



TRAUMA ON THE MAIN CHARACTER IN GET OUT MOVIE BY JORDAN PEELE: PSYCHOLOGICAL APPROACH

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Abstract

This research studies trauma theory and its effect on the main character in Get out Movie by Jordan Peele (2017). This study uses a psychological approach to reveal the trauma experienced by the main character and its various effects based on psychological aspects and approaches. Furthermore, this research is descriptive and qualitative. The main character's trauma analysis in Get out Movie by Jordan Peele (2017) is critically described. The study results reveal that there is a strong trauma element in the Get Out movie that Chris Washington experiences as the main character. The author can explore the other side of Get out Movie by looking at another interesting aspect of Get Out Movie, namely the psychological trauma experienced by the main character.

Keywords: *psychological approach, trauma, trauma theory.*

INTRODUCTION

Movie is part of literary works that are in great demand by all circles. This is because literary works contain sources that allow readers or researchers to explore colonial discourses because they are considered a medium to reveal the author's ideology (Woro Kasih, 2018). Literature and movie actually have the same function, namely to provide entertainment and insight to the reader or audience (Ally, R. R., & Kasih, E. N. E. W. (2021). In addition, there are several experts who define the movie by various kinds of thoughts. As a popular culture today, movies have a greater opportunity amid the current of globalization as the most awaited product by the public. Movies that are seen can form an idea, and also a view in seeing the conditions and situations of the world (Fithratullah, 2021).

Watching movie can increase knowledge about new things and the imagination of the audience. By watching a movie, the audience can also feel and enter the life of the existing characters, by watching a movie the audience can begin to develop an opinion about a scene or event that occurs in a movie. Movie can help convey important messages to society in an entertaining and fun way. According to Gary Solomon (2017:5), Psychologists from the College of Southern Nevada revealed, watching movies has therapeutic benefits (cinema therapy) for the audience.

One of the Interesting psychological movies is Get out movie. Get out movie is a movie by the famous director and screenwriter from the United States named Jordan Peele. This movie first released in 2017. This movie is directed by Jordan Peele and produced by Jason Blum, Sean Mc Kittrick, Edward H. Hamm Jr. and Jordan Peele, and the screenplay was written by Jordan Peele. Director Jordan Peele seems to have a characteristic in his films, apart from his two works of horror-thriller genre.

Get Out movie is a horror, mystery, thriller and comedy genre movie that tells the story of a black man named Chris Washington who has a girlfriend with a white woman named Rose Armitage. Once the Main Character in this movie visited his girlfriend's house, but Chris began to feel various strange events at Rose's house. Racism raised by Jordan Peele in this movie refers to slavery in modern times.

They were over-friendly and praised Chris excessively, something he rarely got as a black person. The feelings of awkwardness, discomfort, and racism that Chris felt as a minority were shown naturally and were not exaggerated, as was the case in America. Chris has also succeeded in representing what black people have felt so far. This movie is not only about horror thrillers and chemistry, but the psychological element in this movie is also very thick. The psychological element in this film began when the mother of Chris Washington's lover asks Chris Washington to talk to her.

This research discusses psychological issues in a movie that has been closely related to the issue of racism. However, in fact, if examined further, this movie also discusses and shows psychological issues, especially the very strong trauma issue. Research that discusses psychological issues in a movie has always been a special concern for connoisseurs of a written work because with the existence of strong psychological issues in a movie, literary connoisseurs seem to feel the scene or role in the movie. This research employs psychological approach and also literature psychology. Literary psychology is a science that has been in great demand by connoisseurs of literary works. One way to enjoy literary works is through a study of psychology literature.

The psychological approach is widely used in research that discusses characterizations in a movie. Researchers are interested in conducting research on the psychological approach to the character of a movie. This study also discusses the relationship between literature and psychology which is always related, and this study also discusses how the psychological approach is used as part of research in a literary work. In this study, entitled "Trauma to the main character in Get out movie by Jordan Peele: Psychological Approach" is to analyze trauma to the main character of the film based on a psychological approach that has not been widely discussed. Currently, not many researchers have conducted research on this matter, so it is important to do a trauma analysis based on a psychological approach. The psychological approach in literary research is important because a study can have more interesting things and also with the aim of knowing the psychological things of a literary work.

