

Anger Emotion in Inside out Movie

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Abstract

This research entitled “ANGER EMOTION IN INSIDE OUT FILM” focused on identifying and classifying the types of anger emotion uttered by the characters in the movie Inside Out, analysing and describing the reasons of using the utterances of anger emotion in the movie Inside Out. The data were taken from the movie Inside Out and the transcript to see the dialogue in written form. This research uses theories of Fomin et al (2011) to identify and classify the types of anger emotion uttered by the characters in the movie Inside Out; Wolfe (2005) to analyze and describe the reasons of using the utterances of anger emotion in the movie Inside Out. To ensure the data collection process used descriptive method. The results showed that the anger emotions can occur in all aspects of the character's life. The film presents five primary emotions—Joy, Sadness, Fear, Disgust, and Anger—embodied as characters within the mind of an eleven-year-old girl named Riley. There are 5 Of 7 types of anger emotions in the movie Inside Out, namely teasing, confrontation, sarcastic, name-calling and yelling, while the reasons for using the utterances of anger emotion in the movie Inside Out are family factors and mostly due to external factors, namely the surrounding environment and the environment of friends. The research also discusses the portrayal of Anger as it relates to psychological theories of emotional regulation, especially within developmental psychology. By giving physical form to Anger, Inside Out enables a child-friendly understanding of this complex emotion, which can be both protective and harmful depending on context and intensity. Through Anger's outbursts, the film emphasizes the importance of self-awareness, teaching viewers that while anger is a natural emotion, it must be managed effectively. The Author hopes the readers will conduct similar research with psycholinguistic analysis, namely on the expression of angry emotions from other perspectives besides the types and reasons for expressing anger emotions.

I. INTRODUCTION

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Lakoff and Johnson argue that metaphors are not just literary devices but are fundamental to everyday language and thought. They shape our perceptions and the way we communicate. Metaphors influence our cognitive processes and how we categorize experiences. They can affect our emotions, behaviors, and social interactions, often in ways we may not consciously recognize. Metaphors can vary significantly across different cultures, reflecting diverse worldviews. This variability highlights how our understanding of concepts like time, love, and war can differ based on cultural context. Conceptual Metaphor Theory reveals the deep connection between language, thought, and culture. By understanding the metaphors that underpin our communication and cognition, we can gain insight into how we perceive and interact with the world around us.

Metaphor and Emotion, Zoltan Kövesces (2004) definition of Metaphor is A figure of speech where a word or phrase is applied to an object or action that it does not literally denote. Metaphors shape our understanding of abstract concepts like emotions. And Emotions is A complex psychological state that involves a subjective experience, a physiological response, and a behavioral or expressive response. E.g: Happiness, sadness, anger. Metaphors help us express and comprehend our emotional experiences. Example: "He broke my heart." Metaphors reflect cognitive processes and emotional understanding.

Anger Metaphor Kövesces suggests that anger is often understood through various metaphors that frame it in concrete terms. These metaphors help us make sense of the often overwhelming and intense nature of anger. Example: "He erupted with anger. Explanation: Anger as a volatile force. These metaphors not only shape our understanding of anger but also influence our reactions and behaviors. For instance, viewing anger as a container can lead to a focus on self-control and the management of emotions, while seeing it as an explosion may emphasize the unpredictability of anger. Some cultures might encourage the expression of anger, while others may advocate for restraint.

Learning speech requires the use of media that can be heard and can be seen visually such as movies, one of which is the movie *Inside Out*. *Inside Out* is a 2015 American computer-animated comedy film produced by Pixar Animation Studios and distributed by Walt Disney Studios Motion Pictures. The film was directed by Pete Docter and Ronnie del Carmen with a screenplay written by Docter, Meg LeFauve, and Josh Cooley. It is adapted from a story by Docter and del Carmen and stars the voices of Amy Poehler, Phyllis Smith, Richard Kind, Lewis Black, Bill Hader, Mindy Kaling, Kaitlyn Dias, Diane Lane, and Kyle MacLachlan. The story of *Inside Out* begins with baby Riley living in a small Minnesota town. Inside the headquarters of her mind reside emotion characters from five basic emotions: joy, sadness, fear, disgust, and anger. These emotions influence her actions in the real world through the emotion control console.

