

AN ANALYZING OF INDIVIDUAL PSYCHOLOGY IN CHARACTER IN THE PURSUIT OF HAPPYNESS MOVIE

Fathul Rizka¹, R.A Retno Sawitri Kusumo W², Abdillah Nugroho³
Universitas Muhammadiyah Surakarta
a320190093@student.ums.ac.id

ABSTRAK

*Tujuan dari penelitian ini adalah untuk mengidentifikasi seberapa rajin tokoh utama bekerja untuk mencapai kesuksesan dalam novel *The Pursuit of Happyness* karya Gabriele Muccino, dilihat dari perspektif psikologi individu. Tujuan studi ini adalah untuk mengevaluasi film dari sudut pandang psikologis pribadi. Penelitian ini merupakan penelitian kualitatif. Studi tersebut berfokus pada Chris Gardner, yang memainkan peran utama dalam film *Pursuit of Happyness*, dan dedikasinya pada pekerjaannya. Film *Pursuit of Happyness* berfungsi sebagai sumber data utama, dan sumber tambahan yang relevan dengan penelitian menjadi sumber data sekunder. Analisis deskriptif merupakan metode analisis data yang digunakan dalam penelitian ini. Hasil penelitian menunjukkan bahwa Gabriele Muccino, sutradara *The Pursuit of Happyness*, mengilustrasikan fenomena psikologis pribadi di mana tokoh utama secara konsisten berusaha mencapai tujuan hidupnya.*

Kata Kunci: *Teori Adler; Psikologi Individu; Pengejar Kebahagiaan*

ABSTRACT

The purpose of this research is to identify how diligently the main character worked to achieve success in Gabriele Muccino's *The Pursuit of Happyness*, viewed from an individual psychology perspective. The study's objective is to evaluate the movie from a personal psychological standpoint. This research is a qualitative study. The study's focus on Chris Gardner, who plays the lead role in the film *Pursuit of Happyness*, and his dedication to his work. The *Pursuit of Happyness* film serves as the major data source, and additional sources that are relevant to the study serve as secondary data sources.

Descriptive analysis was the method of data analysis used in this research. The results showed that Gabriele Muccino, the director of *The Pursuit of Happyness*, illustrated a personal psychological phenomenon in which the main character consistently tried to achieve his life's purpose.

Keywords: Adler's Theory; Individual Psychology; *The Pursuit of Happyness*

INTRODUCTION

The Pursuit of Happyness is a 2006 American drama biographical film directed by Gabriele Muccino. This film is a film adapted through the true story of Chris Gardner and his son, in the film tells the story of a father whose economic situation is not very good, where this father is a salesperson of bone density scanners, the tools he sells can only be used by medical experts. so he only sells it to the hospital there, he has a wife named Linda i, Chris' own wife works in a textile factory whose working hours are very busy, that's why the child is always put in the PAUD. Even the wife never took care of her child at all because she had to work overtime to cover the needs of their family.

Feeling the need is not fulfilled, Chris tries to apply as a broker in a company, but he has to work for 6 months without being paid as an intern. Since this was a rare opportunity to work for a big company, Chris didn't turn it down. As long as he doesn't receive his salary, Chris has to think of ways to survive and support his family. Long story short, after living a difficult life plus family trials, Chris finally got through this and he was also accepted to work at the boss's company to become a permanent employee and tomorrow he will be able to get his first salary. During his work Chris also developed in his own home and became a successful person.

In the movie *The Pursuit of Happiness*, the role and struggles of a father are depicted. The United States saw the release of an American drama movie on December 15, 2006. This movie explores the struggles of a man who must raise his small boy while living in poverty, without a home or a job, and while being abandoned by his wife. The main character is shown as a father with a unique spirit that is incredibly fascinating to explore. The writer will therefore identify and examine the unique

psychology of the lead character in the movie *The Pursuit of Happiness* based on the information provided above.

Because of social contexts, Alfred Adler's theory focuses on certain characters. Every person is a social being, according to (Adler, 1997), with a full function in how he or she contributes to how social groups manage to coexist. According to Adler's thesis, people can manage their personalities on their own. Adler emphasizes that people are ultimately responsible for all of their choices and dangers. Individual psychology, according to (Adler, 1997), seeks to evaluate people's lives as a whole and views each reaction, action, and impulse as a reflection of that person's outlook on life. Six fundamental personality concepts in individual psychology can provide light on and influence human behavior. Six fundamental ideas that represent the assumption of individual psychology are: inferiority feeling, desire for superiority, creative finalism, social interest, lifestyle, and the creative potential of the self.

