The Process Individuation of the Main Character in *I, Tonya* Movie (An Application of Jung’s Psychoanalysis)

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Abstract

*I, Tonya* movie tells the story of Tonya Harding, an American female figure skater, from a young age Tonya was faced with her mother's strict upbringing, which made Tonya grow up with a tomboyish and stubborn attitude. This study aims to show the process of individuation that occurs in Tonya so that Tonya can achieve self-archetype. The objective of this study is to analyze the process of individuation of the main Character Tonya Harding in *I, Tonya* movie. This study applies the theory of Carl Gustaf Jung. This research uses descriptive qualitative research. Data collection was carried out through: watching, screenshotting, and note-taking. The results of this study indicate that *I, Tonya* shows three personas, four shadows, four animus, and one self, before reaching the self-archetype through the Individualization process, in the movie shown that the process of individuation occurs by eliminating the causes for the emergence of various archetypes so as to achieve self-archetype. In this case, Tonya can be seen to be able to go through the process of individuation with many obstacles leading to the self-archetype where she was able to control the persona, animus, shadow, and self.

**Keywords:** animus, persona, process of individuation, self-archetype, shadow

INTRODUCTION

Archetype is a universal concept that contains elements of the myth. The concept of archetype is very important in understanding the symbol of a dream because it explains why there is a dream that has a universal meaning so that it usually applies to everyone. There are dreams that are personal and only apply to those who dream. Jung saw this archetype as an autonomous complex, which is a part of the power of the soul and the escape from personality (Jung, 1934).

One of the problems that we often encounter in these literary works is individuation. Individuation is the process of combining all the opposite parts of the psyche to become a single homogenous individual. Every human being has the capacity in his psychic life to enable self-realization (Jung, 1966).
In this study, the writer analyzes one of the literary works that describes the psychological condition of a human being, namely *I, Tonya* movie directed by Craig Gillespie and released in 2017, which won awards, including for the best actress category and best movie editing at the Academy Awards 90, many movies directed by Craig Gillespie, many more awards like The Real Girl (2007), Cruella (2021), etc. *I, Tonya* is a movie that contains the mental health psychology of a person and is very interesting to study because this *I, Tonya* movie is used as material for motivation for athletes.

*I, Tonya* is a biographical movie that was released in 2017 and directed by Craig Gillespie. This movie tells about the life of a young girl, who is a former ice-skating athlete, and her involvement in an attack on a rival. The story begins in 1974, when Tonya Harding, who had just reached the age of four years, was forced by her mother to take ice-skating lessons. During her lifetime had bitter experiences due to get abused by her mother, coach, and boyfriend. Tonya's mother Lavonna Golden, who often treated Tonya harshly, both physically and verbally; even her mother forbade Tonya to be friends with her ice-skating classmate and motivated her with inappropriate words. After training hard with the coach, Diane Rawlinson, Tonya also managed to win the first competition by winning first place and beating several friends at the age of four years. Tonya was satisfied with the victory and she was happy to be the center of attention, competition after competition was successfully carried out by Tonya with satisfactory results.

As an adult, she worked with Jeff Gillooly until she was finally married, it turns out that Jeff's nature is not much different from her mother, who is both violent. One day to take part in an ice-skating competition, she is eager to train hard, to the point of choosing her own song and clothes for the race. The day the competition took place, it was Tonya's turn to appear with high confidence, but the judges only gave Tonya a few points, arguing that Tonya did not have a graceful impression in the selection of songs and costumes made her lose the competition.

This kept repeating until one day, sometime before the Northwest Pacific Regional Championship competition in November 1993, to receive death threats and finally did not compete. So her husband and Tonya conspire to hire someone to threaten Tonya's rival, Nancy Kerrigan. However, it harms Nancy that she can't take part in the ice-skating competition the next day. The FBI also took part in this incident and managed to catch Eckartt, who confessed
that he recognized Jeff. As Jeff's partner, Tonya is worried because her involvement in Nancy’s attack case makes her reputation bad because she only cares about herself.

The reason why the writer chooses this movie as the main object to investigate was because the writer finds the main character in the movie Tonya describes the process of individuation. The writer sees mental problems experienced by the main character in achieving perfection of life which is called self-realization, which gradually became the central point of personality in the highest position to achieve individuation. This can be seen from the way when she treated her friends, parents, coaches, and boyfriend, in a rude way, this makes Tonya acts cruel, only concerned to herself in order to continue to win, this make her lose her identity, because of the competitive spirit that had been instilled in her since childhood by her mother.

**RESEARCH METHOD**

In this research, the researcher used a qualitative descriptive approach. It states that qualitative research is the problem or phenomenon that should be explored not only on the surface but also in deep analysis (Creswell, 2012). Qualitative data is the descriptive and conceptual findings collected through questionnaires, interviews, or observation. Analyzing qualitative data allows us to explore ideas and further explanation of qualitative data (Obara & Were, 2020). Based on the explanation above, the researcher used a qualitative descriptive method because the data in the form of qualitative such as words, phrases, sentences, utterances, images and not in the form of numbers.

