

**SIX DIMENSIONS WELL BEING BY RYFF OF RAPUNZEL IN
TANGLED MOVIE**

THESIS

**Submitted in Partial Fulfillment of the Requirement
for the Degree of Sarjana Humaniora**



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DEDICATION

This thesis is dedicated to :

1. Researcher beloved parents and families
2. Researcher lecturer of English Letters UIN Raden Mas Said Surakarta
3. Researcher partner
4. Researcher besties and best friends
5. Researcher herself

MOTTO

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallâhu wa ni'mal wakîl

Artinya: "Cukuplah Allah bagi kami dan Dia sebaik-baik wakil".

"I'm bad, and that's good. I will never be good, and that's not bad. There's no one
I'd rather be than me" - Wreck-It-Ralph

"To infinity and beyond !" - Buzz Lightyear

PRONOUNCEMENT

PRONOUNCEMENT

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I hereby sincerely state that the thesis entitled Six Dimensions Well Being By Ryff Of Rapunzel In *Tangled* Movie is my own original work. To the best of my knowledge and belief, the thesis contains no material previously published or written by another person except where due references are made.

If later proven that my thesis has discrepancies, I am willing to take the academic sanctions in the form of repealing my thesis and academic degree.

Surabaya, 20 June, 2023

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ABSTRACT

Tiara Alfiyyah Almaas. 2023. *Six Dimensions Well Being By Ryff Of Rapunzel In Tangled Movie*. English Letters Study Program. Culture and Languages Faculty.

Advisor : Dr. Nur Asiyah, M.A

Keywords : Six Dimensions Well Being, Ryff, Rapunzel

Individuals definitely crave a healthy condition both physically and mentally, such as feeling happy and prosperous through various efforts to be able to make it happen. Mental health needs to be considered as important as physical health because it will affect one's self-realization, overcoming life's pressures or challenges, ways of thinking, relating to other people so that they can carry out life activities productively in society

Psychological Well Being or it can be abbreviated as PWB by Ryff (1989) is a state where Individuals are able to accept themselves as they are, able to form relationships warm with others, have independence from social pressure, able to control the external environment, has the meaning of life, and capable realize his potential continuously (Ryff: 1989). Psychological well being consists of the need for feel good psychologically.

This research will describe the dimensions and high and low quality of the main character in Tangled movie, Rapunzel. In this research, researchers used a qualitative description method to explain the dimensions of psychological well being by Ryff on Rapunzel. The results of this study are that Rapunzel has a high Positive Relations With Other dimension because her ability to connect with others, even in challenging situations, allows her to build a support system and ultimately achieve her goals.

ABSTRAK

Tiara Alfiyyah Almaas. 2023. *Enam Dimensi Well Being Oleh Ryff Di Rapunzel Dalam Film Tangled*. Program Studi Sastra Inggris. Fakultas Adab dan Bahasa.

Pembimbing : Dr. Nur Asiyah, S.S., M.A

Kata Kunci : Enam Dimensi Well Being, Ryff, Rapunzel

Individu pasti mendambakan kondisi sehat baik jasmani maupun rohani, seperti merasa bahagia dan sejahtera melalui berbagai upaya untuk dapat mewujudkannya. Kesehatan jiwa perlu diperhatikan sama pentingnya dengan kesehatan fisik karena akan mempengaruhi realisasi diri seseorang, mengatasi tekanan atau tantangan hidup, cara berpikir, berhubungan dengan orang lain sehingga dapat melakukan aktivitas hidup secara produktif di masyarakat.

Positive-mental health berupaya mempelajari dan mengetahui pendekatan dan intervensi yang dapat dilakukan untuk mengembangkan dan memperoleh kesejahteraan. Individu yang memiliki kesehatan mental yang positif akan berkembang sesuai dengan tahap perkembangannya baik secara fisik, emosional, intelektual, spiritual, maupun intrapersonal. Selain itu, individu akan memiliki resiliensi atau ketangguhan dalam menghadapi berbagai situasi kehidupan dan menyesuaikan diri secara tepat sehingga mampu menunjukkan kesejahteraan dan merasakan kebahagiaan.

Psychological Well Being atau bisa disingkat PWB menurut Ryff (1989) adalah suatu keadaan dimana individu mampu menerima dirinya apa adanya, mampu menjalin hubungan yang hangat dengan orang lain, memiliki kemandirian dari tekanan sosial, mampu mengendalikan lingkungan luar, memiliki makna hidup, dan mampu mewujudkan potensi dirinya secara terus menerus (Ryff: 1989). Ryff juga meneliti masalah kesejahteraan psikologis. Konsep Ryff berawal dari keyakinan bahwa *positive health* bukan hanya sekedar ketiadaan penyakit fisik saja. Kesejahteraan psikologis terdiri dari kebutuhan untuk merasa nyaman secara psikologis. Selain itu, menurut Ryff, Psychological Well Being adalah istilah yang digunakan untuk menggambarkan kesehatan psikologi individu berdasarkan pemenuhan kriteria fungsi psikologis positif.

Penelitian ini akan mendeskripsikan dimensi dan kualitas tinggi rendah dari tokoh utama dalam film *Tangled*, Rapunzel. Dalam penelitian ini, peneliti menggunakan metode deskripsi kualitatif untuk menjelaskan dimensi kesejahteraan psikologis oleh Ryff pada Rapunzel.

Hasil dari penelitian ini adalah bahwa Rapunzel memiliki dimensi Hubungan Positif Dengan Orang Lain yang tinggi karena kemampuannya untuk terhubung dengan orang lain, bahkan dalam situasi yang menantang, memungkinkannya untuk membangun sistem pendukung dan pada akhirnya mencapai tujuannya.

CHAPTER I

INTRODUCTION

A. Background of the Study

Individuals definitely crave a healthy condition both physically and mentally, such as feeling happy and prosperous through various efforts to be able to make it happen. Mental health needs to be considered as important as physical health because it will affect one's self-realization, overcoming life's pressures or challenges, ways of thinking, relating to other people so that they can carry out life activities productively in society. (Priscilla Titis Indiarti, S.Psi., M.Si. 2020)

About positive mental health, namely efforts to learn and know the approaches and interventions that can be done to develop and obtain well-being. Individuals who have positive mental health will develop according to their stage of development both physically, emotionally, intellectually, spiritually, and intrapersonally. In addition, individuals will have resilience or toughness in dealing with various life situations and adjust appropriately so that they will be able to show well-being and feel happiness. (Priscilla Titis Indiarti, S.Psi., M.Si. 2020)

The American Psychological Association (APA) defines well-being as a state of having a feeling of happiness, satisfaction, low stress levels, physically and mentally healthy and maintaining a good quality of life. Individuals who have high well-being maintain mental and physical health in order to be able to overcome challenges, achieve happiness and satisfaction in their lives. Well-being is related to positive mental health as well as the optimal functioning of physical, socio-

emotional, spiritual, cognitive aspects which are strongly influenced by the socio-cultural context in which individuals live, work, and carry out their daily activities.

Well-being is a state that is formed from experience, optimal individual function and is an outcome through a process of hard work and effort in making it happen. Psychological well-being does not only refer to mental health only negative in nature, but also refers to how a person Individuals are able to develop their potential and abilities optimally, as individuals who function well physically, emotionally nor psychological. (Priscilla Titis Indarti, S.Psi., M.Si. 2020).

Psychological Well Being or it can be abbreviated as PWB by Ryff (1989) is a state where Individuals are able to accept themselves as they are, able to form relationships warm with others, have independence from social pressure, able to control the external environment, has the meaning of life, and capable realize his potential continuously (Ryff: 1989). Ryff has also researched the issue of psychological well being. The concept of Ryff originated from the belief that positive health is not just an absence physical illness only. Psychological well being consists of the need for feel good psychologically. In addition, according to Ryff, Psychological Well Being is a term used to describe health individual psychology based on fulfilling the criteria of positive psychological function. (Ryff 1989)

Psychological Well Being research is important to do because of the positive value of mental health that is in it one can identify what is missing in his life. Therefore, Psychological well being is appropriate for those who experience psychological disorders because they experience many deficiencies in positive psychological matters in his life. So it can be concluded that psychological well-

being is a state in which the individual is able to accept his condition in a positive, good manner the circumstances he is currently living in as well as his life experiences are included experience that he considers unpleasant and accepts it all as a part of him.(Ryff 1989)

Psychological Well Being or PWB for short explains the term Psychological well being as a full achievement of psychological potential a person and a state where the individual can receive power and weakness as it is, have a purpose in life, develop positive relationships with others, become an independent person, able to control environment, and continue to grow personally. Psychological well being is a concept related to what individuals feel about activities in everyday life as well leads to the disclosure of personal feelings for what is felt by individuals as a result of their life experiences. (Ryff 1989)

Tangled is one of the famous Disney movies with the budget \$260 million, gross income \$591,794,936 and IMDb rating 7.7/10. Until this film was made another version of the original, namely *Tangled Ever After* (2012) and *Tangled Before Ever After* (2017). *Tangled Ever After* is a American computer animated 3D short movie written and directed by Nathan Greno and Byron Howard. It is a sequel to the 2010 Walt Disney Animation Studios *Tangled*. It premiered in theatres on January 13, 2012. *Tangled: Before Ever After* is a 2017 American 2D-animated musical fantasy television movie produced by Disney Television Animation, that premiered on Disney Channel as a Disney Channel Original Movie. It takes place between the original Walt Disney Animation Studios film *Tangled* and the short *Tangled Ever After*, and serves as the first episode to Rapunzel's *Tangled*

In general, psychological is a science to study the mental in humans. According to Smuth (2018) Psychology is one of the fields of science and applied science that studies behaviour, mental functions, and human mental processes through scientific procedures. Wilhelm Wundt (1829) stated that the notion of psychology is a science that studies the various experiences that occur in humans; such as the five senses, feelings, thoughts, and wills. Experimental methods in psychology were introduced by two well-known psychologists, Wilhelm Wundt and William James, who are considered the “Fathers of Psychology”. Based on Indonesian National Encyclopaedia Volume 13 (1990), Psychology is the study of human and animal behaviour, both those that can be seen directly and those that cannot be seen directly.

