

## ABSTRACT

KHORINA, AMALIA NUR. (2026). **Regina George's Narcissistic Personality Disorder in Mark Waters' *Mean Girls* (2004)**. Yogyakarta: Department of English Letters, Faculty of Letters, Universitas Sanata Dharma.

Personality disorders have long been explored in literary works as a way of portraying intricate human behavior and social context. As storytelling developed, film also became a medium for presenting similar psychological portrayals through visual narratives and character interactions. Directed by notable filmmaker Mark Waters, *Mean Girls* (2004) is led by the antagonist Regina George, whose actions and attitude present clear indications of narcissistic personality disorder.

This study has two objectives. The first objective is to analyze Regina George's characteristics to gain comprehensive understanding of her personality. The second objective is to identify and analyze indications of narcissistic personality disorder as reflected in her behavior throughout the film.

The library research method is used to solve the problems. *Mean girls* (2004) movie serves as the primary source of data, supported by secondary sources such as scholarly journals, article, books, and relevant theories. This research used psychological approach to analyze Regina George as a character in the film. To answer the first problem, theory of character and characterization along with the formal elements of movie theory were applied. The second problem is addressed through the theory of narcissistic personality disorder by American Psychiatric Association (2013).

The researcher finds several characteristics of Regina George. Regina's characteristics are namely manipulative, controlling, insecure, mean, and sarcastic. Through the application of DSM-5 criteria, the analysis concludes that Regina exhibits certain traits associated with narcissistic personality disorder. These traits include a grandiose sense of self-importance, preoccupation with the fantasies of beauty and idealization, belief in personal specialness, sense of entitlement, lack of empathy, envy toward others, and arrogant behavior. Regina is a dishonest individual who shows an obsession with the attention of others. She always sees herself as superior to others, demonstrating a grandiose sense of self-importance and a belief in her own uniqueness. She puts strong importance on image and popularity due to her preoccupation with admiration and idealized social status. Regina displays sense of entitlement that leads her to expect others to follow her desires by manipulating them. Her arrogant manner with others reveals her lack of empathy, as she rarely considers how her behavior affects others emotionally. Therefore, the findings confirm that Regina's characterization shows traits aligned with narcissistic personality disorder.

**Keywords:** *Mean Girls* (2004), narcissistic personality disorder, personality disorder, personality traits

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Gangguan kepribadian telah lama dieksplorasi dalam karya sastra sebagai sarana untuk menggambarkan kompleksitas perilaku manusia dan konteks sosial. Seiring perkembangan bentuk penceritaan, film juga menjadi medium yang menghadirkan representasi psikologis serupa melalui narasi visual dan interaksi antartokoh. Disutradarai oleh Mark Waters, *Mean Girls* (2004) menampilkan tokoh antagonis Regina George, yang tindakan dan sikapnya menunjukkan indikasi gangguan kepribadian narsistik.

Penelitian ini memiliki dua tujuan. Tujuan pertama adalah menganalisis karakteristik Regina George untuk memperoleh pemahaman yang komprehensif mengenai kepribadiannya. Tujuan kedua adalah mengidentifikasi dan menganalisis indikasi gangguan kepribadian narsistik sebagaimana tercermin dalam perilakunya sepanjang film.

Metode penelitian studi pustaka digunakan untuk menjawab permasalahan penelitian. Film *Mean Girls* (2004) menjadi sumber data utama yang didukung oleh sumber data sekunder berupa jurnal ilmiah, artikel, buku, serta teori-teori yang relevan. Penelitian ini menggunakan pendekatan psikologis untuk menganalisis tokoh Regina George dalam film. Untuk menjawab permasalahan pertama, peneliti menggunakan teori tokoh dan penokohan serta teori unsur-unsur formal film. Permasalahan kedua dianalisis menggunakan teori gangguan kepribadian narsistik berdasarkan American Psychiatric Association (2013).

Hasil penelitian menunjukkan beberapa karakteristik Regina George, yaitu manipulatif, sifat mengendalikan, tidak percaya diri, kejam, dan sarkastik. Berdasarkan penerapan kriteria DSM-5, analisis menunjukkan bahwa Regina memiliki sejumlah ciri yang berkaitan dengan gangguan kepribadian narsistik, meliputi pandangan diri yang berlebihan, preokupasi terhadap fantasi kecantikan dan idealisasi, keyakinan akan keunikan diri, rasa berhak yang kuat, kurangnya empati, kecemburuan terhadap orang lain, serta perilaku arogan. Regina digambarkan sebagai individu yang tidak jujur dan terobsesi terhadap perhatian dari orang lain. Ia memandang dirinya lebih unggul dibandingkan orang lain serta menempatkan citra diri dan popularitas sebahai hal yang sangat penting. Rasa berhak yang dimilikinya membuatnya mengharapkan orang lain mengikuti keinginannya melalui manipulasi. Sikap arogannya terhadap orang lain juga menunjukkan kurangnya empati karena ia jarang mempertimbangkan dampak emosional dari tindakannya. Oleh karena itu, temuan penelitian menegaskan bahwa karakterisasi Regina George menunjukkan ciri-ciri yang selaras dengan gangguan kepribadian narsistik.

**Kata kunci:** *Mean Girls* (2004), *narcissistic personality disorder*, *personality disorder*, *personality traits*.