

THE STRESS REFLECTED IN PETE DOCTER'S *SOUL* (2020) MOVIE

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Abstract

Stress is a familiar word in the modern era, it appears even in the movie without anyone is aware. This research discusses the stress phenomenon reflected in Pete Docter's *Soul* (2020) movie. The objective of the research is to explain appraisal and coping, the two basic concepts of stress that appear in the *Soul* (2020) movie. The qualitative method is used in this to explore the stress phenomenon deeply. The research is conducted by applying stress, appraisal, and coping theory by Richard S. Lazarus and Susan Folkman as the based theory to examine the data research. As result, stress revealed on the character in *Soul* (2020) movie has two components which are appraisal and coping that have their function to increase and decrease stress. While most of the appraisal is increases stress of the characters, it apparently enhances the well-being of the characters or does not affect the character's stress level. Furthermore, coping appears to relieve stress the character gained from the event they have encounter.

Keywords: stress, appraisal, coping, movie, *Soul*

Introduction

The animation movie is well known for children's consumption. For several purposes, the animation movie or cartoon is designed to complete its purpose. It may contain education, religion, cultural promotion, and entertainment for children. The content of cartoons affects moral and social values acquire. Sometimes, there are some violent behaviors displayed meanwhile, they are trying to be funny (Ghilzai, 2017: 104). Since there are some contents which refer to a grown-up person, with the issues related to grown-up life with a unique way of design. The issue that appears in the grown-up cartoon has various varieties. The issues can be the purpose of life, working problems, affairs, friendship, social matter, or stress and these are the issues brought into this research.

The stress issue often appears in the film with various kinds, such as anxiety, depression, and others. These issues can be found in *Soul* (2020) by Pete Docter, the story of a musician and a soul. The musician namely Joe who died and tried to get back to life teamed up with a soul who does not want to be born again on the earth. They have to struggle to reach the goal, especially

for Joe who has limited time. Several journeys are done to reach Joe's and the soul's goals. The researcher focuses on Joe and The Soul 22. The focus includes stress that they experience during their trial to reach their goals. This study was conducted by applying the psychology of literary theory on stress discussion.

Literary Review

1. Psychology of Literature

The work of writing such as poet, novels, articles, drama, and so on is called literature work. Language is essential to literature since it is the medium to express literature and human thought. "*The literature which intertwines discipline fields such as history psychology, sociology, and others where language are being used as a medium of expression...*" (Aras, 2014: 251). In several ways, the literature is connected to humans since it is the product of human thought. David Lodge (2002: 10) in his work entitled *Consciousness and the Novel Connected Essays* explained that literature is the record of human consciousness. The work of literature such as the lyric of poetry is the most successful effort to describe the qualia while a novel describes the experience of individual beings moving through space and time. The human consciousness that is brought up in literature work shows and involves many aspects of life such as the experience which others have never experienced before. "... we will always learn more about human life and personality from novels than from scientific psychology" (Lodge, 2002: 10).

Psychology is a complicated term to define. Aristotle in Lahey's work *Psychology: An Introduction* (Lahey, 2012: 2) used the term of the *psyche* that refers to the essence of life and it is translated from ancient Greek to mean 'mind'. According to modern psychologists, the term psychology comes from Aristotle's word *psyche* plus the Greek word of *logos*, which means 'the study of'. Therefore, psychology is defined as the science of behavior and mental process. The term behavior refers to the person's overt actions that can directly observe. Meanwhile, the term mental processes refer to aspects that can be observed directly such as thoughts, emotions, feelings, and motives. The study of psychology is applied further to literature work as a product of human thought. Jung in his work *Psychology and Literature* pointed out "*It is obvious enough that psychology, being a study of psychic processes, can be brought to bear on the study of literature, for the human psyche is the womb of all the arts and sciences*" (Jung, 1971: 86). In addition, Wellek and Warren (1963: 81) argued that the psychology of literature deals with the psychological study of the writer, as type and an individual, or the study of the creative process, or the study of the types and laws of psychology present within literature work, or the psychological effect of literature to the reader. The psychology of literature is explained as three majors of study which are the study of

the psychology that appears in the literature work, the effects of literature on the reader (audience psychology), and the psychology of the writer itself.

2. *The Stress*

Two different fields define stress in different approaches in which the first appears from medical approaches and the other one comes from psychological approaches. The psychological approaches are developed under the cognitive psychology field. The concept of stress is regarded as the relationship (transaction) between individuals and their environment. It is stated by Lazarus and Folkman in their book entitled *Stress, Appraisal, and Coping*, where in order to get prosperity, several demands that are considered significant burden the individual in various fields. "Psychological stress refers to a relationship with the environment that the person appraises as significant for his or her well-being and in which the demands tax or exceed available coping resources" (Lazarus and Folkman, 1986: 19).

