



## Dealing with Emotions in “Inside Out” Movie: Moral Value Analysis

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### Abstract

This study is about Analysis of Moral Values in the Inside Out Film, examining the types of moral values reflected by the characters. The information is obtained from conversations and moments from the film Inside Out which contains moral lessons. To find the moral principles in the Inside Out film, the data were examined using the theory proposed by Linda and Eyre (1993). In this study, the method used to collect data is the observational method. To identify and evaluate the data, note taking technique was used to observe the data. The data were examined qualitatively, then reported descriptively. The purpose of this study was to find the moral values contained in the film Inside Out, from the results of this study found 10 types of moral values contained in it, namely honesty, courage, self-reliance and potential, fidelity and chastity, loyalty and dependability, respect, love and affection, unselfishness and sensitivity, kindness and friendliness, justice and mercy. Of the 10 moral values found, 3 of them that stand out the most in this film are the moral values of loyalty and dependability, respect and unselfishness and sensitivity.

**Keywords:** *emotion, characters, moral value, movie*

### Abstrak

Kajian ini tentang Analisis Nilai Moral dalam Film Inside Out, mengkaji jenis-jenis nilai moral yang dicerminkan oleh para tokoh. Informasi tersebut didapat dari percakapan dan momen dari film Inside Out yang berisi pelajaran moral. Untuk menemukan prinsip moral dalam film Inside Out, data diperiksa dengan menggunakan teori yang dikemukakan oleh Linda dan Eyre (1993). Dalam penelitian ini, metode yang digunakan untuk mengumpulkan data adalah metode observasional. Untuk mengidentifikasi dan mengevaluasi data, teknik mencatat digunakan untuk mengamati data. Data diperiksa secara kualitatif, kemudian dilaporkan secara deskriptif. Tujuan penelitian ini adalah untuk mengetahui nilai-nilai moral yang terkandung dalam film Inside Out, dari hasil penelitian ini ditemukan 10 jenis nilai moral yang terkandung di dalamnya yaitu kejujuran, keberanian, kemandirian dan potensi, kesetiaan dan kesucian, kesetiaan dan ketergantungan, rasa hormat, cinta dan kasih sayang, tidak mementingkan diri sendiri dan kepekaan, kebaikan dan keramahan, keadilan dan belas kasihan. Dari 10 nilai moral yang ditemukan, 3 di antaranya yang paling menonjol dalam film ini adalah nilai moral kesetiaan dan dependabilitu, rasa hormat dan tidak mementingkan diri sendiri serta kepekaan.

**Kata kunci:** *emosi, karakter, nilai moral, film*

## **Introduction**

Language, literature, and film are powerful mediums of communication that have the ability to convey profound messages and insights to audiences. Literature, in particular, holds a special place in human culture as a repository of knowledge, emotions, and imagination. It uses language as its vehicle to portray the human experience and explore various aspects of life, including moral values. Meanwhile, movies, with their visual and auditory elements, have become a ubiquitous form of entertainment and storytelling in the modern world, often drawing inspiration from literary works.

Literature, with its vast diversity of genres, themes, and styles, provides readers with a window into different worlds, cultures, and perspectives. It serves as a means of expression and reflection for authors, and it offers readers an opportunity to delve into complex narratives and explore the intricacies of the human condition. The intrinsic elements of literature, such as theme, plot, characters, setting, and moral value, contribute to shaping the overall impact of a literary work, drawing readers into its world and imparting valuable lessons.

The theme of a literary work serves as its central idea or message, often exploring universal truths and timeless concepts. Through the development of a compelling plot, authors craft engaging and thought-provoking stories that captivate readers' imaginations and emotions. The characters in literature come to life through their motivations, actions, and interactions, resonating with readers on a personal level as they witness the struggles and triumphs of these fictional beings. Additionally, the setting of a literary piece helps establish the atmosphere and context, immersing readers in a distinct time and place.

One of the most significant aspects of literature lies in its ability to convey moral values. As readers engage with the characters' experiences, they often encounter ethical dilemmas and moral lessons that resonate with their own lives. The exploration of moral values in literature goes beyond a mere depiction of good or bad behavior; it delves into the complexities of human nature, highlighting the consequences of choices and the pursuit of virtuous paths.

Similarly, movies, as visual narratives, hold the power to evoke emotions and spark contemplation among audiences. With an extensive array of genres and storylines, films can deliver diverse moral messages that leave a lasting impact on viewers. Drawing inspiration from literary works, movies bring stories to life with dynamic characters, breathtaking settings, and powerful dialogues. The cinematic experience allows filmmakers to directly communicate the intended meanings and moral values, offering inspiration and motivation to those who connect with the narratives.