RESEARCH METHODOLOGY

The researchers of this study used a descriptive qualitative research approach. The descriptive qualitative research approach is an analysis that seeks to capture a picture of settings and events, according to (Suryabrata, 2005). In (Maratussolikah, 2015), Bogdan and Biklen added, "Qualitative research is descriptive. Instead of numbers, the data is gathered in the form of words or images. This means that the descriptive qualitative research approach collects data through the use of words rather than statistics in order to make the data more objective and understandable (Moleong, 2017)

FINDINGS

According to the results of the analysis researchers did on the movie *The Pursuit of Happiness*, Chris Gardner's character serves as an example of an individual psychological phenomenon in which the main character consistently strives to fulfill his life's purpose in accordance with Alfred Adler's theory with six guiding principles, including fictitious finalism, inferiority complex, desire for superiority, social interests, lifestyle, and creative self.

DISCUSSIONS

To understand individual effort was made to accomplish a life goal is the goal of individual psychology. Consequently, it is appropriate to study this study's topic from each individual's point of view, which is the necessity of hard work in order to succeed. Individual psychological perspectives are based on six main tenets: feeling of inferiority, desire for superiority, fictitious finalism, social interest, life style and self-creative capacity. With the use of correlation, this study attempts to discuss them all. Through principle, Gabriele Muccino wishes to convey in the film *The Pursuit of Happiness* that someone who consistently works hard can achieve their life's goals.

1. Inferiority

Feeling inferior to others in some way is a typical experience. All people are born with small, frail, and inferior bodies, according to Adler (Feist, 1985). Simply because people have an intrinsic urge to do anything whole or complete, this deficiency causes emotions of inferiority.

The researcher found three data—or 10% of all the poor self-esteem data in the inferiority. The writer identified several instances of the main character's inferiority complex in *The Pursuit of Happiness*. When there is a disconnect between his goal and the reality he is faced with, the first sign of inferiority feelings arises. His goal is to achieve success on the material side. But in actuality, Chris is still unable to accomplish his objective. Although he must make money by selling the Bone Density Scanner, he does not do so right away. Chris is going through a really trying period. He feels let down by himself. He believes he is powerless to accomplish his objective.

Chris Gardner joining the internship program at Dean Witter is a second sign that he feels inferior. He believes that by enrolling in the internship program, he will be successful and make a lot of money. He will be loved by others when he has a lot of money and a decent job. But the reality does not line up with his objectives. Chris enrolls in an internship program that could lead to a career as a stockbroker, however the program is unpaid. Then he must endure the treatment from his management, which makes him feel undervalued and unappreciated. Chris perceives a significant disconnect between his ambition and the situation he is currently in.

When Chris goes bankrupt, a third indication of inferiority feelings emerges. Chris's bank account is directly debited by the government for the tax payment. The amount he has left over after paying the room rent—21 dollars and 33 cents—is insufficient. His son is brought to the train station when he becomes homeless. They pass the night in the bathroom at the train station. Chris feels too depressed and frail to face the following day. With 21 dollars and 33 cents in his bank account, how is he supposed to achieve his aim and become successful? When he looks at reality, he feels as though his ideal is so far away from him and that it is impossible for him to achieve it.

2. Superiority

Dominance is the desire to struggle or fight for success or superiority. According to (Ningrum, Mustika, Nugroho, & Hidayat, 2013), people strive for achievement or supremacy to offset emotions of inadequacy or inferiority. Everyone has their own idea of what success is and how to define it. (Maratussolikah, 2015)

The researcher revealed the following as superior instances of the main character in *The Pursuit of Happiness*. The goal of Chris Gardner is to achieve material success. In other words, he aspires to material success and admiration from others. Chris's efforts to sell the Bone Density Scanner serve as the first example of his pursuit of superiority in order to achieve his objective. Chris intends to make a lot more money by selling that scanner than he does from selling regular scanners. He makes an effort to transfer that scanner from one hospital to another. Even if it is challenging to convince the doctors to purchase it because the price is high, he never gives up.

When Chris Gardner puts a lot of effort into accomplishing his job and is persistent and difficult in order to be hired as a stockbroker by Dean Witter, this second sign of superiority feeling manifests. He enrolls in the free six-month internship program at Dean Witter. In order to support Christopher on a daily basis, he is solely dependent on the sale of his bone density scanner. Chris always puts in a lot of effort and performs well, even without receiving anything. to help Dean Witter grow its clientele. His prospects of being hired as a stockbroker at Dean Witter will increase as he attracts more clients. Therefore,

he works hard to attract as many clients as he can who will help the business make a lot of money.

