

## ANIMA AND ANIMUS PORTRAYED BY R AND JULIE IN *WARM BODIES* FILM (2013)

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### **Abstract**

*This study analyzes anima and animus portrayed by R and Julie in Warm Bodies film. The aims of this study is to analyze the characteristics of Anima and Animus portrayed by the main characters in Warm Bodies film. This study uses Carl Jung's Analytical Psychology theory. The method used in this study was descriptive qualitative. Warm Bodies film was the primary data was taken in the form of the monologues and the dialogues in the film. The secondary data were taken from the e-books, e-journals, essays, articles, and website. Moreover, watching the film, reading the scripts of the film, identifying the data, classifying the data, and reducing the data were the processes of the data collecting method. The last was data analyzing supported by the attachment of appendices and related theory descriptively. This study concludes two points. First, there are the characteristics of anima described by R. He has the characteristic of feminine are symphatetic, moody, vain, naive and emphatic. Second, there are the characteristics of animus described by Julie. She has the characteristic of masculine are aggressive, defends own self, brave and strong. The main characters show how the characteristics of anima and animus described by them in Warm Bodies film. Thus, they were a romantic couple as humans with the characteristics of feminine and masculine of both. Although, these two characters have anima and animus, R is still dominant in their relationship.*

**Keywords:** Anima, Animus, Analytical Psychology, Warm Bodies film.

## 1. INTRODUCTION

Many people want to show themselves in front of other person. Every people has different attitudes, feelings, emotions, behaviour, and characteristic. People should know how they understand about themselves as a human. There is Psychology theory to learn about many things to understand ourselves in understanding individual in society. It explains what people must do and how to do it as well as how to understand people about behavior. Saul McLeod statement explained as follows:

“Psychology is the scientific study of the mind and behaviour, according to the American Psychological Association. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behaviour and cognitive processes,” (McLeod 1).

There are many things about Psychology for human teaches, which is very important in his life. He should learn how people understanding individual in society. Therefore, Psychology is increasingly being important in human lives. “Major problems of our time such as poverty, environmental and ecological crisis and many other social and economic problems have important psychological implications,” (Lemma 4).

According to Jung, the conscious is something that is sensed by the ego while the unconsciousness does not have relationship with ego. Ego is the center of consciousness but it is not the center of personality. Jung divided the unconsciousness into two that are personal unconscious and collective unconscious.

Archetypes are ancient or archaic images that derive from the collective unconscious. They are similar to complexes in that they are emotionally toned collections of associated images. However, whereas complexes are individualized components of the personal unconscious, archetypes are generalized and derive from the contents of the collective unconscious, (Feist dan Feist 105).

The terms archetype by Carl Jung in his theory, explains that archetype is a biological pattern that lay down in the psyche. It means that in the psyche, there lives archetype functions to build kinds of a human’s behavior. The archetype makes people are different from each others. The archetype has an important role in our personality.

Carl Jung states that archetype has kinds of archetypal image. Two of the most popular archetypes are anima and animus. There are other archetypes beside anima and animus such as persona and shadow, great mother, hero, and the self. Jung said anima is the feminine side of men and originates in the collective unconscious as an archetype and remains extremely resistant to consciousness. “The feminine principle as represented in the male unconscious, an archetype forming part of the collective unconscious, representing the feminine aspect of human nature, characterized by imagination, fantasy,” (Colman 38).

## 2. RESEARCH METHODOLOGY

This research is a qualitative research. It just focus interpreting without depending on numerical data. Qualitative research is a reflected, interpretive, descriptive, and usually reflexive effort to describe and understand actual instances of human action and experience from the perspective of the participants who are living through a particular situation. Some qualitative research seeks

to identify and describe people's interactive ways of gaining or maintaining influence. (Fischer 2)

In this case, qualitative research can also be said in the form of dialogue among the characters, sentences, utterances, word, and also phrase. The qualitative method is used to analyze Anima and Animus Portrayed by R and Julie in *Warm Bodies* film.

