

# Low self-esteem

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# **PIONEER**

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## **THE PSYCHOANALYTIC ANALYSIS OF LOW SELF-ESTEEM IN THE MOVIE *THE RON CLARK STORY***

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**Abstract:** Low self-esteem is unworthy feeling because of less attention, love, affection and trust. The impact of low self-esteem could make negative feeling. It is not only to their own life, but also to their surrounding society. Low self-esteem can also be triggered by mistakes that came from parents, family, society and also teacher. The worst effect of low self-esteem in adolescence is on their academic score. They will get bad score because they do not have self confidence to do the assignment or try new experiences. This research purposed to find the low self-esteem, the factor of low self-esteem and the problem solving which is found in the action, gesture and utterance of main characters in the movie *The Ron Clark Story*. This research used descriptive qualitative research, because the researcher described the data that portray of low self-esteem. The researcher analyzed the data by using psychoanalytic analysis approach from Sigmund Freud. The data was analyzed by describing the low self-esteem in the movie *The Ron Clark Story* based on Tyson's theory and the problem solving from Lachmann and Ron Clark's theory. The researcher found 40 data of low self-esteem that showed in the movie *The Ron Clark Story*. The dominant factor was the academic challenges without caregiver's support. The problem solving based on the movie *The Ron Clark Story* were classified into eight components. The most important component was implementing the class's rules, followed by giving an appreciation, attention, care, trust, motivation, and help when they get difficulties, making innovation teaching method (especially for the teacher). Cooperation between parents and teachers are very important for the growth of the self-esteem and worthy to get the best potential of children's life.

**Keywords:** *low self-esteem, psychoanalytic, the ron clark story*

### **INTRODUCTION**

Human conflict could be analyzed by psychologist or people who can give a good suggestion or giving positive motivation. Commonly conflict that raise from human is from the negative ego. Furthermore, an Austria neurologist, Sigmund Freud

(1856-1939) founded Psychoanalysis. According to Pangestu and Sunardi (2016: 21), psychoanalysis is defined as a specialized method for investigating the unconscious mental disorder. Psychoanalysis learns about human mind, emotions that could make an effect to our behavior. Bad experience from society or even family that happened in a childhood also could make the cause of bad behavior would be happen in the future.

Low self esteem is the believe that they were less worthy than other people and therefore, they did not deserve to get attention, love or any other of life rewards (Tyson, 2006: 16). People with low self-esteem felt that they did not deserve to get life rewards like the other people, they were worthless and have no places in the middle of family or society. Low self-esteem commonly has bad behavior, more troubled by failure and exaggerate events as being negative. Thus, people with low self-esteem can make trouble because they feel unworthy. To cover their weakness, they make some trouble. The researcher found that in the movie *The Ron Clark Story*. The movie shows low self-esteem that happened in the sixth-grade students. Because of their low self-esteem, they felt failed in their subject. Thus, it is very important to know the factor and also the problem solving that indicate from the movie.

The researcher was conducted this research based on some research problems and objectives. The research problems are how is low self-esteem portrayed in the movie *The Ron Clark Story*? What are the factors that cause low self-esteem experienced by main characters in the movie *The Ron Clark Story*? How does Ron Clark solve the low self-esteem problem on main characters in the movie *The Ron Clark Story*?

The researcher focused on low self-esteem, based on Tyson's theory (2006). The researcher selected movie *The Ron Clark Story* (2006) as the source of data. The main characters as the research object of low self-esteem were Shameika and Tysawn.

## **REVIEW OF LITERATURE**

### **Psychoanalytic in Literature**

In Oktaviani (2014: 14), the relationship between psychoanalysis and literature focused on three things, there are (1) The unconsciousness on text that represent the author's personality, which is not connected with the text, (2) The relationship between the text and the reader, (3) The relationship between the author and the creativity

representative as a leader from the text. The character that show on the movie become the data that will be analyzed by the researcher. The director of the movie shows the character by their action, utterance, gesture and even the situation that show about psychoanalysis. This movie represents the real story about adolescent in America that have some psychology problem.

### **Psychoanalytic Theory**

Psychoanalytic was found by Sigmund Freud in 1921. It is a study about human behavior. According to Tyson (2006: 11), psychoanalytic study helps to understand behavior and attitude in characters in literary texts that actually represent to human beings in general. In Pangestu and Sunardi (2016: 20), there are some reasons when analyzing literary characters using psychoanalysis, (1) a researcher is not suggesting that the characters are real people but that they only represent the psychological experience of human beings in general, (2) psychoanalysis aims at analyzing literary representations as illustrations of real-life issues. Study about human behavior can made people more understand and act how to behave in society with good personality.

