

# Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach

<sup>1</sup>Danang Tri Utomo, <sup>2</sup>Nurhidayat

<sup>1</sup> Danang Tri Utomo. Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

<sup>2</sup> Nurhidayat. Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

ARTICLE INFO	ABSTRACT
<p><b>Keywords:</b> <i>essex crewship, psychological conflicts, watson</i></p> <p><b>DOI:</b> <a href="http://dx.doi.org/10.22437/jssh.v7i2.25177">http://dx.doi.org/10.22437/jssh.v7i2.25177</a></p> <p><b>Received:</b> May 17, 2023</p> <p><b>Reviewed:</b> December 3, 2023</p> <p><b>Accepted:</b> December 4, 2023</p>	<p><i>This study aims to analyze a psychological conflict experienced by the crew of the Essex ship in the film in the heart of the sea (2015) which is based on the legend of the Moby Dick. In this study, researchers used the behavioristic of John Broadus Watson. This research is included in qualitative research with a focus on the relation between literature and psychology by means of psychological criticism in categories such as psychoanalysis the author, reader and text also the Psychology and the creative process, Psychoanalysis and biography by using psychoanalysis. The data analysis technique in this research is descriptive analysis. From this study, found findings based on the formulation of the problem. First, what behavior can be observed in the psychological conflicts that occur in the crew of the Essex ship. . According to Watson, the only meaningful data in psychology is behavior that can be observed and measured objectively. Second, how the environment can generate the behavior of the characters. Watson believed that behavior is the result of the environmental factors that influence an individual's learning and experience. Watson emphasized the role of conditioning, or the process of learning through association, in shaping behavior. What the crew of the Essex ship experienced in the movie "In The Heart of The Sea" (2015) was not only internal factors between other individuals, but also external factors such as natural conditions, culture and even time. Third, to identify the process of stimulus and response from the character of this film. Watson's theory of behaviorism points that all behavior is learned through the process of conditioning. This process involves the formation of associations between stimuli and response</i></p>

## 1. Introduction

Literature and psychology are two branches of science that study human soul. Psychology researches human behaviors and their causes while literature depicts human behavior through fiction. These two branches of social science studying human behavior are interrelated and mutually beneficial. And the basic building block of the correlation between literature and psychology is a literary work. Literary works study human beings and describe their inner world with all its aspects. The reason is that a literary work is at the same time a product of a certain psychological condition. A literary work supports

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach* psychology in terms of depicting human psychological conditions. A literary work benefits from psychology in terms of successfully presenting characters, expressing their moods, and bringing the reader into the psychological dimension of human reality. Psychology and study of literature meet in their focus on phantasies, emotions and human soul. Thus there exists a two-way relationship based on mutual interaction between literature and psychology, in the form of evaluation of a literary work with the resources of psychology and Obtaining psychological truths from a literary work. Then how is psychological analysis made in a literary work? As it is well known, the literary critic Meyer Howard Abrams (1912-2015) identifies four main elements of literature: the text, its theme, the author and the reader (Abrams, 1953, p. 6-29; see also alışkan, 2012, p. 29). And these elements are addressed in the analysis of the literature. Literary work research with psychology data is focused on these elements identified by Abrams, however when we talk about psychology in literary works the author and reader focused works are not the first thing that comes to mind. It is possible to say that this is caused by the formalist trends which have influenced literary works since mid-twentieth century. According to the formalists, the literary text itself is the material which is at the literary critic's disposal and which will make literature more consistent and objective in itself. The research which ignores this and focuses only on the author and reader will be far from scientific; it should focus also on the other two elements, namely on the work itself and the world it creates. Interpreting a literary work involves approaching its characters and events as if they could exist in real life and studying characters' emotions, thoughts and behaviors. Psychology is the most important platform on which this analysis can be done. Literary critics R. Wellek (1903-1995) and A. Warren (1899-1986) characterized by psychological analysis in a literary work as "*analyzing the author's personality, the way a certain literary work was made, the psychological types which are present in the literary works and the characteristics of their behavior, and finally the effect of literature on its readers*" (Wellek ve Warren, 1983, p. 101) One way to engage the study of literature is through the use of media texts. This includes films, photos, and even abstract artwork. The media can be used as a bridge to acquire skills in literary analysis (Choo, 2006). Film is entertainment for people who are able to penetrate the boundaries of social class. The ability of films to reach various segments of social class makes films have the potential to influence their audiences. The strategic value of films does not only act as entertainment, films have the

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach* potential to be educational media, which can communicate educational messages effectively, and can even influence one's behavior.

