



THE PORTRAYAL OF BULLYING IN FILM *THE FAT BOY CHRONICLES* (PSYCHOLOGICAL APPROACH)

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ABSTRAK: penelitian ini bertujuan untuk mengetahui tipe-tipe bullying yang dialami tokoh utama dan untuk menemukan dampak dampak yang terjadi terhadap kesehatan mental tokoh utama akibat dari perilaku bullying tersebut dalam film *The Fat Boy Chronicles*. Metode penelitian yang digunakan dalam penelitian ini adalah metode deskriptif kualitatif. Penelitian ini menggunakan teori bullying oleh Alen dan Freud untuk menganalisis data, dan pendekatan Psikologi juga digunakan dalam penelitian ini. Penulis menggunakan metode kepustakaan untuk menemukan teori dan data yang diperlukan untuk skripsi ini. Data primer terdiri dari film *The Fat Boy Chronicles*. Data sekunder terdiri dari buku, artikel, jurnal, kamus dan skripsi. Hasil penelitian ini menjawab dua masalah. Pertama, penulis dapat mengetahui tipe- tipe bullying yang dialami oleh tokoh utama dalam film. Ada tiga tipe bullying yang ditemukan penulis dalam film ini yaitu *physical bullying*, *verbal bullying* dan *emotional bullying*. Kedua, penulis dapat mengetahui dampak yang terjadi akibat terhadap kesehatan mental yaitu *anxiety and depression*, *self-esteem and self-identity*, *isolation*.

Kata kunci: Penggambaran, Bullying

ABSTRACT: The aims of this study were to determine the types of bullying experienced by the main character and would find out the impact on the mental health of the main character as a result of this bullying behavior in the film *The Fat Boy Chronicles*. The research method used in this study was a qualitative descriptive method. This study used bullying theory by Alen and Freud to analyze the data, and a psychological approach was also used in this study. The writer used the library method to find the theory and data needed for this thesis. The primary data consist from the film *The Fat Boy Chronicles*. Secondary data consist from books, articles, journals, dictionaries and theses. The results of this study answer two problems of the study. First, the writer can find out the types of bullying experienced by the main character in the film. There are three types of bullying that the writer found in this film, namely physical bullying, verbal bullying and emotional bullying. Second, the writer is able to find out the impact that occurred on mental health, namely anxiety and depression, self-esteem and self-identity, isolation.

Keywords: Portrayal, Bullying

INTRODUCTION

Bullying is a form of aggressive behavior that involves a real or perceived power imbalance between an individual or group of individuals. Bullying takes many forms, including physical, verbal, emotional, and relational. It can happen in person or online, and it can have serious impact to the victim.



According to Coloroso (2015:44), bullying is a conscious, willful, deliberate, offensive, malicious, or insulting activity that is intended to humiliate and harm the target while providing the perpetrators pleasure in the targeted person's pain or misery. In addition, Rigby (2011:2) said that, bullying is conceived of as intentional behavior the perpetrator aims at using the power he or she possesses to bring about certain effects, such as the submission or humiliation of another person. So bullying is deliberately carried out against another person by taking advantage of the weaknesses possessed by that person. The bad behavior of students that often occurs in the school environment is bullying. Which is the result of a student's temperament and aggressive nature, which he expresses through the act of bullying others who are weaker than him. The bully will carry out attacks such as hitting, insulting, and even making death threats against his opponent. Students who bully do not have a sense of guilt for their actions, even though this violates the rules contained in the school institution. Although this form of bullying usually occurs in various circles, the biggest bullying problem occurs in the school environment. The *Fat Boy Chronicles*, the second is what are the impact of bullying for mental health experience by Jimmy in film *The Fat Boy Chronicles*.

