

POSITIVE AND NEGATIVE EMOTION IN JENIFER LEE'S MOVIE SCRIPT FROZEN

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Abstract : The purpose of this investigation was to explore the emotional states portrayed in the film Frozen by Jenifer Lee. The scope of this research is specifically limited to examining the personality and feelings of Elsa, who serves as the central figure in the animated movie Frozen. While undertaking the analysis for this academic work, the writer concentrates exclusively on the research questions previously defined. The study gives prominence to Jennifer Lee's leading character, Elsa, with an emphasis on examining her nature and the emotions she undergoes. The selected method for this investigation is qualitative research, due to the fact that the gathered information exists as quotations and explanations. The details analysed in this research were extracted from the film Frozen by Jennifer Lee, which served as the primary material, and were supplemented with supporting information obtained from applicable materials like books, articles, and other resources that cover emotional experiences, functioning as supporting sources. The research identified Elsa's persona as being a powerful and inward-focused individual. This particular persona has a significant influence on the advancement of the plot and the evolution of other figures. Additionally, Elsa tends to respond to issues by steering clear, paying them no mind, and keeping her thoughts and feelings locked up inside, creating difficulties in controlling her emotional state.

Keywords: *Emotion, Psychology, Ecranisation, Frozen*

INTRODUCTION

Emotions, shaped by many factors and having numerous aspects, influence almost every part of our minds, including our thoughts (Ellsworth P, 1994). Emotions can arise from things happening inside us and can be felt with different

levels of strength and for different lengths of time. Some well-known emotions include joy, sorrow, rage, fear, and astonishment. Everyone on earth deserves the same fair treatment and has the right to ask for it (Menggalomo et al. , 2021). In our daily lives, we often think of emotions like anger, sadness, happiness, or grief as feelings or inner experiences. The personal experience of emotion is deeply individual and often confusing, especially since we might feel several emotions at once (Plutchik, R. 2001).

Frozen is a cartoon movie made in 2013 by Walt Disney Animation Studios. Frozen tells the story of two princesses, Elsa and Anna, who live in a kingdom called Arendelle, with Elsa as the main character in the movie. Elsa possesses a magical ability to create ice and snow. However, she struggles to control her power, so her parents keep it a secret from everyone, even her sister Anna. Eventually, Elsa must become the queen of Arendelle. Unfortunately, the crowning event goes wrong because Elsa loses control of her power, which frightens and surprises the people of Arendelle when they discover her ability (Kumayas, et al. 2023). She runs away to North Mountain, unaware that she has created a never-ending winter that covers Arendelle in ice during the summer (Lengkoan, et al. 2022). Therefore, because the researcher finds this film interesting, the research focuses more on examining it.

According to Liando, et al, (2023) Movies can also show us what people are like, and they are a way to tell stories to many people at once. Turning fairy tales into animated movies is very appealing. Frozen is one of those movies that has something special, and both kids and adults enjoy watching it. The researcher chose to study this movie because it is a Disney film that they find captivating (Liando, et al. 2023). Many stories explore psychological themes like conflict, fear, personality changes, and more (Goh and Arianto, 2019). The characters in the movie move the story forward. We can use psychological theories to understand the characters because psychology is a field of study that looks at how people act (Liando, et al. 2021). It generally believes that our behavior and

personality are mainly determined by our physical situation, our mental state, and the environment around us.

This topic is very useful for researchers because it helps them learn how to understand someone's character and emotions (Liando, et al. 2022). Emotions can also affect how we act and make decisions. We can show emotions through our facial expressions, body language, and what we say. In general, emotions are a key part of being human and can greatly affect how we feel and how we relate to others.

RESEARCH METHOD

The writer employs a qualitative research strategy presented in an informative manner. It includes quotes or explanations (Wilkinson, 2000). Additionally, qualitative research is characterized by its descriptive nature (Bogdan and Biklen, 2007). Analyzing qualitative descriptive data is a method that is frequently utilized to examine social events, occurrences, or contexts. The information gathered is represented through words or visuals rather than numerical values.