Like literary works (novels, short stories, dramas, theater), films also contain stories, scenes, dialogues, events, conflicts, characters, characterizations, and settings. One of the advantages of films is that they are able to visualize various human characters so that they can easily intervene or influence the minds of the audience.

*In the Heart of the Sea* is a 2015 historical adventure drama film directed and produced by Ron Howard and written by Charles Leavitt. The film is based on Nathaniel Philbrick's 2000 non-fiction book of the same name about the sinking of the American whaler *Essex* in 1820. An international US-Spanish co-production, the film stars Chris Hemsworth, Benjamin Walker, Cillian Murphy, Tom Holland, Ben Whishaw and Brendan Gleeson. The film premiered in New York City on December 7, 2015 and was released to US theaters on December 11, 2015 by Warner Bros. Pictures. *In the Heart of the Sea* received mixed reviews from critics and grossed just \$93 million at the box office against a \$100 million budget.

Herman Melville visits old Thomas Nickerson about the whaling ship *Essex*. The man refuses to speak but his wife insists otherwise, believing that Thomas has been tormenting himself by refusing to speak of his story, so he starts.

Nantucket farmer and whaler Owen Chase convinces his wife all will be better as he gets his promised captaincy. But the executives have him as the first mate instead on his next whaling journey aboard the *Essex*, accommodating young Captain George Pollard, who is descended from a family of prestigious whalers. After they set out, Owen shows he's the de facto captain with his skills and initiative. One day the captain orders the crew to head into a squall despite Owen's warning. As the ship gets damaged the captain orders to turn around, but the waves wreak havoc to the ship. This starts open animosity between George and Owen, but they grudgingly remain allies for the sake of the ship's success.

They capture a sperm whale, with Chase again showing his expertise by correctly guessing the whale would not be able to dive deep enough to drag the harpoon boat under the water. Young Nickerson got his first experience with whale oil when he was ordered to slip inside the head to scoop leftover oil. But no whale appears for the *Essex* for the next several months. After sailing far they meet a Spanish captain informing them of a large

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach*

whale pack's location, but there's also a 'demon' whale. Both George and Owen agree to chase the pack, dismissing the 'demon' whale as a myth. They reach the place and soon find the 'demon', a 30-foot long white whale. It easily damages the Essex' hull, forcing the crew to abandon her. The whale oil crew had gathered earlier to catch fire, but the crew were able to save the three harpoon boats and some makeshift sails. The crew ratios their supplies, but the supplies are very limited. The crew faces friction among them. Weeks pass and the men grow bigger beards and grow increasingly haggard. After days of drift, Owen spots the demon whale following them. The second mate Matthew Joy gets injured in a storm. Again Owen spots the demon whale; this time, it attacks the boats, killing some men. They get washed ashore to an island. But after some time, Owen finds a cave full of decomposing bodies and realizes that the other crews that were stranded here are waiting in vain for someone to rescue them. Owen proposes to leave since no boats will come.