According to Ryff (1989) psychological well-being is a condition of a person who is not free from pressure or mental problems, but more than that, the condition of a person who has the ability to accept oneself and life in the past (self-acceptance), self-development or growth. personal growth), the belief that one's life is meaningful and has a purpose (purpose in life), has the quality of positive relationships with others (positive relationships with others), arrangements to manage life and the environment effectively (mastery of the environment), and the ability to determine actions alone (autonomy).

To complete a research, researchers need a lot of experience and teaching from several other researchers to be able to make the research well. Therefore, these researchers present a study on human psychology using Ryff's theory of psychological well-being. Several research related to it. First, the journal entitled Exploring the relationship between frequency of Instagram use, exposure to

idealized images, and psychological well-being in women by Mary Sherlock, Danielle L Wagstaff (2019). This study aimed to address the link between Instagram use and a range of psychological variables in two parts. Participants were 129 women aged between 18 and 35 years. In Part 1, women completed a series of questionnaires related to mental health outcomes and self-perceptions. Results showed that the frequency of Instagram use is correlated with depressive symptoms, self-esteem, general and physical appearance anxiety, and body dissatisfaction and that the relationship between Instagram use and each of these variables is mediated by social comparison orientation. Second, the journal entitled *Journeys of well-being: Women's travel narratives of transformation and self-discovery in Italy* by Jennifer H Laing, Warwick Frost (2017).

The journal analyze about tha travel narratives can shape tourist imaginings about places, and are a useful tool for understanding tourist experiences. One long-standing media trope is the transformative potential of travel to Italy, especially for women. In this qualitative phenomenological study, contemporary non-fiction books written by women about their travel experiences in Italy were analysed, using well-being as a theoretical framework. Six well-being dimensions were found to be present in these narratives, with the first five reflecting the dimensions of the DRAMMA model of triggers promoting well-being in leisure, alongside an additional dimension drawn from the PERMA model of well-being. Both hedonic and eudaimonic forms of well-being were mentioned. Identity, in terms of self-discovery and reinventing oneself, underpinned a number of these dimensions. The study extends work on travel imaginings beyond the fictional literary or film

context and has practical implications for the promotion of destinations and marketing tourism as an avenue towards well-being.

Third, the journal entitled *The Development of Psychological Well-Being Programme Based on Six Factor Model Psychological Well-Being RYFF (1989)* by N Rozubi, L Poh Li (2015). The aims of this journal were to develop and validate a Psychological Well-Being Programme for primary school children based on 6 Factor Model Psychological Well-Being by Ryff (1989). This Program encompassed 6 sub programme and 8 activities developed along the concept and components of the 6 Factor Model Psychological Well-Being by Ryff (1989). The design method used in this study involved a descriptive approach involving expert judgment. In addition, literature review was used to examine the need for developing of Psychological Well-Being Programme and to justify usage the 6 Factor Model Psychological Well-Being by Ryff (1989).

The instruments used to determine the content validity of the programme as advocated by Jamaludin (2002) is a modification from Russell (1974). The sample of the study comprised six experts in the field of counseling and psychology. A statistical software was used to analyze the descriptive statistics of the collected data which revealed promising results. The values computed for the content validity were high, ranging from 80% to 93%. These findings reinforce the Six Factor Model Psychological Well-Being by Ryff (1989) in the design of Psychological Well-Being Programme for primary school children in Malaysia. Implications of the findings are discussed.

The difference between previous studies and this research is in the object, while the similarity between previous studies and this research is in the theory which uses Psychological Well-Being by Ryff. Based on the explanation above, it can be concluded that this study discusses the psychological well-being of the main character in the *Tangled* movie using the theory by Ryff. So, this research is entitled Psychological Well Being by Ryff of Rapunzel in *Tangled* Movie.

Here is an example of the six dimensions psychological well being by Ryff of Rapunzel by the researcher on the *Tangled* movie :



Figure 1.1 Environmental Mastery Low

The researcher mentions that Rapunzel appears scared, and the reason for her fear is explained. It states that she has spent 18 years living in the tower without ever coming down. Therefore, stepping onto the grass for the first time in her life is a new and unfamiliar experience for her, which causes her to feel frightened. The phrase "the look in his eyes that looks dumbfounded at the grass" suggests that Rapunzel's facial expression reflects her astonishment or confusion upon encountering the grass. The grass is something she has never seen or experienced before, so she appears dumbfounded or bewildered by it.

The sentence also mentions that Rapunzel's reaction can be categorized as "Environmental Mastery with low quality." "Environmental Mastery" refers to an

individual's ability to adapt and cope with their environment effectively. In this context, it suggests that Rapunzel's lack of exposure to the outside world has limited her ability to adapt to new surroundings or handle unfamiliar situations. The "low quality" likely refers to her low quotient or level of proficiency in dealing with such environmental changes.

B. Limitation of the Study

The function of the limitation of the study is to limit the focus of the research so as not to discuss other aspects that are not included in the research. And in this research the limitation of the study are to found types of psychological well-being in *Tangled* Movie. Researcher analysis the main character, Rapunzel using theory of Ryff psychological well-being about six factors of positive functioning, namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others and self-acceptance.

C. Formulation of The Study

Based on the above limitations, the formulation of the problem is as follows:

1. What are the six dimensions of psychological well-being found of Rapunzel in *Tangled* Movie?
2. How to describe the high or low quality of the six dimensions of psychological well being of Rapunzel in *Tangled* Movie?

D. Objectives of The Study

Based on the formulation of the study above, the objectives of the study is as follows:

1. to describes the dimensions of psychological well-being of Rapunzel in *Tangled* Movie
2. to describes high or low quality of the six dimensions of psychological well being of Rapunzel in *Tangled* Movie

E. Benefits of The Study

a. Theoretical Benefit

The theoretical benefit of the research are to give information for the reader about types of psychological well-being and the applications in the main character in *Tangled* Movie.

b. Practical Benefit

The practical benefit of the research are to make the reader deeper to understand about psychological well-being. Hopefully, the reader can increase their knowledge and insight about psychological well-being and can use it for further research.

F. Definition of the Key Terms

1. Carol Ryff

Carol Diane Ryff is an American academic and psychologist. She received his doctorate in 1978. She is known for studying psychological well-being and psychological resilience. She is the Hilldale Professor of psychology at the University of Wisconsin-Madison, where she chairs the Institute on Aging. Carol D. Ryff, a professor from the University of Wisconsin-Madison, explained the concept of psychological well being.

2. Psychological Well-Being

According to Ryff (1989), Psychological well-being is a condition of a person who is not free from pressure or mental problems, but more than that, the condition of a person who has the ability to accept oneself and life in the past (self-acceptance), self-development or growth (personal growth), the belief that one's life is meaningful and has a purpose (purpose in life), has the quality of positive relationships with others (positive relationships with others), arrangements to manage life and the environment effectively (mastery of the environment), and the ability to determine actions alone (autonomy).

3. *Tangled* Movie

Tangled is one of the movies from animated film production, Disney, in 2010 and got a 7.7/10 rating in IMDb. *Tangled* movie is an animated Disney movie about a young girl named Rapunzel with long magical hair who embarks on an adventure with a charming thief named Flynn Rider, discovering her true identity along the way.

CHAPTER II

LITERATURE REVIEW

A. Theoretical Background

1. The Theory Well-Being Psychological by Ryff

Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviours. The Ryff of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. The dimensions of Carol Ryff's model of psychological well-being are related to greater subjective well-being as well as life satisfaction. It also affects physical health in terms of lower levels of cortisol, the stress hormone, a better sleep pattern or lower cardiovascular risks. Carol Ryff defines psychological well-being from optimal human functioning that produces more positive emotions and satisfaction. Each dimension of the psychological well-being model is an index of well-being in itself. Carol Ryff points out the importance of taking care of each dimension.

