

Interpretation of "Inside Out" from the Perspective of Psychology of Emotion

Fu Dan, Ma Ning^a

Department of Students' Affairs, Northwest A&F University, Yangling District 712100, Shaanxi Province, China

^a29295642@qq.com

Abstract

The "Inside Out" is a film based on the knowledge base of psychology of emotion, this film from the protagonist Riley's adolescence, the various conflicts that she faces in the growth process as the main line, Riley's psychological growth and emotional development use the concrete image present with a personification, it vividly and intuitively show five basic human emotions: joy, sadness, fear, disgust and anger; and skillfully expresses the psychological functions of different emotions and the unique psychological meanings in the individual growth process; explain how emotions affect human behavior from a psychological perspective with the adventure of emotional small man in the "brain world", the film can be called as a psychology popular science masterpiece.

Keywords

Inside Out; psychology of emotion; interpretation.

1. Introduction

In June 2015, the 3D animation film "Inside Out" co-produced by the Pixar team was first released in the United States and subsequently won \$ 832 million worldwide, and which obtained the 73rd Golden Globe Awards and 88th Oscar Academy Awards. "Inside Out" starts from the protagonist Riley's adolescence, adapting to the new environment as an incentive, five basic human emotions are personified, this film vividly and fully tell about the story that emotional development and psychological growth of the little girl Lily, and it reproduces a young adolescent girl's psychological conflict and how to grow up across the barriers on the growth road to mature. The structure of the story is close to life, the 3D technology in the film presents extremely rich visual effects such as human emotions and micro-expressions, and vividly reproduces the influence of emotion, memory, thinking and subconscious and so on for human behavior, and even gives the whole film characteristic psychological charm.

2. Psychology of Emotion Team behind Film

The "Inside Out" is directed by the famous American director Pete Docter, because film shows a lot of elements of psychology of emotion, the team invited two American psychologists as science advisors, they are Paul Ekman and Dacher Keltner, respectively, the scientific nature of the film are guaranteed to the greatest extent, those professional and dedicated attitude arouse admiration. Paul Ekman is a professor of psychology at the University of California, San Francisco, the world's chief micro-expression expert, but also the protagonist prototype of another famous American drama, "Lie to me," he is listed as the one of the most influential psychologists in 21st century.

And he has devoted to the research on emotions and interpersonal behavior for many years; he puts forward six basic human emotions: joy, anger, sadness, fear, disgust and surprise in his book "Emotions Revealed", the team took this as psychology basis, the surprise and fear into the movie are integrated into fear in the film, in addition to joy anger, sadness and disgust five emotions totally, their adventures in the brain are used to show the protagonist's life experience; Dacher Keltner is a professor of psychology at the University of California, Berkeley, he preside over "Emotional Peace

and Mental Health Development Center" and psychology laboratory which take "social interaction" as the theme in Berkeley, and has a considerable impact in the psychology circle of United States, he wrote "Born To Be Good", deeply thinks life, marriage, society and interpersonal relationship from the perspective of positive emotions, and open the another door to happy life for people.

The involvement of the two big psychology names makes the " Inside Out " not only clearly and accurately express the psychological factors of human behavior in a very witty plot, the very abstract psychology concepts such as memory, emotion, thinking, subconscious and dreams are seamlessly connected in the film, therefore, this film is called "a screening "psychology of emotion, a textbook on growth" by psychologists, which is the recommended preferred film of introduction to psychology.

3. Psychology Analysis of Emotion in the Film

The "Inside Out" skillfully took all kinds of mental activities in the human brain and development process shown in a visual and audio form, and successfully aroused people's beautiful past in deep memory and the life experience that has been gone through-it behind Riley is the shadow of countless people childhood, its scientific, rigorous psychological philosophy has become the biggest highlight of film.

(1) Psychology of Emotion and "Inside Out"-Joy

The dominant color of joy which represents happy mood is yellow in the film, meanwhile has a blue short hair, she is the first appearance and has been dominant in the film, which is the dominant emotion of Riley. Joy's mission is to find by all means to help Riley maintain a pleasant feeling. Well-known psychologist Freud once said that id of people are based on the happiness, and everyone has the instinct to pursue happiness; and psychologists' research on emotions also confirms that the dominant mood of children in childhood is happiness, since adolescence, positive emotional experience begins to sharply decline in frequency and intensity. The story of the film took place when protagonist Riley was 11 years old, it is clear that this is not the team's casual choice, eleven is the transitional period between childhood and adolescence, which means that she is about to say goodbye to her carefree childhood, There is no doubt that Railay's mental development is facing a major separation, and the plot of the film fits in with this theme: Riley moves away from Minnesota and leaves her favorite friends and environment, thus starting a series of stories.