They go, leaving the injured Matthew and three others. Some more days adrift, one of the men died. As rations are scarce over, Owen proposes they eat the remains to survive, and so they do. The men in George's boat even draw straws to determine who should sacrifice himself to be the next meal. Back in the present, the old Nickerson tearfully admits that the sheer atrocities of cannibalism and draws lots to see who will be the next meal were the memories that he refused to share even with his wife. The crew again they spot the 'demon'. The crew cooperates and Owen gains a killing shot position, holding a makeshift trident that Captain Pollard had forged on the island. He and the whale exchange stares, canceling Owen's throw. The two remaining boats are separated by currents, but both eventually become rescued. Pollard's boat, containing Pollard and one other survivor, is found by another whaling vessel, and the vessel's captain is horrified at the number of human bones in the boat. Owen's boat drifts near a harbor and is rescued by ships in the area. Arriving back in Nantucket, Owen and George were intimidated by the executives, who demanded that Owen and George lie in order to preserve the industry's reputation. The executives didn't want horror stories of monster whales and human cannibalism to spread among the sailors, who would inevitably quit from fear. But Owen refuses, claiming that it would be dishonorable to dismiss what the crew had gone through. George eventually tells the truth in the inquiry, and Owen moves from Nantucket. The young Nickerson meets Owen before Owen leaves, and Owen gives

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach*  
Nickerson a whale bone pin, a badge of whaling prowess that Nickerson had longingly looked at when he first boarded the Essex.

The elderly Nickerson still has the pin in the present, and when he asks Melville what facts he will include in his story, Melville respectfully answers that he will "add some, and leave out others," and Nickerson is relieved that Melville will likely not include the atrocities in his story. Melville leaves and Nickerson closes the door. Therefore, this research is entitled "***Psychological Conflicts in Film In The Heart of The Sea (2015) Psychological Approach .***"

## **2. Research Methodology**

In this chapter, contains reasearch method. The author discuss about type of the research, object of the research, type of data research, techniques of collecting data, techniques of analyzing data, and vaidity of data.

### **2.1 Type of the Research**

The author uses a descriptive qualitatif methodology to this study. According to Creswell (2012), qualitative research is a means for exploring and understanding the meaning individuals or groups ascribe to a social human problem. Qualitative research uses theory, symbols or definitions in the process, so they can be a reference to the research and make more qualified in descriptive data.

### **2.2 Object of the Research**

Material object of the research is a movie directed by Ron Howard entitled In The Heart of The Sea 2015 and written by Charles Leavitt.

Formal object of the study is a study related to Psychological Conflict in Psychological Approach according Behaviorism view.

### **2.3 Type of Data and Data Source**

This study used the data from images, movie script, and dialogues in the movie In The Heart of The Sea, in the scene of the main character and the landlord, who shows a scene of the drama among them in the film.

Primary data source of this research is the movie of In The Heart of The Sea (2015) by Ron Howard.

The secondary data source of this research are from the previous studies, websites, journal articles, books, other document related to this study from library research, and internet that support the research.

### **2.4 Techniques of Collecting Data**

Techniques of collecting data in this research is documentation technique. It means this technique is used by watching and reading into the script of In The Heart of The Sea and then analyzing the movie from main character and other characters. Then, classifying and categorizing the data based on research problem by using Behaviorism theory, and make a conclusion in the end of the research.

### **2.5 Techniques of Analyzing Data**

The method of examining information utilized in this exploration is intuitive examination from Miles and Huberman (1994). Miles and Huberman proposes 3 phases that should be finished to examine subjective examination, as follows:

Data reduction alludes to strategy of choosing the primary information and the emphasis on the significant data that have been gathered. Data reduction is planned to make the analyst more straightforward to gather further data. The scientist gives extremely significant data and eliminate the data that not pertinent to the subject about Psychological Conflicts.

In the data show, the specialist present data utilizing words, sentences, or message that has been chosen. The reason for data show is to making the determination and improve the figuring out about the subject of Psychological Conflict in the film In The Heart of The Sea.

Conclusion drawing alludes to reaching the inference from the data that has been introduced in light of the aftereffect of data examination. The end is introduced in illustrative structure.

## **2.6 Data Validity**

The data that has been collected is a very valuable initial capital in a study, from the data collected will be analyzed which is then used as input for drawing conclusions. For this study, the researcher used data validation by triangulation, which is a data analysis approach that synthesizes data from various sources. According to Erzberger and Prein (1997) as a methodological technique, triangulation refers to the employment of a multi-method approach in which various investigative techniques are applied to the same event in order to identify the phenomenon, and to increase the precision of the observations.