Chris always works hard to achieve his goals, despite the challenges he meets. Chris never ceases to work hard at his job. He wants to outperform the other 19 interns in the program so that he can be hired as a stockbroker and become wealthy in the future. He puts a lot of effort into making up for his flaws in order to be perfect. Chris Gardner, a destitute individual, resides with his son. He always puts a lot of effort into his work in order to make up for his weaknesses and succeed financially.

3. Lifestyle

Lifestyle is a component of secondary human requirements that can alter based on the circumstances or an individual's desire to alter his way of life. Humans are seen by (Griffith & Powers, 2007) as acting, producing, and creating art in their daily lives. Adler refers to this as a lifestyle and says that it takes a certain approach for someone to acquire the desired superiority or perfection.

Examples of the main character's life style from the movie *The Pursuit of Happiness* that the author was able to find. Chris receives payment from the sale of his bone density scanner, which is the first indication of Chris's life style. He is wealthy, yet he never spends it on things he doesn't need. He constantly acts frugally and saves his money in a bank account. To accomplish his objective, he intends to live frugally and accumulate a lot of wealth. Being frugal will enable Chris to maximize his financial savings. He will therefore get closer to his aim.

The second indicator of life style can be seen in Chris Gardner's persona. He practices discipline. Chris signs up for the Dean Witter internship program. In the workplace, especially for stockbrokers, time is crucial. He arrives at work on time. He plans his time wisely so that he may work efficiently and get outstanding results. It is therefore possible to draw the conclusion that Chris Gardner is a disciplined individual who consistently seizes opportunities to further his objective, successful on the material front. He will be able to purchase everything and lead a happy life once he becomes wealthy. He will

then be more highly regarded by society. His lifestyle will bring him closer to his goal.

4. Creatif Self

Everyone should be creative because it is essential to many facets of life, particularly the workplace. According to (Kowalczyk, 2021), a person's personality is particularly significant because creativity is considered as the primary motivator for all conduct. Adler hopes to demonstrate through this idea that people are artists for themselves.

In *The Pursuit of Happiness*, the main character's creative self is shown when Chris always seizes every chance that is presented to him, which is the first indicator of creative self. He thinks that opportunities will help him succeed in the material side of things and get closer to his objective. It is evident when Chris decides to join Dean Witter's internship program in order to secure a good stockbroker job. He will make a lot of money and live comfortably with Christopher once he obtains that high position. When he gets wealthy, he can make his son happy and gain greater social acceptance. In the next scene, Chris approaches Jay Twistle to ask to share the ride so they can talk about his application. Jay is a busy man who is tough to meet, so Chris requests to share the ride with Jay. Chris uses the brief amount of time available to talk about the applicant's application and determine whether the applicant is a diligent individual who is qualified to participate in the internship program. Chris consistently seizes the chances that can help him get closer to his goal—success—and move in that direction.

When Chris enrolls in the internship program at Dean Witter, the second indication of creative power becomes apparent. Chris is one of 20 people that must battle against one another in order to win the top stockbroker spot. Chris has Christopher, thus he must do the task in six hours what it would take the others nine. Chris feels inspired to find a solution to this challenging predicament. He then comes up with an original solution. Chris does not waste time by drinking water in between calls, hanging up the phone, or hanging up the phone altogether. in order to acquire a few more minutes each day. Chris

will get closer to his objective using that original strategy. In a challenging situation, he can efficiently manage his time to achieve the best outcome.

When Chris has been enrolled in the internship program for two months but has not yet received a customer, the third sign of creative ability appears. Chris comes up with a clever solution for this predicament. Chris attempts to phone a client who has a solid employment position and a million dollars set up for his pension while others call clients one by one without regard for the client's job. As a result, he will get a valued client with a million-dollar pension and make an effort to get to know his friend in order to entice them to Dean Witter. Chris avoids time waste in this manner and gains a valuable client with a million-dollar pension.

