

Psychological Problems Reflected in Spencer Movie (2021): A Psychoanalytic Perspective

Bharatu Nata Murti

Universitas Muhammadiyah Surakarta

natabharatu@gmail.com

Abdillah Nugroho

Universitas Muhammadiyah Surakarta

abdillah_nugroho@ums.ac.id

Abstract

Psychoanalysis is a theory that assumes that a person's personality develops when a conflict and psychological aspect occurs. In this article, the researcher examines the mental disorder or depression experienced by Princess Diana in the film. Psychoanalytic theory and hermeneutic and qualitative methodologies are used by researchers in the research of this article. The data used by the researcher included text and images as a form of psychological disclosure experienced by Princess Diana. The overwhelming stress in this film culminates in the depression experienced by Princess Diana. This research provides insight into Princess Diana's internal life struggles in dealing with her mental health, as well as describing the impact of marriage and public life. This article discusses the importance of managing mental health awareness represented in the value of psychoanalytic theory. The film "Spencer" is a case study to examine the mental health experienced by women, identity crises, and social pressures. So this research will discuss an in-depth understanding of the depiction of depression and mental health.

Keywords: Depression, Film, Mental Health, Psychoanalytic

INTRODUCTION

Mental health is a condition of human mental health starting from a person's emotional, psychiatric and psychological state. According to Dendup (in Yuaridha dkk., 2024), mental health is a set of positive characteristics that reflect a person's personality and are explained by psychological harmony and balance or a state of emotional, psychological, and social well-being that is evidenced by satisfying interpersonal relationships, behavior, effective coping, a positive state of self, and emotional stability. As expressed by Enright (1996), there is a desire for revenge for being hurt, feeling guilty, and not accepting oneself for hurting others (Yuliatun & Megawati,

2021). Mental disorders interfere with daily life and interfere with the individual's ability to adapt effectively to changing circumstances. Mental health does not only refer to adults because so many teenagers are vulnerable in dealing with mental health problems mental (Purnama Simangunsong et al., 2024). Problems that occur in mental health are not only fixated on the disease, but are included in the stigma that exists in society (Priyana et al., 2024). A person is said to have good mental health when the person can control his emotions so that excellent mental health plays an important role in the development of an individual (Siby &Kasingku,2024).

Currently, depression is one of the global problems that is quite worrying globally (Omega & Herman, 2024). There are 264 million people around the world who experience depression that occurs among young people and become mental health disabilities in society. Depression is caused by the loss of the object of love described in psychoanalytic and psychodynamic theories (Chairil Anwar et al., 2024). A depressed person will experience severe mood swings every day or week (Munirah et al., n.d.). Which makes them emotionally unstable and less prosperous overall Pengetahuan et al. (n.d.). Depression can also be interpreted as a mood disorder characterized by a depressive affective. The feeling of hopelessness is a depression that often occurs in adults (Hertina Panjiatan et al., n.d.).

Psychoanalytic theory is a theory initiated by Sigmund Freud in the 1900s which has a relationship related to a person's mental function and development (Nisfia Nursiyam et al., 2024). In this theory, especially the psychoanalytic theory initiated by Freud discusses the conscious and the subconscious (Rahmah & Darni, 2024). A person's behavior is influenced by several factors, namely memory, thoughts and subconscious impulses So that the existence of these factors can affect the behavior that appears in the individual in life in the past and future. The three personality structures in this theory include id, ego and superego (Habsy et al., 2024). The three elements above if they continuously cause interaction can result in healthy or unhealthy impulses in the individual (Talitha Hasnabila Firjatullah et al., 2024). This initial formative impact shapes the individual's sense of self-worth, interpersonal elements, and the power of arousal into adulthood (Supriyato & Hendiani, 2021).

A movie is a story that is displayed in the form of images with camera games, editing techniques, and story scenarios. Filmmaking through the creative process of creators that combines visualization, technological advances and so on (Firmansyah et al., n.d.). Film is not only a visual medium of entertainment but also a medium as a medium of moral message that is packaged in an epic way (Dwiwasa & Sihotang, n.d.). On average, a person who is initially interested in film will be more interested in the storyline first (Suryasuciramadhan et al., 2024). Not only as an entertainment medium with story lines created by writers, sometimes films raise issues that are currently developing (Lucia Priandarini et al., 2024). In this study, the theoretical framework for studying mental and neurological disorders depicted in the film became the basis of the psychoanalytic theory designed by Sigmund Freud. Freud's psychoanalytic model, specifically the exploration of unconscious processes and psychological defenses, provides valuable insights into the depiction of mental health issues in film narratives (Aji, 2022).