## **3. Findings and Discussion**

### **3.1 Findings**

As a result, the researchers show how the psychological conflict is reflected, the features of the psychological conflict in the film "The Heart of the Sea", the development of the hero and the Essex crew during the psychological stages..

#### **3.1.1 Characters Behavior Observation**

Based on the research question, the first problem in this study is to observe character behavior in the film in the heart of the sea. This film show's how this storyline focuses more on drama and psychological development. According to Watson, the only meaningful data in psychology is behavior that can be observed and measured objectively. Watson behaviorism points that psychology should only study behavior that can be directly observed or measured (Powell et al., 2016). Behaviorism employs a mechanistic view of learning called stimulus-response theory (Powell et al., 2016).

Owen Chase is known for his good reputation during whaling. A leader with his skills and experience sailing the seas makes him an idealist. When he found out that his voyage with Essex was assigned as a ship's chief sailor, not as a ship captain, he felt betrayed by Nuntucket after his dedication to Nuntucket. He was replaced by the head of the noble whaling family, Captain George Pollard, who is also the head of a large family of investors in the Nuntucket Company. Polard's attitude also made Owen Chase hate the aristocratic family, which seemed as if experience could be overcome by bloodline. Owen Chase also doesn't recognize George Polard as competent with all his decisions, which causes him to often have conflicts with Pollard.

George Pollard Jr. was probably never meant to head a whaleship. Throughout the journey, Pollard lets his subordinates especially Chase and Joy push him around. The first time this

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach* happens is when the Essex nearly flips over just days after its departure. Pollard wants to return home, but he's convinced otherwise by his mates. Something similar happens again after the Essex sinks: Chase and Joy convince Pollard to take the longer (and much more dangerous) route to South America rather than head over to the nearby Society Islands. There is a few conflict between characters behavior that can be observed.

The first is when Owen Chase sailed with Captain George Pollard through the Gulf Stream, Owen Chase faced conflict with Captain George Pollard who wanted to open the mainsail to speed up the voyage and shorten the day to go to the Pacific Ocean to find whales, however, Owen Chase chose not to open the sails because the ship has to adjust to the weather, this conflict is faced with 2 choices, namely satisfying Captain Pollard's ego by sailing unsafe or sailing safely but Essex will lose time.



*Picture 1. Scene 27:14*

*(captain George Pollard asking Owen Chase to set up the stances)*

Capt. George Pollard : “mr chase.”

Owen Chase : “sir?”

Capt. George Pollard : “set the stances.”

Owen Chase : “then why it so, we're in the gulf stream. Best we can find out is to see the weather”

Capt. George Pollard : “we are two days behind. Need to back up the time before we catch up the east breeze. Set the stances!”

*\*Owen Chase face the crew with full of doubts.*

Owen Chase : “set the stances!”

The second is when the crew of the Essex ship sank and were drowned by a white whale, the crew of the ship who were tossed around in the sea finally found an uninhabited barren island causing several conflicts experienced by the crew of the Essex ship, the two choices were equally bad. starve to death on a barren uninhabited island or sail back to the ocean to find another ship to be saved which of course they will meet white whales that attack their ship again, some of the Essex ship's crew choose to stay on the island, one of them are Matthew. Matthew had said goodbye to Owen Chase before and created a very sad atmosphere, especially Owen Chase. Owen Chase promised that if he survived he would return to the island to save

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach*  
 some of the crew who decided to stay on the island. This conflict attacked Matthew's psychology, we know that Matthew's state of hunger and fear after being attacked by a whale made him prefer to live on the island. Matthew also bleeding on his head which weakened his body and psyche so that he has no life expectancy also, this psychological conflict resulted in Matthew giving up on himself by giving up on his life compared to Owen Chase who was trying to live so that he would come back to his wife.



*Picture 2. Scene 01:24:07*

*(owen chase looking for matthew and found out saw him lay on weakness inside the cave)*

Owen Chase : "I'll give you a hand."

Matthew : "there is no point"

Owen Chase : "we will going home."

Matthew : "there is no point, just go!"

Owen Chase : "god damn it matthew!."

Matthew : "its alright"

Owen Chase : "well we'll send a boat before we can get back and we will playing  
 card back in nuntucket, its a deal ."