There are two central concepts of psychological stress theory stated by Lazarus and Folkman. The two concepts are an appraisal and coping, basically these are the central mediators within the person-environment.

a) Appraisal

The appraisal in psychological stress is known as the categorization process of an event and its aspect which is related to well-being significantly. There are two basic forms of appraisal which are a primary appraisal and secondary appraisal. There are three kinds of primary appraisal:

- Irrelevant which is an appraisal when the outcome of the event has no implication to well-being that means the event has no value or nothing is gained or lost from the transaction of individual and environment within the event.
- Benign-positive appraisals occur when the outcome of the event is interpreted as positive such as love, happiness, peacefulness, and more which maintains or even enhances well-being.
- Stress appraisal has three forms: harm/loss, an appraisal of the damage that is already sustained on an individual such as incapacity injury or illness, the loss of someone that is loved or precious, and even the damage on self- or social esteem and so on. The threat is an appraisal of harms or losses that have not happened yet but it can be anticipated even for harms or losses that have been happened there is a threat of it to the future. Challenge is an appraisal that focuses on the potential of growth and gain from the event which is indicated by pleasurable emotions such as excitement and desire. Meanwhile, the challenge appraisal that focuses on potential harm or loss is indicated by negative emotions such as hesitation, worry, anger, anxiety, and so on.

The secondary appraisal is an evaluation of the things that possible and can be done to lessen the stress. It includes complex evaluation to apply the coping options or strategies that available effectively, the evaluation of coping options give the accomplishment that is supposed to be and the evaluation of the consequences on apply coping option or strategy in the context of internal and external demands along with the constraints.

b) Coping

Coping is related closely to the concept of cognitive appraisal and, hence to the stress-relevant person-environment transactions. Folkman and Lazarus in their book define coping as “*constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person*” (Lazarus and Folkman, 1984: 141). In general, coping is divided into two functions refer to emotion-focused forms of coping and problem-focused forms of coping.

The emotion-focused form of coping is an effort to modify function emotion it is “*...more likely to occur when there has been an appraisal that nothing can be done to modify harmful, threatening, or challenging environmental conditions*” (Lazarus and Folkman, 1984: 150). The groups of cognitive progress to lessen emotional distress like collect positive value from a negative event, avoidance, distancing, selective attention, minimization.

A certain cognitive form of coping focused on emotion leads to change the meaning of an event directly without distorting reality called reappraisal to reduce the threat. The meaning of an event can remain same even if some aspects are screened out, or thought of putting aside the event temporarily. It includes the action of wrests the positive side of a negative event. The other action of behavior likes meditation, get drunk, venting anger, and other can direct to reappraisal but they are not the reappraisal itself. The other is self-deception which leads to a distorted interpretation of reality. In addition, Lazarus and Folkman (1984: 151) stated self-deception is the emotion-focused form that to maintain hope and optimism they refuse to acknowledge and deny the reality and the worst. They act like it does not matter, and so on. The opposite of cognitive form increases emotional distress such as self-blame, self-punishment, or some other form of accepting responsibility. It is done in order to mobilize themselves for some action.

Problem-focused forms of coping are similar to the strategy that is used to solve the problem in various ways. The effort on problem-focused often leads to “*...defining the problem, generating alternative solutions, weighing the alternatives in terms of their costs and benefits, choosing among them, and acting*” (Lazarus and Folkman, 1984: 152). The coping action need supports of resources to conduct the action.

The primary resources that present on individual such as (1) physical resource that includes health and energy. (2) a psychological resource which is a positive belief that serves as a basis for hope to face the condition, for example, belief in God, fate, and so on. It includes belief to particular one which has the power to affect outcome such as a doctor. (3) Problem-solving skills that include some ability to solve the problem. The other resources refer to environmental that include social and material resources such as (4) social skills that include the ability of human adaptation in social for example are communication ability, ability to cooperate, support to increase the likelihood, and more. (5) Social support is having people share the emotional, informational, support, attention, and the others. The last one, (6) material resources that refer to money, things, services, and so on that help the coping action.

Method

The descriptive qualitative research method is being used for this study to finding and exploring the implicated meaning or lapse of behavior patterns changing over time to time. Qualitative research itself focuses on exploring and understanding the phenomenon that happens on individual or social. According to Creswell "*qualitative research is a means for exploring and understanding the meaning individuals or groups ascribe to a social or human problem*" (Creswell, 2009: 37). Meanwhile, the descriptive is the most effective way to explain and examine a phenomenon with a qualitative approach. The study is constructed to explain the topic of stress and mental health in *Soul* (2020) by Pete Docter. By using a qualitative approach, makes good data acquisition is necessary for deeper observation and analysis.