(2) Psychology of Emotion and "Inside Out" - Sadness (Depression)

The sadness of second appearance represents mood of sadness and depression, the image of the film is a blue little fat man, as a typical "negative energy" representative, sadness always let Riley feel sad, helpless even despair, make Riley in a very low state, and in stark contrast to joy, therefore, it is unpopular in the brain headquarters, and even its own do not know the value of existence, they are rejected by everyone.

With the development of the plot, the function of sadness gradually manifests itself, the film tactfully presents three important psychological functions of sadness in the growth through several fragments: empathy, reconstruction and transformation. In the film, "sadness" plays a role for the first time, when fantastic partner of Riley Bing Bong because the rocket car was thrown into the oblivion abyss. The "positive thinking" amusement of Joy does not stop Bing Bong from crying; at this time, sadness come to Bing Bong, gently pat him, patiently listen to Bing Bong tell about the story he and Riley once, and understand and accept the sorrow of Bing Bong, so that the emotions of Bing Bong effectively eased. From the psychology point of view, the film shows the first function of "sadness": sympathy, it also known as empathy, namely, sympathy for the pain of others, understand and accept visitors by way of companionship and listening; the protagonist Riley run away from home under the control of anger, emotional console completely out of control, all the emotions cannot stop Riley's behavior, sadness reactivates the emotional console and help Riley rebuild the collapsed island, the film shows the second feature of "sadness": reconstruction, a power that help people rebirth in adversities and ruins; at the end of the film, sadness goes hand in hand with Joy press the emotion

control button, the picture shows the lens that Riley tears in front of parents, at this time, Riley's brain produced the first bittersweet complex emotions - touch, express the third function of "sadness": the transformation of emotions. In the film, the blue hair of Joy is just the same as the main theme of sadness, the explanation given by sentiment psychology is that happiness and sadness are interdependent in nature, and a very important part of happiness comes from sadness.

(3) Psychology of Emotion and "Inside Out"-Fear, Disgust and Anger

The other three basic emotions in the film, fears, disgust and anger emerge as supporting roles, but each performs its own duties, they make the story more vivid and humorous based on science. Fear represents fear or fright emotions, emotional psychology absorbs view of evolutionary psychology and cognitive neuroscience, which thinks the human fear mood is closely related to physical threat and body security and memory genetic factors from generation to generation, the image of fear is also like a nerve, it is responsible for reminding Riley, let her stay away from danger due to fear, it has warning and hedging functions; disgust in film represents the disgust mood, and it is a kind of emotion that put down each other, her image is a cold, proud and harsh little girl, "rolling eyes" and "wrinkling nose" is its signature action, which are the most representative micro-expression of human beings when express disgust emotions, she is responsible for helping Riley to avoid uncomfortable things, from a psychological point of view, actually itself adopts despise and disgusting defensive action; anger represents mood of anger, which is an offensive of person. Unlike fear and disgust, anger does not create defensive behavior, but shows the state of the attack, regardless of risks and consequences. In the film, Riley's confrontation with parents and run away from home, and they are all controlled by "anger," anger is often accompanied by a strong physical expression and energy loss, as the film shows: "anger" is will spray a flame when demonstrate one's courage and power. From a psychological point of view, angry emotions express dissatisfaction and resistance, while allowing you to look more powerful.

4. Enlightenment and Thinking

The work of Pixar's animation films has always impressed the audience with unique design concepts, ingenious ideas, highly personalized connotations and fresh vitality. The story structure of "Inside Out" is not complicated, but its role is shaped very typically, it deeply digs out subtle feelings that everyone have experienced during the growth process, behind the comedy also reflects all kinds of sadness, helplessness and touching in real life, personified handling and grasp of plot of film for emotion, even look from professional psychology perspective, there are almost no loopholes at all.