According to Ryff (1989), well-being is not only happiness or positive emotions. Psychological well-being is multidimensional. The six dimensions of psychological well-being includes the following dimensions:

a. Self Acceptance

Self-acceptance, as conceptualized by Carol Ryff, a psychologist known for her work on psychological well-being, refers to an individual's ability to acknowledge and embrace all aspects of oneself, including both positive and

negative qualities. According to Ryff's model of psychological well-being, self-acceptance is one of the six dimensions that contribute to overall well-being.

Ryff's model suggests that self-acceptance involves having a positive and realistic view of oneself, along with a sense of self-worth and self-respect. It encompasses a non-judgmental attitude towards one's strengths, weaknesses, and limitations. Self-acceptance is not about denying or minimizing one's flaws or failures, but rather acknowledging them as part of one's overall identity.

Self-acceptance involves recognizing and embracing one's individuality, unique qualities, and life experiences. It encompasses self-compassion and self-forgiveness, allowing oneself to make mistakes and learn from them without excessive self-criticism or self-blame. It involves acknowledging and validating one's emotions, thoughts, and desires without seeking external validation or constantly comparing oneself to others.

Ryff's model suggests that self-acceptance contributes to overall psychological well-being by promoting positive self-regard, a sense of inner peace, and resilience in the face of adversity. It allows individuals to experience a sense of authenticity and congruence between their internal experiences and external expressions, leading to a greater sense of wholeness and integration

b. Positive Relations With Others

According to Ryff's model, positive relations involve the individual's ability to establish and maintain meaningful, satisfying, and mutually beneficial relationships with others. It encompasses various aspects of interpersonal connections, including emotional support, empathy, intimacy, and social

integration. Positive relations are seen as a fundamental component of overall well-being and contribute to a person's sense of purpose, happiness, and fulfillment.

Ryff emphasizes that personal relations are not just about the quantity of relationships but also about their quality. It is not simply the number of friends or social contacts that matters but the depth and authenticity of those relationships. Positive relations entail genuine emotional bonds, trust, and a sense of belonging within a social network.

Individuals with strong positive relations exhibit qualities such as empathy, compassion, and the ability to form intimate connections. They are capable of both giving and receiving support, experiencing love and intimacy, and engaging in meaningful interactions. Positive relations foster a sense of security, acceptance, and validation, which can enhance overall well-being and protect against feelings of loneliness or social isolation.

Furthermore, positive relations are not limited to close personal relationships but also encompass broader social connections and a sense of belonging to a community or social group. Being socially integrated and engaged in social activities can provide opportunities for personal growth, learning, and a sense of purpose

c. Autonomy

Autonomy is one of the six dimensions included in this model. According to Ryff, autonomy refers to the ability to regulate one's own behavior, make independent choices, and act in accordance with one's own values and beliefs. In Ryff's model, autonomy is seen as a critical aspect of psychological well-being. It

encompasses the capacity to resist social pressures, maintain an internal locus of control, and pursue personal goals and aspirations. Individuals with high levels of autonomy are more likely to feel in control of their lives, experience a sense of personal freedom, and make decisions that align with their authentic selves.

Ryff's model suggests that autonomy is interconnected with other dimensions of psychological well-being, such as self-acceptance, environmental mastery, personal growth, positive relationships, and purpose in life. Together, these dimensions contribute to an overall sense of well-being and fulfillment.

d. Environmental Mastery

According to Ryff, environmental mastery involves a person's ability to shape their surroundings, meet their needs, and effectively handle the demands and challenges of life. Individuals with high levels of environmental mastery feel a sense of control over their environment and believe they can influence their circumstances to achieve their goals and meet their needs. People who exhibit environmental mastery tend to have a proactive approach to life. They actively seek out opportunities, develop effective problem-solving skills, and make decisions that align with their values and aspirations. They are resourceful, resilient, and adaptable in navigating various life situations and changes.

Environmental mastery is not about having complete control over external factors, but rather about having a subjective perception of control and competence. It is about feeling capable and confident in managing life's challenges and making meaningful choices. Having a sense of environmental mastery is associated with several positive outcomes. It can contribute to a greater sense of well-being, lower

levels of stress, increased satisfaction with life, and better overall psychological functioning. It allows individuals to feel more in charge of their lives, which can enhance their motivation, productivity, and ability to cope with adversity.

e. Purpose of Life

According to Ryff, individuals with a strong sense of purpose in life have a clear understanding of their values, beliefs, and objectives. They have a sense of direction and meaning, which guides their actions and decisions. Having a purpose in life involves feeling that one's existence is meaningful and that their actions and contributions have significance. Having a purpose in life can provide individuals with a sense of motivation, focus, and resilience. It helps them navigate challenges and setbacks by providing a sense of meaning and guiding their efforts towards achieving their goals. A strong sense of purpose is also associated with increased life satisfaction, well-being, and overall psychological functioning.

It's important to note that the concept of purpose in life is not limited to achieving specific external goals. It is more about the subjective experience of feeling connected to something larger than oneself and finding personal fulfillment in one's pursuits. It can involve a variety of aspects, such as personal growth, relationships, making a positive impact on others or society, or pursuing a passion or vocation that aligns with one's values.

Ryff's inclusion of purpose in life as one of the dimensions of psychological well-being highlights its importance in fostering a sense of fulfillment and overall psychological functioning. It emphasizes the idea that having a purpose in life goes

beyond mere survival or pursuing individual desires—it involves finding meaning and contributing to something greater than oneself.

f. Personal Growth

According to Ryff, personal growth involves a person's continuous striving for self-improvement, expanding their knowledge and skills, and pursuing new challenges and experiences. It encompasses the desire for self-improvement, the ability to learn and adapt, and the willingness to engage in activities that promote personal development. Individuals who prioritize personal growth actively seek opportunities for learning, exploration, and self-reflection. They are open to new experiences, embrace challenges, and have a strong desire to develop their potential. They engage in activities that foster intellectual stimulation, creativity, and emotional well-being. Personal growth is about continuously evolving and striving for personal excellence.

Ryff's model suggests that personal growth is associated with a range of positive outcomes. It is linked to greater self-confidence, a sense of competence, and increased self-awareness. People who experience personal growth often report higher levels of life satisfaction and overall well-being. They have a sense of purpose and direction in their lives and feel a sense of fulfillment from their personal development efforts.

It is important to note that personal growth is a subjective experience and can manifest differently for different individuals. It is not about comparing oneself to others or achieving specific external markers of success. Rather, it is about the individual's own perception of progress, learning, and self-improvement.

2. The Theory of the Quality of the Dimensions by Ryff

In a journal written by Tricia A. Seifert, Ryff's psychological theory of well being has a level of quality in each of its dimensions. This quality shows how the dimension is in a individu whether high or low.

a. High Quality

a) Self Acceptance

Possesses a positive attitude toward the self, acknowledges and accepts multiple aspects of self, including good and bad qualities; feels positive about past life. Recognizes that everyone has flaws and imperfections, and understands that these do not define their worth as a person. Embraces personal growth and understands that it is a lifelong journey. Strives to improve oneself while maintaining a sense of self-compassion and forgiveness. Values and respects their own needs, boundaries, and desires, and does not seek validation solely from others. Practices self-care and self-compassion regularly, nurturing their physical, mental, and emotional well-being. Maintains a healthy balance between self-improvement and self-acceptance, understanding that they are deserving of love and respect just as they are.

b) Positive Relations With Others

Has warm, satisfying, trusting relationships with others is concerned about the welfare of others; capable of strong empathy, affection, and intimacy; understands give and take of human relationships. Recognizes the importance of trust and honesty in relationships and strives to maintain open communication. Respects boundaries and treats others with kindness and empathy. Understands the

dynamics of give and take, recognizing that relationships require effort and compromise from both sides. Displays emotional intelligence by understanding and managing their own emotions while being attuned to the feelings of others. Values and celebrates diversity, recognizing the importance of different perspectives and experiences. Demonstrates a willingness to collaborate and cooperate, fostering a sense of teamwork and cooperation. Overall, prioritize building positive and meaningful connections with others based on mutual understanding, trust, and respect.

c) Autonomy

Is self-determining and independent; able to resist social pressures to think and act in certain ways; regulates behavior from within; evaluates self by personal standards. Autonomous individuals are capable of self-regulation, meaning they are able to manage their behavior and make decisions based on their own internal guidance rather than relying solely on external rules or expectations. They have a strong sense of personal responsibility and accountability for their actions. Furthermore, individuals with a strong sense of autonomy evaluate themselves based on their own personal standards and values rather than seeking external validation. They have a clear sense of self-awareness and are able to set their own goals and benchmarks for success. They do not rely on others' opinions or judgments to define their self-worth.