Throughout this article, we will explore the interplay between language, literature, and film, particularly focusing on the intrinsic elements of literature, the moral values they convey, and how these values manifest in movies. By delving into the profound messages that these mediums carry, we hope to gain a deeper understanding of the shared human experience and the significance of moral values in shaping our lives.

In doing this study, the researcher has also reviewed some studies as references. The first review is entitled "Analysis of Moral Values in the Zootopia

Film" which was completed by Humaira, M. (2018). The goal of this study was to identify the moral principles that the author discovered. Based on his investigation, he identified 10 moral characteristics that the main character embodies: responsibility, respect, tolerance, wisdom, justice, help, altruism, cooperation, courage, and honesty. According to his understanding of moral principles, working hard, doing good, and being honest are the keys to achieving our goals. Helping is the moral principle that dominates society. Humaira's work and this research both assess moral values in the movies, however Humaira's paper uses alternative theories and Zootopia as its primary source of data, whereas this study uses many data sources

The second study, titled "Analysis of Moral Values Seen in the War Horse Film," was carried out by Amin (2013). The main focus of the author's thesis is an analysis of the moral dilemmas that the protagonist faces. The comparison between this essay and Amin can be drawn from the consideration of the moral principles presented in the movie. The difference is that Amin concentrates on examining the social elements and societal transformations of the film, whereas this study concentrates on examining the moral principles connected to the emotional content of the film. The author's method for this study is a qualitative descriptive one. The writer selected the movie Inside Out for data collection, watched it intently and thoroughly, and then carefully examined the social components and social developments in the film. To support the subject of the analysis, the author gathers a variety of relevant literatures, including moral principles and films.

The third article was written by Andasari (2021) entitled "Analysis of Moral Values in Kubo and The Two Strings Film". The purpose of this research is to find out the moral values in the film Kubo and The Two String and the most dominant moral values in the film Kubo and The Two String. To analyze this film the author uses the theory of Lickona (2012). The results of this study the authors found 12 types of moral values in it, namely: responsibility, help, respect, compassion, prudence, self-discipline, courage, democracy, honesty, justice, tolerance and tolerance. and the most dominant moral value is responsibility. The similarities between Andasari's research and this research are both analyzing the moral values contained in the film and which moral values are more dominant. while the difference between this study and Andasari's research is the theory used and the data source, in Andasari's research using the theory of Lickona (2012) to analyze the data source Kubo and The Two String Movie, while this study uses Linda and Eyre (1993) as the main theory to analyze the Inside Out Movie.

The fourth article is entitled "An Analysis of Moral Values in "Up" Movie". This article was written by Windriani (2020), the purpose of this analysis is the value of what types of moral values are contained in the movie "UP. In this study, the author points out 7 moral values contained in it, namely: never give up, altruism, love and loyalty, respect, help each other, courage, self-dicipline. The similarity of this research with Windriani's research is that Windriani's research and this study both analyze the moral values contained in the film, while the difference is that Windriani's data sources use the theory of Lickona (2012) to analyze the movie UP, and this study uses the theory of Linda and Eyre (1993) to analyze the movie Inside out.

The fifth is a research from Wulandari (2020) entitled "An Analysis of Moral Values in A Movie Entitled "Warcraft" and Their Contribution at Senior High School". This study focuses on explaining the moral values reflected in the Warcraft film and to describe how this film contributes to high school. In this study the author uses a qualitative descriptive method for research. Based on the results of his research he found 13 moral values. The difference from this research is that Wulandari's research uses the data source from the Warcraft movie, while this study uses the Inside Out movie as the data source. Apart from that, this study also explains how the moral values of Warcraft itself can contribute to high school, while the results of this study explain how moral values deal with emotions. The similarity of this research is that they both discuss the moral values in each movie

Overall, the researchers focus on analyzing moral values in various movies and their potential implications in different contexts, such as high school education and emotional understanding. Despite the diversity in theories and data sources, the studies share a common objective: to identify and describe the moral principles depicted in the films. Each research uncovers various moral values within the respective movies, such as responsibility, respect, tolerance, wisdom, justice, help, altruism, cooperation, courage, and honesty, among others.

Additionally, these analyses provide insights into the significance of the identified moral values and their potential impact on the audience, whether it be promoting positive behavior, enhancing social elements, or addressing moral dilemmas. Based on this phenomenon, if we watch it and understand it more deeply, watching a movie is not just watching, but understanding the message of the moral values contained in the movie. This is the reason the author is also interested in conducting similar research using different data sources and theories and the researcher chose a movie entitled "Inside Out" for research.

## **Method**

The animated film "Inside Out," which was made by Pixar Animation Studios and Walt Disney Pictures, served as the study's data source. Riley, the primary character in this movie, is a little girl. Joy, Sadness, Fear, Disgust, and Anger are the basic emotions that govern Riley's behavior. On June 19, 2015, Pete Docter's film, which he also directed, was released. This movie is examined for information about moral lessons that might be drawn from it. This movie was selected because it is incredibly intriguing and directly relates to our current predicament. It also illustrates how every manifestation of our daily life will live on in our memories.