Researchers in this study aim to analyze the level of depression played by Princess Diana in the film *Spencer* by Pablo Larrain and written by Steven Knight in 2021. Through the lens of psychoanalysis, the researchers tried to describe how depression is portrayed in movies. This article discusses the importance of mental health awareness represented in the value of psychoanalytic theory. The movie "*Spencer*" is a case study to examine the intersection of mental health, identity crises, and social pressures. So that this study will discuss an in-depth understanding related to the depiction of depression and mental health.

REVIEW OF LITERATURE

Psychoanalysis

Psychoanalysis is a theory that assumes that a person's personality develops when a conflict and psychological aspect occurs. The main role in this theory refers to the unconscious in an individual. This theory can also be seen as a theory of therapeutic techniques and psychological streams (Fadilah et al., 2023). In his explanation, Sigmund Freud developed three components in the formation of a person's personality, namely id, ego and superego, which then psychoanalytically there are concepts in the form of loss and sadness, ego defense mechanisms, introspection and lost objects.

Id

In essence, id is an instinctive personality component that exists in the part of the individual's unconscious that contains all the impulses to survive. Id is the oldest theory of personality structure because since humans were born (Irawati et al., n.d.). Sigmund Freud stated that the id is the principle of pleasure and that nothing else and almost all components of personality in an individual are inherited from birth. Id is the unconscious part so that the individual's soul directly responds to basic urges, needs and desires. A newborn baby is instinctively all then developed into ego and superego.

Ego

The conscious personality is the only part of the ego so instinctively as an individual certainly tries to project itself on the behavior of others. On this personality structure has to do with the real reality. The ego is the balance between the id and the superego (Chamalah & Nuryyati, 2023). Not only that, the ego is also focused on reality as well as existing social norms, ethics and rules.

Superego

Part of the unconscious, namely the inferred superego, also means the voice of conscience and criticism of the individual himself. Not only is it instinctively a form of human nature that pursues perfection (Rahman, 2021). The function of the superego is to control the impulses that exist in the id, especially the prohibitions that are prohibited by society and aim moralistic rather than a reality alone.

Loss and Grief

Sigmund Freud in his psychoanalytic theory explains how individuals respond to and process the forms of loss that the individual experiences. The explanation of loss can be explained in the form of loss of status or position, loved ones or the identity of the individual himself. Meanwhile, sadness is a picture of an individual's separation from the object that is lost in him.

Ego defense mechanism

In essence, the ego defense mechanism is a form of psychological strategy carried out by individuals or groups of people as a form of self-image defense or it can be said to be a strategy to prevent openness from existing impulses. This theory is sourced from a famous psychoanalytic figure named Sigmund Freud (Mekanisme et al., 2023). The goal is to reduce or relieve when individuals are experiencing anxiety.

Introspection and Missing Objects

In this part, between introjection and the lost object is a unit that is closely related to the dynamics of grief or sadness that exists. Introspection itself is a process in which a person who is psychologically unaware of the loss but to cover the loss does a way, namely taking away the lost object in himself, then will experience consciousness. Meanwhile, the loss of an object is a sense of loss that can be the loss of a position, an object of love, a job and so on.

Film Spencer 2021

The film "Spencer 2021" is a form of work directed by Pablo Larrains and written by Steven Knight as a form of appreciation for Princess Diana in fighting and overcoming her depression due to her married life which is on the verge of collapse. As well as the difficulties he experienced in royal life where there were many rules and a sense of restraint that he experienced. The lack of freedom he got came from within the royal nuclear family as well as from outside factors, namely the paparazzi who were always looking for media material for Princess Diana's news. The film, directed by Pablo Larrain, highlights Princess Diana's emotions and psychological state so that the inner turmoil, public pressure and unstable emotional state she experiences can be accepted and understood by the audience.

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METHODOLOGY

This research is included in literary research that the researcher focuses on by considering the form, content, and nature of literature as the subject of his study. In research methods, analytical and technical approaches are one of the research methods used (Endraswara, 2011). According to Hermawan (in Rakuasa & Latue, 2023), Pustaka boxing is a very efficient way to

collect, investigate, and analyze various relevant sources of literature. Not only that, this section also discusses the process, contribution, update, idependency and management of Library results in accordance with existing literature (Yam, n.d.).