In organizing the data, this study will use four steps, those are: 1) watching the film, 2) Identifying the data, 3) Classifying the data, 4) Reducing the data. The first step of collecting the data is watching the film. It was done in order to find data to be identified in next stage. Another method used to collect the data is reading the film script. This method will support data collection because it is easier to acquire the message of the film. The second is identifying the data. Identifying the data is the way to find some parts of the object that will be analyzed. There are some forms of the data that can be analyzed. The selected data can be in form of description, narration, and prologue, monologue, or dialogue which found from reading the script. There will be several processes such as, giving codes, underlining the data, highlighting, and noting. The third step of the study is classifying the data. Classifying data is grouping the data according to the problem formulation. There will be a table in classifying the data. It is called as appendix. It consists of columns of number, data, form of data, minutes, type, comment, and reference. This step will have help to answer the problem formulations of the study. The last method to collect the data is reducing the data. Reducing the data is the process of selecting from a big number of the data to the smaller number. Therefore, reducing the data will help and make easy to analyze the problems in the study. In this study, the data were analyzed with descriptive method, theories, references and approaches. This step needs collected data that is taken from the previous steps.

### **3. RESULT AND DISCUSSION**

#### **A. Psychology in Literature**

Psychology and literature are the two things which very important. Although, it is different they are have related to each other. Psychology studies about psychological aspects, and literature is the study of art by writing. Literature is also used as a mirror of personality because personality is related to the behavior of a person. With studying literature, everyone has the freedom to rate the personality as a mirror for his own behavior. Literary works in the form of prose such as short stories and novels always shows unique characters in life. This aspect makes literary psychology a guide, especially about the actions and thoughts of these characters.

Literature which intertwines within such fields as history, philosophy, sociology, psychology and so on is a discipline wherein language is used as a medium of expression so as to interpret man, existence and culture, personality and individual differences which have always been studied and discussed by writers, philosophers, artists, psychologists and psychiatrist, (Arasa 2).

The purpose of studying literary psychology is to understand the psychological characters shows in literary works. Humans are uses as objects to rate behavior in life. Behavior is an important aspect of psychology. Behavior in psychology can trigger the psychological

aspects that appear in humans. These symptoms can be written in a literary work which is the result of an author who conscious or unconscious uses psychological theory.

The strength of literary works could be seen how far the author is able to rate the psychology shows in literary works. The most important thing in studying literary psychology theory is to be able to rate humans from the inside. "Similarly, the readers also respond, in their own way, to what they read, a fact that renders the responses to literature "effects" that determined plots have on the readers," (Santos 3). The author will provide ideas in his literary work. However for the readers, the literary work could change the meaning and distort the original author's plans. It is what makes literary works of value depend on the point of view of the author or reader.

## **B. Jung's Psychoanalytic Theory**

Carl Jung gives every human have different argument. In Jung's theory there are level of psyche. Psyche is a part of human personality. Every human has a psyche. There is a feeling in psyche. It is very important to learn about human psyche. "The psyche is no exception to the general rule that the universe can be established only in as far as our psychic organism permits," (Jacobi 31). In the psyche, there are consciousness or ego and unconsciousness.

Consciousness also is human which derives condition from his experience. "Jung's *unconscious* included inherited (collective) aspects such as the instincts, as well as personal aspects such as memories, knowledge, and experience," (Crellin 21). Ego which also refers to conscious mind or conscious thinking, considers perception, thinking, feeling, and remembering. Personal Unconscious related to the personal experience which is pressed inside. "The personal unconscious encompasses the personal experiences accumulated by a person in his lifetime," (Sarieddin 15). Collective unconscious, called as psychic inheritance, has existed since birth. "This part of the unconscious is not individual but universal; in contrast to the personal psyche, it has contents and modes of behavior that are more or less the same everywhere and in all individuals," (Jung 13). These elements or the content of the collective unconscious are known as archetypes.

Archetypes are the tendency to experience an repeating event or situation. Archetypes are the results or a collection of life experiences which is repeated, for example: life, death, mother, father, food, danger, fear and so on. Archetypes are symbols of unconsciousness it's when those become awareness and, appear in the form of images and emotions. "Archetypes are intermediate between genes and experience: they are the organizing schemata by which the innate becomes personal," (Stevens 17).