(1) How Emotions Affect People's Personality and Behavior

Which emotional little people stand behind the console in the film, Riley will be controlled by this emotion. Initially, only one mood can operate the console, and at the end of the film, as Riley mind mature, her head headquarters like mother, every mood has its own interface, the mood is more stable, and more mutual coordination; but each person's brain still has a dominant emotion, the dominant emotion of Riley is Joy, while the dominant mood of the mom is sadness, dominant mood of dad is anger; the coordinated development of various emotions will produce more complex emotions, such as embarrassment, touch, guilt, pride, etc., which is the color memory ball in the film. I have to say this is really a fantastic design; explain from the psychological point of view, people's personality and behavior are determined by the specific emotions. Riley has five islands in the film initially, namely, Honesty Island, Friendship Island, Kinship Island, Naughty Island, and Interest Island, they represent the initial personality of Riley, and making these personalities collapse and reconstruct is the power of various emotions, it also profoundly expresses the organization of emotions, which is shown in the coordination of positive emotions for behaviors, the destruction of negative emotions for behavior of and the cooperation of various emotions promote the formation of new behavior.

(2) There Should Be No Superfluous Emotion; Negative Emotions Also Have Their Special Psychological Significance

At the beginning of the film, almost all the audience think that Joy is a well-deserved protagonist, people realized that the real star is the most unpopular sadness to the last. The main purpose of the film is the psychological meaning of sadness (namely depression and sadness): sadness is often the last defense line of mankind and is the strength that people gain and rebuild in adversity. Just as what sadness said at the beginning of the film: "Sadness can help me to slow down without being overwhelmed by the adversities of life".

There are positive and negative in energy, there are positive and negative in emotions, but there is no absolute good and bad, yes or no. There is no superfluous emotion, sadness and all other negative emotions have their own existing significance, all emotions occupy a place or a console in our lives. Therefore, we cannot suppress emotions, not just eliminate emotions, instead, we should help ourselves to learn to express reasonably and manage emotion, make all kinds of emotions can perform their duties and promote our growth and integration.

(3) Growth Is Not Perfect; the Attendants Are Often Loss and Separation

Growth up, a not easy topic is represented witty and funny in the "Inside Out", when children laughing, many parents leave many tender tears. Pixar animation film "one-size-fits-all" style once again impressed millions of audience, and directly to psychological roots of "growth" and analyze.

First of all, growth is not perfect; bittersweet is the best interpretation of growth. Popularly speaking, the film has been talking about a "growth has trouble" story, Riley moved from familiar Minnesota to unfamiliar San Francisco, the trouble seems to come from the challenge of a new life, but it's not. Changes of the external environment is only an incentive, and 11-year-old Riley is in the early youth, under the seemingly calm surface is turbulent psychological unrest, abstract thinking began to form, dependence on friends and curiosity of the opposite sex, and the rapid development of self-consciousness makes children's mood swing unprecedented severe in this period, various emotional struggle almost through the whole of adolescence, and sorrow become indispensable protagonist. The rapid development of physiology let them immersed in the joy of "I'm of age", childhood becomes more and more distant, new role is becoming more and more clear, they struggle in the inexplicable sadness, a "storm" type change must bring a bittersweet growing experience.

Second, growing up need pay the price; the prices are often loss and separation. In the film, Riley has lost her familiar environment, her friends and family, and even her fantastic companion Bing Bong has vanished. With Riley's growth, she lost the whole carefree childhood, what Riley leave behind is the formidable "separated anxiety.", the growth is clearly impossible to step across all the obstacles on the "growth pain" road, the reasonable price make growth more perfect. The dream that DreamWorks Studios design for Riley is "tooth loss", seemingly arbitrary plot, but find the answer in Freud's "The Interpretation of Dreams", the tooth loss just symbolize "mental growth or aging and the separation of human relationships", once again pay tribute to the Pixar movie team, every tiny plot is the perfect fit with the soul of the film

Finally, company is the most affectionate confession in growth. Although eleven-year-old Riley is in a very heavy stage in life, the film still shows strong tender feeling, mom and dad does not ignore Riley in a slightly embarrassed new life, there is a whole world in her company in her brain as well. In the end of film, Riley smiles in her parents' arms and burst into tears, acceptance, listening and company are the affectionate confessions on the road of growth and the longest loving cure.

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