This research is expected to become knowledgeable about psychology issue. This research is expected to provide knowledge about the psychological issue experienced by the main character based on the psychological approach and trauma aspect. The scope of this research will focus on trauma problems that have an impact on psychology experienced by the main character in Get Out Movie, namely Chris Washington. Chris Washington became the main research material in this study because he experienced trauma since childhood which then the trauma affected his feelings, thoughts and psychology.

METHOD

In Research Analysis, Research Methods is important to show the research design used in an analysis, the data and data sources use in the research, data collection techniques that aim to show data collection techniques and data analysis techniques. For this study, the author uses a qualitative method. In conducting research, descriptive qualitative research methods are used to describe data relating to research questions that have been previously made (Amelia, D., & Dintasi, F. D. (2019). Qualitative research is a type of research that collects and works by interpreting the meaning of data with the use of no-numeric data.

For this study, the researcher uses the Get Out movie as the data source for this research and analyzes the dialogue of the movie as a whole and the expressions displayed by the main character in the Get Out movie as research data (Visual Analysis). The data in this research is the main character expression that show the trauma and psychological expression and Get out Movie dialogue that shows the trauma, the effect of trauma and psychological experience. The data source in this research is Get out Movie.

The data collecting technique in this research are Watching Get Out movie as a whole as a source of data to be analyzed and also paying attention to the full dialogue of the Get Out movie and the expressions of the characters as data are taken from the Get Out movie and also aims to further strengthen the trauma side of the characters to be analyzed, the second is selecting and understanding the data from the movie that contains psychological issue especially trauma in each get out movie dialogue and the character expression, the third is determining and classifying data collected into parts and groups, and the fourth is read supporting sources regarding psychological issue especially trauma in psychological perspective and theory through other sources.

FINDINGS AND DISCUSSION

This study shows that the get out movie not only describes the issue of racism and horror thrillers, but also the issue of trauma that occurs in the main character who is traumatized because his mother died when he was young and he couldn't save his mother because he was watching tv, although he had bad feelings about his mother's condition.

The results of this study are divided into some scenes, starting from the memory of the trauma experienced and the peak of the trauma effect experienced by the main character.

Rose Armitrage's mother hypnotized Chris Washington



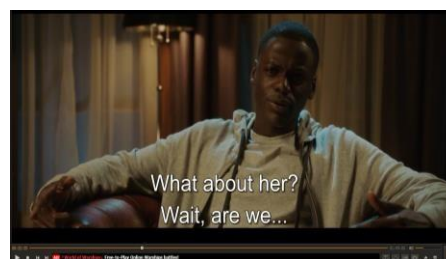
31:55



32:05



32:28



32:35



32:42



32:46

In the first hypnotic scene that Rose Armitrage's mother did after talking with Chris Washington, it was seen in minutes 31:55, Rose Armitrage's mother stirred a cup of tea

Dialogue:

Rose Armitrage's Mother: *"now you're feeling very sleepy"*

Chris Washington: *"Heightened Suggestibility?"*

Rose Armitrage's Mother: *"What about your mother?"*

Chris Washington: *"What about her? Wait are we..."*

Rose Armitrage's Mother: *"Where were you when she died?"*

Chris Washington: *"I don't want to think about that"*

In minutes 31:55, Rose Armitrage's Mother give a suggestion word to Chris Washington. This is a suggestion to start hypnotic. This suggestion was made so that Chris Washington felt an sense of comfort just like when he was sleepy. And then in minutes 32:05, Chris Washington was a little confused by the statement from Mrs. Rose Armitrage, because it asked him to feel extreme sleepiness and also to get heightened suggestibility, slightly surprised, Chris Washington extraordinary asked Rose Armitrage's mother about what is the meaning from heigened suggestibility. This was done by Chris Washington to reiterate to Rose Armitrage's mother that what is meant by "Heightened Suggestibility". Asit is known that suggestibility is a person's ability to accept or get suggestions. A person's level of suggestibility is related to the intensity of emotion.

The purpose of Rose Armitrage's mother hypnotized Chris Washington was not to stop him from smoking, but Rose Armitrage's mother wanted to find out more about Chris Washington's personal life, especially about his mother, because Chris Washington was traumatized after his mother died. This can be seen in minutes 32:28, Rose Armitrage's mother asked about Rose Armitrage's mother.

Hearing Rose Armitrage's mother's question about his mother, Chris Washington was shocked and asked Rose Armitrage's mother why she asked about her mother. This can be seen in minutes 32:35, Chris Washington said *"What about her? wait are we...."* This shows that Chris Washington was shocked and asked why he was discussing his mother when Rose Armitrage's mother initially wanted to cure him of smoking.