Archetype are similar to complexes in his emotion toned. However, complexes are individualized component of the personal unconscious. Archetypes are generalized component of the collective unconscious. Archetypes are different from instinct. Archetypes have a biological basic. However, that from originate experience which repeated of a human's ancestors. The potential of archetypes could not countless in each person. Archetypes itself could not directly active, however they could express with several mode, especially dreams, fantasies, and delusions. Archetypes are the part of individual that helps the process of developing a characters. Archetypes are images from the collective unconscious.

### **B.1 Anima found in R's characteristics**

The point of Anima's theory was analyzed in deep to understand Anima's characteristics. After analyzing the characteristics of Anima's side, the writer can easily identify how R has Anima's side in *Warm Bodies* film.

In *Warm Bodies* film, the Anima's characteristics are reflected by sentences, prologues, monologues, and dialogs of the main character in some scenes.

R : I don't know what I'm doing. What's wrong with me? These other guys would never bring a living person home. You know why? Because that's crazy! Right now, they think He is just another one of us. A new addition to the family. But they would think I was insane. If they could think. Why do I have to be so weird? What am I doing?

The dialogue started by R shows that he is sympathetic. Especially, he cares about Julie. When R and the other zombies try to attack human, he sees Julie when she shoots one by one of the zombies. R feels sympathetic to see her courage. So, when the other zombies wants to attack Julie, he save her. Although, he should make Julie like a zombie. Then, R sticks a lot of blood to making sure that Julie does not smell like a human. It shows that R is sympathetic to Julie when he sees her courage, then he deciding to save her. "There are many the characteristics of the feminine, they are, sympathetic, understanding, compassionate, sensitive to the needs of others, and yielding," (Bem 410).

The anima is the feminine side in man. There are many characteristics of the feminine in man, it can call anima's side. According to (Zimmerman and David 17) "The anima in hyperbolized examples of what was considered feminine: or, as Jung states, that which is touchy, irritable, moody, vain," it can be seen in this film because there is many R's gesture which to be like he has feminine side. He seems moody about his life to be a zombie and feels lost. In his monologue also shows that he does not want to be his life now. But sometimes he feels like everything is okay when he meets Julie in other condition. So, it is called moody when he too easily changed his mood. The dialogue is sounds like.

R : I don't want to be this way. I'm lonely. I'm lost. I mean literally lost. I've never been in this part of the airport before. Wonder if these guys are lost, too. Wondering around but never getting anywhere. Do they feel trapped? Do they want more than this? Am I the only one?

In the part of his dialogue, we can see how he feel lost and be sad at the airport. Although, that's not the point. The point is he does not want live to be a zombie. In the film, R many show how he feel moody. Zimmerman and David said that as Jung states that the feminine in anima was considered hyperbolized that which is vain, irritable, jealous, etc. (Zimmerman and David 17)

R : So much for dreaming. You can't be whatever you want. All I'll ever be is a slow, pale hunched-over, dead-eyed zombie. What did I think was gonna happen? That she'd actually want to stay with me? It's hopeless. This is what I get for wanting more. I should just be happy

with what I had. Things don't change. I need to accept that. It's easier not to feel. Then I wouldn't have to feel like this.

At that moment, R feels vain because everything was not to be like his expectation. R hopes that Julie can stay with R no matter what. But, Julie leaves him because she must back to her world like a human. At the first, R hopes that Julie can change him to be better but he feel hopeless when she leaves him. It could be called R feels vain.

According to Harding 24 "Thus every woman who neglects her real reaction is too great compliance to the wishes of the man plays to catch the projection of the man's anima," That's means, the anima side wants to get attention from another person then he does something to get what he wants. In the film, R shows that he wants to tell Julie about his and his friends although it's very dangerous to meet Julie. She already at home which is a zombie too risk to meet her.

R : Julie

Julie : Oh my god! R

What are you doing here?

R : Come to see you.

Julie : R. You can't just do that. It's very dangerous.

Jesus, R, are you crazy? The people here, they're not like me. If they see you, you'll get killed. Do you understand that?

R : Yes

It can be seen that R does not think about what he did because he must to tell Julie no matter what effect after that. He just wants to do what he wants to get anything important for him. R does not like the others zombies. According to (Antonas 14) Anima has the characteristics, the point is emphatic.