The object of this study is *Soul* movie that was released in 2020 by Walt Disney Pictures and Pixar Animation with Pete Docter as the director. The movie is in form of an original DVD with durations of 1 hour 40 minutes. Furthermore, the data for the research is comprised all in the sentence, dialogue, actions, and found in the subtitle of the movie.

In the data collecting step, the data in this research was collected from the *Soul* (2020) movie by using the observation method with several steps which are watching, reading, identifying, classifying, and selecting. After the data has been collected completely, this research gets into analyzing which is done by displaying, Explaining, and interpreting as the method of analyzing the data.

Findings and Discussion

The psychological stress theory has two central concepts that are proposed by Lazarus and Folkman (1986). These two are Appraisal and Coping which have their function on increase and lessen stress. It will be explained down below.

The data about Joe who stands on the flat elevator in black color and shining light line. Further, the elevator will be called Great Beyond's elevator. It went to the Great Beyond that illustrated as an enormous ball of white light. Appraisal and Coping will be used to analyze the stress that appears.

- JOE : The Great Beyond? As in, as in beyond life?
MAN SOUL : Yeah.
JOE : That's death right there?
WOMAN SOUL : (*Speaking in Uktitut*) this beats my dream about the walrus.
ELDER SOUL : Exciting, isn't it?
(*Soul, 00:10:18*)

In the quoted dialogues above, Joe had a conversation with three souls with the same condition as his who stood in a black elevator. He did not understand where he was and Joe came to the three people behind him. After the conversation, he understood that he was on the way to the Great Beyond. The elder of three souls referred to it as in beyond death and Joe understood it as death. Joe got panic and told them that he had a job tonight which was a show with Dorothea Williams then he thought that he could not die right at that time.

In the dialogues above, the first appraisal stress appears in Joe's dialogue about Great Beyond. There is no explanation about what may happen after the soul goes into the Great Beyond which seems to be the end of life. The unknown thing for Joe leads to the stress appraisal of threat. The threat of possibility that happens after getting into Great Beyond means Joe possibly cannot back to life. The threat is also related to Joe performing a show with Dorothea Williams is threatened to be canceled. These possible threats bring pressure to Joe since he wants to perform as a jazz musician. The stress of threat Joe possesses is characterized by negative emotions like anxiety and fear of Great Beyond and he may losses his chance to perform the show. The appraisal keeps continuing to the next Joe's dialogue.

- JOE : I have a gig tonight. I can't die now.
MAN SOUL : (Chuckles) Well, I really don't think you have a lot to say about this.
JOE : I'm not dying the very day. I got my shot. I'm due. Heck, I'm overdue.

(*Soul, 00:10:38*)

The quotation above is the dialogue where Joe told the three souls that he could not die now because he had a job tonight. The other soul told that Joe could not do much about it. Since he thought finally got the chance that he waited for a long time and he thought he deserved it. He told himself to get out of his current situation.

The previous Joe's stress of threat brings in other stress simultaneously which is called the stress of challenging. In the dialogues above Joe appraises the situation to be more challenging than merely threatening him since his focus on his demand to perform a show with Dorothea Williams is greater. He

appraises the threatening situation as a problem that he needs to solve. If he could solve the problematic situation to get out of Great Beyond's elevator and back to his body, he will have a chance to perform.

At the same time the challenging stress appears after the threatening stress, Joe performs an effort to lessen or coping the stress. The first coping done by Joe is selecting attention, the kind of emotion-focused form of coping. It occurs when he says that he has a job tonight. The selecting attention phase is conducted by selecting the situation that can lessen the stress which is in Joe's case is when he prefers to pay more attention to his job to perform a show that night than in the situation of death. His job has positive value for him in this case and it reduces the stress of the situation about death.

JOE : Uh-uh, uh-uh. I'm outta here
MAN SOUL : I don't think you're supposed to go that way.
JOE : This can't happen. I'm not dyin' today. Not when my life just started.
(*Soul*, 00:10:49, 2020)

The soul talked to Joe that he was not supposed to go in the direction he ran which was the opposite direction of Great Beyond. Immediately he ran while shouted about his life was not finished yet.

The other coping effort done by Joe is problem-solving coping which is a kind of problem-focused form of coping. This appears to lessen the stress Joe has gained from the problematic situation that he faced. It leads to defining the problem which is his death situation and the one that he can not perform a show. It is also related to the stress of challenge that has been explained before. The alternative solution to solve the problem which is Joe's case, he needs to get out of Great Beyond's elevator that runs towards Great Beyond. In order to reach the solution, Joe runs to the opposite direction of Great Beyond with consideration that if he goes to Great Beyond, he will be unable to return anymore, so he does the opposite.

