysis of the Impact of Traumatic on Film 27 Steps of May" this study focuses on the main character in the film who has a psychological disorder as a person who experiences a sexual crime that traumatizes him. The writer applies a descriptive qualitative method and uses Sigmund Freud's theory (1926) of Id, Ego, and Superego which then proceeds to post-traumatic analysis because of the impact left by the traumatic event.

The writer also finds the impact that occurs to the people around who participate feel the impact of the trauma experienced by the main character in the past. The result of this study the Narrative Analysis of the Impact of Traumatic on Film 27 Step of May describes the physical characteristics of the victim from the incident so that readers are more sensitive to the behavior of those closest to them so they can understand how to overcome it. It also describes how a teenager with a trauma background was able to recover from post-traumatic stress disorder. The second study was conducted by Aulia (2018) from Universitas Brawijaya for her thesis entitled "The Effects of Childhood Trauma on Mad Hatter's Personality Change Depicted in Alice through The Looking Glass Movie". This study focuses on the main character in the movie, the main character who experiences three childhood traumas, namely rejection in childhood, misunderstanding disputes with his father, and loss of family, this study uses a psychoanalytic approach to the main character in the film. The theory used in this analysis is the PTSD theory by Steven Taylor. The result of this study described the character from the film The Looking Glass who suffers from long-lasting trauma after seeing murder and other acts of violence in front of the main character. The third related study was done by Ahmadi (2021) in a journal ethnic and cultural studies from Universitas Negeri Surabaya entitle "The Traces of Oppression and Trauma to Ethnic Minorities in Indonesia Who Experienced Rape on the 12 May 1998 Tragedy".

This journal focuses on Ethnic Minorities this study explores oppression and trauma to ethnic Chinese minority women in Indonesia who experienced rape on the 12 May 1998 tragedy through literary data. The study method used was qualitative-narrative. The data source used was a novel titled Mei Merah (MM). Psychological trauma experienced by the characters in the novel using psychoanalytic theory by Sigmund Freud. The result of the study The findings indicate that traumatized ethnic Chinese women in Indonesia who were raped endure psychological disorders. This

was demonstrated by the protagonist of the book, Humaira, who went through phases of trauma, insanity, and suicidal ideation as a result of rape. It took place as a result of a severe traumatic event.

Furthermore, because they feel traumatized and embarrassed after being raped, ethnic minority women who are assaulted frequently travel overseas to erase evidence. From the studies above, it can be found some similarities and differences. The similarities are that the three studies use the same topic to be analysed. Two studies apply the same theory in analyzing topics related to the issue of trauma and the impact of trauma, using Sigmund Freud's theory. While other studies use a different theory about trauma and post-traumatic stress by Steven Taylor. In addition, all the studies above use the same qualitative descriptive method in analyzing the selected literary works, and the data comes from sentences, illustrations, or quotes from the literary works. However, the subject of each study is different from the subject of this study.

## **B. Method**

According to Creswell (2017), qualitative research delves into social or human problems and draws from various methodological disciplines of inquiry, including personal experiences, life stories, interviews, observations, and visual texts significant to people's lives. Based on this understanding, the study aimed to analyze the depiction of trauma and its impact in the *Spirit Untamed* movie directed by Aury Wallington using a qualitative approach, which excels in presenting issues derived from personal experiences. The data source for this study is the *Spirit Untamed* movie by Aury Wallington, which narrates the story of a girl reuniting with her traumatized father who lost his wife in an incident. The writer utilized psychoanalytic theory of personality structure to discern the portrayal of trauma experienced by the character. Data collection involved several procedures. Firstly, watching the movie enabled the writer to gather dialogue and observe detailed scenes related to the issue. Secondly, trauma identification from screenshots was conducted. Finally, data were collected by listing scenes and were subsequently clarified with supporting theories, particularly Sigmund Freud's psychoanalysis. This method delves into the trauma depicted in the *Spirit Untamed* movie by Aury Wallington, analyzing how the character grapples with it. The protagonist, Jim, experiences significant trauma following his wife Milagro's death in an accident. Rather than passively enduring the traumatic experience, he exhibits symptoms of trauma, leading to excessive anxiety and guilt. This trauma affects his relationship with his daughter, Lucky, who must navigate her own emotional challenges as a result. However, by the end of the story, Jim manages to confront and accept his trauma, embarking on a journey toward healing and a new life with his daughter.