Julie : Why me? Why did you save me?

R : Don't c...ry.

R : (Soft music playing) Safe, keep you safe.

Julie : What are you?

In the film, this scene R plays a song to make Julie feel calm. It shows how R emphatic to Julie. He also often replay his word like safe to her. It is called emphatic to make Julie feel safe with him. Julie feels confused when it happened because R different with the others which look creepy.

R changed to be a romantic person with Julie. He can make Julie trust him with his word which a romantic word.

Julie : I don't know how my dad's gonna be. He gets kind of crazy. This might not work.

R : Hei, no matter what, we stay together. We're changing everything.

Julie : I know.

R : Stay together, promise.

Julie : I promise. Come on.

When Julie shows her doubt about her dad, R try to make Julie trust him. R do something which it usually did by a couple. R said that they must together no matter

what. He also make a promise to Julie to stay together. He can call a romantic person to people He loves. According to Zimmerman and David 17, The anima in lovers can do something a romantic with love, it can be the sweetest form especially in love. He said that a man who has an anima's side is romance. It can be seem R very romantic when he make sure Julie to stay together no matter what.

In the beginning, Julie has a boyfriend who loves her so much. But, he died in the first time opposition to fight zombies. Julie does not know who has killed her boyfriend. Time has passed, finally, Julie who was it.

Julie : It must be hard being stuck in there. You know, I can see you trying. Maybe that's what people do. You know, we try to be better. Sometimes we kind of suck at it. I look at you and you try so much harder than any human in my city. You're good person, R. Anyway.

R : It was me.

Julie : What was you?

R : (Bring back watch's her boyfriend)

Julie : Oh, I mean I. I guess I kind of knew that.

R : You did it?

Julie : Yeah, I guess I hoped that you didn't, I'm sorry.

R : I'm so... so sorry Julie.

According to (Harding 11) said that general characteristics of the anima when woman change as the passes without her conscious knowledge. It can be seen when R eats Julie's boyfriend's brain. He does not understand what effect after that. Although, for the first time Julie trust him, when Julie knew about that, she leaves R.

According to (Harding 23) "These typical anima women are, in each instance, naive, and unconscious," According to the journal, R has the anima's side when he talks about his name.

Julie : R

R: Yeah?

Julie : Do you remember your name yet?

R : No.

Julie : Well, you know, you could just give yourself one. Just pick one, whatever you want.

R : I like "R"

Julie : Really? You don't want to know what it was?

You don't want your old life back?

R : No, I want this one.

Julie : Just "R" huh?

R : Just "R".

It sounds very naive because he just wants to use that name. There is in the last scene when they became a human couple then Julie asks about his name. According to Harding 11 "When women of marked anima type into a community, all the young man, unmarried, and married alike, are immediately fascinated by her," It means that the anima's side has its charm to make people interested.

Julie : I know that you saved my live. And I'm grateful for that. But you walked me into this place. So I know that you can walk me out again.

R : H...h... have to wait. They.... They'll notice.

Julie : How long?

R : F.... f.... few d... days. Th... they'll f... forget.

Julie : Are these others like you? I mean, I've never heard a corpse talk before. I mean, apart from the groaning.

It can be seen when R talk to Julie like a human. He speak fluently does not like a zombie which usually does not speak clearly. R does not know what he did. He just talks to Julie. But she feels interested in how is He talking like a human.

## **B.2 Animus found in Julie's characteristics**

There are the characteristics of animus, it can be seen in many scenes about Julie who have animus's side. Animus is masculinity in a woman. It is important things to analyze the characteristic of masculinity. The masculine side of a woman is called the animus. The animus represent for thinking and reasoning. It is capable of influencing the thinking of a woman. (Feist dan Feist 109) It can be seen when there is about animus when Julie brave to shot the Zombies. She is very brave to against them. Because she wants to kill the Zombies. She has a masculine side of woman because she very brave for that. "The masculine principle present as an archetype in the female collective unconscious, characterized by focused consciousness, authority, and respect," (Colman 39).