Data Collection

In gathering the information, the writer categorizes the data sources into two types : primary and secondary data sources. The primary source is the screenplay of Frozen, directed by Jenifer Lee, while the secondary sources include literature, journals, and online content pertinent to this study.

To carry out this research, the writer employs a documentary method to gather information by reading the screenplay and viewing the film Frozen by Jenifer Lee. Additionally, Sugiyono (2015) mentions that documents are records of past events and are typically derived from works such as films, sculptures, images, and more. In this research, the author collected data using the following steps :

1. Downloading the film's screenplay.
2. Watching the film multiple times.
3. Reading and analyzing the dialogues from the screenplay

4. Identifying the lines in the screenplay according to the emotions displayed in the film, including joy, contentment, anger, fear, and the sadness

Data Analysis

In this study, the information was examined through a psychoanalytic perspective. The psychoanalytic perspective explores how individuals behave (Runtukahu, Rorintulus, and Sabudu, 2022). Specifically, in Jennifer Lee's movie Frozen, the focus is on the main character, Elsa.

To aid in the examination and recognition of the feelings experienced by the character Elsa in the film Frozen, the writer divides emotions into two primary categories: positive emotions and negative emotions. This classification aligns with the James-Lange theory, which serves as the principal basis for this study.

1. Positive Emotion

Positive emotion represent enjoyable and beneficial feelings that assist individuals in developing personal strengths. Example, of these emotions are :

- Happiness : Evidenced by expressions of happiness when Elsa enjoys time with Anna, indicating feelings of joy and liberation.
- Satisfaction : Occurs when Elsa manages to harness her abilities and protects Arendelle.
- Love : Clearly demonstrated through Elsa's willingness to sacrifice for her sister and the deep emotional bond she shares with Anna

2. Negative Emotion

Negative emotion represent responses to dangers or discomforts, driving individuals to engage in self-protective behavior. These emotion comprise :

- Fear : Occurs when Elsa perceives herself as a threat to those around her and attempts to shut herself away in the ice palace.
- Anger : Displays itself when Elsa is unable to maintain her composure during her crowning ceremony and ultimately exposes her abilities to the crowd.

- Sadness : Felt by Elsa upon discovering that Anna has been frozen due to her own powers.

This classification is utilized to categorize and arrange information in the movie script and the observed scenes, in order to aid in tracking the connections between outside triggers, physical reactions, and the emotions that surface, as outlined by the James Lange theory.

FINDINGS AND DISCUSSION

Positive and Negative Emotion in Jenifer Lee's Frozen

Jennifer Lee's Frozen (2013) features a variety of emotions that fall into both positive and negative categories. These emotions play an important role in character development and the storyline, especially in the main characters such as Elsa and Anna.

Description of Emotion

Emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioral or expressive response (Schacter, 2011). Emotions are fundamental to human experience and influence cognition, behavior, and social interaction.

Emotions are an integral part of human existence. Essentially, emotions represent how an individual conveys their feelings. They can also describe a person's capacity for logical thinking and reasoning. In the movie Frozen, the writer examines Elsa's character, who plays a crucial and influential role in the narrative. She employs the theory proposed by William James and Danish physiologist Carl Lange, as discussed in the book Psychology by Lester M. Sdorow and Cheryl A. Rickabaugh published in 2002, since this theory is well-established and was first introduced in 1884. The theory merges insights from both thinkers who arrived at similar conclusions independently. This allows for a comprehensive and precise exploration of the subject matter in her research. Positive and negative are two kinds of emotion can be seen in the character of Elsa, that will be elaborated as follows.

Positive Emotion

According to Barbara L. Fredrickson (1998) defines positive emotions as enjoyable sensations like joy, happiness, love, satisfaction, contentment, interest and affection. Her Broaden-and-Build theory indicates that positive emotions widen an individual's range of thoughts and behaviors, thereby enhancing long-lasting personal resources, including physical, mental, and social capacities (Liando, N. V, 2010). In this chapter, the writer only find three aspects of positive emotion, they are happiness, satisfaction and love. Those aspects can be seen in the character of Elsa. intends to explore Elsa's character and the emotions presented in the Frozen movie through the lens of the relevant film theory.

