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**Psychological Conflict Of The Main Character Portrayed In Sam  
Levinson's Movie Series: *Euphoria***

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**ABSTRACT**

This study is concerned with Psychological conflicts experienced by the main character in Sam Levinson's movie series "Euphoria." This study used descriptive qualitative to explore the kinds of psychological conflicts experienced by the main character in Euphoria. This study used Sigmund Freud's (1923) psychoanalysis theory to examined the data in this study. The results of the data were found that (1) There were three kinds of psychological conflict experienced by the main character, namely Id, Ego, and

Superego. (2) There were three factors that caused psychological conflict, namely losing the father, mis understanding, and uncomfortable situations. (3) There were four ways how the main character overcame the psychological conflict such as, sublimation, repression, and denial. In conclusion, the dominant psychological conflict experienced by the main character is the Id aspect.

**Keyword:**

*Psychological conflicts, Id, Ego, Superego, Euphoria*

**INTRODUCTION**

In this world, there is no human who will escape from a problem, even though that human has a good or bad personality. There are various types of problems that are often experienced by humans such as, conflict, anxiety, mental health, loneliness, and depression. Conflict is also known as a problem that often occurs in human life, even conflict can trigger commotion among individuals or groups, and also conflict can occur in the humans mind.

According to Shuib (2011:194), conflict begins when there is disagreement between the two parties, such as one party giving an explanation and the other party giving a counterstatement. Based on Wellek and Warren's (2013: 285) statement, conflict is something that is dramatic, and refers to the struggle between the two forces, actions, and responses. They also mean briefly that conflicts can arise due to disagreements.

There are two factors that cause conflict to arise, namely, internal factors and external factors. Internal conflict is a conflict that occurs in the heart or soul of a character in a story. Conflicts like this are usually experienced by humans themselves. The type of conflict included in internal conflict is conflict within a character or also known as psychological conflict. Internal conflict may be a negative side displayed by character problems with characters that require personal opinions or choices. Internal conflict is a problem or mistake faced by an individual; a problem that requires a personal decision (Summer and Brewer in Shaleva, 2011:2).

There are many people who have experienced psychological conflict, for example, anxiety, mental illness, trauma, frustration, feeling unappreciated, curiosity, indecision, differences in principles, and contradictions. Things like this can be filmed so that the wider community understands how actual psychological conflict is experienced by an individual. This study raises the phenomenon of psychological conflicts in Euphoria's (2019) movie. This study is also concerned to find out how the personality development of the main character when the person getting psychological conflict. The theory used in this research is the theory of personality development by Sigmund Freud, also known as the Psychoanalytic Theory.

The theory of Human Personality Development or Psychoanalysis by Sigmund Freud is the most suitable theory to support this research. Which theory contains how the development of a human personality after experiencing an event in his life. In his theory, Sigmund Freud also explained that the Id, Ego, and Superego are the three elements of the human psyche. First, the Id is a personality system that is inherited or indoctrinated from birth. This system contains all the inherited psychological aspects such as

instincts, impulses, and urges. Second, the ego is a personality system that develops from the id to be able to think realistically and prevent tension or conflict to find real objects to satisfy needs. Third, Superego is a personality system that is considered as morality in our personality or our conscience. This personality system usually determines whether a person's actions are suitable or appropriate or vice versa.

Therefore, this study examine the psychological conflict depicted by the main character in the Euphoria movie series. Euphoria is an American teen drama television series created and written by Sam Levinson. In fact, there are several main characters in this movie series. However, this study only focuses on the dominant character namely, Rue Bennett. Rue Bennett played by an artist named Zendaya, she is a teenager who is drug-addict, struggling to recover, and struggling to find her identity.

Euphoria was filmed at Ulysses S. Grant High School in Los Angeles, California, and was shot at Sony Pictures Studios in Culver City, California, and Warner Bros. Outside California, filming took place in New York City, Singapore, and Warner Bros., studios in Leavesden Hertfordshire. The series also received positive reviews, with praise for the cinematography, score, performances by the cast (especially Zendaya, Schafer, Sweeney, and Domingo), and mature approach to subject matter. Euphoria premiered on June 16, 2019.