#### **Conscious**

According to Pangestu and Sunardi (2016: 21), conscious mind is constituted of event, memories, fantasies, and the sensations from sense organs along with the feelings and emotions of which human is aware at the moment. Consciousness which played a relatively minor role in psychoanalytic, could be defined as those mental elements in awareness at any given point in time.

#### **Preconscious**

Freud in McLeod (2015: 2) states that the preconscious contains thoughts and feelings that a person is not currently aware of, but which can easily be brought to consciousness. It exists just below the level of consciousness, before the unconscious mind. The preconscious is like a mental waiting room, in which thoughts remain until they succeed in attracting the eye of the conscious.

#### **Unconscious**

According to Bantas (2011: 3), Freud's concept of the unconscious mind is the backbone for many of his theories relating to the mental life of human beings. He defines it as a part of a person's mind that he or she is not currently aware of, and

argues that it owes its existence to repressed sexual desire.

### **Defense, Anxiety and Core Issues**

Freud in Vidovic, Henigsberg and Vesna Juresa (2003: 126) says that defense mechanism are by definition individual's automatic psychological response to internal or external stressors or emotional conflict with internalized prohibition or external reality constraints. Defense help some people to keep their mind positive, so they would not release their anger by doing some bad behavior or could be bad utterance to the other people.

Anxiety states are characterized by subjective feelings of tension, apprehension, nervousness and worry and by activation or arousal of the automatic nervous system (Vidovic, Henigsberg and Juresa, 2003: 125). People feel anxiety when they got fear, worry, nervous and overwhelming. Anxiety comes from the human mind. It appears when they feel afraid, worry, panic because of the condition that happen at that time.

Based on Tyson (2006: 15), the example of common core issues are fear of intimacy, fear of abandonment, fear of betrayal, low self-esteem, insecure or unstable sense of self, oedipal fixation (or oedipal complex). Core issues that appear in a human behavior are negative. They do bad behavior because they feel bad about themselves, with their family and even the society.

### **Low Self-Esteem**

People with low self-esteem are more troubled by failure and tend to increase events as being negative. For example, they often interpret non critical comments as critical. They are more likely to experience social anxiety and low levels of interpersonal confidence. The impact of low self-esteem can have deeply negative on a person's life and affect all aspects of someone existence. Low self-esteem makes huge problem for human life. Thus, it is very important to identify the varied factor of low self-esteem. It can help people to restore their self-esteem and avoid the worst thing that will happen in the future.

Low self-esteem in adolescent tends to be related to physical punishment and withholding of love and affection by parents. Children with low self-esteem rely on coping strategies that are counterproductive such as bullying, quitting, cheating, avoiding etc. Guindon in Mcleod (2012: 2) asked school counsellors, over 1000 words

were used and the most common: withdrawn/shy/quiet, insecure, underachieving, negative attitude, unhappy, socially inept, angry/hostile, unmotivated, depressed, dependent/follower, poor self-image, non-risk-taker, lacks self-confidence, poor communication, acts out.

#### **Factor of low self-esteem**

According to Laishram (2018: 4), low self-esteem can be caused by some factors depending on the background, status of the person, his surroundings, age, association with the outside world and varied experiences in childhood and early adolescence. Therefore, in their childhood, kids brain like a sponge which can absorb many things whether utterance or behavior from their parents, family, also the society. The children cannot distinguish the good and the bad things also the right and the false. Lachmann (2013: 1-2) states that the factor of low self-esteem are: disapproving authority figures, uninvolved/preoccupied caregivers, authority figures in conflict, bullying (with unsupportive parents), bullying (with over-supportive parents), bullying (with uninvolved parents), academic challenge without caregivers support, trauma, belief systems, society and the media.

#### **Low self-esteem in adolescence**

Adolescents are grown up child, they look for their real identity. That is why adolescents need a protection, achievement from parents, society, also friends. According to McLeod (2012: 3), self-esteem continues to decline during adolescence (particularly for girls). It decline to body image and other problems associated with puberty.

#### **Solving Problem Dealing with Children**

There are parenting problem solving for dealing with children according to Ron Clark (2003: 163-168): Kids need and like structure; kids will work hard for you if they like who you are as a person; kids like to know what is expected of them; kids like to know they are cared for. According to Foley (2019), There are following strategies to help child feel good about themselves: love your child unconditionally; help your child to set achievable goals; encourage persistence; give your child choices; discourage perfection; avoid over-praising; allow your child to overhear you are complimenting them; take good care of yourself.