Overall, autonomy allows individuals to maintain their individuality, make independent choices, and live their lives according to their own principles and values. It fosters a sense of personal freedom and empowerment.

d) Environmental Mastery

Has a sense of mastery and competence in managing the environment; controls complex array of external activities; makes effective use of surrounding opportunities; able to choose or create contexts suitable to personal needs and values. . They feel capable and confident in navigating the various challenges and demands presented by their surroundings. They have the skills and abilities necessary to effectively control and engage in a wide range of external activities. These individuals are proactive and resourceful in making use of the opportunities available to them in their environment. They are keen observers and are able to identify and leverage favorable circumstances to their advantage.

They possess a strategic mindset and can effectively assess and utilize the resources and support systems around them. Having a sense of environmental mastery contributes to a sense of control and empowerment in one's life. It allows individuals to actively shape their surroundings and create a harmonious and supportive context that nurtures their personal development and fulfillment. It is a key component of psychological well-being and contributes to a sense of agency and satisfaction in life.

e) Purpose in Life

Has goals in life and a sense of directedness; feels there is meaning to present and past life; holds beliefs that give life purpose; has aims and objectives for living. The purpose of life is a deeply personal and subjective concept that can vary from person to person. However, there are common elements that contribute to a sense

of purpose in life. Finding and cultivating a sense of purpose is a lifelong journey that may evolve and change over time. It requires self-reflection, exploration of personal values and passions, and a willingness to align one's actions and choices with their sense of purpose. Ultimately, having a sense of purpose can bring fulfillment, motivation, and a deeper sense of meaning to one's life.

f) Personal Growth

Has a feeling of continued development; sees self as growing and expanding; is open to new experiences; has sense of realizing his or her potential; sees improvement in self and behavior over time; is changing in ways that reflect more self-knowledge and effectiveness. Personal growth involves a continuous process of self-improvement, development, and expansion. Individuals who prioritize personal growth experience a sense of ongoing progress and evolution in various aspects of their lives. Overall, personal growth is a dynamic and transformative process that involves self-reflection, learning, and intentional action. It empowers individuals to evolve, expand their potential, and live a more fulfilling and authentic life.

b. Low Quality

a) Self Acceptance

Feels dissatisfied with self; is disappointed with what has occurred with past life; is troubled about certain personal qualities; wishes to be different than what he or she is. Self-acceptance is an essential aspect of well-being and personal growth. However, it can be challenging when one feels dissatisfied with themselves, disappointed with their past, troubled by certain personal qualities, or desires to be

different than they currently are. self-acceptance is an ongoing practice that requires self-compassion, patience, and a commitment to personal growth.

b) Positive Relations With Others

Has few close, trusting relationships with others; finds it difficult to be warm, open, and concerned about others; is isolated and frustrated in interpersonal relationships; not willing to make compromises to sustain important ties with others.

c) Autonomy

Is concerned about the expectations and evaluations of others; relies on judgments of others to make important decisions; conforms to social pressures to think and act in certain ways. Overly concerned about the expectations and evaluations of others, relying on their judgments to make important decisions, and conforming to social pressures, developing autonomy can be a valuable process.

d) Environmental Mastery

Has difficulty managing everyday affairs; feels unable to change or improve surrounding context; is unaware of surrounding opportunities; lacks sense of control over external world. Difficulty managing everyday affairs, feeling unable to change or improve your surrounding context, being unaware of surrounding opportunities, and lacking a sense of control over external circumstances.

e) Purpose of Life

Lacks a sense of meaning in life; has few goals or aims, lacks sense of direction; does not see purpose of past life; has no outlook or beliefs that give life meaning. Feeling a lack of meaning or purpose in life can be a challenging experience. However, it's important to note that discovering purpose is a deeply personal and individual journey.

f) Personal Growth

Has a sense of personal stagnation; lacks sense of improvement or expansion over time; feels bored and uninterested with life; feels unable to develop new attitudes or behaviors. Feeling a sense of personal stagnation, lacking improvement or expansion over time, feeling bored and uninterested with life, and struggling to develop new attitudes or behaviors, here are some suggestions to help foster personal growth. (Tricia A. Seifret, 2005).

B. *Tangled* Movie

Tangled is an animated film directed by Nathan Greno and Byron Howard, produced by Roy Conli and distributed by Walt Disney Studios Motion Pictures released on November 24, 2010 (United States). Rapunzel, a Disney princess in the movie *Tangled* who is famous for her long hair and towers. Born into a royal family and became a princess but she was kidnapped and kept away from the family to the people by her stepmother, Gothel. Gothel kidnapped her because Rapunzel's hair has a magical power to make her a beautiful young woman at all times, therefore for years Rapunzel has never cut her hair until it grows very long.

Rapunzel's daily life in the tower is just painting, reading books, cooking, washing clothes, helping with housework, sewing, making candles and of course playing with her pet and friend in the tower, Pascal the chameleon and so on and on. Rapunzel has never left her tower for 18 years. She obeyed Gothel's orders because she was indoctrinated that the outside world was very dangerous and a lot of criminals and beasts would attack Rapunzel if she came out of the tower. Rapunzel feels a deep sense of loneliness, she does not know who she really is, she does not know the outside world, even someone she knows is only her stepmother.

C. Previous Studies

There are so many researches related to this research but it has a different focus. The researcher takes several research, there are :

First, the journal entitled Psychosocial interventions to support retirement well-being and adjustment: a systematic review A Cassanet, WA McKenzie, LA McLean, 2023. Adjustment to retirement is heterogeneous in nature, and for some, but not all individuals, may require well-being support. However, limited information is available on the types of psychosocial interventions that can be effective during this time of transition with pre-retirees or retirees. This review identified psychosocial interventions with adults before and during retirement, and their effectiveness in maintaining or increasing well-being. Following PRISMA guidelines, a multi-database systematic literature review, with a two-stage screening process, was conducted utilising narrative synthesis. Records were independently screened by two screeners against set inclusion and exclusion criteria. The results of this resewrch two thousand four hundred and thirty-six records were identified for screening with 20 studies found eligible for final review.

These included seven randomised controlled trial studies (RCT), six non-randomised quasi-experimental controlled studies, and seven single group pre/post intervention studies. Interventions covered cognitive behavioural therapy (CBT), positive psychology, mentoring, family therapy and others.

Second, the journal entitled *Interventions to Enhance Eudaemonic Psychological Well-Being: A Meta-Analytic Review with Ryff's Scales of Psychological Well-being* by Dirk van Dierendonck and Hodar Lam (2022). This meta-analysis enhances our insight into the effectiveness of interventions aimed at improving eudaemonic well-being. The focal outcome of these interventions is Ryff's Scales of Psychological Well-being. We summarized experimental studies and concluded whether a specific intervention approach improves individual positive functioning by assessing the six dimensions of psychological well-being and the composite score of well-being. Our study confirmed that eudaemonic well-being can be improved. The strongest influence is seen in integral programs that link directly to Ryff's conceptual model. Breaking down to dimensional scores, existing interventions had the strongest influence on Environmental Mastery, Personal Growth, and Self-Acceptance. The weakest influence was on Autonomy and Positive Relations with Others. Overall, our result is an important contribution to the well-being literature in that it shows, more convincing than previous meta-analyses due to its exclusive and comprehensive focus on Ryff's model, that psychological eudaemonic well-being can be enhanced by targeted intervention programs.

Third, *Construct Validation of Ryff's Psychological Well-Being Scales: Evidence from Filipino Teachers in the Philippines* by Jonalyn B Villarosa and FA

Ganotice (2018). Research on psychological well-being has given attention to employees in various industries but research involving teachers particularly in non-Western contexts remains scarce. Using both within- and between-network validation approaches, this study attends to gaps in literature through the examination of the psychometric properties of 42-item Ryff's Psychological Well-being Scale – a theory-derived scale which taps six core dimensions of psychological well-being: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance.

Through confirmatory factor analysis, data from 237 Filipino teachers provide support for the a priori six-factor model although a number of items obtained poor factor loadings. Between-network analysis suggests that these dimensions are linked to job performance. Findings are discussed in relation to the development of potential research agenda using the scale in the Philippine context.

CHAPTER III

RESEARCH METHOD

In this chapter, the researcher would like to present the methodology employed in this study to answer the research question.

A. Research Design

In this research, researcher use descriptive qualitative methodology. According to Moleong (2011), In Moleong's perspective, descriptive qualitative research is a method that focuses on describing and interpreting a specific phenomenon or situation. It aims to provide a comprehensive and detailed account of the subject being studied, capturing its characteristics, behaviors, and meanings.

To conduct descriptive qualitative research, Moleong suggests that researchers use direct observation, interviews, or document analysis to collect data. These methods allow researchers to gather information through close interaction with the participants or by examining relevant documents or artifacts. Once the data is collected, Moleong suggests that researchers engage in a process called content analysis. Content analysis involves carefully examining and categorizing the data to identify patterns, themes, or significant information. Moleong emphasizes that descriptive qualitative research should focus on providing a rich and detailed description of the phenomenon or situation under investigation. Researchers should strive to capture the complexities, nuances, and context of the subject, rather than seeking generalizability or statistical representation.