The series released its second season in July 2019. The second season premiered on January 9, 2022, and in February 2022 the series released its third season. The series has received numerous accolades, including a Primetime Emmy Award nomination for Outstanding Drama Series. Credit for her performance, Zendaya has won two Primetime Emmy Awards, a Critics' Choice Television Award, and a Golden Globe Award for Best Actress. Sydney Sweeney, Colman Domingo, and Martha Kelly also received Emmy nominations for their acting, and Domingo won the award for Outstanding Guest Actor in a Drama Series.

The previous study, to be specific " Psychological Conflict in the Main Character of the Film Paul Greengrass: Captain Philips" written by Rezky

Amelia Anggraeni (2022). This article moreover examines the psychological conflict experienced by main characters. The result is that the author needs to find out what strife is. What mental issues are experienced by the main character and how does the psychological conflict affect the attitude of the most character.

Based on the observations of researchers, the example of the initial data above is marked by an image showing where the main character named Rue Bennett experiences psychological conflict she faces because Rue Bennett feels a dilemma to rid herself of the additives she has consumed, she feels that drugs it solved the problem, but for his friends and family it had a very negative impact on him. Rue is also afraid that if she continues to consume these additives, her best friend will leave her and Rue Bennet's mother also observes that as long as Rue Bennet consumes these additives, Rue always comes home late at night and likes to sneak into her house.

This also often happens around us, even though we are not the ones who experience it directly, but people around us or those far from us have used drugs and of course, they have problems of inner conflict within themselves, whether it's because of family problems or even problems between people, which can make an individual think that drugs are the most appropriate solution, but in fact, drugs will kill that individual.

## **REVIEW OF LITERATURE**

Literary psychology is a combination of the disciplines of psychology and literature. When viewed from the origin of the word, literary psychology comes from the word "psyche" which means soul, and "logos" which means science. Meanwhile, according to Diragunarsa (1975), the literal meaning of literary psychology can be interpreted as the science of psychology or the study of human behavior. The psychological approach considers that quality literary works are literary works that are able to describe the confusion and inner turmoil of humans because the nature of human life is a struggle to deal with one's own inner turmoil.

Psychology of literature is an interdisciplinary between psychology and literature. Studying the psychology of literature is actually the same as studying humans from within. The fascination of Literary Psychology lies in the human problem which paints a portrait of the soul. Not only does the soul itself appear in literary works, but it can also represent other people (Minderop 2013: 59).

### **Psychological Conflict**

A psychological conflict is a man struggling against himself, his conscience, his guilty, or simply trying to decide what he is going to do (Jones in Astiningsih, 2005:12). Generally, conflict in a story or film will cause tension for the audience in the film's story and provoke them to continue to be curious about the storyline in the film. Conflicts that occur in a film are closely related to the existence of characters because the roles of characters are able to develop more complex storylines and several conflicts are likely to occur.

Exposing a character's motives or behavior will help the reader to understand the truth of psychological action. Psychology is the study of human activity involving thoughts and their behavior analyzing whether humans feel emotions, sadness, happiness, satisfaction, guilt, etc, and how they can process speculation, analysis, prediction, etc. It is very important to understand the psychological aspects of a character in a film as well as we understand how the characters in the film are.

Furthermore, how conflict is handled based on the psychological aspects of the main character is analyzed using the psychoanalytic theory put forward by Freud (1923), regarding the three parts of human personality which are called tripartite; id, ego, and superego. In this manner, it is exceptionally imperative for us to get a mental viewpoint of a character in a film s well as understand how the character of the character within the film is.

The thoughts and behavior of the main character correlate with how the main character handles the conflict he experiences. Furthermore, the conflicts experienced by the main character are handled using Freud's theory of psychoanalysis (1923). According to Fincham (2016:20), psychology sees

conflict as a result of perceptions, interpretations, and psychological and mental conditions that lie behind the individual. The definition of conflict in the disciplines of psychology has more to do with the psychological conditions underlying the individual because basicour actions we take are related to psychological conditions.

### **Kinds of Conflict**

Conflict is disagreement or disagreement. And this happens to someone with opposition from where the source of the conflict is for a goal. Conflict is a situation where forces that are opposite and simultaneously occur within a person with approximately the same strength (Lewin, 1948: 97). Intrapersonal conflict can be considered as a dispute that occurs when the interests, goals, or values of different individuals or groups are incompatible with one another. According to Perrine in his book *Literature: Structure, Sound, and Sense*; Conflicts occur between the main character and other characters and the environment, nature, society, or destiny and between characters and themselves which can be in the form of physical, mental, emotional, or moral resistance (1998:42).