Matthew : "okay"

*\*owen chase then leave matthew and get ready for back to sail*

The third is when captain george pollard's take the decision to tell the truth that the essex shipwreck was caused by a white whale to repect his crew who died was a morally correct action rather than tell the lied that the essex sank because it hit a rock in order to get insurance in court session which nuntucket suggested to cover huge losses. captain george pollard here is faced with 2 difficult choices, the first is to fulfill the request of a nuntucket company executive to tell lies but he will be haunted by his guilt or tell the truth that will clear his feelings of guilt



### **3.1.2 Changes in Character Behavior Caused by the Environment**

Watson believed that behavior is the result of the environmental factors that influence an individual's learning and experience. Watson emphasized the role of conditioning, or the process of learning through association, in shaping behavior. What the crew of the Essex ship experienced in the movie "In The Heart of The Sea" (2015) was not only internal factors between other individuals, but also external factors such as natural conditions, culture and even time. This film brought the atmosphere in the 18th century, when humans had not yet found oil in the ground but were still using whale oil, the Essex whalers could be afraid of the whales itself because the terror that continuously threatens them. Much like what happened with the giant white sperm whale that attacked Essex, sperm whales are sociable, non-aggressive animals. Making it hard to realize. The behavior and actions of these whales were unpredictable due to the connections they experienced as hunted animals. Even this whale grows larger than the normal size of a sperm whale and has harpoon scars all over its body. All of this behavioral changes can only be identified from the environmental factors. There are some characters who shown a development and changes in behavior due to environmental factors

In environmental factors that made Owen Chase aware of his position as Polard's subordinate he was constantly pressured by circumstances that made him obey orders even though he had his own point of view as a more experienced sailor. This hatred then become faded after the Essex ship sank. He saw Captain George Polard as a responsible person and always put his crew first. this can happen because they can understand each other when faced with the same condition and burden. Captain George Pollard, who was originally someone who prioritized his pride, became more honest, and in fact, Pollard was a person who had a responsibility towards his subordinates. Watson placed more emphasis on people's external behavior and reactions to given situations than on their internal mental state. Relations between humans and all psychological conflicts can result in behavior, and even thoughts can develop.



*Picture 3. Scene 01:49:47*

*(owen chase decide to sail as a merchant)*

Not only Owen Chase, but we can see the mental changes that occurred to Tom Nickerson in the early scenes of the film when he was young and excited and suddenly became a drunkard who looked depressed and under pressure. Old Tom Nickerson is a gloomy, who looks depressed with the financial conditions that happened to his family, a writer named Herman Melville came all the way from the United States to nuntucket to meet Tom Nickerson. Herman Melville wants Tom, as one of the living witnesses of the Essex crew, to tell what really happened to the Essex ship with high fees. Old Tom here refused at first until Tom's wife forced Tom to do it because of their deteriorating financial condition. Tom here looks scared

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach*  
 anxious to do it. very different from young tom who first sailed Essex with joy and enthusiasm. When the Nantucket company tried to reduce the loss of the Essex shipwreck by covering up the truth, Nickerson was disappointed and changed his mind. Nickerson also experienced acts of abomination of the Essex crew when the crew took their own lives with gun and blast their head then their corpses would be used as food for the living. This action even caused Nickerson to be traumatized and resist to tell the story until economic circumstances forced him to tell the story. We can conclude that the human condition between death and life will destroy the mind, causing people to do anything to survive.



*Scene 03:40*



*Picture 5. Scene 16:43  
 (young Tom Nickerson)*

*Picture 4.  
 (old Tom Nickerson)*

Watson contends in his behaviorism theory. that behavior change is caused by external factors, his experiment called "Little Albert" also involved animals and humans in his observations, seeing that continuous interaction can change original behavior as a form of adaptation. as happened with the abnormality of the giant white whale "Moby Dick," which anomalously attacked and chased the Essex ship. In the scene of Owen Chase's interaction with the white whale in the last scene, The seems as if these two living creatures both accept the situation and give up. The body full of wounds on the white whale is also proof that this whale is being threatened a lot by humans, This proves that changes in the behavior of this whale are also obtained after interacting with various threats as a form of adaptation and self-defense. This white whale seems to be able to feel the intent of danger from humans where in the final interaction scene between the white whales Moby Dick and Owen Chase stare at each other implying that these two creatures of different species can understand each other. The giant white whale leaving the remaining Essex crew after seeing Owen Chase stop his intention to spear his last harpoon at the white whale, Captain George Polard was angry and confused about what Owen Chase was doing because Captain George Polard was wanted to take revenge the death of several of his crew caused by the white whale.