The following scene shows the character called 22. She is an unborn soul trapped in Joe's body by an accident. The accident happened when Joe tried to jump back to his body which was in the hospital, but he dragged 22 along instead. Somehow, Joe was then trapped in a cat body that was laying on his body for treatment purposes and 22 got into Joe's body.

JOE : Don't worry, it's okay. Just keep walking.
22 : Aah!
JOE : No, don't stop. What are you doing? This is New York City. You don't stop in the middle of the street. Go, go, go.
JOE : Oh, no. 22. 22!
(*Soul*, 00:40:15)

The dialogue happened in a crowded street in New York while Joe and 22 tried to find Moonwind, a man who could help them to put back their soul

in the right place. 22 experienced life on earth for the first time and she was shocked by the busy street with all activities, especially for the deafening noise along the streets such as the noisy chatter, siren wailing, truck horn blares, and so on. 22 seemed uncomfortable about the situation on the street and Joe was calming her down. Joe patted 22 to tell her to keep walking when she shouted and stopped in the middle of the busy street after hearing the siren and truck horn blares. Accidentally, Joe ended up hurting 22 who was in Joe's body with his claw. 22 who never experienced pain before fell into panic then ran away and Joe tried to chase her.

In the event above, the appraisal stress of threat appears on character 22 who experiences new life in the middle of New York's street. Ever since 22 does not like the earth, which affects her impression of everything she has encountered in New York street and earth. Character 22 appraises the activities in the crowded street and the deafening are threatening to her. It can be seen clearly in Joe's dialogue when he tells 22 to not worry and keep walking. 22 experiences the busy street in New York in periods, the noisy and crowded street seems too much for her. This thing appears in 22's dialogue about her shouting and stops in the middle of the street after hearing the siren wailing and truck horn blares. She even ignores Joe when he talks to her.

The peak of 22's stress is when the appraisal stress of harm or loss appears. The stress is shown when Joe was in hurry patting 22 to wake her up from the shock caused by the sound of siren and truck horn blares since Joe thinks it is a bad idea to stop in the middle of a busy New York street, but then accidentally Joe's claw hurt her. The painful experience becomes a big stressor, it is basically the matter that causes stress or the source of stress. Even though it is in slight of time, it harms 22 badly and triggers the harm or loss stress.

Regarding the stress of threat and the peak of it which is the stress of harm or loss that happen to 22, the coping efforts can be seen when she tries to run away from the crowded street and Joe who has hurt her accidentally. In 22's cases, the problem solving which is the type of problem-focused form of coping is selected by 22 to lessen her stress. The coping is started by evaluating the source of the problem which is the feeling of hurt as a major problem and the busy street with deafening noise is as another problem, it is minor compared to the hurt experience. It continues with considering the resource possessed by 22 to solve the problem which is Joe's body and his ability to control Joe's body. In the end, the problem solving comes out with one solution selected by 22 that is to run away from the source of hurt feeling which is Joe and the busy street with deafening noise. The solution is showed by Joe's dialogue "Oh, no. 22. 22!" when he is calling 22 while chasing her who runs away somewhere in New York Street.

The event happened in the New York street before direct to 22's coping effort, she is succeed in relieving her stress to a certain level but it does not get rid of it. 22 ran away, she finds a place at the roadside which is more desolated than before, and she is hiding in there until Joe finds her. The dialogue between

Joe and 22 below, will be shown she encounters an event that helps her to get rid the most of her stress.

JOE : Go on.
22 : It's so good! (*Screams*) It's, uh... It's not horrible.
JOE : Good. You can eat on the way. Let's go. Or you just take a few minutes. Sure.
22 : Hmm. Strange, I don't feel so angry anymore.
JOE : That's great. Ready to find Moonwind?
22 : Maybe.
(*Soul*, 00:41:22)

In the quotation above Joe brought a piece of pizza that was stolen from the pizza shop and it attracted 22's attention. She took the pizza with hesitation for a moment but it changed quickly when she bit it. Then she was screaming on the inside of Joe's body about how delicious it was such as in 22's dialogue "It's so good!" but she just told Joe haltingly that it was not horrible. Joe was happy to hear that and he suggested to 22 take the pizza away while looking for Moonwind. However, after Joe seeing how much 22 enjoyed it, Joe decided to wait for few minutes more. After 22 finished the pizza, she told Joe about the strange feeling that she was not angry anymore and they continued to get to Moonwind's place.