The writer used the observational method to get the data for this study. Three steps made up the data collection procedure were as follows: watching Pete Docter's film Inside Out several times to fully get the plot. Making notes on any pertinent information on moral principles that comes up in the Inside Out movie and classifying the information that is gathered. Inside Out is carefully and extensively watched by researchers, who then take note of significant details like character interactions.

The data was analyzed qualitatively according to the theory adopted. The data will be analyzed based on literature theory. The steps in the analysis include, first,

identifying the most prominent types of moral values presented in the Inside Out film, namely honesty, courage, self-reliance and potential, fidelity and chastity, loyalty and dependability, respect, love and affection, unselfishness and sensitivity, kindness and friendliness, and last is, justice and mercy. Second, analyze how the related moral values are reflected by the characters in the Inside Out film.

### Result and Discussion

The writer used the observational method to get the data for this study. Three steps made up the data collection procedure were as follows: watching Pete Doctor's film Inside Out several times to fully get the plot. Making notes on any pertinent information on moral principles that comes up in the Inside Out movie and classifying the information that is gathered. Inside Out is carefully and extensively watched by researchers, who then take note of significant details like character interactions. In presenting this result, the researcher uses an informal method. This study analyzed using the theory proposed by Linda and Eyre (1993) Informal method is used to present the type of moral value in the Inside Out and describe how the moral values reflected by the characters in the Inside Out Movie. In this study the authors found several prominent moral values, the results of this study will be were described in conversations between characters

The results of this analysis are described in a table so that readers can more easily understand what moral values are contained in Movie Inside Out.

Moral Value Types	Moral Value Occurrence	Percentage
Honesty	1	5%
Courage	1	5%
Self-reliance and potential	1	5%
Fidelity and chastity	1	5%
Loyalty and dependability	3	15%
Respect	3	15%
Love and affection	2	10%
Unselfishness and sensitivity	3	15%
Kindness and friendliness	3	15%
Justice and mercy	2	10%
<b>Total</b>	<b>20</b>	<b>100%</b>

In conveying the value contained in, the author uses simple words so that the reader does not get bored to understand the message that is conveyed and can be received well.

**Data 1**  
**(18.50-19-53)**

After Riley's move from Minnesota to Francisco Riley begins to experience drastic emotional changes, Joy tries to make Riley happy. This narrative appeared in Riley's mind while Riley was sleeping.



Figure 1. The screenshot of the scene when Riley got a nightmare

Joy : *"I got dream duty, so I'll take care of spending these to long term. Great day today, guys! Sleep well! Alright, what's on tonight, Dream Production?"*

**ON THE SCREEN :**

A nightmare

Dad : *"Well, this is it. The new place."*

Mause : *"Come live with me, Riley!"*

Pizza Bear : *"Somebody order a broccoli pizza?"*

Pizza Slices : *"Eat me! I'm organic!"*

Joy : *"Ah, no, who is in charge of programming down there?! I know I'm not supposed to do this, but.. We are not going to end the day like this."*

Joy : (Joy change Riley's dream) *"Don't you worry. I'm gonna make sure that tomorrow is another great day. I promise."*

From the dialogue above, it can be seen that when Riley sleeps, joy becomes Riley's dream keeper. She got excited when she gets a dream duty where she can see what Riley is dreaming of. Shortly after the screen of Riley's dream was played, Joy saw Riley having a bad dream, the dream was shown various things that Riley did not like. Joy then get panicked and try to do something so Riley's dream will not end bad. Joy had an idea by calling Riley's beautiful memory and making it a dream so

that Riley would still feel happy. Joy who is happy seeing Riley's sweet dream as shown in the conversation above, can be concluded that Joy's treatment to Riley shows a sense of loyalty. The type of moral value of loyalty is reflected in Joy's sentence which says *"I know I'm not supposed to do this, but.. We are not going to end the day like this."* and emphasized at the end of the sentence *"Don't you worry. I'm gonna make sure that tomorrow is another great day. I promise."* According to Linda and Eyre (1993) Loyalty is an attitude that shows a definite support or loyalty.

## Data 2 (48.34-49.37)

Bing bong was Riley's imaginary character when she was a toddler, but Bing bong began to be forgotten as Riley got older. in this film it is told that Bing bong has a rocket, the rocket is moved by a song and is planned to be used by Riley and Bing bong to the Moon in their imagination. But unfortunately, Riley's imaginary memories began to be erased, including the singing-powered Rocket, and because of that when the Bing bong rocket was found, the rocket was thrown away by the workers into the memory trash. Bing bong felt very sad. Sadness approached Bing bong and tried to get him to talk.