*Picture 6. Scene 01:36:24*

*(last interaction between owen chase and the white whale)*

### **3.1.3 The Process of Stimulus and Response from the Character**

Watson's theory of behaviorism points that all behavior is learned through process of conditioning. This process involves the formation of associations between stimuli and response, which are reinforced or punished depending on their consequences. Stimulus is what stimulates learning activities such as thoughts, feelings, or other things that can be captured through the senses. While the response is a reaction that a person raises when learning, which can also be in the form of thoughts, feelings, or movements/actions. For example why Owen Chase never want to as an example of the reason why Owen Chase doesn't want to sail whaling anymore because the stimulus he got during his experience with Essex made his response to the world of whaling negative, his experience dealing with Nantucket also made him have a trust issue with Nantucket executives. Owen Chase's stimulus process that he got made him learn that family is the most important thing, so at the end of the film he chooses to sail as a merchant. the feud between Owen Chase and Pollard led the two to understand each other and work together. at first Owen Chase really didn't like Captain George Pollard because the stimulation process he got was like being humiliated by his family in response to hatred for Captain George Pollard. and in the end after being shown deep interactions Owen Chase showed his respect for Captain George Pollard, this was because the stimulus process that occurred built a sense of trust in one another with behavioral responses that helped each other.

As another example, the stimulus and response process can be seen in the old Tom Nickerson character, Old Tom Nickerson, who was initially reluctant to tell his story with Essex to Herman Melville, was finally willing to tell everything and make him cry in front of Herman Melville and his wife, the stimulus process that occurred in Old Tom Nickerson made him remember his bad experience with Essex, such as trauma, fear, and regret in response by finishing his story and forgiving himself

### **3.2 Discussion**

By using Behaviorism theory by John B. Watson. Kurt Lewin's theory and analyzing the movie *In The Heart of The Sea (2015)*, the researcher discovers psychological conflicts in this movie. The behavioral cause of psychological conflicts.

First, psychological conflicts Also called interpersonal conflict, it is defined as conflict caused by the personality self According to Kurt Lewin's theory, psychological conflict is divided In 3 ways: (1) Approach-Approach Conflict (an individual presented with two desirable alternatives), (2) Avoidance-Avoidance Conflict (person presented with two undesirable alternatives), and (3) Approach-Avoidance Conflict (2 persons presented with two alternatives, desirable and undesirable alternatives at the same time). In this movie, *In The Heart of The Sea* one of example of this approach is when Owen Chase sailed with Captain George Pollard through the Gulf Stream, Owen Chase faced conflict with Captain George Pollard who wanted to open the mainsail to speed up the voyage and shorten the day to go to the Pacific Ocean to find whales, however, Owen Chase chose not to open the sails because the ship has to adjust to the weather, this conflict is faced with 2 choices, namely satisfying Captain Pollard's ego by sailing unsafe or sailing safely but Essex will lose time.

Second, Watson put the emphasis on the external behavior of people and their reactions to given situations, rather than the internal, mental state of those people. In his opinion, the analysis of behaviors and reactions was the only objective method to gain insight into human actions. Watson's behaviorist theory focused on people's external and external behavior rather than their internal emotional and psychological states. He believed that a person's physical reactions

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach* provide the only insight into inner behavior. Watson theory of behaviorism is based on the following key principles : Behavior is observable and measurable, Environment shapes behavior, learning is process of conditioning, behavior can be predicted and controlled.