## **C. Findings and Discussion**

In the film "Spirit Untamed" (2021), trauma is intricately portrayed through the experiences of various characters, particularly Jim, whose traumatic past casts a shadow over his present and affects those around him (DreamWorks Animation, 2021). Trauma, as depicted in the movie, manifests in both acute and chronic forms, each leaving indelible marks on the characters' lives.

Acute trauma is characterized by a single distressing event that overwhelms an individual's ability to cope. In the case of Jim, his acute trauma stems from the tragic loss of his wife, an event that shattered his sense of security and left him emotionally scarred (DreamWorks Animation, 2021). The suddenness and brutality of this loss haunt him, leading to persistent feelings of guilt and anguish. Jim's trauma is palpable in his interactions with his daughter, Lucky, as he struggles to connect with her and shield her from the pain that consumes him.

Chronic trauma, on the other hand, results from prolonged exposure to stressors or adverse circumstances. In "Spirit Untamed," Jim's trauma takes on a chronic dimension as he grapples with the enduring repercussions of his wife's death (DreamWorks Animation, 2021). His ongoing struggle to come to terms with his grief perpetuates a cycle of emotional turmoil, leaving him trapped in a state of perpetual distress. This chronic trauma not only affects Jim but also reverberates through his relationship with Lucky, who bears the brunt of her father's unresolved trauma.

The impact of trauma extends beyond the individual to encompass their loved ones, as illustrated by Lucky's experience. Despite her young age, Lucky is forced to confront the fallout of her father's trauma, bearing witness to his suffering while navigating her own emotional turmoil (DreamWorks Animation, 2021). Her journey parallels Jim's, as both father and daughter grapple with the legacy of loss and pain that binds them together. Lucky's resilience in the face of adversity serves as a poignant reminder of the human capacity to endure and overcome trauma, offering a glimmer of hope amidst the darkness.

The portrayal of trauma in "Spirit Untamed" is both nuanced and compassionate, shedding light on the complex interplay of emotions and experiences that shape the characters' lives (DreamWorks Animation, 2021). Through Jim and Lucky's story, the film highlights the profound impact of trauma on individuals and their relationships, underscoring the importance of empathy, understanding, and healing in the face of adversity.

Moreover, the movie emphasizes the importance of acknowledging and addressing trauma, rather than allowing it to fester in silence (DreamWorks Animation, 2021). Jim's journey towards healing serves as a powerful testament to the transformative power of self-reflection and forgiveness, as he learns to confront his demons and forge a path towards redemption. In doing so, he not only finds solace for himself but also paves the way for reconciliation and healing within his family.

Ultimately, "Spirit Untamed" offers a poignant exploration of trauma and resilience, reminding viewers of the indomitable human spirit that prevails even in the darkest of times (DreamWorks Animation, 2021). Through its compelling characters and heartfelt storytelling, the film serves as a testament to the power of love, courage, and compassion in overcoming adversity and finding strength in the face of trauma.

#### **D. Conclusion**

Based on the findings and discussion in the previous chapter, the writer concludes the two answers that have been obtained in answering the two problem formulations. This study aims to find out how trauma is depicted in the Spirit Untamed movie (2021) and how the main character deals with the trauma. The writer concludes the answers to each statement as follows: From the Spirit Untamed movie (2021), it was found that there were two traumas presented in the film, namely acute trauma and chronic trauma. In the acute trauma section, it is known that Jim experienced acute trauma due to events that occurred in the past that caused trauma in the film, then the main character experienced chronic trauma which was known to be caused by events that happened to his son who was worried and afraid because he was approaching the cause of his death, so chronic trauma is a continuation phase of acute trauma that develops because of Jim's fear of a traumatic event. Jim's depressed feelings about events that remind him of the past in the near future and occur repeatedly make the acute trauma move into the chronic trauma phase. Then the way of dealing with the trauma character uses self-introspection which is also supported by closest friends, so that the trauma experience experienced by the main character can be forgotten with input and advice from the closest people to organize a new life.

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