Happiness

As described in the book Psychology by Lester M. Sdorow and Cheryl A. Rickabaugh (2002), the James Lange theory suggests that emotions arise from a chain of events or moments. For Elsa, childhood marked the beginning of her happiness. While engaging in play with her sister, she harnessed her ice abilities, which deeply affected her feelings and underscored her enthusiasm during their time together. A joyful smile lights up her face, indicating her genuine pleasure in the moments shared with her sister. The laughter and joy of her sister significantly enrich her emotional journey.

The girls sneak into the ballroom. Elsa shuts the door.

Young Anna: Do the magic! Do the magic

Elsa giggles and moves her hands in unison. Snowflakes unexpectedly emerge and swirl around her hands, creating a snowball. Elsa tosses the snowball into the sky. Snow erupts and swirls throughout the space. Anna twirls around, catching flakes in her palms and mount.

Young Anna: This is amazing

Young Elsa: Watch this

Elsa bangs her small foot in its slipper against the ground, and instantly, a sheet of ice spreads across the floor, turning it into a large skating rink. Anna glides away, chuckling.

Love

Love is one of the most influential and intricate types of positive feelings in human existence. This feeling includes various psychological, biological, and social aspects that motivate people to foster deep connections, support one another, and make sacrifices for the benefit of others. Lewis (2008) highlights that love, as an emotion, evolves through social interactions and personal development. He defines love as "a commitment rooted in emotions and motivations that reflects a concern for someone else's well-being. " In *Frozen*, Elsa's evolution from a reclusive and fearful individual to someone who is willing to love and accept love illustrates the growth of love due to an emotional journey and the internalization of care.

Elsa: "Love... will thaw."

Negative Emotion

Negative feelings are a type of emotional reaction that occur in response to events or circumstances perceived as harmful, distressing, or uncomfortable. Ekman (1992) noted that fundamental emotions that are classified as negative encompass fear, anger, and sorrow. These feelings are common across various cultures and are accompanied by specific facial expressions that are widely identifiable. These emotions serve an evolutionary purpose; fear enables individuals to steer clear of danger, anger emerges in response to unfairness or transgression, and sadness is triggered by considerable loss or letdown. In this section, the author identifies three elements of negative feelings: Fear, anger, and sadness. These elements are illustrated through the character of Elsa. The intention here is to examine Elsa's personality and the emotions conveyed in the *Frozen* film by applying the appropriate cinematic theory.

Fear

In the realm of social psychology and human actions, Lazarus (1991) describes that fear emerges when an individual evaluates (appraisal) a scenario as a danger to their welfare and perceives a lack of sufficient resources to deal with that danger. To put it differently, fear consists not just of a trigger, but also of a personal evaluation of that trigger.

Fear is an immensely powerful feeling experienced by humans. It alerts us to possible dangers and has been essential for the survival of those who came before us. Elsa, an isolated and reserved queen, faces considerable challenges in controlling her powers. However, fear and emotion are present in every person. Similarly, Elsa experiences anxiety, fear, or discomfort. When her sister comes to the ice palace that Elsa has built to isolate herself from others and protect them, an incident occurs—she unintentionally harms her own sister. During this moment, Elsa found it impossible to manage her emotions.

Anna walks into a great foyer. The place is beautiful, but also eerie.

Anna: Elsa? It's me...Anna?!

Anna slips. Steadies herself.

Elsa: Anna.

Elsa steps out of the shadows onto a balcony. She sees Anna, looks to her longingly.

Anna can't help but be struck by Elsa's beauty.

Anna: Elsa, you look different.... It's a good different.... And this place is amazing.

Elsa: Thank you, I never knew what I was capable of.

Anna starts to climb the stairs.

Anna: I'm so sorry about what happened. If I'd known--

Elsa backs up, away from Anna.

Elsa: No, it's okay. You don't have to apologize.... But you should probably go, please.

Anna: But I just got here.

Elsa: You belong in Arendelle.

Anna: So do you.

Anna takes another step up. Elsa backs up more.

Elsa: No, I belong here. Alone. Where I can be who I am without hurting anybody.

