

## Realistic Anxiety and Defense Mechanism From Character of Lady Tremaine The Stepmother From *Cinderella* 2015 Film

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**Abstract.** in the story of *Cinderella* the role of Cinderella's stepmother, Lady Tremaine, is an evil and cruel person, but in this study, the author analyzes that Lady Tremaine's cruel and evil attitude towards Cinderella is a form of self-defense from the anxiety she experiences so that Lady Tremaine carries out a self-defense mechanism by treating Cinderella badly. The author use a literary psychology approach according to Sigmund Freud on anxiety theory which discusses how a person experiences anxiety and some defense mechanisms that will be done to reduce anxiety. The research method used is qualitative research method by collecting data collected from data sources. The result of this research is that Lady Tremaine experiences realistic anxiety which causes her to feel afraid and threatened so she carries out several defense mechanisms directed at Cinderella, namely Denial, Displacement, and Projection.

**Keyword:** *Cinderella*, Psychology, Sigmund Freud, Anxiety, Defense Mechanism.

### Introduction

Film is a literary tool with a combination of moving images with a storyline and it has meaning to be conveyed to the public. The film is an entertainment show that combines moving images, sounds, and storylines created by the author (Palapah & Atang Syamsudin, 1986). The author will analyze characters in the film with an approach of literary psychology. The character in the film is formed by his psychic state. Psychoanalysis can analyze characters in movies through the fear that a person has, memories of the past, trauma, and the fear of something happening that is not necessarily going to happen, which is called anxiety. There are 3 types of anxiety according to Sigmund Freud namely Neurotic anxiety, Moral anxiety, and Realistic anxiety. In this study, researchers analyzed the realistic anxiety experienced by the characters. Realistic anxiety is anxiety that comes from a real condition. anxiety occurs when a person becomes frightened and anxious by an impending real danger that could threaten them (Kelland, 2015). To reduce anxiety can be carried out several defense mechanisms. Defense mechanisms are psychological strategies that are carried out unconsciously to reduce anxiety.

In this case, the author conducted research on one of the antagonists in the movie *Cinderella* 2015, namely Lady Tremaine, who is Cinderella's stepmother. *Cinderella* 2015 is adapted from an animated film with the same title by Charles Perrault and aired in 1950. *Cinderella* 2015 was released on March 13, 2015, in theaters, the film was directed by Kenneth Branagh, and the scenario was written by Chris Weitz. The author is interested in the character of Lady Tremaine who is Cinderella's stepmother and is analyzed as suffering from anxiety caused by past trauma and resulting in Cinderella experiencing some violence. Cinderella is considered a real threat to Lady Tremaine, so she used several defense mechanisms. The author will focus only on the realistic anxiety experienced by Cinderella's stepmother and what defense mechanisms are carried out to avoid such anxiety based on psychoanalysis theory according to Sigmund Freud. Freud (Schultz, 1977) said Realistic anxiety occurs because of real things, this anxiety can also occur because of unpleasant past experiences. Past experiences have threatened someone's life and happiness so that when someone is faced with the same event, there will be a sense of stress or depression called anxiety realism, and to reduce these anxiety we can do some defense mechanism. Defense mechanisms are carried out actions to reduce the anxiety that occurs in a person to achieve what is desired. Sigmund Freud said defense mechanisms embrace the subconscious to defend it from anxiety. In the research, there are 3 defense mechanisms carried out by Lady Tremaine, the first is Denial. Denial is a defense mechanism that is done by saying and doing something to reject painful reality. the second displacement defense mechanism. Displacement is a defense mechanism that is done by making other people or objects an outlet for his emotions with the aim of reducing his anxiety. The last is projection, projection is anxiety that is carried out by saying words that are demeaning to other people who are considered the source of the problems they experience.

### Methodology

In the study the author used qualitative research methods. Qualitative research methods are research methods carried out by collecting information from the analysis of several data or sources related to the aim of understanding a phenomenon in depth. Moleong (2018) said words and actions are the main sources of data that will produce meaning in qualitative research. Some of the designs carried out in qualitative research methods are determining topics, determining the focus of questions, preparing plans, data collection, data analysis, data interpretation, and writing reports. In the study, the author will explain with a descriptive method based on words, phrases, dialogues, monologues, prologues, and actions carried out by stepmother characters in the film *Cinderella* 2015 which became the object of research. The author organizes the data with the first 3 stages by watching the movie and reading the film script, then identifying the data obtained, after that classifying the data obtained. After obtaining the object data to be researched, the author analyzes the data obtained carefully based on theory and sources related to the research topic. In this study, the author used qualitative research methods and used a psychological approach according to Sigmund Freud. The author used the theory of anxiety and defense mechanism proposed by Sigmund Freud. To present the result the author will use 2 ways to present it. The first author will present in the form of descriptive writing that explains the report using writing. The second is by using oral description presentations with the aim that they can be heard and can be easily understood.

### Finding and Discussion

In this research, the author analyzes that the evil act that was done by Lady Tremaine to Cinderella is not without reason. There are several reasons that made Lady Tremaine violent towards Cinderella. the author analyzes that Lady Tremaine experiences Realistic anxiety which makes her do several defense mechanisms to reduce the anxiety she experiences.

#### A. Realistic Anxiety experienced by Lady Tremaine in the 2015 film Cinderella

Lady Tremaine: "How could I otherwise? I will not have anyone associate my daughters with you. It would ruin their prospects to be seen arriving with a ragged servant girl. Because that is what you are. And that is what you will always be. Now mark my words! You shall not go to the ball!"