Hearing Chris Washington's statement, Rose Armitrage's mother smiled faintly but continued to ask questions about Chris Washington's mother to find out more about Chris Washington's personal life which had traumatized him. This can be seen in minutes 32:42, Rose Armitrage's mother asked again about Chris Washington's mother. In this section, Chris Washington's mother frankly asks where Chris Washington was when his mother died, of course this is a very sensitive question for Chris Washington, this is why he feels traumatized by not being able to help his mother when she died even though he already had strange feelings with his mother's condition.

Hearing that question, Chris Washington felt uncomfortable and wanted to change the subject so that Rose Armitrage's mother wouldn't ask about her mother again. This can be seen in minutes 32:46, here Chris Washington said that he don't want to discuss and think about it. *"I don't want to think about that"*. From Chris Washington's statement, it can be ascertained that Chris Washington felt uncomfortable with the questions asked by Rose Armitrage's mother and he no longer wanted to think about his traumatizing past. Hearing the answer from Chris Washington, it made Rose Armitrage's mother even more curious about Chris Washington's family and tried to continue to hypnotize Chris Washington. In minutes 32:51, Rose Armitrage's mother continued to suggest Chris Washington by stirring the cup of tea she was holding.

From the scene and dialogue above, it can be concluded that psychological issues are getting stronger with suggestions and hypnosis by Mrs. Rose Armitrage, hypnosis is one of the psychological techniques commonly used in psychology to heal something related to psychological problems, such as trauma, habits, negative etc. Then from the dialogue above, it can be seen that there was a sense of rejection by Chris Washington regarding questions about his mother, he felt uncomfortable and also could not convey what happened to him as a child because the childhood trauma traumatized him and made him reluctant to remember it again.

Chris Washington feeling and emotions when remember the trauma



33:30



33:45



Nothing.



I don't know.

34:15



34:39

34:28



You're so scared.

34:42



34:48

35:10

In this scene, the hypnosis performed by Rose Armitrage's mother to Chris Washington with the media stirring a cup of tea has begun to affect Chris Washington's subconscious mind. Here Chris Washington recalled his traumatized childhood, which at that time his mother died while he was watching tv, and he could not help his mother. This can be seen in minutes 33:30, when Chris Washington remembers his childhood watching TV. When remembering the things that traumatized him, Chris Washington began to feel sad and showed a very disappointed, sad and emotional expression that started to get out of control, this can be seen in minutes 33:45. Seeing the expression on Chris Washington's face and gestures that were starting to get sad, Rose Armitrage's mother then asked Chris Washington if there was anything else he wanted to say.

Dialogue:

Rose Armitrage's Mother: *"Nothing"*

Chris Washington: *"I don't know"*

Rose Armitrage's Mother: *"You're so scared"*

When Rose Armitrage mother asked Chris Washington if he wanted to say anything more, Chris Washington said nothing. Chris Washington then replied that he didn't know what to do. This is an effect of sadness as well as an effect of trauma that is shown by Chris Washington. The trauma effect that occurs in this scene is that Chris Washington feels very sad, a little forgetful when he is going to remember something and also feelings of uncontrollable emotions. And then in minute 34:39, Chris Washington's gesture also showed his fear of the trauma he had experienced, his hands slightly gripping the side of the chair which showed he needed self-protection from the fear he was experienced. The sadness and fear shown by Chris Washington is increasingly shown. In minute 34:42, Chris Washington had tears in his eyes and Chris Washington continued to gasp like exhaustion, and then Rose Armitrage's mother told Chris Washington that Chris Washington looked really scared. Chris Washington's fear and sadness was increasingly visible and peaked in minute 34:48, in this part Chris Washington continued to be carried away by uncontrollable emotions but he could not vent it because his body seemed to merge with a chair and also the sadness, he continued to feel by crying and shed tears when he remembered his mother. Even Chris Washington showed a gesture of fear and sadness in minute 35:10, here he was again holding the left and right side of the chair as a sign that he needed protection and help from the trauma he was experienced.