Lewin has described three types of objective conflict by Kurt Lewin (1948), namely Approach-Approach Conflict, Approach-Avoid Conflict, and Avoidance-Avoid Conflict.

a. Approach-approach Conflict

This occurs when a person has to choose between two attractive alternatives. It happens when a person has to choose between two desirable outcomes, such as a choice between finishing college and a full-time job offer. This conflict is often easier to resolve than the two other conflicts, which are avoidance-avoidance conflict and approach-avoidance conflict.

b. Approach-Avoidance Conflict

This occurs when a person has to deal with a situation that possesses both positive as well as negative aspects, that is when a person feels similar degrees of attraction and repulsion toward a goal or competing goals. This conflict is often the more difficult to resolve.

In this kind of conflict, we are faced with a single goal that has positive and negative aspects. Another example, we might want a new iPhone, but realize it will be too expensive.

c. Avoidance-avoidance Conflict

This occurs when each of the competing alternatives possesses negative consequences, that is they are equally repulsive. Avoidance-avoidance conflict is one of the three major types of conflict described by psychologist Kurt Lewin in 1931. This conflict involves choosing between undesirable alternatives or outcomes which a person tends to avoid. For instance, a person who dislikes his job but fears quitting and unemployment.

### **Psychology Approaches**

According to Sigmund Freud (1923) has stated that humans have a psychological aspect called tripartite. Such as, id, ego, and superego. Each of these psychological aspects develops in a different stage in human life which affects the mind and also creates behavior in the human personality.

a. Id

The id is the psychic center that combines driving energy with other things. The id also moves unconsciously, according to the main process, and encourages an individual to be involved in fulfilling physical satisfaction which is considered as pleasure. Id is the only component of personality that is present since a human is born. The id is the fully conscious aspect of personality and is derived from instinctive and primitive behavior.

According to Freud (1923) the id is the source of all psychic energy, so it includes the main components of personality. The id is driven by the pleasure principle, which seeks to achieve immediate gratification of all wants and needs. If physical desires are not fulfilled immediately, the impact that arises is that humans will feel anxiety and tension.

The id can be seen in the way we see things and the way we fulfill it. Therefore the id can be said to be a conflict that exists within us because we have to satisfy ourselves by fulfilling the id. Examples of fulfilling these

needs include eating, drinking, resting (sleeping), and other physical needs. If it is related to the problem of the topic of this research, for example, when the main character of the film Euphoria, namely Rue Bennett, said that she actually wanted to rid herself of illegal drugs or drugs, but his body really needed these drugs, because according to Rue Bennett Drugs are a physical pleasure that can make him relax when consuming them, but when viewed from the third psychological theory, namely the superego, what Rue Bennet did was wrong and was able to damage her physical body.

b. Ego

The ego is the component of psychology that is responsible for dealing with physical desires in a real way. According to Freud (1923), the ego moves from the first psychological theory, namely the id and the ego also determines whether the impulses of the id can be expressed in a way that can be accepted in real life. The reality principle may be a rule by which the mental perspective of the sense of self carries out decisions and is able to bargain with the results. It may be a real human state of mind to assemble their needs in a worthy way that gets to be decision-making. The sense of self may be a cognizant portion of the human identity that stands between the id and the superego.

If it is related to conflict issues that are in accordance with the research topic, Ego also occurs with Rue Bennett who at that time was having a dispute with her mother, because Rue was late coming home, but Rue Bennet's mother seemed to already know the reason for her child coming home, but Rue still denied it. that he doesn't do drugs outside. However, when Rue Bennett enters her room and meets her best friend named Jules, Jules becomes angry and threatens Rue that she will not be friends with people who are addicted to drugs. Rue Bennett's ego is very high, so she sticks to her decision, but Jules still doesn't support Rue's decision.

c. Superego

The Super-ego is regularly considered as a behavior that's mindful of the intellect and is able to recognize between right and off-



base. This viewpoint of the superego runs since of ethical values and takes after the rules when choices are being made. The superego viewpoint will ensure or avoid the id viewpoint from being harmed. In any case, the superego angle isn't able to consider things reasonably. The superego is categorized under moral principles.

The superego is irrational because it inhibits the id or physical satisfaction. An example of the superego being considered irrational is when we have a family and have an accident like bleeding, we end up calling an ambulance. On the way to the hospital, we definitely want to get there before the bleeding gets worse and can't be helped, automatically there are many traffic signs that we have to violate, because otherwise bleeding will occur. worsened. That is why the superego is not always rational but sometimes irrational.