The Role of Love in Elsa's Emotional Development

Love as a Transformative Force

- At the start of the movie, Elsa is scared of her abilities and keeps to herself to prevent causing harm to anyone.
- She thinks that staying away keeps others safe, particularly Anna, whom she cares for greatly but tends to avoid.
- Nevertheless, it is Anna's genuine display of love—risking her own safety to rescue Elsa—that ultimately lifts the curse of never-ending winter.

Elsa: "Love... will thaw."

- This insight changes Elsa's perspective: It is love, rather than fear, that enables her to manage her abilities.
- When she chooses love instead of fear, she finds her emotional equilibrium and brings back peace to Arendelle.

Love Replaces Fear

- Initially, Elsa's behavior is influenced by anxiety and remorse, leading her to conceal her emotions and resulting in negative outcomes.
- Love transforms her fundamental feelings, shifting them from negative emotions (fear, sadness) to positive ones (joy, satisfaction).
- Through love, she:
 - o Accepts her true self.
 - o Mends her bond with Anna.
 - o Safeguards and saves Arendelle.

Character of Elsa as a main character

Character is one of the important parts that must be present in a scientific work. Character is an individual who is discussed in a story or literary work (Mamahani,

Rorintulus, & Andries, 2024). In this movie, Elsa is depicted as a key character exhibiting numerous characteristics. She not only appears in every scene but also plays a crucial role in shaping the story.

Powerful

In this movie, Elsa is portrayed as a formidable force. She has the power to control ice. Anything she comes into contact with turns into ice. She can create snow on her own as well. Furthermore, she does not realize the complete range of her powers, which enables her to cover Arendelle in snow. She is also able to build a castle with her abilities. As shown in the information below:

DT (00:33:44 – 00:00:33:49) (Elsa)

SL: *"My power flurries through the air into the ground"*

TL: *"Kekuatanku menderu di udara sampai ke tanah."*

Based on the statement above, the phrase "My power flurries through the air into the ground" suggests that her unique ability is extremely strong. Elsa states that she is a powerful individual because she has the capability to generate snowstorms in both the skies and on the ground. At that moment, as she changes Arendelle into a winter wonderland, she heads to the mountain and, using her magic, builds a massive ice castle in one swift motion.

In the Indonesian subtitle, it further illustrates that Elsa is a powerful woman endowed with extraordinary abilities. The line "kekuatanku menderu di udara sampai ke tanah" indicates that her superpower is indeed very potent. "kekuatanku menderu" implies that this superpower demonstrates its intensity.

CONCLUSION

In this study, the writer successfully identified and examined both positive and negative emotions experienced by the main character, Elsa, in the movie Frozen. The research was carried out using a qualitative approach and employed the James-Lange theory as its main framework. The analysis revealed that Elsa undergoes various emotional responses to external stimuli, which then trigger physiological reactions

and emotional interpretations. These emotions are deeply represented through conversations, facial expressions, body movements, and the film's narrative structure.

The predominant positive emotions in Elsa's character include joy, fulfillment, and love, particularly when she feels accepted and is able to control her powers. Moments such as playing with Anna during their childhood or successfully saving Arendelle from eternal winter demonstrate her emotional growth and self-acceptance. These positive feelings enhance Elsa's connections with those around her and lead to a more stable and open character development.

On the other hand, negative emotions like fear, anger, and sadness arise when Elsa feels threatened, isolated, or when she hurts those she cares about. Her inability to manage her emotions and powers results in internal conflicts that lead to feelings of alienation and self-imposed exile. Nevertheless, it is through these negative emotions that Elsa learns to better understand herself and recognize the significance of love and openness. This inner conflict is crucial to the development of a more mature and empathetic Elsa.

In conclusion, this study demonstrates that *Frozen* not only presents a fantasy narrative but also showcases intricate emotional dynamics through the character of Elsa. By applying the James-Lange theory, the author illustrates that the emotions in the film are not merely narrative embellishments but serve a significant role in shaping the story and the depth of the characters. This research also contributes to the fields of literature and film studies by enhancing the understanding of the interplay between language, emotions, and the psychology of characters within the film script.

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