Rose Armitrage's grandfather divulges the secret of the Rose Armitrage family's crimes



01:22:42



01:22:44



01:23:08



01:23:14



01:23:16



01:23:18



01:23:20



01:23:24



01:23:30



01:23:39



01:23:51

Dialogue:

Rose Armitage's grandfather: *You're one of the lucky ones, trust me.*

Rose Armitage's grandfather: *Jeremy's wrangling method sounds way less pleasant.*

Rose Armitage's grandfather: *Let me just tell you what it is.*

Rose Armitage's grandfather: *Phase one was the hypnotism.*

Rose Armitage's grandfather: *That's how they sedate you*

Rose Armitage's grandfather: *Phase two is this.*

Rose Armitage's grandfather: *Mental preparation. It's basically psychological pre-op*

Rose Armitage's grandfather: *For Phase three, the transplantation.*

Rose Armitage's grandfather: *The piece of your brain connected to your nervous system.*

Rose Armitage's grandfather: *A Silver of you will still be in there, somewhere, limited consciousness.*

Based on the dialogue above, Rose Armitage's Grandfather tell to Chris Washington about the cunning from Rose Armitage family, especially the method of Jeremy Wrangling sounds way less pleasant. In minutes 01:22:42, Rose Armitage grandfather tell to Chris Washington, he is one of the lucky ones, because Chris Washington could barely resist the evil of the Rose Armitage Family, the evil intentions carried out by the Rose Armitage Family began to be faced by Chris Washington. Rose Armitage grandfather said that Chris Washington was one of the lucky ones.

In minutes 01:22:44, Rose Armitage's grandfather tell to Chris Washington about the method of Jeremy Wrangling sounds way less pleasant Rose Armitage grandfather told Chris Washington about the 3 phases that the Rose Armitage Family went through, especially the straw to fight or commit crimes. At 01:23:14, Rose Armitage grandfather said the first phase was hypnotism. By using this hypnotic method, the Rose Armitage family will sedate the person who is the object of crime. This is also what happened to Chris Washington, when the first time Rose Armitage's mother did hypnosis on him, Chris Washington felt helpless and followed all the questions asked by Rose Armitage's mother, all Chris Washington felt was deep sadness.

In minutes 01:23:18 and 01:23:20, Rose Armitage's grandfather explained again thesecond phase that the Rose Armitage Family carried out to commit crimes. In this second phase, namely mental preparation, Its basically psychological pre-op, this is done by Rose Armitage's family to mentally prepare for post-surgery because crime victims from the Rose Armitage Family always perform head operations on their victims, this is also what the rose family will do Armitage to her grandfather. Then at 01:23:24, Grandpa from Rose Armitage explained the third phase that was carried out, in this third phase, usually Rose Armitage's family did a transplant, in this section Rose Armitage's grandfather explained that part of the brain will be connected to the nervous system that will affect the emotional system of the victim. These three phases were explained by Rose Armitage's Grandfather to Chris Washington so that he knew that the one he had loved was not a kind woman.

In minutes 01:23:51, Rose Armitage's grandfather told Chris Washington that as a result of the crimes committed by Rose Armitage and her family, A Sliver of you will still be in there, somewhere, limited consciousness. This is what will happen to Rose Armitage's grandfather, and if it happens to Chris Washington, then he will feel what Rose Armitage's grandfather felt. The dialogue above explains the crimes committed by Rose Armitage and her family. Based on the discussion above, the psychological element issolid in the explanation. The method of crime committed is very dirty. Rose Armitage and her family want to eliminate the brain system and the function owned by the victim.

Chris Washington uncontrolled emotions with Rose Armitrage family crime.



01:27:45



01:28:18



01:28:26

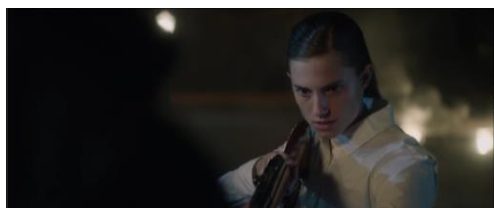


01:29:23

After talking with Rose Armitage's grandfather through a small screen in a room where Jeremy tied up Chris Washington, Chris Washington then pretended to be asleep, knowing Jeremy would come to the room to take Chris Washington to the operating room. But in the middle Jeremy opened the rope that was tied to Chris Washington's hand, Chris Washington woke up and took some kind of hardball and hit the ball from behind to Jeremy's head. As a result of hitting the hardball, Jeremy fell, and his head was dripping with blood, and the blood was also stuck to the hardball held by Chris Washington.