In this study, We limit it to anger emotion utterances in *Inside Out* movie. We focus on the types and factors of anger emotion utterances in *Inside Out* movie by Pete Docter. The reason why We chose this topic is because We feel interested in analyzing how language is processed by the human brain, especially how speech can be influenced by emotions. In literary works (movies) sadness becomes a strong narrative that can attract the attention of the audience emotionally. We choose *Inside Out*, a psychological genre movie because it really helps the author to understand more about the emotion of anger.

In essence, in communication activities there is a process of producing and understanding emotional utterances (Chaer, 2003). Goleman (1996: 23) says that emotion refers to a typical feeling and thought, a biological and psychological state and a series of tendencies to act. Emotions are reactions to stimuli from outside and inside the individual, for example, happy

emotions encourage changes in a person's mood, so physiologically he appears to laugh and sad emotions encourage someone to cry. According to Eckman (1972) there are six basic emotions in all human cultures. These emotions are pleasure, sadness, disgust, fear, surprise, and anger.

II. METHODS

Research is the process of collecting data, analyzing, surveying, and interpreting data to identify and understand a phenomenon. The discussion of data in this study uses a descriptive qualitative approach as a research methodology, which clearly describes the results of research data collection with a series of words. Murdiyanto (2020) suggests that qualitative methodology is a research procedure that produces descriptive data in the form of written or spoken words from people and observed behavior. In this data, We use qualitative methods to analyze.

The definition of qualitative methods, Denzin and Lincoln (2002, 3) define it this way: "Qualitative research is a situated activity that locates the observer in the world. It consists of a set of interpretive, material practices that make the world visible. These practices transform the world. They turn the world into a series of representations, including field notes, interviews, conversations, photographs, recordings, and memos to the self.

This research employs a qualitative methodology to investigate the metaphors of sadness as depicted in the animated film "Inside Out." By focusing on the expressions of sadness (metaphor). Data collection involves a comprehensive review of the film, accompanied by the documentation of metaphorical expressions related to sadness. We conducted several stages in conducting this research: First, the author conducts pre-survey activities by downloading the Inside Out movie, preparing stationery, and the internet, then looking for books and research journals that become references in solving problems in this study. Second, data collection The object of this research is text or artwork narrated in the form of Inside Out movie. The author collects data by watching and listening repeatedly to the utterances of anger emotions from the characters in the Inside Out movie until the movie is finished and taking notes on the time the utterances of Anger emotions are uttered. In an effort to find the accuracy of the data that has been collected by watching and listening, the author looks for the transcript of the Inside Out English movie and its translation into Indonesian. The author used the transcripts to assist in preparing the research report appropriately. And third, data analysis The author identifies and classifies the types of angry emotional utterances by the characters in Inside Out based on the theory of Fomin, et al (2010) and the factors that cause angry emotional utterances uttered by the characters in Inside Out based on the theory of Mash and Wolfe (2005).

III. RESULTS

In this chapter, the author describes the results of the research and conducts a discussion with a qualitative descriptive approach. The author explains in depth the results of the research and discussion with a qualitative descriptive approach, namely with words based on the theory that has been explained in the theoretical framework of this research to respond to the research objectives of this thesis as a research method. The data of the research results and discussion described include the identification and classification of types of angry emotions by the characters in the Inside Out movie based on the theory of Fomin, et al (2010), namely ridicule to issue innuendo words against someone or something; swearing is dirty words and so on; belittling means talking about someone or something in a way that makes it seem less important; confrontation is responding directly and firmly to someone who arouses his anger; insulting, which is calling them by a harsh name; sarcastic is insinuating not overtly but subtly; and

shouting, which is screeching in a loud voice. In the movie *Inside Out*, there are human characters and characters of emotions. The human characters include the father, mother and daughter named Riley and the para-emotion characters inside Riley's head consist of anger (a character that controls the emotion of anger), disgust (a character that controls the emotion of disgust), fear (a character that controls the emotion of disgust), and fear (a character that controls the emotion of disgust). joy 7 (characters who control happy emotions) and sadness (characters who control sad emotions).

Below, the results of the identification and classification of 5 of the 7 types of angry emotional utterances in *Inside Out* are presented. Mockery Type Mockery type, which is issuing sarcastic words against someone or something. This type of mockery can be seen in the following utterances:

Disgust Emotion

Data 1

Disgust: 'Like what, genius? (00:50:12)

Disgust's expression of anger to anger is a type of mockery because disgust calls anger a genius which is contrary to the actual situation, namely anger had previously committed a foolishness by seizing control of the emotion machine which caused Riley to be unable to control the emotion of anger after failing to score in a hockey game with his new hockey team.