The form of appraisal of stress is not only the bad thing that burdens an individual but sometimes there is the appraisal of stress that has a positive outcome. In the dialogue, Joe and 22 show the form of appraisal of stress which is benign positive. It can be seen in 22's dialogue when she eats the pizza that Joe has brought for her. She ate the pizza and was surprised in a positive sense about its taste. Even though she tells Joe that the pizza is not horrible, she screams out loud within Joe's body and the pizza is so good. This positive emotion is part of stress appraisal which can maintain or even enhance the individual's emotion as shown through in 22's dialogue when she is not feeling angry anymore and ready to find the Moonwind.

The next scene is about the type of appraisal that does not give any changes to emotion 22 that inside Joe's body get a hair cut at Dez while still being trapped in Joe's body. There is Paul who tries to make jokes about Joe when not knowing that 22 is in Joe's body. In this case, 22 is not take it seriously as viewed in the dialogue below:

DEZ : Sometimes, change is good. You have been rocking that same style for a while.
22 : Well, Dez, for hundreds of years, I've had no style at all.
PAUL : You can say that again.
22 : Mmm. But then my life changed.
DEZ : Oh, yeah? What happened?
(*Soul*, 00:53:10)

The dialogues shows about Dez show said that change was good by giving comments about Joe who was keeping his hairstyle for time while. 22 eventually responded to Dez's statement that she was feeling the same way about it. She felt that she had no style for a long time. While no one expected, there is Paul who joked about it. 22 did not give any response and continue her conversation with Dez.

- DEZ : I wanted to be a veterinarian.
 22 : So, why didn't you do that
 DEZ : I was plannin' to when I got out of the Navy. Then my daughter got sick, (*chuckles*) and barber school is a lot cheaper than veterinarian school.
 22 : Well, that's too bad. You're stuck as a barber and now you're unhappy.
 DEZ : Whoa, whoa, slow your roll there, Joe. I'm happy as a clam, my man. Not everyone can be Charles Drew inventing blood transfusions.
 22 : Or me, playing piano with Dorothea Williams. I know.
 PAUL : (*Laughs*) you are not all that. Anyone could play in a band if they wanted to.
 JOE : Don't pay Paul any mind. People like him just bring other people down so they can make themselves feel better.
 22 : Oh, I get it. He's just criticising me to cover up the pain of his own failed dreams.
 PAUL : You cut deep, Joe.
 (*Soul, 00:54:17*)

The other dialogue was about 22 who sympathized with Dez's failed plan to be a veterinarian because his daughter was sick and needed money for it. 22 told that Dez was not happy to work as a barber, but he denied it. He gave 22 a word about not everyone could be a Charles Drew who is inventing blood transfusions. 22 agree about it then added another sample by saying that not everyone could be Joe who would be playing piano with Dorothea Williams and Paul once again made joke about Joe. He was saying Joe was not like Charles Drew since anyone could play in a band if they wanted to. Joe tried to calm 22 and himself since he knew that Paul just tried to drag people down to cover their pain and made himself feel better. Unexpectedly, 22 shouted it out loud so Paul heard it and continue his conversation with Dez.

The event in the two quotations above lead to the stress appraisal of 22 who has no significant effect on the value of stress appraisal which is positive or negative emotions gained from the event. This appraisal is called irrelevant appraisal of stress and the first event is shown in 22 response to Paul who makes a joke about Joe in Paul's dialogues "You can say that again" but it is directed to her. 22 do not have any special response about it and she just continues her conversation with Dez. The other event happens when 22 has replied to Dez's statement about not every people could be a great man like

Charlie Drew who is invented blood transfusion or like Joe who can play piano with Dorothea Williams and again, Paul just makes a joke that Joe is not that special. He said that “anyone could play in a band if they wanted to”. However, the response of 22 is not much till Joe tries to calm her and especially himself by saying that Paul just tries to make themselves feel better by dragging people. Innocently 22 explains Joe’s statement loudly so that Paul also hears her he said “You cut deep, Joe” to express his feeling and she continues the conversation with Dez casually. It becomes a sign that the event that involves Paul’s jokes has no value to gain that can affect positive or negative emotions that influenced the increase the stress or enhance well-being.

22 lived on the earth within Joe’s body and experienced several things start from being poor to having great moments. These moments were experienced when she tries to find his Spark, it is the last thing to fill the box of Earth Pass bandage system for an unborn soul which the sign that a soul is ready to be born. The data below will show the basic issue that becomes the stressor of character 22.

JERRY : Oh, we're gonna get into this now. Excuse me. 22, you come out of this dimension right now.

22 : (*Grunts*) How many times do I have to tell you? I don't wanna go to Earth.

JERRY : Stop fighting this, 22.

22 : I don't wanna.