According to Watson, the only meaningful data in psychology is behavior that can be observed and measured objectively. He rejected the idea introspection or the study of objective experience as a valid method for understanding human behavior. Much like what happened with the giant white sperm whale that freaked out over Essex, sperm whales are sociable, non-aggressive animals. Making it impossible at the time, the behavior and actions of these whales were unpredictable due to the connections they experienced as hunted animals. Even this whale grows larger than the normal size of a sperm whale and has harpoon scars all over its body.

Watson believes that behavior is the result of the environmental factors that influence an individual's learning and experience. Watson emphasized the role of conditioning, or the process of learning through association, in shaping behavior. What the crew of the Essex ship experienced in the movie "In The Heart of The Sea" (2015) was not only internal factors between other individuals, but also external factors such as natural conditions, culture and even time.

Watson's theory of behaviorism points that all behavior is learned through the process of conditioning. This process involves the formation of associations between stimuli and responses, which are reinforced or punished depending on their consequences..

Because behavior is learned through conditioning, it can be predicted and controlled by manipulating the environmental factors that influence learning. By controlling the stimuli and the consequences of behavior, it is possible to modify or shape behavior. This proves the size and behavior of the giant white whale Moby Dick which looks abnormal with its size far exceeding the average size of sperm whales in general and its aggressive actions by destroying passing whaling ships such as the Essex even this white whale continues to follow the crew Essex ship at sea. It can be predicted by environmental factors where whales were hunted down at that time and the many wounds on Moby Dick's body formed a different behavior from this whale.

Based on discussion above, it concludes that this movie reflects Psychological Conflicts especially between the characters' development. It is proven by many behavioral changes between them.

#### **4. Conclusion**

Psychological conflicts is a condition that we often encounter in our daily lives. Also called interpersonal conflict, it is defined as conflict caused by the personality self. It often happens when a person makes a difficult decision. depending on how big the burden is borne for the consequences of a choice. This conflict can also affect the mental state of personality and behavior changes. as experienced by some of the crew of the Essex after going through the tragedy with the white whale Moby Dick.

Watson put the emphasis on the external behavior of people and their reactions to given situations, rather than the internal, mental state of those people. In his opinion, the analysis of behaviors and reactions was the only objective method to gain insight into human actions. Watson theory of behaviorism is based on the following key principles : Behavior is observable

*Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach* and measurable, Environment shapes behavior, learning is process of conditioning, behavior can be predicted and controlled.

Behavior is Observable and Measurable According to Watson, the only meaningful data in psychology is behavior that can be observed and measured objectively. He rejected the idea of introspection or the study of objective experience as a valid method for understanding human behavior.