First realistic anxiety occurs in the scene when Lady Tremaine and her two children are going to the royal ball. The royal ball was held directly by the prince to choose the future royal princess. At that time Cinderella wanted to participate in attending the party held by the prince. But Lady Tremaine forbade her to attend the party for the reason that her clothes were old-fashioned and unfit, so when attending the party Cinderella could embarrass her. But in fact, she was worried that Cinderella's beauty would attract the prince's attention and prevent her two children from winning the prince's heart. It was because of her beauty that Lady Tremaine forbade Cinderella to attend the ball at the palace.

*Cinderella* : "Why are you so cruel? I don't understand it. I've tried to be kind to you."

*Lady Tremaine* : "You? Kind to me?"

*Cinderella* : "Yes, And though no one deserves to be treated as you have treated me. Why do you do it? Why?"

*Lady Tremaine* : "Why? Because you are young and innocent, and good. And I..."

In the dialog, Lady Tremaine directly said that the reason why she did evil things to Cinderella. Lady Tremaine was worried that if the prince met Cinderella then he would not get any benefit from Cinderella. Her worried even more apparent when she says that she doesn't like Cinderella even though Cinderella always does good to her because Cinderella has everything in her while Lady Tremaine always ends up unhappy.

#### B. Defense mechanisms carried out by Lady Tremaine

In the research, the author found 3 defense mechanisms carried out by Lady Tremaine to avoid Anxiety, namely denial, Displacement, Projection.

##### 1. Denial

Denial is the first defense mechanism used by Lady Tremaine to avoid the reality that can hurt her.

*Fairy Godmother* : "Her stepmother-to-be was a woman of keen feeling and refined taste. And she, too, had known grief. But she wore it wonderfully well."

The denial defense mechanism by lady Tremaine is said by the fairy godmother who acts as the narrator in the story. the narrator said that Cinderella's stepmother was a person who was good at hiding things. and it includes acts of denial of reality.

Another denial made by Lady Tremaine was when the duke along with the royal army was about to leave Lady Tremaine's house after finding mismatched shoes on Lady Tremaine's two daughters. In the conversation, Lady Tremaine tried to avoid and lied to the royal army that there was still one girl in her house. This was done as an attempt by Lady Tremaine to eliminate real anxiety by hiding the fact that Cinderella was the girl the prince was looking for.

*Captain* : "Do you hear that, Your Grace?"

*Grand Duke* : "Let's be off, Captain."

*Captain* : "Just a moment, Madam, there is no other maiden in your house?"

*Lady Tremaine* : "None."

*Captain* : "Then has your cat learned to sing?"

*Grand Duke* : "There's been enough play-acting today, Captain. Let's be off."

*Captain* : "But she's lying, Your Grace".

## 2. Displacement

This defense mechanism is done by releasing anger on an object or another person as an object of anger.

*Lady Tremaine* : "But with a respectable gentlewoman to put you forward, you will not be ignored. When you are married, you will make me the head of the royal household. Anastasia and Drisella we will pair off with wealthy lords. And I shall manage that boy. That way we all get what we want."

*Cinderella* : "No"

Defense mechanism displacement done by Lady Tremaine is to vent her anger on an object by damaging the object. The object that becomes the target of her anger is Cinderella's thing. The defense mechanism performed by Lady Tremaine occurs in the dialogue scene above when Lady Tremaine broke Cinderella's glass slipper after she found out that Cinderella was the mysterious girl the prince was looking for. Lady Tremaine broke Cinderella's glass slipper after Cinderella rejected the deal made by Lady Tremaine to hand over the prince's power to her after she married the prince.

## 3. Projection

Is a defense mechanism that is done by doing bad things and saying words that demean others to reduce anxiety. In the research Lady Tremaine clearly did a projection defense mechanism for Cinderella by treating Cinderella inappropriately and saying words that demeaned Cinderella.

*Fairy Godmother* : "And by and by they considered Ella less a sister than a servant. And so Ella was left to do all the work. This was a good thing, for it distracted her from her grief. At least that was what her stepmother said. And she and her two daughters were more than happy to provide Ella with lots and lots of distraction."

Defense mechanism projection performed by Lady Tremaine directly by the narrator. In the dialogue it is said that Cinderella was treated badly by her stepmother and was considered a servant.

## Conclusion

In the analysis, the author reveals that the violence committed by Lady Tremaine is a form of defense mechanism against her Anxiety. Anxiety is a psychological disorder that can be experienced when a person cannot balance the demands of the Id with Reality and moral values (Superego). Research conducted using Sigmund Freud's theory of literary personality found that Lady Tremaine experiences Realistic anxiety. Realistic anxiety is anxiety because something is real and can threaten the realization of her wishes. In this problem, the author concludes that Lady Tremaine considers Cinderella a real threat that causes her to worry about getting something. The

presence of Cinderella in Lady Tremaine's life is considered to be blocking the path of her happiness so there is fear of Cinderella's existence, but Lady Tremaine covers her fear by doing a defense mechanism which also makes Cinderella the object of her defense mechanism. And in this case Lady Tremaine applies 3 types of defense mechanisms namely Denial, projection, and Displacement. So the crime committed by Lady Tremaine does not just happen without a reason. but because of past trauma and psychological imbalance makes Lady Tremaine experiences realistic anxiety and does a defense mechanism to reduce her anxiety. And the author concludes that every crime committed by someone to another person happens for a reason.

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