If it is connected with the problem of the topic of this research, namely the main character named Rue Bennett, where at that time she was having a fight with her best friend, Jules. Jules says he doesn't want to be friends with Rue Bennet anymore if she's still addicted to her drugs. After hearing that Rue Bennet's mind became rational and decided to quit the drug. Sometimes the superego has to be put aside because we have to choose our will.

### **Main Character**

Koesnosobroto in (Meinawati, 2017, p. 67) states that characters can be divided into two, either the main or major characters and minor characters. The main character is the most important character in a story. In other words, a character is part of an important intrinsic element in a story that was first explored by the author, a person in a work of fiction. The main character cannot play alone to make a successful story, but the main character needs a supporting role so that the story can be conveyed more easily and attracts people to enjoy the story. The main character in Euphoria is Rue Bennett and the Major character in Euphoria is Ashtray. Ashtray is a drug dealer who is cared for by Fesco.

## **METHOD**

This study is conducted by applying a qualitative descriptive design. This chapter is mainly for the focus of elucidating the psychological conflict and the involved reason, to discover the mental clashes experienced by the most character in Euphoria movie. The goal of multimodal content analysis is to broaden the focus of the scope of the framework, such as visual images or written language. This strategy will burrow into an outline, photography, written dialect, and plan components that show up in each scene within the film. In other words, in expanding to the capabilities and limitations of each person mode, we moreover got to address the complex intuition between modes characteristic in analog and advanced multimodal gatherings.

The data sources are taken from the movie script text from Euphoria (2019). The data are the utterances, screenshots of the scene, dialogues, and monologues of the main character in the film in the form of words that contain the psychological conflicts experienced by the character. Documentary techniques are used to collect data, which refers to information from documents such as books, papers, forms, and so on, and that information can prove something. Text, according to Halliday (1994), is any authentic stretch of written or spoken languages.

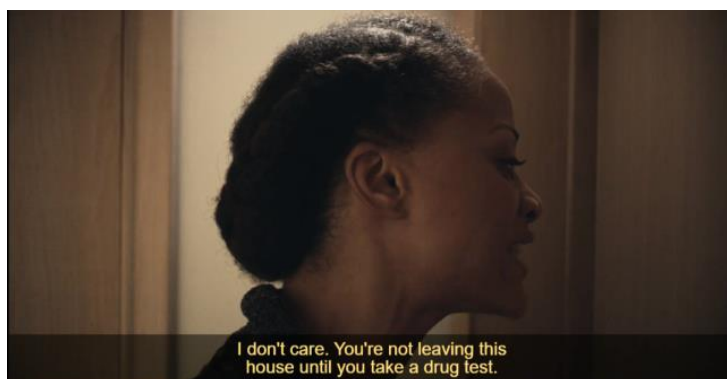
A text is a semantic unit rather than a grammatical unit. This text's words are being examined. As a result, it is a documentary analysis that focuses on text analysis. The instrument that is used for this research is a documentary sheet. Instruments used to collect the data are document texts and image analysis. In his study, Alan Mckee (2003) the data has been analyzed by using descriptive qualitative method with multimodal analysis.

## **DATA ANALYSIS AND DISCUSSION**

The research data was taken from utterances in the form of visual actions and dialogues which refer to the psychological conflict experienced by Rue Bennett in the movie script Euphoria (2019). The subject of this research refers to the main character named Rue Bennett, where Rue Bennett experiences psychological conflict. This research was conducted using a

psychological approach theory initiated by Sigmund Freud (1923) to help identify the psychological conflicts experienced by the main character in the Euphoria (2019) movie named Rue Bennett. Sigmund Freud (1923) divided the theory of psychological approaches into three types; Id, Ego, and Superego. The psychological conflict was found in 25 utterances from Sigmund Freud's approaches that is personality Approaches.

a. **Data 1**



**Descriptions:**

LESLIE : You know what? I'm gonna drug test you.  
**Data 1.1 Id/Rue Become Anger**  
**LESLIE (O.C.) : (through the door) do not slam your door!**  
 RUE : It was an accident!  
 LESLIE (O.C.) : Well, you're not leaving this house until you take a drug test!  
**RUE : Whatever. I've got nothing to hide!**

This is shown by Rue Bennett when she wants to satisfy her hunger and go out to find food. When Rue Bennett returns home, she finds her mother

waiting for her in the kitchen and has been hounding Rue with questions, because her mother is so suspicious of her. Even though Rue had intended to take a break after she returned home, her mother suspected her and asked Rue to take a drug test, but because of that Rue became very sentimental and angry that she slammed her bedroom door.