In this study using the bullying theory to answer the two problems of the study are: what are types of bullying and what are the impacts of bullying in film *The Fat Boy Chronicles*. And then the first, according to Alen (2018: 18-22), the types of bullying are as follows: 1. Physical bullying is the act of hurting a person's body, destroying their personal property, or taking things that belong to them without their permission. Being shoved in a locker or having lunch money stolen are typical examples of physical bullying. Physical bullying can include someone tripping you as you walk down the aisle on the bus or compering you in the school bathroom and shoving you against a wall. No matter what, it can be painful and embracing. 2. Verbal bullying is when a person uses hurtful words to try to tear down another person's self-esteem and self-worth. This type of bullying actually happens more often than physical bullying, and it can be just as harmful. Being called names over, or being made to feel worthless and unimportant, is really bullying and it can really hurt. Even though verbal bullying doesn't involve touching, it can stick around in the heart and mind of the bullied person for a long time. 3. Emotional bullying is when a person makes another feel afraid or sad in order to get his or her way. It can involve spreading rumors and gossip to destroy the person's friendships and social life or leaving them out on purpose. Emotional bullying can also include putting someone down because they are different. Think of something that makes you unique. 4. Cyber bullying is bullying that happens electronically using the internet on devices like cell phones, tablets, and computers. The second, according to Freud (2015:13-15) the impact of bullying for mental health are as follows: 1. Anxiety & depression. Young people are much more likely to have symptoms of depression and anxiety if they have either been bullied or engaged in bullying others when compared to young people who have not been involved in bullying. 2. Self-esteem & self-identity. It is well recognized in the research and by young people that young people who have been bullied are more likely to have lower self-esteem and self-confidence.

In particular, sustained, prolonged bullying focusing on a particular aspect of someone's identity, which goes unrecognized or unchallenged, may have significant effects on the mental health of young people and may lead them to develop a negative self-identity. 3. Isolation. Being bullied can lead young people to feel isolated and excluded both within the school environment and from school itself. 4. Self-Harm is often reaction to stress, and/or a coping mechanism to deal with anger or emotions that are difficult to deal with. Being bullied during childhood increases the risk for self-harming in adolescence.

METHOD

The method used in this study was using descriptive qualitative methods. Qualitative method was a scientific method and its grounds can be identified in positivist paradigm. This method focuses on fresh data



collection in accordance to the problem from large population and analysis of the data but ignore and individual's emotions and feelings or environmental context (Rahi, 2017: 2). The source of data was taken from a drama film of America entitled *The Fat Boy Chronicles*. This film as duration of 1 hour, 17 minutes, which was produced by Michael Buchanan and Jason Winn, directed by Jason Winn, written by Michael Buchanan and Diane Lang. That film release on 2010, in United States for the first time. The techniques of collecting data carried out by the writer in this study were: watching the films carefully thoroughly, finding out the words, sentences, or dialogue related to types of bullying and the impact of bullying for mental health in film *The Fat Boy Chronicles*, collecting the words, sentences, or dialogue related to types of bullying and the impact of bullying for mental health in film *The Fat Boy Chronicles*. After completing the stages of collecting data from the film as whole, then the writer analyzed it clearly and systematically used the following steps: classifying the data in the film related to types of bullying and impact of bullying for mental health, discussing the data in the film related to types of bullying and the impact for mental health, making conclusions based on the analysis of the types of bullying and impact of bullying for mental health.

RESULT AND ANALYSIS

The writer explained about the types of bullying and the impact of bullying for mental health experience by the character Jimmy in film *The Fat Boy Chronicles*. The data will be analyzed by using theory the types of bullying and the impact of bullying for mental health.

Types of Bullying

1. Physical Bullying

Physical bullying is the act of hurting a person's body, destroying their personal property, or taking things that belong to them without their permission. Being shoved in a locker or having lunch money stolen are typical examples of physical bullying. Physical bullying can include someone tripping you as you walk down the aisle on the bus or compering you in the school bathroom and shoving you against a wall. No matter what, it can be painful and embracing (Allen 2018: 18).

The physical bullying can be an action. It happens when Jimmy left the classroom and went straight to his Locker, he found a piece of paper that contained ridicule against him by saying he was a pig. While he was picking up the sign Robb came up from behind and pushed him away. Everyone was silent watching this. It can be seen in the following pictures: (*The Fat Boy Chronicles*: 2010: 01:05:55)

The action above describes a rough action that Robb did to Jimmy, who suddenly pushed Jimmy from behind. And Jimmy, who found the writing on his locker, bought it, piggy! Oinks, oinks, oinks. Above, it was customary for them to call Jimmy. Jimmy, who often experiences this, can only look at it, then pick it up and throw it away.