Descriptive research qualitative aims to describe, explain and answer in more detail the problem which will be researched by studying as much as possible

individual, group or event. In research qualitative human is a research instrument and the result of the writing in the form of words or statements that are in accordance with the actual situation. According to Creswell (2012), qualitative research is a means for exploring and understanding the meaning individuals or groups ascribe to a social human problem. This research objective is coming from the movie, then the researchers should be watching the movie to obtain the data and then classify and analyze the data according the dimension of the theory psychological well-being by Ryff.

The researcher uses descriptive qualitative with a case study method. This research is descriptive qualitative because the purpose of this study is to describe about the dimensions of the theory. The data for this study was collected using the descriptive technique. While the descriptive qualitative approach was used to describe the six dimensions that found in Rapunzel on the *Tangled* movie, as well as how the main character performs the six dimensions of psychological well being by Ryff. .

B. Data and Data Sources

The data of this research is the main character in the *Tangled* movie. The data source is the movie from Disney entitled *Tangled*. Based on Santosa (2017), data is the object of the research that focused in the research that focused in the research includes place, participant and the matter which focused on it. For the data source, Frankael (2000) describes it has the kinds of information researchers obtain on the subjects of their research. Thus those types of research data are include as a document because the data of this research is image from the scene of the movie.

The data source is looked for from Disney Hotstar which can be guaranteed about the legality.

C. Research Instrument

A research instrument is a device used by researchers to collect data (Arikunto, 2009). The quality of the collected data is determined by the instrument. The supporting instrument that help the researcher are laptop, handphone, internet connection, online books, web online, spirit and motivation to complete this research. Laptop help researcher to make data neatly arranged, handphone help researcher if the laptop does not work properly, internet connection help researcher to find the data and find the film, online books help researcher if book in library or bookstore not available, web online help researcher to find any references thus researcher to finish this research as soon as possible.

D. Data Collection Techniques

The technique of data collection is used by descriptive qualitative approach to answer the research question. In this research, the data were collected by find the six dimensions of psychological well being by Ryff in the main character in *Tangled* movie. To gather data for this study, documentation is used. In the research study, documentation is a technique for gathering data through written materials. As stated by Corbin and Strauss (2008), documentation calls for the analysis and interpretation of data to elicit meaning, gain comprehension, and produce empirical knowledge. Then the data analysis in this research consisted of several steps.

1. The researcher watching the *Tangled* movie frequently to understand the whole of the movie story on *Disney+ Hotstar*.

2. Looking for scenes that are included in six dimensions psychological well being by Ryff .
3. Selecting the data, the researcher analyzes the main character and selecting the six dimensions that fits the scene.
4. Coding means that the researcher provides code in each set of categorized data. The researchers will be able to analyze and locate data more easily as a result of this.

F. Data Validation Techniques

In this research, the researcher needs validation to trustworthiness of the data. According to Santosa (2017), validation is important to obtain the trustfulness the data. This research uses investigator triangulation technique. Investigator triangulation is one of technique to enhance internal validity using investigator and source of the data (Moleong: 2001). From the explanation, this research uses the source of data in identification the psychological analysis of *Tangled* movie using theory by Ryff about psychological well-being then the researcher analyzes the data based on the six dimensions of psychological well-being by Ryff in chapter II. For the last, the data will be validated with a validator to check the data validity. The aim of validation is not to discover the truth about some phenomenon but rather to improve the researcher's understanding of what has been gained.

To check the validation, this research has been checked and validated by the expert Mrs. Winarti, S.Hum., M.A., a lecturer of Universitas Duta Bangsa. Her expertise in the literature field makes her well-suited to validate the data in this research. Validating research data is an important step to ensure the accuracy and

reliability of the findings. With Mrs. Winarti's expertise and her capability in the literature major, her validation adds credibility in this research.

G. Data Analysis Techniques

The researcher will analyze the data after the various methods mentioned above. Data analysis is a method of interpreting a phenomenon by analyzing the data collected. Data analysis was carried out to collect cultural themes included in a phenomenon by organizing and selecting data classified based on patterns, classifications, and basic units in the data (Moelong, 2011). Data analyzing techniques describe the processes taken by the researcher to analyze the data. The data is analyzed using descriptive analysis, and the data is explained using the researcher's own words.

To achieve the objectives of this research, the data is analyzed using descriptive analysis. The researcher used Spradley's (1980) theory in analyzing the collected data. The researcher employed a variety of techniques to analyze the data in this study. The researcher used four techniques to analyze the data, they are domain analysis, taxonomic analysis, componential analysis, and cultural theme analysis. As a result, the analysis was conducted actively and continually until the research problems were solved; the steps were as follows:

1. Domain Analysis

The Domain is the initial step to doing research when the researcher determines the data. The expected data are selected and divided carefully in order to find out belongs to data and no data based on the characteristics that have been formalized. This analysis is quite wide, and it will need to be narrowed down into the domain of research to get a solid result. The researcher collected the data from

Tangled movie and analyzed the main character. The domain of this research formed of the scene that includes the theory psychological well-being by Ryff.

2. Taxonomy Analysis

After the data are classified into the six dimensions psychological by Ryff, the next step is taxonomy analysis. Taxonomy is a classification system that inventories the domains into a flowchart or pictorial representative, according to Spradley (1980), to support the researcher in understanding the relations between the domains. In identifying comparison types, the taxonomic analysis involves looking for the internal organization of categories. In this instance, the researcher codes the data after gathering it and then classifies it. To classify the data. In this case, the researcher classified the six dimensions psychological well-being by Ryff in the Tangled movie. There are some components used to analysis the data of six dimensions psychological well being by Ryff.

SA	PG	PR	PL	A	EM
6	8	25	4	1	17

Table 1 Table 3.1 Six Dimensions Well Being

H	L
39	22

Table 2 Table 3.2 Quality of Dimensions

An example of data code :

1/PR/L/19:57

1 : is datum number

PR : is code of the dimensions psychological well being, Personal Relations with other

L : is code for the quality of the dimensions, Low

19:57 : is the time of the scene

3. Componential Analysis

Componential analysis is the stage of convergence between the domain and taxonomy. From the stage found the phenomena contained in the data that have been obtained. At this stage, the researcher looks for the scene in Tangled movie, analysis according the six dimensions psychological well0being by Ryff and categorized using the theories. The researcher collects the componential analysis table form to make it comprehending how the techniques of six dimensions of psychological well-being by Ryff.

CHARACTER	DIMENSIONS											
	SA		PG		PL		PR		A		EM	
	H	L	H	L	H	L	H	L	H	L	H	L

Table 3 Table 3.3 Componential Table

Note :

SA : Self Acceptance

PG : Personal Growth

PL : Purpose of Life

PR : Positive Relations with Other

A : Autonomy

EM : Environmental Mastery

H : High

L : Low

4. Cultural Theme

At the last stage is discovering cultural theme. Theme analysis involves looking for connections between domains and how those connections relate to culture overall (Spradley, 1980). The purpose of theme culture analysis is to determine how the methodology and findings relate to one another. Geographic and demographic cultures were divided under the concept of culture.

The researcher will verify and conclude the research's findings. In this study, researcher will find the six dimensions that identification in the movie which will be obtained with the scene in the movie. The researcher provides some theories to analyze the data. The researcher used Ryff (1989) theory to analysis of the six dimensions psychological well being in objects.

CHAPTER IV

DISCUSSION

A. FINDINGS

This chapter is aimed to explain about the results of the six dimensions psychological well being by Ryff of the main character in Tangled movie. This chapter is will be divided into two parts, namely research findings and discussion. Afterwards, it will provide the data description that is presented in research findings and for the second, a discussion based on the theoretical frameworks as explained in chapter two. In this part, the content analysis of the data is used to answer the formulation of this research. Thus, in this research findings consists of one part : first, the findings of the six dimensions of the main character in Tangled movie.

SA		EM		PG		PR		PL		A	
H	L	H	L	H	L	H	L	H	L	H	L
6	-	8	9	7	1	13	12	4	-	1	-

Table 4.1 Componential Table

1. The Six Dimensions of Psychological Well Being by Ryff in Tangled movie

The researcher to the findings of the Six Dimensions of Psychological Well-Being by Ryff in Rapunzel. The six dimensions psychological well being by Ryff are, Self Acceptance, Positive Relations with Other, Autonomy, Environmental Mastery, Purpose in Life, Personal Growth. The six dimensions psychological well being in the Rapunzel has 6 dimensions in Tangled movie Then the analysis will be linked to the parts, Based on the table above, there are found 5 dimensions of

psychological well being by Ryff in Rapunzel, with 61 data. Each dimensions of the psychological well being by Ryff in the main character or Rapunzel has different amount data.