## References

- Todd, J. T., & Morris, E. K. (Eds.). (1994). *Modern perspectives on John B. Watson and classical behaviorism*. Greenwood Press/Greenwood Publishing Group.
- Angell, J. R. (1913). *Behavior as a category of psychology*. *Psychological Review*, 20, 255–270..
- Bode, B.H. (1914). *Psychology as a science of behavior*. *Psychological Review*, 21, 46–61
- Choudhury, M. A. (2014). Aravind Adiga's *The White Tiger* as a Re-inscription of Modern India. *International Journal of Language and Literature*, 12.
- Nolen, N., & Arianto, T. (2020). Main Character's Personality Conflict in Aladdin Movie. *TONIL: Journal of Literary, Theater and Cinema Studies*, 17(1), 20-27.
- Lubis, S. E. (2018). Main Characters' conflict In Mishaal Bint Fahd's Film's "Death of A Princess". *Jurnal Ilmiah Maksitek*, 3(4), 66-81..
- Damayanti, Stella., & Mujiono. (2016). *A Study of Psychological Conflict as A Lesbian in Annie on My Mind Novel by Nancy Garden*. *Jurnal Ilmiah Bahasa dan Sastra*, 3(1), 34-48..
- Lubis, S. E. (2018). Main Characters' conflict In Mishaal Bint Fahd's Film's "Death of A Princess". *Maksitek Scientific Journal*, 3(4), 66-81..
- Minderop, Albertine. (2016). *Psikologi Sastra: Karya Sastra, Metode, Teori, dan Contoh Kasus*. Jakarta: Yayasan Pustaka Obor Indonesia..
- Pratami, Ayu Venty., Djohan, Rita Sutjiati., & Purwaningsih, Endang. (2016). *The Conflicts of The Main Character in The Novel Entitled "Still Alice" by Lisa Genova*. *Jurnal Ilmiah Sastra*, 4(2), 110-118..
- Purnami, I. A. S., Sosiowati, I. G. A. G., & Darmasetiyawan, I. M. S. (2016). *Psychological Condition of The Main Character as The Main Factor in Dealing with Conflict in Henry's the Gift of The Magi*. *Humanist Journal*, 17(1), 134-139.
- Abrams, M.H. (1999). *"Psychological and Psychoanalytic Criticism."* A Glossary of Literary Terms. 7th ed. Fort Worth: Harcourt Brace College Publishers. 247-253.
- Maslow, A. H. (1943). *A theory of human motivation*. *Psychological Review*, 50(4), 370-96.
- Maslow, A. H. (1954). *Motivation and personality*. New York: Harper and Row.
- Bar-Tal, D. (Ed.). (2011). *Socio-psychological barriers to conflict resolution*. In D. Bar-Tal (Ed.), *Intergroup conflicts and their resolution: A social psychological perspective* (pp. 217–239). Psychology Press.
- Chen, G., Liu, C. H., & Tjosvold, D. (2005). *Conflict management for effective top management teams and innovation in China*. *Journal of Management Studies*, 42, 277–300.
- De Dreu, C. K. W., & Weingart, L. R. (2003). *Task versus relationship conflict, team performance, and team member satisfaction: A meta-analysis*. *Journal of Applied Psychology*, 88, 741–749.
- Ramrao, T. N. (2016). Film and Literature: An Overview. *Epitome Journals*, 8.
- Barlow, D. H. (1988). *Anxiety and its disorders: The nature and treatment of anxiety and panic*. New York: Guilford Press.
- Thomas DR. *A general inductive approach for analyzing qualitative evaluation of data*. *Am J Eval* 2006;27(2):237–46. <https://doi.org/10.1177/1098214005283748>.

- Psychological Conflicts in the Film in the Heart of the Sea (2015): A Psychological Approach*
- Can, V. (2009). *A microteaching application on a teaching practice course*. *Cypriot Journal Of Educational Sciences*, 4(2), 125-140
- Azar, E. E. (1986). *Management of protracted social conflict in the third world*. *Ethnic Studies Report*, 4, 1–17..
- Bar-Tal, D. (2007). *Social-psychological foundations of intractable conflict*. *The American Behavioral Scientist*, 50, 1430–1453.
- Bercovitch, J. (2005). *Mediation in the most resistant cases*. In C. A. Crocker, F. O. Hampson, & P. Aall (Eds.), *Grasping the nettle: Analyzing cases of intractable conflict*. Washington, DC: United States Institute of Peace.
- Cairns, E., & Darby, J. (1998). *The conflict in Northern Ireland: Causes, consequences, and controls*. *The American Psychologist*, 53, 754–760.
- Coleman, P. T. (2006). *Conflict, complexity, and change: A meta-framework for addressing proposed, intractable conflicts—III*. *Peace and Conflict: Journal of Peace Psychology*, 12, 325–348.
- ALTMANN, J. 1974. *Observational study of behavior: Sampling methods*. *Behavior* 49: 227-267.
- HAMMOND, P. S., MIZROCH, S.A., AND G.P. DONOVAN. 1990. eds. *Individual recognition of cetaceans: Use of photo identification and other techniques to estimate population parameters*. Reports of the International Whaling Commission, special issue 12. Cambridge: International Whale Commission.
- KATONA, S.K., BAXTER, B., BRAZIER, O., KRAUS, S., PERKINS, J. AND H. WHITEHEAD. 1979. *Identification of humpback whales by fluke photographs*. In Winn H.E. and Olla B.L. *Behavior of marine mammals: Current perspectives in research*, vol. 3, Cetaceans, New York: Plenum Press.