**FINDINGS AND DISCUSSION**

In this section, the researcher discuss one main point namely mental process in *I, Tonya* movie where the researcher describe the findings will explain the meaning of the findings as in the point below:

**Individuation process in *I, Tonya* Movie**

This chapter presents the result of the data analysis that covers the individuation in *I, Tonya* movie. Firstly, the writer used content analysis to produce descriptive information to understand
the problems, and also content analysis is used to analyze the whole movie to gain individuation with archetypes by Jung. Archetypes which will be analyzed to produce the individuation in *I, Tonya* movie such as persona, shadow, anima-animus, and self.

**Persona**

**Data 1**

![Picture 1](Picture 1_Tonya_hides_her_true_feelings_from_her_own_mother.png)

Mother: I can still see the bruises under the makeup, you know.
Tonya: Yes, I fell on the ice yesterday.
Mother: I don't know, Tonnie. I would never want to be with someone who likes to beat me up.
Tonya: You hit daddy.
Mother: That's different.
Tonya: By the way he already apologized.
Mother: Seriously, you are so stupid if you think you deserve to be beaten.
Tonya: How do I know
Mother: Maybe he should have spanked you, OK. I am also like that. I support your relationship. you hear?

It can be seen from the picture above that the bruises on Tonya's face can still be seen even though she tried to cover up with the makeup. Tonya tries to appear okay in front of her mother so that her mother doesn't worry and at the same time maintains her image because she has decided to be with her boyfriend even though she has been warned and even forbidden by her mother. Even though there are no written rules not to show sadness in front of their parents, in this case Tonya is trying to be strong with the decisions she makes and doesn't want to look sorry. These things often happen in real life, when there is no blessing from parents then one has to fend for themselves economically, emotionally, and psychologically.


**Persona**

**Data 2**

Mother: Shit. I know you don't expect me to wait for you.
Tonya: no, I don't expect anything
Mother: Aren't you the house flower that is blooming?
Tonya: I don't know if you heard about it, I'm training for the Olympics.
Mother: So what do you want? Money ?
Tonya: Oh my god, no. I only. I just want to meet you
Mother: you are a taker, every penny I earn is all for your skating expenses, what do you want?

The picture above shows that Tonya is back to see her mother after some time apart. Her mother, who had realized that her daughter would only see her if she needed anything, immediately asked her daughter what she wanted. Tonya, who was still pretending that she really just wanted to meet without any need, immediately denied it and said that she only wanted to meet. The persona shown by Tonya aims to cover up the true intentions behind her meeting with her mother. Of course there was another purpose to the meeting, namely to fulfill the jury's criteria to become a portrait of an American athlete who has a harmonious family. A persona that is displayed in public is a necessity that makes the athletes not appear as they are, of course professionalism must be put forward but it doesn't feel worth it if you have to sacrifice the feelings of the athletes.
Persona

Data 3

Picture 3 For the sake of professionalism, Tonya tried to smile in front of the jury.
1:39:22–1:43:00

It can be said that the persona is a form of manifestation of self-control over the outside world, in life we are required to appear in accordance with the wishes of other social beings. In the world of work this is called professionalism where any incidents that occur outside of work and have the potential to interfere with one's performance are prohibited from being displayed or temporarily ignored first. Of course, we often see incidents like this in the daily lives of our celebrities, where they are required to appear optimal and display the opposite of their true feelings to fulfill people's social desires. In the movie "I Tonya" the main character is required to show her professional side by getting rid of all feelings and expressions caused by his personal problems in order to show his best performance. This had to be done because, as explained in the film, the judges did not only judge the participants' Ice Skating Skills, but also the physical appearance and facial expressions of the participants. By displaying a face that is composite with the original feelings of the main character, it makes sports activities more torturous and no longer fun. Apart from maintaining the score from the jury, the main character often performs a persona by appearing happy in public even though she has to accept defeat several times, this aims to maintain a strong image of the main character herself in the eyes of journalists.
Animus

Data 4

Picture 4 Tonya's first professional championship
35:20- 36:00

The picture above shows that Tonya managed to win the ice skating world championship, of course it was not an easy thing to reach that position, since childhood Tonya has been training hard and full of struggle, of course the role of Tonya's mother cannot be separated from Tonya's success itself. Tonya's mother's strict attitude makes Tonya tough and tomboyish. Many times, Tonya experienced violence by her own mother which made her train harder, even though her mother never appreciated her achievement. This makes Tonya like a flywheel that almost never rests, in one of the dialogues it is shown that Tonya spent 13 hours per day practicing at the age of 15. All the activities and treatments experienced by Tonya made her competitive unfortunately, this happened not only when competing in sports, but also in Tonya's household which shows that the violence that occurred in her household was not only caused by her husband's temperament but also because Tonya doesn't want to give in to her husband's decisions. This happened because Tonya was the breadwinner of their small family, made Tonya feel more worthy of enjoying the results of her work than her husband.
Animus