In Self Acceptance (SA) has 6 data for High (H) and 0 data for Low (L), Environmental Mastery (EM) has 8 data for High (H) and 9 data for Low (L), Personal Growth (PG) has 7 data for High (H) and 1 data for Low (L), Positive Relations with Other (PR) has the dominant data, 13 data for High (H) and 12 data for Low (L), Purpose in Life (PL) has 4 data for High (H) and 0 data for Low (L) and the last Autonomy (A) has 1 data for High (H) and 0 data for low (L). According in this research, data dominant in the dimensions in Rapunzel is Personal Growth with the High quality. The following data consists in the dimensions psychological well being by Ryfd in Rapunzel in Tangled movie as follows :

2. Dimensions Psychological Well Being By Ryff

a) Environmental Mastery

Datum number 11/EM/H/31:18

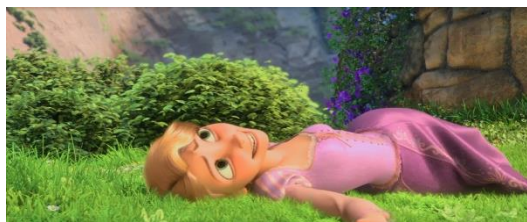


Figure 4.1 Environmental Mastery

The explanation from the data above, Rapunzel managed to fight her fear to get down from the tower. And for the first time she felt the freshness of the outside world with green grass and blue sky. She looked very happy after exiting the tower and he was ready to experience the outside world. This is evidenced by Ryff's

(1989) statement that Environmental Mastery because environmental mastery involves a person's ability to shape their surroundings, meet their needs, and effectively handle the demands and challenges of life. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Environment Mastery.

Datum number 13/EM/H/31:31

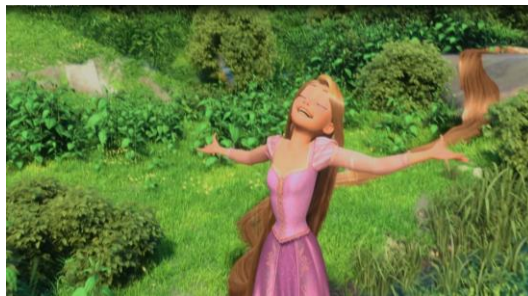


Figure 4.2 Environmental Mastery

The explanation from the data above, closing her eyes, Rapunzel stood still, allowing the sensations to wash over her. The coolness of the air invigorated her spirit, awakening a sense of vitality she had never known. It was as if every breath she took infused her with newfound energy and a zest for life. This is evidenced by Ryff's (1989) statement that Environmental Mastery because environmental mastery involves a person's ability to shape their surroundings, meet their needs, and effectively handle the demands and challenges of life. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Environment Mastery

Datum number 8/EM/L/30:16



Figure 4.4 Environmental Mastery

The explanation from the data above, Rapunzel feeling scared, doubtful, and confused about leaving the tower and entering the outside world, the dimensions that would be more suitable for this scene are Environmental Mastery. Environmental Mastery encompasses an individual's ability to understand and effectively interact with their environment. In this scene, Rapunzel's emotions suggest a lack of mastery or confidence in navigating the outside world. This is evidenced by Ryff's (1989) statement that Environmental Mastery because environmental mastery involves a person's ability to shape their surroundings, meet their needs, and effectively handle the demands and challenges of life. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Environment Mastery.

Datum number 10/EM/L/31:01



Figure 4.3 Environmental Mastery

The explanation from the data above, as she took hesitant steps forward. The vibrant green blades tickled her bare soles, sending a shiver of excitement up her spine. It was a stark contrast to the cold, stone floors of the tower she had called home for nearly two decades. relishing the sensation of the soft grass against her skin. She let out a long breath, feeling the weight of her doubts and uncertainties lift ever so slightly. For years, she had dreamed of this moment, yearned for the freedom and exploration that lay beyond the confines of her lofty prison. This is evidenced by Ryff's (1989) statement that Environmental Mastery because environmental mastery involves a person's ability to shape their surroundings, meet their needs, and effectively handle the demands and challenges of life. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Environment Mastery.

b) Self Acceptance

Datum number 47/SA/H/01:17:07



Figure 4.5 Self Acceptance

The explanation from the data above, In Rapunzel's story, initially, due to being separated from her biological parents and raised in a different environment, she was unaware of her true identity as a princess. However, as she unraveled the truth about her past and realized that the crown rightfully belonged to her, it

signifies a significant moment of self-discovery. This newfound knowledge allows Rapunzel to accept her royal lineage and embrace her identity as a princess.

The act of Rapunzel wearing the crown symbolizes her self-acceptance and recognition of her true self. By accepting herself as a princess, Rapunzel demonstrates a positive attitude towards her identity and embraces her inherent qualities and responsibilities. This is evidenced by Ryff's (1989) statement that the dimensions is Self Acceptance. Self Acceptance refers to an individual's ability to acknowledge and embrace all aspects of oneself, including both positive and negative qualities, involves having a positive and realistic view of oneself, along with a sense of self-worth and self-respect. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Self Acceptance.

Datum number 49/SA/H/01:18:00



Figure 4.6 Self Acceptance

The explanation from the data above, Rapunzel's realization that she was a princess from a lost kingdom brought about a profound shift in her perspective. Determined to reunite with her long-lost parents and leave the confines of the tower and the clutches of Mother Gothel, she devised a plan to escape. Rapunzel's desire to return to her parents stemmed from a deep longing to reconnect with her roots and discover her true identity. This is evidenced by Ryff's (1989) statement that the

dimensions is Self Acceptance. Self Acceptance refers to an individual's ability to acknowledge and embrace all aspects of oneself, including both positive and negative qualities, involves having a positive and realistic view of oneself, along with a sense of self-worth and self-respect. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Self Acceptance.

c) Personal Growth

Datum number 43/PG/H/01:10:06



Figure 4.7 Personal Growth

The explanation from the data above, At the beginning of the movie, Rapunzel is depicted as being very scared, likely due to her long confinement in the tower. However, as time passes and she begins to explore the outside world, her experiences and interactions with Eugene contribute to her personal growth. Eugene becomes a meaningful figure in her life, someone she values and considers important.

Rapunzel's ability to form a significant connection with Eugene suggests that she has grown emotionally and matured throughout the story. This emotional evolution showcases personal growth, especially when she transitions from fear and uncertainty to a meaningful relationship and newfound sense of importance. This is evidenced by Ryff's (1989) statement that the dimensions is Personal Growth.

Personal Growth refers to an individual's development, self-improvement, and maturation over time. In this scene, Rapunzel undergoes a significant transformation as she overcomes her initial fear and evolves emotionally. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Personal Growth.

Datum number 55/PG/H/01:28:59

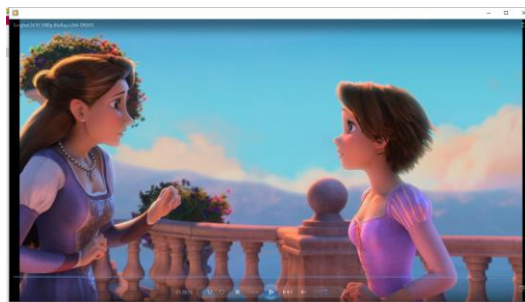


Figure 4.8 Personal Growth

Rapunzel finally met her biological mother, the queen of the kingdom. Meeting a long-lost parent can bring about a mix of emotions, but it seems that Rapunzel is very touched and happy about this reunion. This significant event in her life has likely contributed to her personal growth. Meeting her biological mother might have filled a void in Rapunzel's heart and allowed her to have a deeper understanding of her own identity. Personal Growth refers to an individual's development, self-improvement, and maturation over time. In this scene, Rapunzel undergoes a significant transformation as she overcomes her initial fear and evolves emotionally. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Personal Growth.

Datum number 44/PG/L/01:16:06

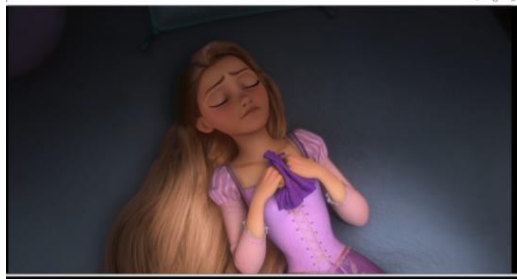


Figure 4.9 Personal Growth

The explanation of the data above, Rapunzel feels desperate, experiences grief, and indecision about returning to the tower to live with her stepmother. In this scene, Rapunzel's emotions of despair, grief, and indecision reflect a struggle and a lack of progress in her personal growth. Rapunzel's desperation and grief indicate a state of distress and unhappiness, suggesting that she has not yet found a way to cope with her circumstances or move forward in her personal growth. Her indecision reflects a lack of clarity and an ongoing internal struggle.