5. Artificial Goals

Artificial goals are those devised by persons who are fictitious since they are designed to be ideal to aim for but may not be realized. Adler (in (Alwisol, 2009) adds that behavior is not governed by what was done in the past but rather by how expectations for the future are seen. He also emphasized that people have a variety of beliefs and thoughts that are entirely imaginary and unfounded in reality. For instance, the idea that "if there is a will, there is a way." It is a made-up idealism meant to keep people from giving up

The writer identified the following as examples of the main character's apparent objectives in the movie *The Pursuit of Happiness*: Chris Gardner's artificial goals from the book *The Pursuit of Happiness* is succeeding. Happiness becomes the main goal of the character, and he defines success as being happy. Success in Chris Gardner's eyes entails having a sizable fortune. To put it another way, he aspires to material prosperity. He might be content and rise in social standing in the community when he has a lot of money. When his family is short on cash, his fictitious finalism manifests. Chris, the family's head, needs to make a lot of money to provide for his family's everyday needs. When Chris Gardner is forced to settle numerous claims, the situation worsens. That includes paying taxes, rent for an apartment, a parking fine, etc.

6. Social Interest

Humans have innate social motivations that are universal. According to (Aslantürk & Mavili, 2020), social interest is a sense of belonging to humanity that subtly suggests membership in the social society of all people. Social interest is also described as having a sense of belonging to humanity as a whole and having empathy for each individual in society. Cooperation with others for the benefit of society as a whole, rather than for one's own advancement, is how social interest is demonstrated. People are urged to uphold and deepen this sense of social involvement and to show more concern for other people.

The study focuses on finding a number of social interests for the main character in *The Pursuit of Happiness*: When Chris enrolls in the Dean Witter internship program, the first sign of social interest materializes. Chris chooses to enroll for Dean Witter's internship program. Many of the participants in that program share Chris' desire to succeed. They compete against one another for first place, after which only one of them will be hired as a stockbroker by Dean Witter. Chris Gardner will be inspired and driven to achieve his goal by joining the group of others who have the same objective.

When Chris can establish positive relationships with other Dean Witter employees, the second sign of social interest manifests itself. He can demonstrate his ability to do his duties ethically and properly to qualify as a stockbroker. People trust him because of his gentle and amiable attitude, especially at Dean Witter. He also extends a kind greeting to those he knows. Good relationships with other individuals, especially those from Dean Witter, will ease his path to the goal. It has been demonstrated that Jay Twistle shows up to offer Chris support and encouragement when he is in a poor mood due to the approaching announcement day. Chris Gardner appreciates the gesture, and it helps him feel better. Because he has a supporter who believes in him and believes he can accomplish his objective, he continues to be stronger to do so. Being a part of a group that shares Chris' objectives appears to be a new strength for him. Chris can therefore be inspired by that neighborhood and his connections to its residents.

CONCLUSION

The director of Pursuit of Happyness, Gabriele Muccino, portrays a personal psychological phenomenon based on a psychological analysis by having the main character labor tirelessly to reach his life's objective. Chris Gardner constantly aspires to be better and use creativity to overcome problems in an effort to mask his feelings of inferiority. He will be able to accomplish his aim thanks to his way of life and social interests. To achieve his accomplishment, he dedicates his entire life. He thinks his happiness depends on his ability to succeed materially. The author draws the conclusion that people must work hard in order to succeed. Therefore, Chris Gardner's phenomenon of desire for superiority, creativity, social interest, and lifestyle are attempts to mask his feelings of inferiority so that he can achieve his imaginary finalism.

REFERENCES

- Adler, A. (1997). *Understanding Life* (2nd Ed). England: Oneworld Publications.
- Alwisol. (2009). *Personality Psychology*. Malang: Umm Press.
- Aslantürk, H., & Mavili, A. (2020). The Sense Of Family Belonging In University Students From A Single Parent Family Compared With Those From A Two-Biological-Parent Family. *Current Psychology*, 39 .
- Feist, J. (1985). *Ftheories Of Personality*. New York: Cbs.College Publishing.
- Griffith, J., & Powers, R. L. (2007). *The Lexicon Of Adlerian Psychology*. Lulu.Com.
- Kowalczuk, C. S. (2021). Cognitive, Affective, And Behavioral Consumer Responses To Augmented Reality In E-Commerce: A Comparative Study. *Journal Of Business Research* .
- Maratussolikah, U. (2015). *Educational Values: The Karate Kid Movie*. Thesis, Iain Tulung Agung, 2015 .
- Ningrum, Mustika, N. P., Nugroho, D. A., & Hidayat, S. N. (2013). Unconditional Love Reflected Insteve Marra's Amanda Movie (2009): An Individual Psychological Approach.
- Suryabrata, S. (2005). *Metode Penelitian*. Jakarta: Pt. Raja Grafindo Persada.