Figure 2. The screenshot of Sadness tried to talk with Bingbong

- Sadness : *"I'm sorry they took your rocket. They took something that you loved. Its's gone, forever."*
- Joy : *"Sadness, don't make him feel worse."*
- Sadness : *"Sorry,"*
- Bing bong : *"It's all I Had left of Riley,"*
- Sadness : *"I bet you and Riley had great adventures."*
- Bing bong : *"They were wonderful. Once we flew back in time. We had breakfast twice that day."*
- Sadness : *"That's sound amazing. I bet Riley liked it."*
- Bing bong : *"Oh, she did. We were best friends."*
- Sadness : *"Yeah, It's sad."*

Bing bong : "I'm okay now. Come on, the train station is this way."

This conversation happened after Bing bong's rocket was dumped, Bing bong sat on the edge of the dump of thoughts, he felt very sad and Joy tried to cheer him up by tickling Bing bong, and gave him motivational words, making stupid faces but to no avail. Because it didn't work, Joy even moved away from Bing bong, but Sadness, who was also feeling sad about Bing bong's condition, approached her and sat next to her. Sadness tried to get him to talk *by saying sorry for what happened to Bing Bong*. Joy, who is afraid that it will make Bing bong sadder, warned Sadness by to not make him feel worse. Sadness apologizes to Joy and continues to talk to Bing bong and listen to her story of her friendship with Riley. From the conversation between Sadness and Bing bong Sadness shows the moral value of Respect for what Bing bong feels, this is reflected as Sadness says, "***I'm sorry they took your rocket. They took something that you loved.***" which means that Sadness is also saddened by what happened to Bing bong even though Sadness actually didn't lose anything. From the conversation above Sadness also shows empathy and care for Bing bong which is reflected in the sadness utterance which says, "***That's sound amazing. I bet Riley liked it.***". This is in line with Linda and Eyre (1993) statement which mentions, Respect is applied in various ways, such as being considerate and kind to someone, being sensitive to the surroundings, respecting the feelings, opinions and beliefs of others.

**Data 3**  
**(01.19.01 - 01.19.42)**

Long story short, finally Sadness and Joy were able to enter the headquarters, when they returned unfortunately things got worse, the console they used to control Riley's emotions started to turn black and didn't work. Joy realized that Sadness's role was needed for Riley, finally Joy gave Sadness the opportunity to control Riley's emotions



Figure 3. The Screenshot of Joy gave Sadness fix Riley's emotion



Disgust : “Joy, you've got to fix this. Get up there.”  
Joy : “Sadness, it's up to you”  
Sadness : “Me?” (Joy pushes Sadness towards the control center)  
Anger/Fear/Disgust : “Sadness?”  
Sadness : “I can't Joy.”  
Joy : “Yes, you can, Riley needs you.”  
Sadness : “Really?”  
(Joy nods. Sadness approaches the console and takes charge)

This conversation occurs when Joy and Sadness are already in Headquarters, they are used to Joy who can fix this and because Joy is Riley's dominant emotion, they ask Joy to bring Riley back, but when Joy realized that the role of Sadness was needed for Riley, Joy said “**Sadness, it's up to you**” which means that joy gives Sadness a chance to control Riley's emotions. Sadness who feels that she always causes trouble when she is not sure about Joy's words and tries to reject it. However, Joy, who is sensitive to it, reassures Sadness by saying that Riley needs her which finally made Sadness agree with Joy's words. From the conversation above, this joy shows the moral value of Sensitive and Unselfishness, this is proven when Joy says “**Sadness, it's up to you**” Joy lets Sadness control Riley's emotions because Joy realizes Riley needs sadness. This analysis is supported by Linda and Eyre (1993) that the moral value of Sensitive and Unselfishness is associated with maturation in a person, this is shown by the way people behave, such as being more sensitive to other people and circumstances around them, understanding situations and having a strong sense of empathy.

## Conclusion

The results of this study show that there are 10 moral values contained in it and there are 3 most prominent moral values, from the 3 prominent moral values obtained interrelated results, the first is the moral value of Loyalty which is shown when Joy tries to best to make Joy feel happy, and keep Riley from feeling sad. The second is the moral value of Respect when Bingbong is sad when his rocket is thrown away, Sadness shows his concern for Bingbong without denying Bingbong's sad feelings, and the third is the moral value of sensitive and unselfishness, which is shown when Joy realizes that feeling sad is not a feeling that we should avoid and giving Sadness a chance to control Riley's sad emotions. This film is very interesting to watch, the message conveyed is also easy to understand, the message that is most highlighted from this film is sadness is an important emotion, all emotions play an important role in making us a better person, including sadness.

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