What we do at home can have significant impact on our children's future. Teach your children to love and believe in themselves, and they will keep reaping the benefits throughout their entire lives. Parents are the major education for their children, from unborn child they hear, imitate and become motivated for what their parents do. Good examples are needed also how parents motivate, appreciate, love, take care and become a good listener for them.

### **Problem Solving in the Movie *The Ron Clark Story***

There are some classification of problem solving that the researcher collected based on the movie *The Ron Clark Story* such as, class's rules, appreciate, attention, care, trust, motivate, help and innovation teaching method. *The Ron Clark Story* indirectly shows the audience that there are some problem solving that the authority figures can give to the children when they have problem dealing with low self-esteem. It will need cooperation between the authority figures at school and at home.

### **Character**

According to Kenney (1966: 27), character is an imagination obviously relevant to us and to our experience if he likes ourselves or like others whom we know. Characters could be lifelike. It is shown by the actor who goes deep into the character. Good character can make the audience feel like a real life. In this research, the researcher analyzed two main characters in *The Ron Clark Story*. There are Shameika and Tysawn. These two characters represent low self-esteem that happens in adolescence.

### **Movie Synopsis**

Mr. Ron Clark is a teacher. At the first time he teaches elementary school in North Carolina. He is known by his fellow teachers and also his student as a great teacher because of his innovative teaching method. His teaching method can make the score of the student's test raise up. The headmaster gave Mr. Clark appreciation by giving him a chance to be a permanent teacher in North Carolina, but he refused it. He thinks that it is time for him to take a risk in another school as he always said to his students to not be afraid of taking a risk. He is looking for a job as a teacher in New York

City which is known as a cruel city. Finally he gets a job as a teacher in Inner Harlem elementary school on sixth grade. It is a special class in Harlem, because the students in that class have a problem. That class several times changes the teacher because no one can teach the students. Mr. Clark is interested in it as he wants to take a risk by teaching them. It is hard for the first time. He tries to make some class rules to make them discipline. There are many disagreements, rejection, bad attitude and unpolite words always come from his students. Mr. Clark never gives up. He deals with patience and finds the innovative teaching method how they can accept and understand the lesson. Mr. Clark always gives the students appreciation for all the things that they can achieve, for their hard work and he said it is okay to be proud of ourselves. The final test day has come. And the result, Mr. Clark's class gets the highest score on the district area.

## **METHOD**

This research used the movie *The Ron Clark Story* as a data source. The reason why the researcher chose the film as primary data was in order to get in-depth understanding and details about low self-esteem. The data of this research were in the form of utterances, gestures, actions and situations that represent low self-esteem in the movie *The Ron Clark Story*.

This research is a qualitative research. In Creswell (2009: 37), qualitative research is a means for exploring and understanding the meaning individuals or groups ascribe to a social or human problem. The reason why qualitative research was used was to gain an understanding of essential reasons, opinions, and motivations described by words. There are some steps that the researcher does to collect the data, they are watching *The Ron Clark Story*; choosing the scene that shows low self-esteem; screen shooting or screen capturing the scene that represents low self-esteem; noting down the time that shows the data (scene). Techniques of data analysis that the researcher used were describing low self-esteem that was found in the movie *The Ron Clark Story* based on Tyson's theory; explaining the factors of low self-esteem that appear in main characters according to Lachmann; describing how Mr. Ron Clark solved the problem according to Ron Clark and Foley and also based on the movie *The Ron Clark Story*; and making a conclusion based on the analyzed data using taxonomy and a componential table according to Spreadly.



## **FINDINGS AND DISCUSSION**

### **Findings**

There were 40 data of low self-esteem that collected from the movie. The data were ten factors of low self-esteem, the researcher found seven factors which was appear in the movie (disapproving authority figures, uninvolved/preoccupied caregivers, authority figures in conflict, bullying (with unsupportive parents), bullying (with uninvolved parents), academic challenges without caregivers support, trauma). There are three factors that did not appear in the movie, there were bullying (with over-supportive parents), belief systems, society and the media. The most frequently used factor in the movie was academic challenges without caregivers support with 17 data. Besides, there were nine data of authority figures in conflict, five data of bullying (with unsupportive parents), and three data of trauma.