Data 2

Disgust: Emotions can't quit, genius. 'Emotions can't stop, genius.'

(00:50:28) Disgust's angry emotional speech to fear is a type of mockery because disgust calls fear a genius which is contrary to the actual situation, namely fear has made a mistake by proposing that they disgust, anger and himself leave Riley's head which apparently cannot be done.

Data 3

Father : Good going sadness. Now when Riley thinks of that moment withdad, she's gonna feel sad. Bravo. (00:12:39-00:12:40) 'Good job sadness. Now when Riley thinks of that time with dad, she's gonna feel sad. Bravo.' 3a. Disgust's angry emotion is included in the sarcastic type, where disgust satirizes sadness by saying he has done a good thing when the opposite is true.

Data 4

Disgust: That worked. 'That worked. (01:18:22)

The expression of anger disgust is included in the sarcastic type, which is disgust that insinuates with a dismissive smile as if praising what anger does works, but on the contrary it does not.

Anger Emotion

Data 1

Anger : Hey. Our life was perfect until mom and dad decided to move to San Fran Stinktown. (00:51:00-00:51:02)

The emotion of anger is a type of mockery because their life in Minnesota was happier than after moving to San Francisco, which apparently caused a lot of sadness to Riley. Confrontation Type Confrontation type, which is responding directly and firmly to someone who arouses anger. This type of confrontation can be seen in the following utterances:

Father: Riley, if you don't eat your dinner, (00:03:46-00:03:47)8 you're not going to get any dessert. 'Riley, if you don't eat your dinner, you're not going to get any dessert.' Anger: So, that's how you want to play it, old man! No dessert? (00:03:48-00:03:49) Oh, sure! We'll eat our

dinner! Right after you eat this! 'So that's how you want to do it, old man! No dessert? Sure, we'll eat! This is for you, taste this!'

Emotional expression of anger between anger and ters father The father is of the confrontational type, which is an angry response to the father's words that he would not give her dessert if she did not eat her broccoli.

Data 2

Dad: Well, guess what? The moving van won't be here until Thursday. (00:10:03-00:10:04).

The angry emotional utterance between mother and father belongs to the confrontation type, in which mother responds angrily to father's words telling her the bad news that the moving agent's car carrying their furniture will be delayed.

Data 3

Dad: (on phone) What can we do?! We've only got capital (00:15:49-00:15:53) to last a month, maybe two. If we can't find investors by then, we're going to have to lay people off. 'What can we do?! Our finances are only one to two months away. If we can't find investors by then, we're going to have to lay people off.' (00:15:53).

The angry emotional utterance between the father and his officemate belongs to the confrontation type, in which the father responds angrily and sadly to the information conveyed by his workmate about the company's financial situation.

Data 4

Father: I do not like this new attitude. (00:29:03)

'Riley, I don't like your new attitude. What is your problem? Just leave me alone! 'What is your problem? Just leave me alone! (00:29:10)

An expression of angry emotion between Riley and his father belonged to the confrontation type, where Riley responded angrily to his father's words who tried to advise him. At that time, Riley did not want to hear his father's advice because he was in a bad mood.

Data 5

Father: Listen young lady, I don't know where this disrespectful attitude came from (00:29:19-00:29:21)

Riley: 'Just shut up! Father: That's it, go to your room! Now! 'That's it, go back to your room! (00:29:29) (00:29:43).

The angry emotional utterance between father and Riley belongs to the confrontation type, where father responds angrily to Riley's words that screech loudly towards him. Dad, feeling shocked and angry at Riley's reaction, told her to go into the room.

Data 6

Joy: 'Who puts broccoli on pizza?!' 1a (00:11:30) 1a. Joy's expression of anger is included in the sarcastic type, where joy sarcastically questions who put broccoli on the pizza when in fact she already knows that the pizza seller put it.

Data 7

Anger: Congratulations, San Francisco, you've ruined pizza! First the Hawaiians, and now you! (00:11:31-00:11:32) 10 'Congratulations, San Francisco, you ruined the pizza! First the Hawaiians, and now you!'

Anger's emotional expression of anger is included in the sarcastic type, where anger indirectly satirizes the pizza seller who puts unusual toppings that he considers unreasonable.

Data 8

Riley: Yeah, just another right and a left. Then another left, and a right (00:34:12-00:34:18) 'Yeah, just another right and a left. Then another left, and a right...' Joy: Are you sure you know

where we're going?! Because we seem to be walking away from headquarters... (00:34:19-00:34:21) 'Are you sure you know where we're going?! Because we seem to be walking away from headquarters...'