(*Soul*, 00:20:48)

The dialogue was about Jerry who tried to bring 22 to his mentor which Joe. At that moment, 22 was hiding in another dimension so she did not have to meet Joe as her mentor to help her to find her Spark. 22 was being stubborn about she did not want to be born on the earth.

22 : Truth is, I've always worried that maybe there's something wrong with me. You know? Maybe I'm not good enough for living.

(*Soul*, 01:06:43)

The quotation above happened when 22 told her worry to Joe while they prepared the ritual to fix the mistake which is about Joe trapped in the cat body and 22 who was in Joe’s body. 22 told the truth about herself who worried about something wrong with herself. She started to think about her inability to live since she could not find her Spark for a long time.

There is a difference that can be seen from 22 in these two quotations above. She does not want to be born on the earth, but then she thinks that something is wrong about herself since she cannot find her Spark after a long time. The appraisal stress of threat appears in 22 when she cannot find her Spark. The threat of unable to be born if she does not have the Spark is a burden for her. After all, she does not have the answer for what her Spark is

about. The coping efforts appear to relieve the stress that is self-deception which changes the interpretation meaning of the event itself. The coping efforts are started from 22 has not found her Spark yet but it turns out that she does not need that Spark. It is shown in 22's dialogue "*I don't wanna go to Earth*" which interprets that she does not need the Spark since it is required to fill the Earth Pass bandages. 22 does self-deceptions to relieve the stress for being unable to find the Spark until she finally meets Joe who introduces her about earth.

22 has experienced various moments on earth, starting with the New York City street, the pizza, her interaction with Dez the barber, and so on. These bring her to a different point of view about earth.

JOE : What do you think of Earth, anyway?

22 : I always said it was dumb. But... I mean... Just look at what I found. Your mom sewed your suit from this cute spool. When I was nervous, Dez gave me this. A guy on the subway yelled at me. It was scary. But I kind of liked that, too.

(*Soul*, 01:06:11, 2020)

The dialogue above is when Joe asked 22 about her opinion about earth. 22 answered Joe's question deeply that his question is ridiculous. She tried to explain her feeling by telling her experience on earth to Joe for example when she found out about her real feeling that appears when she saw Joe's mother sewing the suit with the spool of thread, and her meeting with Dez who gave 22 lollipops when she was nervous. Then, she also told about a guy who yelled at her in the subway and she was scared. However, she then thought that it was not that bad.

In the dialogue it shows the coping efforts of 22 who is trapped on earth. She thinks that earth is a horrible place. The coping appears when she tries to explain what she has found out when she is on earth. 22's explanation about the earth shows that her previous viewpoint of the earth as horrible place is different after all. Her encounter with Joe's mother and the lollipop given by Dez lead to the benign positive appraisal that creates a positive effect on her emotion.

Regarding the event that involves a guy in the subway, it can be considered as threat stress appraisal. There is clear data shown in 22's dialogue "*It was scary*" that indicates the event belong to threat stress appraisal. The possible threat the guy does to 22 by yelling at her has made her scared. Then, 22's effort to cope with the stress 22 is done by showing her reappraisal to the event and this is the type of emotion-focused form of coping. She screens out some aspects of the event. As the result of the coping, she thinks this scary event does not affect her seriously. It means that she is successful in coping with the stress.

Furthermore, there is a bigger coping effort that is done by 22. The negative emotions that have been successfully lessened and the positive emotions from the event she has encountered while on earth, lead to her

reappraisal of her stressor. The stressor is her point of view about earth which she previously thought as a horrible place. Reappraisal is done by making filter to the positive side from the negative event has she encountered on earth and this influences of other events to bring her more positive emotion. Consequently, these all have changed 22's points of view about earth as she now thinks that earth has become a better place. This is supported by 22's dialogue "I always said it was dumb. But... I mean... Just look at what I found". The dialogue is continued with a positive explanation about earth as stated by 22.

The other scene comes out when Joe has a conversation with Dorothea after they make performance together. At this moment, Joe has already in his body because 22 gave her Earth Pass after their debate. The complexity of appraisal will be shown in the analysis down below.

DOROTHEA : You play 100 shows, and one of them is killer. You don't get many like tonight.
 JOE : Yeah. (*Chuckles*) So, uh, (*Chuckles*) what happens next?
 DOROTHEA : We come back tomorrow night and do it all again.
 (*Soul, 01:15:44*)

The dialogue shows Dorothea was praising Joe's performance for playing when he played piano. She said that it was the best show she had ever seen. Joe who was happy about his performance at night accepted Dorothea's praise and asked her about the next event. Dorothea's answer to Joe's question was the following show they did together.