2. Verbal Bullying

Verbal bullying is when a person uses hurtful words to try to tear down another person's self-esteem and self-worth. This type of bullying actually happens more often than physical bullying, and it can be just as harmful. Being called names over, or being made to feel worthless and unimportant, is really bullying and it can really hurt. Even though verbal bullying doesn't involve touching, it can stick around in the heart and mind of the bullied person for a long time (Allen 2018: 19). The data can be an utterance. It happens when class with Mrs. Pope finished then continued with gym class. Jimmy, who entered the Locker room to change clothes



and get ready to take sports lessons, Robb and his friends started to intimidate Jimmy by pointing at Jimmy's chest while speaking harshly to him. It can be seen the following conversation:

Robb : **Hey stupid! yeah you. Don't you know this is our spot.**

Jimmy : I didn't know

Robb : **Hey cutie. Is this your locker room? Look at the chest. Its bigger than Whitney's**

Robb : **So, are you like a d-cup?**

(*The Fat Boy Chronicles*: 2010:00:12:43,12:52,12:59)

The first utterance **Hey stupid! yeah you. Don't you know that our spot** above explains that Rob said this because he thought that Jimmy was an idiot who just entered his team's locker room? It can be seen that Robb and the team did not like Jimmy's arrival at that place. The next Robb said, **Hey cutie. Is this your locker room? Look at the chest. It's bigger than Whitney's.** From these utteranceS, it was explained that an insulting sentence came out of Robb's mouth because he saw Jimmy's shortcomings. Robb said this while gently pushing Jimmy's chest, so that he was categorized as verbal bullying. Jimmy, who wants to join them, makes himself laugh because his body doesn't match the portion of the body that Robb and his teammates have. And then they say that to him, **So, are you like a d-cup?** It shows bad contempt for Jimmy because they think of him like a girl.

3. Emotional Bullying

Emotional bullying is when a person makes another feel afraid or sad in order to get his or her way. It can involve spreading rumors and gossip to destroy the person's friendships and social life or leaving them out on purpose. Emotional bullying can also include putting someone down because they are different (Allen 2018: 20). For the data about emotional bullying can be the words. It happens, Jimmy feels really down about the circumstances that always push him into a corner. He felt saddened by the insults his friends made against him. Even his sister teased him because he felt ashamed to have a brother who was often bullied by his friends at school. Which can be seen through the following conversation:

Jimmy : Please don't read this page, today at school they called me piggy.

Friend : **Piggy, piggy** (*The Fat Boy Chronicles*:2010:00:37:41)

From the words **piggy, piggy** conveyed by Jimmy's friends above, it was explained. That most of Jimmy's classmates never considered Jimmy their friend. But always mocking and insulting Jimmy as a piggy. They said the word with a cynical look that made Jimmy sad. They see that Jimmy is different from them only by looking at his physique. They never judged Jimmy's sincerity in being able to mingle with them like other kids in general.

The Impact of Bullying For Mental Health

1. Anxiety & Depression

Young people are much more likely to have symptoms of depression and anxiety if they have either been bullied or engaged in bullying others when compared to young people who have not been involved in bullying. Childhood experiences of bullying (whether the young person who has been bullied or the young person displaying bullying behavior) can also increase the risk of depression in later adolescence and adulthood (Freud 2015: 14).

The data can be an utterance. As happened in this film when Jimmy tells his feelings through his diary about his heart breaking life story. He was afraid that he would never have friends forever, because many friends did not accept his flaws. At that time he shared that he didn't have many friends at school. And one of



the people she met for the first time at school was Nate, who also didn't like her. Since the beginning of entering a new school, other people have shown an attitude of dislike towards him. Which can be seen through the following conversations:

Jimmy : **No, I didn't have any friends. I don't know anyone here, except for Nate.** (*The Fat Boy Chronicles*:2010:08:04)

From utterance **No, I didn't have any friends. I don't know anyone here, except for Nate** above, it is explained that he experienced various impact of bullying itself which is called anxiety. He experienced considerable fear that he would not be able to be like the others. Anxiety like that experienced by Jimmy greatly influenced the development and progress of his mindset in the future. Anxiety will always haunt any work he will do. It makes him afraid to start something new.

