

ABSTRACT

RUMAGIT, CHELSEA THESSALONIKA. (2019). **Joel's Defense Mechanism towards Memory Deletion Procedure in *Eternal Sunshine of the Spotless Mind***. Yogyakarta: Department of English Letters, Faculty of Letters, Universitas Sanata Dharma.

Various technology inventions and developments in this ever-evolving world has helped create a life-style for most people to seek for instant solution when facing problems and not worrying about the consequences that might emerge. *Eternal Sunshine of the Spotless Mind* (2004)'s narrative explores the repercussion that Joel Barish experiences when he makes a decision to undergo a selective memory deletion as a shortcut in order to erase her ex-girlfriend, Clementine, out of his brain.

There are three objectives that this thesis covers. The first objective thoroughly describes the process of memory deletion procedure through Joel's perspective. The second objective analyzes the consequences of memory deletion to Joel's mental state. The last objective explains about the forms of defense mechanism that Joel performs as a result of the disturbances he felt from memory deletion procedure.

This thesis utilizes library research as the method of study. The researcher also uses Psychoanalytic approach on writing this thesis and uses Film Techniques theories to observe the visual presentation and symbolism throughout the film. Psychoanalytic approach is used in this thesis to examine Joel's mental condition for the result of the memory deletion procedure.

The final results of this research show that memory deletion procedure is depicted through several film-making techniques such as visual effects, lighting, and sound. In the procedure, Joel Barish had to relive his memories with Clementine in order for it to be erased. Joel receives several mental disturbances from the Brain Mapping process to the memory deletion procedure which then causes him a lot of distress. As he relives through his past memories with Clementine, Joel finds himself falling in love with her all over again. Thus, Joel changes his mind on erasing Clementine and wants to stop the procedure immediately. As a response to the memory deletion procedure, Joel Barish applies several forms of defense mechanism which are denial, identification, reaction formation, and regression. At the end of the film, Joel Barish unfortunately fails to escape the memory deletion procedure thus all of Clementine memories are eradicated from his brain.

Keywords: Memory Deletion Procedure, Memory Deletion, Defense Mechanism

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Ragam penemuan dan pengembangan teknologi di dunia yang terus berkembang ini menciptakan gaya hidup bagi sebagian besar orang untuk mencari solusi jenak saat menghadapi masalah dan tanpa mengkhawatirkan konsekuensi yang mungkin akan muncul. Narasi *Eternal Sunshine of the Spotless Mind* (2004) menceritakan imbas yang Joel Barish alami saat dia memutuskan untuk menjalani prosedur Penghapusan Memori selektif sebagai jalan pintas untuk menghapuskan memori mantan kekasih Clementine dari otaknya.

Ada tiga objektif yang dibahas oleh tesis ini. Objektif pertama mendeskripsikan secara menyeluruh proses penghapusan memori dari perspektif Joel. Objektif kedua menganalisis konsekuensi dari Penghapusan Memori terhadap kondisi mental Joel. Objektif terakhir menjelaskan tentang bentuk-bentuk Mekanisme Pertahanan Diri yang Joel lakukan akibat dari gangguan yang dia rasakan dari prosedur penghapusan memori.

Tesis ini menggunakan riset perpustakaan sebagai metode penelitian. Peneliti juga menggunakan pendekatan Psikoanalisis dalam penulisan tesis ini dan menggunakan teori-teori Teknik Film untuk mengamati presentasi visual dan simbolisme sepanjang film. Pendekatan psikoanalisis digunakan dalam tesis ini untuk meneliti kondisi mental Joel yang dirasakannya akibat prosedur Penghapusan Memori.

Hasil dari penelitian ini menunjukkan bahwa prosedur Penghapusan Memori digambarkan melalui beberapa teknik pembuatan film seperti efek visual, pencahayaan, dan suara. Dalam prosedur tersebut, Joel Barish harus menjalani kembali memorinya bersama Clementine supaya memori ini dapat terhapus. Joel menerima beberapa gangguan mental mulai dari proses Pemetaan Otak hingga prosedur Penghapusan Memori itu sendiri yang kemudian membuatnya menderita. Saat Joel menjalani kembali memorinya bersama Clementine, Joel menemukan dirinya jatuh cinta kembali dengannya. Oleh karena itu, Joel mengubah pikiran untuk menghapus Clementine dan ingin segera menghentikan prosedur tersebut. Sebagai respons terhadap prosedur penghapusan memori, Joel Barish juga menunjukkan beberapa bentuk mekanisme pertahanan diri yaitu penolakan, identifikasi, reaksi formasi, dan regresi. Di akhir film, Joel Barish sayangnya gagal melarikan diri dari prosedur penghapusan memori sehingga semua memori Clementine dihilangkan dari otaknya.

Kata Kunci: Memory Deletion Procedure, Memory Deletion, Defense Mechanism