In this article, researchers use a psychoanalytic approach in accordance with Sigmund Freud's psychoanalytic theory that explains human behavior, traits, and personalities. According to Bertens (2006), Freud's theory focuses on the concept if human behavior is controlled by the human subconscious (Sub'haan et al., 2023). There are major areas of study in Freud's personality structure in the form of Id, ego and superego (Maya Husna Struktur Psikologis Dalam Syair et al., 2024).

The data used in this study are in the form of text and images in accordance with the depiction of depression of the main character, Princess Diana in the film. The main approach in this article uses the literature method (Breslin & Gatrell, 2023). Secondary data obtained from previous relevant research can support this research (Maula et al., 2024). Meanwhile, the film "Spencer" which lasts 1 hour and 51 minutes is the primary data which premiered on November 5, 2021 (United States).

Not only that, the researcher also used a document analysis method in this study. According Arikunto (2011) to document analysis, it is one of the methods by looking for data variables from records, books, and others. So that in this study, the film script becomes analytical documentation by recording or copy-pasting and taking pictures. Then continued with the hermeneutic analysis method according to Friedrich Schleiermacher. The Hermeneutics method is related to the process of discovering data and sources in

accordance with the suitability of the article to be accessed (Safitri & Safrudin, n.d.). So in making this article, the researcher uses hermeneutics with a qualitative approach.

RESULT

There are several main concepts that are interrelated in psychoanalytic theory initiated by Sigmund Freud to deal with the sense of loss, anxiety or loss or the occurrence of changes in the person. In full, there are four parts of the main concepts related to id, ego and superego, namely loss and grief, ego defense mechanisms, interjection and missing objects. The following is an explanation of each of these sections:

1. Loss and Grief

In this part, Princess Diana experiences a sense of loss of her relationship and identity as a human being and experiences deep sadness. This is supported by the emotions that she gets related to the destruction of her marriage relationship with Prince Charles. The deep sadness experienced by her woman is caused by a sense of unappreciation in the royal family supported by a sense of isolation or lack of being able to move according to what she



wants.

Figure 1. Pouring out a sense of destruction and unfreedom about herself

Minute 28:45

Maggie : "Stay calm and smile a lot. In this Palace, everyone can hear everything."

Princess Diana : "Yes, even yourself and your mind, who is that new person? can he read your mind?"

Maggie : "Yes they're getting more serious (Princes Charless and Camilla)."

Princess Diana : "Question?"

Maggie : "They're getting more serious about you, that's a concern."

Princess Diana : "Yes, concern, hints of affection, why are they concerned? I'm half gone, almost all gone."

Maggie : "Where did you go?"

Princess Diana : "I don't know."

In the scene, it is explained that Princess Diana's ego knows that Prince Charles and Camilla have a relationship, however, the form of question she conveys to her assistant, Maggie, is one of the proofs of the id that she has. The existence of a special relationship between Prince Charless and Camillia makes the marriage relationship of Princess Diana and Prince Charless shattered and she felt deep sadness and loss. Diana almost lost her entire self and it was proof of the super ego that existed in her. He is aware that the sense of loss and emptiness that he currently feels is one of the factors that he feels like he has lost his identity.

2. Ego Defense Mechanisms

In this part, the ego defense mechanism carried out by Princess Diana aims to protect herself from the pressure she experiences, both internally and externally. She does this by managing all the emotions she experiences that tend to be negative emotions by communicating with others for some time in order to be able to overcome her discomfort in accepting internal conflicts and consciously trying to ignore the harsh reality of her marriage from the royal family structure for the sake of the sense of security and happiness that she wants women to gain and feel.



Figure 2. Choosing and maintaining appearance

Minute 0:26:35

Princess Diana : "Who is it?"

Maggie : "It's Maggie mam."

Princess Diana : "Come, this is an emergency, oh my gosh, it's lucky that it turns out you, look!"

Maggie : "Emergency why? It's beautifull."

Princess Diana : "But it doesn't fit."

Maggie : "Have you tried?"

From the image and text above, a scene is obtained if Princess Diana's id does not know if the person who knocked on the door is her personal assistant named Maggie. The ego of her woman asks her personal assistant to choose an outfit that matches her woman to use in the royal dinner. This was done by Princess Diana as a form of proof of the efforts that she consciously made by women to meet social pressures and expectations as a form of maintaining the appearance and image of Princess Diana (super ego).

3. Interjection and Missing Objects

In this section, the researcher has a research focus in the form of words, phrases or a symbol that expresses emotions or feelings for Princess Diana when experiencing loss and emptiness in her life. The vivid depiction in the film when Princess Diana breaks or destroys the necklace she got from Prince Charles is a sign of her unconscious desire for a

freedom that she longs for or rises from a sense of oppression. The feelings of loss and emptiness that she experienced caused a deep and perhaps unresolved sense of sadness triggered depression in her.