The angry emotional utterance between joy and sadness belongs to the confrontation type, where joy responds to sadness with anger and frustration because they cannot find a way out and sadness cannot give directions to the right path.

Data 9

Anger: Get offa me!!! (00:09:15) 'Get offa me!'

The emotion of anger is included in the shouting type, where anger calls out in a loud voice in response to fear's actions that make it angry.

Sarcastic Emotion

Data 1

Riley: Oh yeah, that sounds fantastic. 'Oh yeah, that sounds impressive. (00:27:30-00:27:31) Riley's angry emotion is included in the sarcastic type, which is Riley with her lopsided smile and sarcastic tone responding to mom's offer about joining the hockey team registration in San Francisco. In the sentence, Riley seems to be interested in mom's offer, but she is actually not interested in applying.

Insulting Type

Data 2

Insulting type, which is calling them by a harsh name. This type of insult can be seen in the following utterances:

Father: You idiot! It was a dream! This is ridiculous, (01:00:15-01:00:25) we can't even get a good night sleep anymore. Time to take action. Stupid Mom and Dad. If they hadn't moved us, none of this would've happened. Who's with me? 'You idiot! It was just a dream! This is ridiculous, we can't even get a good night's sleep anymore. It's time to act. Mom and Dad are 11 fools. If they hadn't moved this wouldn't have happened.'

The anger emotional utterance of anger belongs to the insulting type, which is anger that calls fear stupid because of its habit of always exaggerating events and making itself frightened.

Shouting Types

Shouting type, which is screeching with a loud voice. This type of shouting can be seen in the following utterances:

Data 1

Rider 1: 'Are you kidding me?!' (00:08:11-00:08:12)

Rider 1's angry emotion is included in the shouting type, in which Rider 1 exclaims angrily with a loud voice at the sight of the vehicles.

Data 2

Rider 2: 'Get out of the way! (00:08:11-00:08:12)

Rider 2's angry emotion is of the shouting type, in which he exclaims angrily in a loud voice while honking his horn violently at the vehicles in front of him.

Fear Emotion

Data 1

Riley: 'What the heck is that?! (00:11:29) 'What the heck is that?'

Fear's angry emotion is included in the shouting type, where fear screeches angrily with a loud voice in response to the pizza seller's idea that makes no Joy: (00:12:30) 'What did you do?'

Sadness Emotion

Data 1

Joy: Sadness! What are you doing? 'Sadness! What are you doing?' (00:13:16)

Joy's angry emotion is of the shouting type, where she screeches loudly in response to sadness' actions that are about to cause more trouble. individual caused by temperamental and cognitive distortions; family factors, namely parenting patterns applied by parents and the relationship between parents and children; and environmental factors, in this case the relationship with friends and the surrounding environment.

Below, a description of the results of the analysis of the factors of the reasons for the expression of anger emotions in the Inside Out movie is presented. Family Factors Family factors, namely parenting patterns applied by parents and the relationship between parents and children. This family factor can be seen in the following utterances:

1. When Riley, mom and dad were at the dinner table for dinner, Riley was seen stirring her food, stating that she had no appetite for eating. Mom who saw this became worried about Riley. Mom: 'Riley, is everything okay?' Riley: '(rolls her eyes)' Dad: I do not like this new attitude. 'I don't like your new attitude.' Riley: What is your problem? Just leave me alone. 'What is your problem? Just leave me alone!'
2. (00:28:51) (00:28:52) (00:29:03) (00:29:10) Riley's angry emotional outbursts are influenced by family factors, namely her father's reprimands that provoke her emotions. Riley's relationship with her parents has been troubled since they decided to move. Father : Listen young lady, I don't know where this disrespectful attitude came from (00:29:19-00:29:21) 'Listen young lady. I don't know where your disrespectful attitude came from...' Riley : Just shut up! 'Shut up!'
3. (00:29:29) Riley's angry emotional outburst was influenced by family factors, namely Riley who felt pressured by her problems plus having to hear her father's reprimand which made her feel even more frustrated. Father: That's it, go to your room! Now! 'That's it, go back to your room! (00:29:43) Father's angry emotion is influenced by family factors, namely Riley's response to raising his voice when talking to him. Riley has gone too far and is very disrespectful.