**b. Data 2**



**Data 2.1 Ego/Rue's Guilty**

## Descriptions:

LESLIE : Not to mention Gia. Who absolutely idolizes you!

**RUE** : *I know, Mom.*

LESLIE : To have her find you unconscious – (Euphoria, 19:07-19:41)

**RUE** : *Mom, please don't do this...*

The scene turned sad when Leslie remembered how Rue Bennett had overdosed and was witnessed by her own sister, Gia. Where in fact Gia really idolizes her sister and really makes her sister a role model. But the truth is, Rue, is not as strong and wise as her sister thinks. In this scene, it can also be seen that Rue Bennett is very sorry and feels guilty towards her mother and sister for making them worry.

### c. Data 3



### Data 3.1 Rue Superego/Anxiety

#### Description:

**RUE** : *I'm sorry. I didn't –*

JULES : I've had ... like enough ... traumatic shit happen in my life that I don't

**RUE** : *I get it. I get it.*

Where in the conversation, Rue had just returned to her house at 5 in the morning, her mother scolded her and Rue went to her room to meet Jules who was already in her room and heard Rue's conversations with her mother. Then Jules was sad and said that she would not joke about what she was talking about, Jules said that she would not want to have friends who were drug addicts and would kill themselves. Hearing Jules' words, Rue Bennett felt anxiety, she was afraid of losing her friend, then the moral values that Rue showed at that time with her promise that she would stop all her drugs and decide to be clean from drugs.

## **FINDINGS**

After analyzing the data, the researcher found 26 data in the series which were only shot in season 1. According to the psychological approach theory put forward by Sigmund Freud (1923), there were 3 types of conflicts found in this study which were experienced by the main character in each scene. The results of the analysis for each type of conflict, such as, for the first type, namely Id, found 10 data, for the second type, namely Ego, 11 data were found, and finally, for the third type, namely Superego, 5 data were found. Based on the conflict analysis, there were also found various factors that caused the conflict, namely, (1) Losing a father, (2) False accusations, and (3) Uncomfortable situations.

<b>NO</b>	<b>Kinds of Psychological Conflict</b>	<b>Frequency</b>	<b>Percentages (%)</b>
<b>1</b>	<b>Id</b>	<b>10</b>	<b>38,7</b>
<b>2</b>	<b>Ego</b>	<b>11</b>	<b>42</b>
<b>3</b>	<b>Superego</b>	<b>5</b>	<b>19,3</b>
<b>TOTAL</b>		<b>26</b>	<b>100</b>

## **CONCLUSIONS**

After analyzing the data, the conclusions are described as follows:

1. There were three types of conflicts found in this study which were experienced by the main character in each scene. The results of the analysis for each type of conflict, such as, for the first type, namely Id, found 10 data, for the second type, namely Ego, 11 data were found, and finally for the third type, namely Superego, 5 data were found. That's what causes Rue to become temperamental, Rue becomes a person with high anxiety, Rue feels guilty about her past, Rue becomes frustrated, Rue becomes obsessed with drugs.
2. There were three various factors that caused the conflict, namely, (1) Losing a father, (2) Misunderstanding, and (3) Uncomfortable situations.
3. There are four ways how the main character to overcome the psychological conflicts such as, (1) sublimation, (2) Repression, (3) Denial.

## **SUGGESTION**

With reference to the conclusions, the following suggestions are stated:

- (1) This Euphoria movie series are suggested to be used as a reference for research because in terms of appearance, each scene is attractive and eye-catching. This film also has a complex storyline, so that it makes listeners feel curious and want to find out more. This movie has many personal conflicts in each character. It is hoped that this movie can be examined more deeply to reveal how psychological conflict is described or with other topics that have not been explored.
- (2) It is recommended that further research be carried out using the research topic as a reference, to conduct similar research, or with different data and different theories as well.

- (3) It is advised that readers especially teenagers should be used as motivation for teenagers to take better care of themselves and teenagers also learn to be careful in deal with psychological conflict.

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