Figure 3. Breaking or destroying a pearl necklace given to Prince Charles

Minute 1:32:27

Princess Diana : "Just in case." (In a state of crying and remembering his childhood at his childhood home.)

Anne Boleyn's Shadow : "Diana, you know that the king (Prince Charles) gave a painting of himself to the woman. The little painting. The woman (Camilla) wears it around her neck. So let it go! Go! Run!"

In the scene, Princess Diana remembers the childhood memories that she did with her family at her childhood home. Which she came to secretly without the ignorance of the kingdom (ego). In this situation, Princess Diana looked so chaotic that she decided to drop herself from the stairs of the second floor. Before this happens, the shadow of Anne Boleyn appears who conveys an indirect message about the freedom that Diana must do by destroying or pulling the Christmas gift necklace from Prince Charles, which is exactly the same as the necklace from Camilla. So Princess Diana's super ego encourages her to pull the pearl necklace so that it becomes separate and she immediately feels relief and self-freedom right away.

DISCUSSION

The researcher in this study obtained the results of the analysis of the above findings in the form of actions and dialogues in the Spencer movie which explained the depression experienced by Princess Diana. In terms of the outline depicted in the film, the ego can control the id very well, but there are some parts when the ego cannot follow the id of Princess Diana so that it pushes her to have a sense of disappointment, crying, anger, disrespect, loneliness and others. In accordance with the above discovery, there is a part where Princess Diana's ego cannot follow the id of a woman, making her angry and thirsty for the freedom to live without restraint.

Next, the researcher explain some of the factors that contribute to the depression experienced by Princess Diana. The first factor is an internal factor or a factor caused or encouraged from within Princess Diana herself. In this internal factor, it can be seen that Princess Diana's mental and emotional health is not good (indicating severe depression, feelings of loneliness, and deep sadness), personal relationship problems (Princess Diana has marital problems with Prince Charless because she is a man who has a relationship with Camilla and a sense of isolation plus conflict in her marriage), and lastly she is a woman who cannot find her identity because of feelings of loss and public expectations for her marriage.

The second factor is external factors or factors caused or pushed from outside parties. In this external factor, Princess Diana in addition to experiencing pressure from the United Kingdom Royal family, also received pressure from the public and the media by always being surrounded by paparazzi and making her feel pressured and restrained. Whatever activities she women do, it is always the media material for news at that time so that Putri feels that

there is no freedom in her life at all. The paparazzi are so obsessed with Princess Diana that whatever she does, whether in the form of behavior, clothes, is always in the spotlight, especially her marriage problems which are also a topic of discussion in the United Kingdom. From these two factors, it is very clear that Princess Diana was severely depressed at that time. Although the main factor that makes her depressed because she loses trust and the person she loves is also supported by external factors that further muddy her soul and body, as the Princess of the United Kingdom who is required to always perform very well in public even though she is not in a good state.

CONCLUSION

In this study, the researcher has a focus on the analysis of Princess Diana with depression which is emotionally depicted in the film Spencer by Pablo Larrain and written by Steven Knight. The sadness depicted in the film starts from a sense of loss and emptiness, then exacerbated by constraints or pressure from the public so that she uses her ego defense mechanism. In this film, it basically explains the psychology experienced by Princess Diana because her marriage to Prince Charless is on the verge of collapse. Using the psychoanalytic theory of Sigmund Freud through the concept of id, ego and superego are then developed through the concepts of loss and sadness, ego defense mechanisms, introspection and loss of objects. The depression experienced by Princess Diana is very clear with her depictions ranging from deep sadness, anger or emotions, distraction of what she is feeling, mood swings, and the feeling of not being able to recognize herself and feeling unconsidered. The reduced sense of happiness in life that she has, self-esteem

and physical fatigue are indirectly indicators of deep emotional stress.

The essence of this article's research, Pablo Larrain and Steven Knight in the movie "Spencer", not only focuses on Princess Diana as a respected and well-known public figure in United Kingdom society, but also explains Princess Diana's obstacles in dealing with the psychology that she has. In this film, Pablo Larrain encourages the audience to observe Princess Diana's fame, personal identity, and mental health. Thus, Spencer Movie 2021 is one of Pablo Larrain and Steven Knight's ways to honor the late Princess Diana for her very moving life journey and can be used as an experience in becoming a full human being.

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