The positive emotion that appears in the dialogue above is identified as benign positive stress appraisal. The emotion of being able to perform with Dorothea can be seen in through Joe's excitement when he said "Yeah. (*Chuckles*) So, uh, (*Chuckles*) what happens next?" The appraisal sometimes can be more complex than a usual appraisal. It has happened in Joe's case, the benign positive appraisal of stress that can deliver positive impact, apparently can also contradiction of the positive one, these include the feeling of anxiety, guilty, harm and so on which belong to other appraisal stress. This finding is additionally provided in the dialogue below.

MOONWIND : Joe?
 JOE : Huh?
 MOONWIND : Joe! Good heavens, man. What are you doing in the zone?
 JOE : Moonwind. I messed up. I need to find 22.
 MOONWIND : I'm afraid she's become a lost soul.
 JOE : What?
 MOONWIND : I'll explain on the way.
 (*Soul, 01:21:27, 2020*)

The dialogue happened in Zone. Joe greeted Moonwind, he told him that he made a mistake and need to find 22 but Moonwind was afraid of the possibility that 22 had become Lost Soul. Since Moonwind seemed in rush he wanted to explain about 22 while they were on the way to find her

The guilty and anxiety feeling are shown in Joe's character become evidence about the complexity of appraisal that appears after benign positive stress appraisal. This feeling is a form of the stress of threat appraisal as a result of his fear about the threat of the possibility that happens to 22. This is caused by 22 that runs away after gives her Earth Pass bandage to Joe. It is shown in Joe's dialogue "*Moonwind. I messed up. I need to find 22*". He confesses that he messes up or makes a mistake, so he and needs to find 22.

The coping effort that is shown by Joe is problem-solving, the kind of problem-focused form of coping. The coping effort is started with evaluating the source of the problem which is the fact that Joe has the Earth Pass bandage which belongs to 22. The fact that he can get into the Zone, the space between physical and spiritual. In the musician case, Zone can be accessed when they are playing the music, and get into the flow within the music. Zone also can be accessed by becoming Lost Soul who is a person who obsessed by something that disconnects them from life. When Joe has greatly focused on playing the piano which is illustrated as getting into the flow of music, he gets into Zone. This is identified as a resource to solve the problem. The alternative solution comes out with Joe has to find 22 and give her Earth Pass bandage back, it is stated in the quotation below.

JOE : Moonwind!
MONWIND : A captain always goes down with the ship. It has been a...
JOE : 22! Come back, 22. It's me, Joe. Easy, 22, easy. I just came back to give you this.
(*Soul*, 01:21:24)

The dialogue above shows Moonwind wanted to follow his ship that was sinking in the desert of Zone. It happened when they tried to chase 22 that had already become Lost Soul. Joe who could not do anything then kept chasing 22. When 22 got cornered, Joe tried to calm her down. He said about giving her Earth Pass bandage back.

The event above appears as the alternative solution for Joe's problems that has been explained before. Joe's intention to give back 22's Earth Pass bandage becomes the solution to Joe's problem. What Joe has done about solving the problem is considered as the efforts of coping with the stress that focuses on the problem.

The other stress that appears in the scene is about 22 being a Lost Soul. She ate Joe's soul out of the thing. Within 22, Joe met her whose thought is about she was not good enough for a living since she could not determine her purpose for life. 22 thought the purpose was needed to fill the last box of Earth Pass bandage which is Spark.

22 : I'm not good enough. Nope. No. Nothing. I just need to fill out that last box.

JOE : 22!

Early Mentor : (*In 22's voice*) You're dishonest. All you make are bad decisions. You are unwise and you won't make it in the world. You're so selfish. No one would ever want to be around you. Loser. Oh, the world needs remarkable people and you are the least remarkable soul I've ever met. You'll never find your spark. Imbecile. I cannot help you.

(*Soul*, 01:24:05, 2020)

The dialogue is about Joe chasing the original soul of 22 after being eaten by her. 22 thought deeply and said about her inability to have a good living since she could not find her Spark. Joe called 22 but there was no response and then he chased her again but there were several characters who resembled 22's mentors before Joe. They shouted at 22 telling her that she was not going to be born for several reasons and she was not worthy in several things.

22 : I just need to fill out that last box. I'm not good enough at all. You will never find your spark. There's no point.

JOE's resemble : (*In 22's Voice*) Those aren't purposes, you idiot. That's just regular old living. This is a waste of time. You only got that badge because you were in my body. That's why you ruin everything. Because you have no purpose.

(*Soul*, 01:24:39, 2020)

The quotation was showed 22 who still told herself about she was not good enough for a living and she would not find her Spark. There was Joe resemble talked about regular old living that was not her Spark. She felt it because she was in Joe's body. Joe's resemble blamed 22 for ruining everything belong to Joe since she did not have a purpose.