Environmental factors that influence angry emotional speech in Inside Out include relationships with friends and the surrounding environment. These environmental factors can be seen in the following utterances:

1. Little Riley is enjoying her lunch while being fed by her father. Dad intends to feed Riley some broccoli, but Riley rejects it by pushing away the plate of broccoli, causing the broccoli on the plate to fall on the floor. Father: Riley, if you don't eat your dinner, you're not going to get any dessert.
2. (00:03:46-00:03:47) 'Riley, if you don't eat your dinner, you're not going to get any dessert.' Anger: So, that's how you want to play it, old man! No dessert? (00:03:48-00:03:49) Oh, sure! We'll eat our dinner! Right after you eat this! 'So that's how you want to play it, old man! No dessert? Sure, we'll eat! This is for you, taste this!'
3. A mini-bus seemed to be passing by on a quiet highway. Dad, mom and Riley were in the car. They were on their way from their old Minnesota town to their new home in San Francisco. On the way to the new city, they and the other vehicles got stuck in traffic. Their vehicle was stopped for a long time on the road. Other drivers were already in a frenzy honking their horns. Driver 1: 'Are you kidding me?!' (00:08:11) Rider 1's angry emotion is influenced by environmental factors, namely the traffic jam on the road. Driver 2: 'Get out of

the way! (00:08:12) Driver 2's angry emotion is influenced by environmental factors, namely the mini bus vehicles in front that are not moving at all.

4. Dad, mom, and Riley finally arrived in front of the house where they lived in San Francisco. It was a two-story turquoise-green house that was faded and dull from neglect and stood among several other houses. When they entered the house, they smelled an unpleasant odor that turned out to be coming from a rat carcass. Disgust: 'A dead mouse!!!' Fear: 'Ahhhhh!!! It's the house of the dead! What are we gonna do?! We're gonna get rabies!!!' 'It's the house of the dead! What are we gonna do? We're gonna get rabies!' Anger: 'Get offa me!!!' (00:09:10) (00:09:13-00:09:14) (00:09:15) Anger's emotional expression is influenced by the friend's environmental factor, fear. Fear, who was frightened to see a rat carcass running and crashing into anger's body, caused anger.
5. On the first floor of their house, the father and mother were seen cleaning the room while engaging in an argument about the moving car that was supposed to come yesterday but had not arrived until today. Father : Well, guess what? The moving van won't be here until Thursday. (00:10:03-00:10:04) 'Guess what? The moving van won't be here Until Thursday. Mom : You said it would be here yesterday! (00:10:05) 'You said it was here yesterday!' Mom's angry outburst was influenced by a friend's environmental factor, namely the owner of their moving agent. Their moving agent did not arrive at the promised time.

6. Mom and Riley went to a pizza parlor near their new place for lunch in hopes of getting a delicious pizza. When they arrived at the shop, it turned out that they only sold one type of pizza, broccoli pizza and this made Riley become disappointed and her face immediately looked down sadly. The emotional characters inside Riley's head who also knew about it became angry. Fear: 'What the heck is that?!' (00:11:29) Fear's angry outburst was influenced by a friend's environmental factor, namely the pizza seller who did not sell pizza as they expected. Joy: 'Who puts broccoli on pizza?' (00:11:30) Joy's angry outburst was influenced by a friend's environmental factor, namely the pizza seller who put broccoli on his pizza. Anger: 'Congratulations, San Francisco, you've ruined pizza! First the Hawaiians, and now you!' (00:11:31-00:11:32) 'Congratulations, San Francisco, you've ruined the pizza! First the Hawaiians. Now you!'. The utterance of anger is influenced by the environmental factor of friends, namely the pizza maker who is considered to have destroyed the real deliciousness of pizza.

IV. CONCLUSIONS

Based on the results of data identification and classification regarding the types of angry emotional utterances in Inside Out movie, it can be concluded that there are 5 types of angry emotional utterances, namely ridicule as many as 3 utterances, confrontation as many as 6 utterances, sarcastic as many as 5 utterances, insulting as many as 1 utterance and shouting as many as 20 utterances. Thus, there is 1 type of angry emotion utterance of the characters in Inside Out movie that is mostly uttered, namely yelling. The results of data analysis and description of the factors causing angry emotional utterances uttered by the characters in Inside Out movie can be concluded that there are 2 factors causing angry emotional utterances, namely family and neighborhood factors. Family factors amounted to 3 utterances and environmental factors amounted to 33 utterances. 16 Environmental factors are the most common reasons for angry emotional utterances by the characters in Inside Out.

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