While experiencing these emotions can be part of a personal growth journey, the low quality aspect suggests that Rapunzel is currently facing setbacks or challenges that hinder her growth. It signifies that she has not yet made significant progress or gained the necessary insights to overcome her despair and make positive changes in her life. Personal Growth refers to an individual's development, self-improvement, and maturation over time. In this scene, Rapunzel undergoes a significant transformation as she overcomes her initial fear and evolves emotionally. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Personal Growth.

d) Positive Relations With Other

Datum number 32/PR/H/39:44



Figure 4.10 Positive Relations With Other

The explanation of the data above, Rapunzel enters the pirate's house, initially feeling afraid but eventually becoming friendly with the pirates due to the cheerful atmosphere and singing, the fact that Rapunzel is able to overcome her fear and establish a friendly rapport with the pirates indicates a positive development in her personal relations. The cheerful atmosphere and shared activity of singing contribute to the building of a bond between Rapunzel and the pirates, demonstrating her ability to connect with others and establish positive relationships.

Positive Relations with other refers to an individual's ability to establish and maintain positive relationships with others. In this scene, Rapunzel's initial fear of the pirates indicates a hesitancy or uncertainty about interacting with them. However, as the atmosphere turns cheerful and the pirates engage in singing, Rapunzel's demeanor changes, and she becomes friendly with them. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Positive Relations With Other.

Datum number 39/PR/H/01:03:07



Figure 4.11 Personal Relations With Other

The explanation from the data above, In the royal environment, she would have had the opportunity to interact with a variety of people, including members of the royal court, nobility, and possibly even commoners.

Given Rapunzel's joyful and adventurous spirit, it's no surprise that she would be excited to share her love for music and dancing with the people she meets. Her long, magical hair could be a captivating sight, and her ability to express herself through her songs and dance would likely make her a favorite among those she encounters. Personal relationship. Personal Relations with others refers to an individual's ability to establish and maintain positive relationships with others. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Positive Relations With Other.

Datum number 2/PR/L/19:41

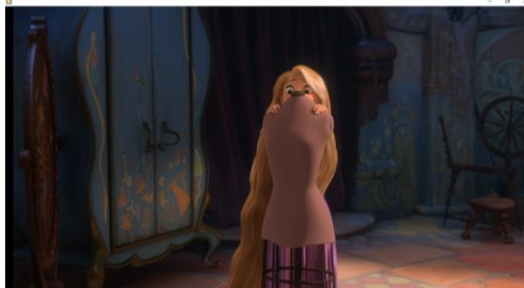


Figure 4.12 Positive Relations With Other

The explanation of the data above, Rapunzel is surprised, scared, and hits Eugene with a frying pan before hiding and observing him from a distance. Rapunzel's surprise and fear demonstrate a lack of trust and comfort in her relationship with Eugene. Her immediate reaction of hitting him with a frying pan suggests a lack of understanding or communication, leading to a strained interaction. The fact that Rapunzel then hides and observes Eugene from a distance instead of openly engaging with him further reinforces the notion of a strained or disrupted personal relationship. Positive Relations with others refers to an individual's ability to establish and maintain positive relationships with others. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Positive Relations With Other.

Datum number 4/PR/L/25:07



Figure 4.13 Positive Relations With Other

The explanation from the data above, Rapunzel, who has spent her entire life locked in a tower by the witch Mother Gothel, has been raised to believe that the outside world is dangerous. Mother Gothel manipulates Rapunzel's emotions and keeps her isolated, painting a picture of a world filled with threats. Therefore, when Eugene unexpectedly enters her life, Rapunzel is understandably wary.

Rapunzel's hesitance to trust Eugene is more about her upbringing and lack of exposure to the outside world than a general fear of meeting new people. She is cautious because she has been taught to be cautious. Personal Relations with others refers to an individual's ability to establish and maintain positive relationships with others. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Positive Relations With Other.

e) Purpose in Life

Datum number 59/PL/H/01:29:35



Figure 4. 14 Purpose In Life

The explanation the data above, Rapunzel returns to live happily with her parents in the kingdom, and they can realize their life goals of being together and living happily ever after. Purpose in Life refers to an individual's sense of direction, meaning, and fulfillment in their lives. In this scene, Rapunzel and her parents achieve their ultimate life goal of being together and living happily ever after, indicating a strong sense of purpose and fulfillment. Rapunzel's return to her parents and the kingdom represents the realization of her desire for family and connection. It suggests that she has found her purpose in being with her loved ones and experiencing a fulfilling life with them. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Purpose in Life.

Datum number 52/PL/H/01:22:57



Figure 4.15 Purpose In Life

The explanation data above, Rapunzel, her stepmother, and Eugene, where Rapunzel has made sacrifices to stay with her stepmother. Here's a possible narrative based on your description:

Despite the pain caused by her stepmother's actions, Rapunzel felt torn between her love for Eugene and her sense of loyalty towards her stepmother. She believed that she owed her stepmother for raising her, even if it meant sacrificing her own happiness. Rapunzel was faced with a difficult decision - to choose between the man she loved or to remain in a toxic relationship with her stepmother. Overwhelmed with conflicting emotions, Rapunzel found herself making a promise to stay with her stepmother indefinitely.

She hoped that by doing so, she could protect Eugene from any further harm and maintain the fragile peace between them. It was a sacrifice she made out of love for Eugene, but also out of a sense of duty towards her stepmother. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Purpose in Life.

f) **Autonomy**

Datum number 9/A/H/30:39



Figure 4.16 Autonomy

The explanation from the data above, Rapunzel prepared to leave the tower, a mixture of excitement and trepidation filled her heart. For as long as she could remember, she had been confined to the tall stone walls that surrounded her, her long golden hair serving as her only connection to the outside world. She had dreamt of the day when she would be free to explore the vast expanse beyond her prison-like home, but now that the opportunity had finally arrived, she couldn't help but feel a sense of unease. Autonomy is seen as a critical aspect of psychological well-being. It encompasses the capacity to resist social pressures, maintain an internal locus of control, and pursue personal goals and aspirations. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the Autonomy.

B. The Quality of Psychological Well Being of Rapunzel in Tangled Movie

a. High Quality

Datum number 13/EM/H/31:31

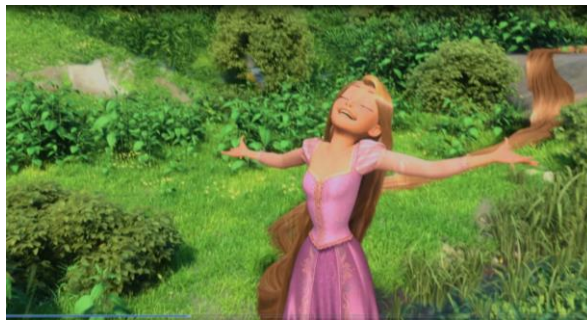


Figure 4.17 High Quality

Rapunzel finally leave the tower and she does experience a high level of environmental mastery as she discovers the world beyond her tower. Initially, Rapunzel is sheltered and believes that the outside world is dangerous, as per Gothel's manipulations. However, as the story progresses, Rapunzel's curiosity and longing for freedom lead her to venture out into the world. This is evidenced by Ryff's (1989) that individuals with high levels of environmental mastery feel a sense of control over their environment and believe they can influence their circumstances to achieve their goals and meet their needs.

People who exhibit environmental mastery tend to have a proactive approach to life. They actively seek out opportunities, develop effective problem-solving skills, and make decisions that align with their values and aspirations. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the high quality.

Datum number 47/SA/H/01:17:07



Figure 4.18 High Quality

In Rapunzel's case, her self-identification as a princess is initially based on a belief rather than a true understanding of her heritage. Her longing to discover her true identity is fueled by the memories and royal symbols she finds within the tower. While this belief and longing motivate her to explore the outside world and seek the truth about her past, Rapunzel's journey in the story involves a process of self-discovery and growth, as she learns about her true identity and confronts the challenges of the outside world. Along this journey, she develops a stronger sense of self and begins to accept and embrace her royal lineage.

However, it is important to recognize that self-acceptance is a complex and ongoing process that extends beyond simply believing one's identity or heritage. It involves a deep understanding and acceptance of one's whole self, including both strengths and weaknesses. This is evidenced by Ryff's (1989) that individuals with high levels of self acceptance an individual's ability to embrace and value themselves for who they are, including their strengths, weaknesses, and unique qualities. It involves a deep sense of self-worth and being comfortable with one's

identity. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the high quality.

Datum number 43/PG/H/01:10:06



Figure 4.19 High Quality

Rapunzel learns to confront her fears and step out of her comfort zone. She gains confidence in herself and her abilities as she navigates through different situations and faces various challenges. Through these experiences, Rapunzel becomes more open-minded and adaptable, allowing her to accept the environment and new people more easily. Her personal growth is also evident in her emotional development. Rapunzel starts to understand her own emotions, desires, and needs as she interacts with others and discovers her true identity.

This growth enables her to form genuine connections and relationships with the people she encounters. By the end of her journey, Rapunzel's personal growth is evident in her ability to embrace the outside world and new people with acceptance and understanding. She has overcome her initial fears and anxieties, demonstrating a higher dimension of personal growth. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the high quality.