The two quotations above represent the stressor of 22 that burdens her for a long time. The frustration of the early mentor is the failure for not helping and then blame her for it. Furthermore, Joe's word which is denying her idea about her Spark is the regular old living as her Spark. At last, Joe who blames her for being in his body and ruins everything. It becomes a bigger stressor. These stressors lead 22 to stress appraisal of harm or loss. The stressors make her lose his confidence about herself as a proper soul to be born and motivation for finding her Spark. This can be seen in 22's dialogue "*I just need to fill out that last box. I'm not good enough at all. You will never find your spark. There's no point*" that is identified as a loss of self-confidence.

22's coping efforts are a bit complicated since several things involved in the process of coping. The significant influence in her coping effort is her experience on earth with Joe accompanying her which has already been explained before. Another one that has a significant influence on coping effort is the social support from Joe who has saved 22 from being a Lost Soul and triggers the coping. These can be seen in the dialogue below:

22 : I'm not good. Nope. Nothing. I just need to fill out that last box.
I give up.
JOE : (*As Mr. Mittens*) You ready?
22 : Huh?
JOE : To come live.
22 : I'm scared, Joe. I'm not good enough. Anyway, I never got my spark.
JOE : Yes, you did. Your spark isn't your purpose. That last box fills in when you're ready to come live. And, the thing is you're pretty great at jazzing.
22 : But, Joe, this means you won't get to...
JOE : It's okay. I already did. Now it's your turn. I'll go with you.
(*Soul*, 01:25:31)

The dialogue happens when 22 was mumbling about being unable to find her Spark and wanted to give up. Joe approached 22 and gave her a flower petal that she picked from the earth while trapped in Joe's body. Joe's action recalled the moment when Joe asked about her opinion about the earth, but this time Joe asked about her readiness to live. In a worrying mood, she answered that she was scared about not being good enough to live and to never get her Spark. Joe tried to convince her that she already found it. Joe told her that Spark was not the purpose of life, the last box in the Earth Pass bandage would be filled when she is ready to live. Joe said 22 was great at living the life which made it to be her Spark. Right at that moment, 22 came back to her original soul. Joe gave her the bandage back, but she worried about Joe who could die if he did not have the bandage. Joe calmed her by telling her that he had already lived and finished what he wanted, so it was 22's turn. Joe then escorted 22 to jump to the Earth Portal.

The coping for the stress of 22 is started with Joe's action that gives her a flower petal. It is picked by 22 when she is about to find the purpose to life while she is in Joe's body. Therefore, it recalls the moment of it then, Joe use this moment to convince 22. He tell that 22 do not have to worry about she cannot find her Spark since she has already found it. It can be seen in Joe's dialogue "*Yes, you did. Your spark isn't your purpose. That last box fills in when you're ready to come live. And, the thing is you're pretty great at jazzing*" that is identified as social support. The other social support from Joe is when he praises 22 about her good ability at jazzing which refers to her good ability to live her life. Joe's efforts to convince 22 is evaluated as the social support that leads to the coping of 22 character. The support of Joe leads to 22's reappraisal

coping efforts. It is done by screening out some aspects such as her duration in searching her Spark, the fact that she is about to give up to find her Spark, the encounter of bad events, and the misunderstanding about the Spark definition. Then, it is continued by coping efforts that refer to the reappraisal with selecting attention. She chooses to pay more attention to the fact that she finally succeed to fill the last box and ready to live than her wrong judgment about Spark or the bad events that are following. The two efforts of coping identified in Joe's dialogue "It's okay. I already did. Now it's your turn. I'll go with you" which is described as 22's decision for jumping to Earth Portal. The explanation above comes out with the reappraising of 22 who is no longer a soul who fails to find the Spark, but as a proper soul who is ready to live. The reappraisal coping lessens 22's stress greatly which can be seen when 22 receive his earth bandage from Joe and jumps into the earth gate with Joe escort her away.

Conclusion

The finding which appears after analyzing the data acquired from Pete Docter's *Soul* (2020) movie leads into a conclusion. The explanation of the conclusion comes out with stress which appears on the character in *Soul* (2020) movie that has two components. These two components are appraisal and coping with their own functions. Most of the appraisal that is done by the characters leads to the increase of stress as the appraisal result of the event of character have encountered. When characters appraise the event as a positive event, it generates positive stress emotion that enhances the individual well-being. Furthermore, character's appraisal also can evaluate the event has no relevance with them so does not effect on the character's stress level. On the other hand, coping components always appear to relieve the stress from the events of characters have encountered.

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