According to Antonas 14 "The anima and the animus do not refer to gender, but characteristics predisposition and archetypal motifs. In other words, temperaments that we have historically identified as animus oriented would include strong, brave, orderly, etc," One of those characteristics is brave. Julie is very brave to against the zombies. Although she is alone to fight them, but she still tries to leave R. However, then R comes to safe Julie

Julie : God! Shit!

R : Don't run. Come. Safe

Julie : Thank you.

(Zombies groaning)

R : Be dead (groaning)

In this scene, Julie tries to run from R. Although, R was said that she not save for that time. But, Julie still too brave for escape from him. Julie brave to fight, shoot, and survive the zombies. It has happened in the beginning when Julie and her friends to be a volunteer to looking for vaccines. Julie very brave and run so hard to fights the Boneyes. According to Doughty and Wright, woman can be strong and brave. "The influence of society we are molded into men and women. Women are expected to be more nurturing and less aggressive, men are expected to be strong and to ignore their emotional sides," (Doughty and Wright 165).

In this scene dialog between Julie and her dad show how Julie tries to tell what already happens by R and the other zombies. Julie tries to make her dad believe that the zombie can change to be a human. They don't become zombies yet. According to (Hudson 72) "The animus presides over the life of mind and spirit rather than the life of body soul. When a woman is speaking her mind or inspired to action, her animus present,"



Julie : I think the dead are coming back to life.  
Dad : That does sound crazy.  
Julie : They're changing, dad. They're....  
I don't know. They're somehow curing themselves.  
Dad : You think they're curing themselves? How is that?  
Julie : I saw it. It's really happening.  
Dad : No. You know what is happening, Julie?  
What's happening is every day there are more of them and less of us.  
They're not curing themselves. We are their food source. They are not becoming vegan. Okay? They don't eat broccoli. They eat brains, your mother and your boyfriend included. Okay? So, I want you to wake up!

It can be seen when Julie talks about R and the other zombies who can change to be a real human. Julie just speaking her mind but her dad does not trust anything else about the zombies. Then Julie tries to prove it. In a minute (01:25:27)

Dad : (Shoot R's chest) Next one's the head. Move away from him, Julie.  
Julie : No!  
Dad : Julie, move now.  
Julie : Dad, you have to listen to me. I know we lost everybody. I know you lost mom. But you and me, we are still here. We can fix all this. We can start over. They need our help. Please Dad! Look at him. He's different. He's ....Bleeding. He's bleeding, dad. Corpse don't bleed! Oh. God! You're alive! He's alive! Does it hurt?  
R : Yeah.

Finally, Julie can make her dad trust what she was told. A corpse can bleed it's mean that the zombies can change to be a human. According to (Hudson 72) Woman can speak about her mind then she prove it. It is called the animus.

It can be seen in prologue, monologue, and picture. Julie has many characteristics of masculine such as aggressive, competitive, masculine, strong, and brave. So, it is called Julie has an animus's side. Although, she has the characteristics of masculine, R still dominant in the relationship.

#### **4. CONCLUSION**

The writer used anima and animus which part of the collective unconscious. The theory by Carl Jung's of analytical psychology described how anima and animus show in man and woman. The previous chapter explains how anima described by R and animus described by Julie in *Warm Bodies* film. They have some characteristics of anima and animus which is described by some journals. In this film, R shows that He has an anima's characteristics like sympathetic. He feels sympathetic and care about Julie. He also safe her life. One of the characteristics of feminine is understanding. R is understanding to other, especially to Julie. Moody, vain, and emphatic are the characteristics of an anima's side. They are so many characteristics of anima that described by R.

Julie has an animus's side. There are aggressive, competitive, masculine, strong, independent, etc. It can be seen in prologues, monologues, and pictures. Julie has the masculine side when she tries to be a volunteer in her. It can be seen when she brave to fight the zombies. There are so many incident which makes Julie stuck in a situations, that is make Julie show off her masculinity. In some scene, Julie tries to run from R. But, she must fight with the zombies. Strong and brave are the characteristics of masculinity. Then, animus is the masculine side by a woman. At the beginning until end, R and Julie shows that anima and animus described by them. In many situations we can see it. Thus, they were a romantic couple as human with the characteristics of feminine and masculine of both. Although, these two characters have anima and animus, R still dominant in their love relationship.

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