### **Data Analysis**

#### **1. Disapproving authority figures**

➤ Datum : 019/TRS/00:33:18

Mr. RC : Shameika, you're in charge

Students : what??

**Context of situation** : Mr. Clark gave Shameika responsible to in charge the class. Shameika and her classmates did not believe that Mr. Clark gave responsible because the teacher before never trust them and did not believe that they can make a good things or be responsible for something. Mr. Clark gave Shameika responsible to in charge the class while Mr. Clark chasing Tyshawn who ran away from the class. Shameika and her classmates could not belief that Mr. Clark gave that responsible, because all this time people or their friends believe that they (students in Mr. Clark's class) always made a trouble, what they did always wrong.

#### **Solving problem:**

- According to *Ron Clark* (2013: 163):

Kids like to know they are cared for.

- According the movie:

Mr. Clark tried to return their convidence by giving back the trust to them. Mr. Clark gave the responsibility to Shameika, because she was the leader at the class. Her

classmates followed and agree for what Shameika said or did. Thus Mr. Clark gave her the responsible to handle the class while Mr. Clark went out. Gave responsibility for what they did or what he believe in can make decrease the low self-esteem.

## 2. Uninvolved/preoccupied caregivers

➤ Datum : 036/TRS/01:18:21

Mr. RC : "Hello kids. Julio, I knew you were gonna open the closet! You guys have been working so hard for the last three months on this test, and whatever the scores are, I want you to know I'm proud to be your teacher. I'm so proud to asked your parents to let me take you somewhere special, and they said yes."

**Context of situation :** In the classroom. Mr. Clark gave an appreciation for their hardwork study and also did the exam with their confidence. He gave them surprise with an envelope which inside it was the ticket to watch The Phantom Opera in Broadway.

### **Solving problem :**

- According to Foley (2019) :

Encourage persistence.

- According to the movie :

Mr. Clark gave them reward by watching opera. He gave the reward at the night after they got the final exam. Reward must gave at that time when they did something good or worthy. It would make them feel appreciated, worthy for what they did with their ability. Mr. Clark did not care about the result. The important thing was the process how they tried very hard to did the final exam by their own ability. Mr. Clark asked their parents to go with them so indirectly this is also appreciation from their parents and the kids could get quality time with their parents. Thus, they will feel that they are important, feel love by their parents. As time goes by, it can make the feeling of low self-esteem getting better and make boosting their confidence.

### 3. Authority figures in conflict

➤ Datum : 003/TRS/00:17:33



**Context of situation :** In the classroom, Mr. Clark talk about class rules. Tyshawn turn his face when Mr. Clark said rule that “We are a family”. Tyshawn got a trouble family. His father always did violence to him. It is not only hit him, he also said with bad utterance too. That was why when Tyshawn got trouble he always solve it by fighting. He absorb bad emotion from home then he did the same to solve his problem.

#### **Solving Problem :**

- According to Ron Clark (2003: 167) :

Kids like to know they are cared for.

- According to the movie :

Mr. Clark gave attention to Tyshawn. Mr. Clark helped him to got private lesson about the subject that difficult for him. Mr. Clark showed that he care about Tyson. While he went to school he also asked Tyshawn to go with him and they can review about the lesson before did the exam. Tyshawn never got attention from his parents. Mr. Clark tried to get Tyshawn’s attention with gave him attention, care, and offer some help if he got trouble.

### 4. Bullying (with unsupportive parents)

➤ Datum : 001/TRS/00:14:03



**Context of situation :** Shameika act curtly when Mr. Clark at the first time visited her house. Mr. Clark visited all the students house when he was going to teach at the first

time in order to know the character and family of his students. When he visited Shameika, he saw that Shameika's house was quite crowded with the sound of kids. Shameika lied to Mr. Clark that those kids are her kids. Shameika lie because all her time just to help her mother looking for money by becoming baby sitter for her neighbor. Shameika's mother was unsupportive. She did not pay attention to what Shameika feel, need or giving motivation to study or doing her homework.

**Solving problem :**

- According to Ron Clark (2003: 163)

Kids need and like structure.

- According to the movie :

Every kid needed support from the parents. It was not only about material but also affection, attention, love, motivation and also good example of the authority figure. Mr. Clark gave attention, care and motivate her to help her study more. He wanted to explore Shameika's ability.

5. Bullying (with uninvolved parents)

➤ Datum : 020/TRS/00:33:22

Mr. RC: "Tysawn... Don't do this, hey..." (chasing Tysawn). "Look... I know you have two strike, you walk out now, they'll expel you for sure. Just get back in there."