2. Self Esteem & Self Identity

It is well recognized in the research and by young people that young people who have been bullied are more likely to have lower self-esteem and self-confidence. In particular, sustained, prolonged bullying focusing on a particular aspect of someone's identity, which goes unrecognized or unchallenged, may have significant effects on the mental health of young people and may lead them to develop a negative self-identity (Freud 2015: 14).

The data can be an utterance. It happens, when Dr. Jeffords asked how it was when Jimmy was at school. At first, Jimmy didn't want to talk about how his daily life was at school. However, Jimmy decided to tell this to Doctor Jeffords. When he was telling the doctor, there was sadness on Jimmy's face, as if he felt his confidence was gone because he was different from his friends. Therefore, he decided to change it all. It can be seen in the following conversations:

Dr. Jeffords : How are things at school? Everything at school okay?

Jimmy : School's okay. Well, you know, I guess thing could be a bit better.

Dr. Jeffords : Yeah? How's so?

Jimmy : **well, it's kind of hard to make friends**

Dr. Jeffords : Yeah, school can be tough. Jimmy, it says here that you're 14.

You're 188 pounds.

Jimmy : **Well, I guess I'm a bit overweight.**

(*The Fat Boy Chronicles*: 2010:00:17:58,18:11)

The utterance **Well, it's kind of hard to make friends** above, Jimmy explains that after having a bad experience at his school, he found it difficult to make friends. He has started to lose his confidence to mingle with friends at school. In the school environment, it is easy for someone to be bullied when they are physically and mentally weak. The impact that occurs is that the victim would find it difficult to make friends for fear of becoming a victim of bullying like himself. What happened to Jimmy, where he was bullied just because he was fat. Then he said, **Well, I guess I'm a bit overweight**, explaining that he blamed himself because of his physique, because there were too many who mocked him, plus after checking with the doctor. He felt sad and insecure.

3. Isolation

Being bullied can lead young people to feel isolated and excluded both within the school environment and from school itself (Freud 2015: 15).



The data can be an utterance. This happens a lot when a child is always yell at when he is about to do something he wants but is forbidden by others. Jimmy, who was trying to mingle with his friends, tried to join one of the sports teams at his school but was prevented from doing so by some of his friends because they felt that he was not fit to join their team. He feels ostracized; therefore, he prefers to be alone in every corner, pouring his heart out in his journal, and watching friends play from a distance. In his journal, Jimmy wrote the following conversations:

Jimmy: Last Friday when I was sitting in the pep rally, might as well been alone in my room.

Usually, at school, im invisible, except when someone wants to laugh at me.

(*The Fat Boy Chronicles*: 2010:00:22:44)

Utterance **Usually, at school, I'm invisible, except when someone wants to laugh at me** above explained that Jimmy's life at school was very sad. Where other kids don't want to approach him to be his best friend. But they approached him just to laugh at him. Because of that Jimmy always chose to sit alone avoiding all of them except for his three friends who sincerely wanted to be friends with him. Being alone is indeed the best choice for people who are often bullied. Because when they are alone, no one will be busy insulting and laughing at them.

CONCLUSION

From the discussion in the previous chapters, the bullying phenomenon that occurs in the film *The Fat Boy Chronicles* is how the main character Jimmy is a senior high school student who is bullied by his schoolmates because he has obesity. Various types of bullying that he experience every day while at school. According to Allen, there are four types of bullying that are commonly experience by children who are victims of bullying, including physical bullying, verbal bullying, emotional bullying, and cyber bullying. And the impact of bullying on mental health is based on Freud's theory, which says that there are four effects of bullying on the mental health of victims, including anxiety and depression, self-esteem and self-identity, self-harm, and isolation. Results study in this film, the writer finds and summarizes the types and impacts of bullying cases based on theory. There are three types of bullying found by the writer in this film, namely physical, verbal, and emotional bullying, and the three impacts of bullying on mental health namely anxiety and depression, self-esteem and self-identity, isolation, experienced by the main character Jimmy in the film *The Fat Boy Chronicles*.

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