Figure 4.20 High Quality

Initially, Rapunzel is sheltered and isolated in the tower, believing that the outside world is dangerous and evil. However, as she ventures out and encounters new people, her perspective changes. One of the key relationships Rapunzel forms is with Eugene, also known as Flynn Rider. Despite his initial dishonesty, Rapunzel sees beyond his facade and recognizes his kindness and caring nature. Their bond grows throughout the movie, and Eugene becomes a supportive and loyal companion to Rapunzel.

Additionally, Rapunzel encounters other characters who challenge her preconceived notions about the outside world. The pirates she encounters turn out to be less intimidating than they initially appear, and the people she encounters in the kingdom are friendly and welcoming. These interactions further reinforce Rapunzel's belief that the outside world is not solely dangerous and evil but also filled with opportunities for joy and connection. Overall, Rapunzel's ability to form positive relationships with Eugene, the pirates, and the courtiers demonstrates her openness and willingness to connect with others. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the high quality.

Datum number 59/PL/H/01:29:35



Figure 4.21 Purpose In Life

Purpose in Life refers to an individual's sense of direction, meaning, and fulfillment in their lives. In this scene, Rapunzel and her parents achieve their ultimate life goal of being together and living happily ever after, indicating a strong sense of purpose and fulfillment. Rapunzel's return to her parents and the kingdom represents the realization of her desire for family and connection. It suggests that she has found her purpose in being with her loved ones and experiencing a fulfilling life with them. Similarly, her parents' goal of having their family reunited and living in happiness is also achieved. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the high quality.

Datum number 9/A/H/30:39



Figure 4.22 Autonomy

Rapunzel exhibits a sense of autonomy by pursuing her dreams and desires. Despite being trapped in a tower, she actively seeks ways to engage with the outside world and take control of her life. Rapunzel's determination to explore and experience life is an essential aspect of personal well-being. autonomy allows individuals to maintain their individuality, make independent choices, and live their lives according to their own principles and values. It fosters a sense of personal freedom and empowerment. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the high quality.

b. Low Quality

Datum number 8/EM/L/30:16



Figure 4.23 Low Quality

Environmental Mastery encompasses an individual's ability to understand and effectively interact with their environment. In this scene, Rapunzel's emotions suggest a lack of mastery or confidence in navigating the outside world. Her fear, doubt, and confusion indicate a lower level of comfort and familiarity with her surroundings. As Rapunzel contemplates leaving the tower, her uncertainty about what awaits her and her ability to adapt to the new environment are evident.

The emotions she experiences reflect a lower level of environmental mastery, as she is not yet confident in her capacity to handle the challenges and

unfamiliar aspects of the outside world. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the low quality.

Datum number 44/PG/L/01:16:06

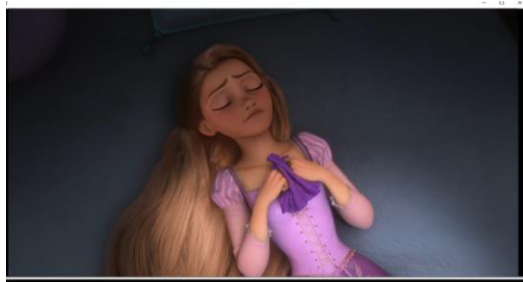


Figure 4.24 Low Quality

Rapunzel's desperation and grief indicate a state of distress and unhappiness, suggesting that she has not yet found a way to cope with her circumstances or move forward in her personal growth. Her indecision reflects a lack of clarity and an ongoing internal struggle. While experiencing these emotions can be part of a personal growth journey, the low quality aspect suggests that Rapunzel is currently facing setbacks or challenges that hinder her growth. It signifies that she has not yet made significant progress or gained the necessary insights to overcome her despair and make positive changes in her life. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the low quality.

Datum number 4/PR/L/25:07



Figure 4.25 Low Quality

Rapunzel's hesitance to trust Eugene is more about her upbringing and lack of exposure to the outside world than a general fear of meeting new people. She is cautious because she has been taught to be cautious. However, as the story progresses and Rapunzel embarks on her adventure with Eugene, she gradually discovers the world beyond her tower and begins to trust him. Rapunzel does experience moments of confusion and feeling trapped in her tower, I would not necessarily say that she has a low dimension of personal growth. In fact, her journey and character arc revolve around her personal growth and development.

However, as the story progresses, Rapunzel begins to question her circumstances and desires more from her life. Her longing for freedom and curiosity push her to take action and seek new experiences. Despite her initial doubts and challenges, Rapunzel exhibits resilience and determination in her pursuit of self-discovery. Therefore, based on the dialogues and statements of Ryff (1989), Rapunzel can be classified as the low quality

C. Discussion

In this section, the researcher focuses on discussing the dominant finding and one dimension which the researchers did not find in Rapunzel. First, the dominant data in this research is Personal Relations with Other (PR) with high (H) quality. The first formulations of this report is to determine the dimensions of Rapunzel in *Tangled* movie.

SA		EM		PG		PR		PL		A	
H	L	H	L	H	L	H	L	H	L	H	L
5	-	8	9	8	1	13	12	5	-	1	

Table 5.1 Componential Table

In this research, the dominant data is Personal Relations With Others (PR) with High(H) quality. Personal Relations With Others the individual's ability to establish and maintain meaningful, satisfying, and mutually beneficial relationships with others. It encompasses various aspects of interpersonal connections, including emotional support, empathy, intimacy, and social integration. Positive relations are seen as a fundamental component of overall well-being and contribute to a person's sense of purpose, happiness, and fulfillment. In *Tangled*, the main character is Rapunzel's. Rapunzel has high positive relations with other because she is able to adapt well to new people and even the outside world from her tower.

The second formulation is to describe the high quality or low dimensions of Rapunzel. In this research, the dominant data on Rapunzel is High because because Rapunzel is able to deal well with the six dimensions of Ryff. Rapunzel, as

portrayed in the popular fairy tale and Disney film "Tangled," demonstrates several qualities that can be associated with well-being.

CHAPTER V

CONCLUSIONS, IMPLICATIONS, SUGGESTIONS

A. Conclusions

The research findings and discussion in Chapter IV have led to several conclusions. These conclusions serve as a summary of the research and address the problem statement presented in the first chapter. The study utilized Ryff's theory of Psychological Well-Being, which comprises six psychological dimensions. Therefore the data found in the research are Self Acceptance (SA) has 6 data for High (H) and 0 data for Low (L), Environmental Mastery (EM) has 8 data for High (H) and 9 data for Low (L), Personal Growth (PG) has 7 data for High (H) and 1 data for Low (L), Positive Relations with Other (PR) has the dominant data, 13 data for High (H) and 12 data for Low (L), Purpose in Life (PL) has 4 data for High (H) and 0 data for Low (L) and the last Autonomy (A) has 1 data for High (H) and 0 data for low (L). According in this research, data dominant in the dimensions in Rapunzel is Personal Growth with the High quality.

On the other hand, the most dominant psychological dimension observed in Rapunzel's character was high Positive Relations with others. This dimension refers to the presence of satisfying and meaningful social connections, strong interpersonal relationships, and a sense of belonging. Rapunzel's character seems to excel in fostering positive relationships with others.

B. Implications

The psychology of well-being is crucial for individuals' lives as it helps them gain a better understanding of themselves. Well-being encompasses various dimensions of human flourishing, including emotional, mental, and physical well-

being. The theory of well-being provides a valuable framework for comprehending the factors that contribute to an individual's happiness and overall welfare. By studying the theory of well-being, individuals can identify and understand their own needs and values more effectively. This self-awareness can assist them in making better decisions, managing stress, building meaningful relationships, and achieving more satisfying life goals. The psychology of well-being also offers guidance for individuals to enhance their quality of life through practices such as emotional regulation, increasing life satisfaction, and developing resilience.

C. Suggestions

Movies are not only meant to entertain the audience, but behind that there are aspects that can be learned. As in this study which analyzes the psychology of well being from a character. From there it was found that psychology greatly influences a person's condition. With the rapid development of the times, psychology is also increasingly seen because it is one aspect of one's life. Good psychology will create happy individuals, but on the contrary, poor psychology will create individuals who experience several mental illnesses such as stress, depression, etc. Therefore, this research can provide an individual picture to recognize the psychology of his own well being. This research expected to assist the next researcher to discover some references relating to psychological well being. By finding the gap of this research, the next researcher enables to use the same subject with different approach or use the same approach in different object and topic

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APPENDICES

APPENDICES

A. VALIDATION SHEET

The thesis data entitled "**PSYCHOLOGICAL WELL BEING BY RYFF OF RAPUNZEL IN TANGLED MOVIE**" had been validated by Mrs. Winarti, S.Hum., M.A. on :

Day : Wednesday

Date : June 14, 2023

Surakarta, June 14, 2023

Validator



Winarti, S.Hum., M.A.

DATA VALIDATION