Tyshawn : "Why?"

Mr. RC : "Because I would missed your glowing personality. Mr. Turner doesn't have to know anything about this. Just... give yourself another chance."

**Context of situation :** Tyshawn fought with Julio in the classroom. Mr. Clark knew and separated them. Tyshawn went out with his anger. Mr. Clark chased him and tried to persuade him not to going out.

**Solving problem :**

- According to Ron Clark (2003: 166) :

Kids like to know what is expected of them.

- According to the movie :

Tysawn got so many problem at school. He always solved his problem with violence.

There were no involved from his parents to motivate him. Tyshawn imitate his foster father who always did violence to his mother and him. It makes him feel unworthy because everything what he did always wrong.

#### 6. Academic challenges without caregiver support

➤ Datum : 002/TRS/00:16:41



**Context of situation :** Shameika dropped the book when Mr. Clark said that today no school work. Mr. Clark tried to get good impression at the first time he taught with not gave them school work. Shameika did not want to study because she did not believe her ability. Shameika felt that she further behind from the other class, failed and did not have competence to understand the subject.

#### **Solving problem :**

- According to Ron Clark (2003: 163) :

Kids need and like structure.

- According to the movie :

Mr. Clark tried to change the teaching method so his students would understand and be interested in the lesson. He also gave the students attention, care about them to get their attention and their belief.

#### 7. Trauma

➤ Datum : 039/TRS/01:22:51



**Context of situation :** Mr. Clark find Tyshawn between the garbage, crying with blood

on his face because his step father's abuse. Tyshawn was injured because his father hit him. Tyshawn said that he worthy got violence because of long trauma.

#### **Solving problem :**

- According to Ron Clark (2003: 167) :

Kids like to know they are cared for.

- According to the movie :

Mr. Clark found Tyshawn and told him that he saw his graffiti and that was great. Mr. Clark found safe place for Tyshawn so he would get more attention because of the trauma that happened to him.

#### **Discussion**

Low self-esteem became core issues that happened on daily life. It can be defense when someone feel being ignorant. There are some factors of low self-esteem from Lachmann (2013) that happened in adolescent. The researcher made conclusion about the problem solving based on the movie and also strengthened with the theory from Ron Clark (2003) and Foley (2019). The problem solving classified become eight components such as, class rules, reward, attention, care, trust, motivation, help and innovation teaching method. The academic challenge without caregivers support factor became the dominant factor because to make good score the children must obey the class rules. It is very important to establish discipline and know what the consequences if they break the rules. Parent's role is necessary to continue the class rules at home. Thus, the contribution can make the children run in earnest. Beside the rules, the caregivers must be involved by giving them appreciation and motivation to raise up their self confidence on self-esteem.

#### **CONCLUSION AND SUGGESTION**

The researcher found the portrait of low self-esteem in the movie *The Ron Clark Story*. This movie was adopted from the real life story that happened in New York City, United States of America. The researcher made conclusion that there were some dominant factors of low self-esteem according to Lachmann (2013) and the problem solving that can help adolescent with low self-esteem: Academic challenge without caregivers support can solve the problem by implementing class rules, give reward or

appreciation, motivation and make some innovation of teaching method. Authority figures in conflict can solve the problem with implementing the class rules, giving attention, care, motivation, and help whenever they need it and innovation in teaching method. Bullying (with unsupportive parents) can be solved by giving the children trust, motivation and help when they need it, thus they will feel safe.

This study complements research on low self-esteem. Thus, the reader and the next researcher will know about the factor of low self-esteem in adolescent and also know about the problem solving that we can do to decrease low self-esteem or to prevent it happened earlier.

*The Ron Clark Story* movie is a real life story movie. The condition and situation that portray on the movie is very similar with problems that happen in daily life. The researcher suggest that there are some points about movie *The Ron Clark Story* that is interesting to be examined such as by using behavior analysis, criticism or might be about the other core issues that portrayed on the movie. The other researcher can also analyze how effective the problem solving that occurred in the movie to be implemented in school or to children who have low self-esteem problem.

Authority figures must have commitment about all components (class rules, reward, attention, care, trust, motivation, help and innovation teching method) that will solve the problem for self-esteem. The researcher hopes parents and teacher will become great teamwork if they want to develop great children by giving them what they need, such as attention, reward, care, motivation and also the rules that have been agreed.

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# Low self-esteem

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