After knowing that Jeremy did not return to the operation room, Rose Armitage's father who was cutting off the head of Rose Armitage's grandfather in the operating room then called Jeremy several times but there was no answer. Rose Armitage's father then went to the room where Jeremy tied Chris Washington, but when he arrived at the door, Chris Washington's father stopped him and then Chris Washington stabbed Rose Armitage's father with a deer's head antler.

It can be seen from the scene above that Chris Washington's expression looks very angry and also disappointed with what Jeremy and Rose Armitage's father did. Uncontrolled emotions are also shown by an annoyed and angry face towards Jeremy and also Rose Armitage's father.



01:35:51



01:35:55



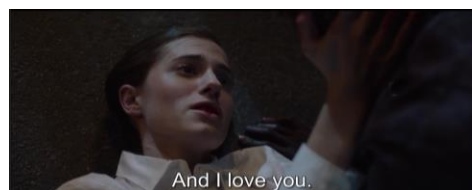
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01:37:09



01:37:16



01:37:22

Knowing the whereabouts of Chris Washington, in minutes 01:35:51, Rose Armitage then approached Chris Washington and saw Chris Washington fall, and Rose Armitage then pointed his gun at Chris Washington. Then a friend from Rose Armitage came to help him shoot Chris Washington, but in minutes 01:35:55, a friend from Rose Armitage asked Rose Armitage to hand the gun to him.

Dialogue:

Rose Armitage's friend: *Let me do it*

Rose Armitage: *Chris, I'm so sorry.*

Rose Armitage: *And I love you.*

However, it turns out that Rose Armitage's friend actually shot Rose Armitage until Rose Armitage bleeds and falls. After seeing Rose Armitage bleeding and falling, a friend of Rose Armitage shot himself because he felt that he was a friend of Chris Washington, so he had to save Chris Washington.

Seeing Rose Armitage bleeding and fell down, in minutes 01:37:09, Chris Washington approached Rose Armitage, and then Rose Armitage held Chris Washington's cheeks and in minutes 01:37:16, Rose Armitage apologized to Chris Washington for doing Evil to him and betrayed the sincerity of Chris Washington's love that Chris Washington had given to Rose Armitage. And in minutes 01:37:16, Rose

Armitage said that she still loves Chris Washington. Hearing this, Chris Washington was unfortunate and felt deep emotions because he never expected Rose Armitage to do this. He then tried to strangle Rose Armitage because of his sadness and disappointment with Rose Armitage. Still, suddenly Chris Washington's friend came by car and picked up Chris Washington until finally Chris Washington removed his hands from Rose Armitage's neck and then went back to town with his friend.

CONCLUSION

This study reveals the trauma of the main character in Get out movie based on a psychological approach. This research shows that the trauma that happened to the main character, Chris Washington, started when he was a child because his mother died in an accident and traumatized him and will continue to be remembered until he is an adult. From the findings above, it is explained that the psychological aspect felt by the main character is very strongly related to the trauma experience, the trauma is still remembered and makes him have a fear of it. In the psychological aspect, fear is the main survival mechanism that responds to certain stimuli, such as pain or the threat of danger. Some psychologists also mention that fear is one of the basic emotions, besides happiness, sadness, and anger.

The psychological approach used in this study aims to determine the trauma experienced by the main character and its impact on the main character in Get out movie based on psychological aspects and approaches. Based on the research above, it was found that the effects of trauma experienced by the main character in Get out movie were ordinary effects which later became dangerous effects. The normal effects found from the main character are fear, sadness, and uncontrollable emotions. This research is proven to reveal the trauma found in Get out movie and its effect on the main character based on a psychological approach. This research has succeeded in showing another side of Get Out movie, which has been known for its racist and psychological thriller genre movie, but Get Out movie also has another side, namely a discussion of the psychological trauma experienced by the main character in this movie, Chris Washington.

This research finally focuses on the trauma experienced by the main character, and its effect on the psychology of the main character. This study also reveals the existence of acts of racism committed by the family of the main character's lover as well as elements of violence and crime committed by the family of the main character's lover. Chris Washington was chosen as the main character because he portrayed the director, Jordan Peele, who is also a black man married to a white woman. Chris Washington as a black man becomes the center of attention in this movie. Because this study focuses on trauma and its effects experienced by the main character, it is recommended to better understand the elements of trauma and its more substantial psychological elements so that later researchers who are interested in researching the trauma that occurs to the main character in Get out movie can provide more information generated data.

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