Data 5

Picture 5 Tonya's fighting spirit is at its peak
42:35-43:49

In the picture above, Tonya is shown preparing for the last set in her match before she fell because the shoe she was wearing broke on the blade of her skate. Since that incident Tonya's ice skating career has declined and temporarily stopped competing. After deciding to quit the world of ice skating, Tonya finally took a full time job at a cafe, even though there was a very large income gap as an athlete and being a cafe caretaker. Tonya doesn't depend on her husband at all, which in the film doesn't explain very well what her real job is. The animus spirit possessed by Tonya to deal with difficult times has been trained from childhood by her father and mother where at a young age Tonya had to try hard to get something she wanted, for example to get a warm sweater she had to join her father to hunt rabbits to get their skins and made into sweaters. Finally, thanks to the nature of his animus, when he was an adult, Tonya never depended on anyone, including his mother and ex-husband, even though he was in a condition that really needed help.
Animus

Data 6

Picture 6 Tonya protested that the jury was not objective.
27:58 - 28:17

The picture above shows the scene where Tonya confronted the judging panel at the match that day. This action could be said to be a very reckless action because to carry out this action there were many things to consider, including disqualification if the jury wanted because Tonya barged in when the other participants were performing. Tonya did this because she was no longer strong enough to deal with the jury's treatment, which she said was often unfair in assessing her performance. The action taken by Tonya is an Animus that arises due to the courage to speak out about injustice. Of course, this action could have a positive and negative impact on Tonya's evaluator, but from there Tonya finally realized that the appearance of movement was not the only factor that was the evaluator, but rather the style of dress and make-up which also had a very important role in the assessment.
Animus

Data 7

Picture 7 Tonya is determined to do a Triple Axel at a national tournament
34:48 - 34:57

Triple Axel is a very difficult movement to do, it requires very high concentration and focus, a small mistake can result in failure in this movement, therefore only a few try this movement, especially in national and international tournaments, because of the pressure and nervousness on The tournament atmosphere at this level is so high that it can disturb the concentration and focus of the participants, but this is different with Tonya, she is already skilled at doing the triple axel movement, and when the international tournament was held she tried to convince herself and took a big risk by using the triple axel. in stressful tournaments, this action is caused by the Animus which arises due to a very high desire to win.

Shadow

Data 8

Picture 8 Tonya tries to sabotage her opponent
58:30 – 58:33
The picture above shows one of the screenshots where Tonya injures one of her competitors, this starts with the approaching peak day of the match to fight for the Ice-skating world title which makes all participants nervous and uses methods that are not justified. At first Tonya received death threats if she attended a practice session at the ice-skating building provided, this made Tonya and her team not dare to do practice sessions and spent a lot of time at home, Tonya also thought that if this continued then the goal would be to become a champion The world of ice skating may not materialize, to respond to this threat, Tonya intends to provide a similar threat to other participants, especially to her eternal rival. Of course this is human nature to survive, namely by defending and attacking back things that make them depressed. Fear is the key to Tonya's actions which causes the archetype shadow within her to emerge.

**Shadow**

**Data 9**

Picture 9 Tonya denies that her defeat was not her fault
24:00 -24:07

Tonya: It's not my fault.
Mother : You are never guilty.
Tonya : I beat them
Mother : You slide like a rice buffalo. you're embarrassing.

The picture above shows the debate between Tonya and her mother about Tonya's defeat in Tonya's first professional tournament, Tonya's mother blamed Tonya for appearing untidy and unattractive, while Tonya thought that it was not her fault, on several occasions Tonya always flinched that all the mistakes that occurred were what happened to him was not his own fault, but was caused by someone else and in the picture above he blames the jury for being unfair in
judging, of course Tonya's character who always blames other people to cover up her mistakes is an archetype shadow that she cannot control and has a bad impact on her herself. On another occasion, we are shown a fight involving Jeff and Tonya, in a story that takes Tonya's perspective, it is depicted that Jeff often hits Tonya in every fight. However, when the perspective of the story is changed based on Jeff’s story, it can be seen that it is Tonya who has a very high temperament and does not hesitate to use firearms when arguing, the use of the two story perspectives described above shows that Tonya's character who always blames others also has an impact on Jeff. In addition, at the last moment, when Jeff and Tonya were supposed to work together, so that the motive for beating one of Tonya's rivals was not revealed, it turned out that Tonya chose to betray Jeff and confessed to the police that this was all Jeff's idea and had nothing to do with him.

**Shadow**

**Data 10**

![Picture 10 Tonya left home and divorced her husband](image)

When she reached her limit, Tonya decided to separate from her husband first, this was due to the violence committed by Sam against Tonya, in this condition Tonya made a reckless decision and secretly left Sam and instead she went home to her parents. Instead he chose to stay alone first to calm himself down, this action could be said to be very careless because not long afterward Sam came over to Tonya and almost killed her. It could be said that the action taken by him was a shadow in the form of a careless act which actually endangered his life. Even though
he can actually live on his own, he cannot douse a burning fire with gasoline because the end result of this action is very fatal.

**Shadow**

**Data 11**

![Picture 11 Tonya uses rock songs in the classic song tournament](image11)

Before using an elegant classical song in her performance, Tonya first chose a rock song in her performance. Even though her action was in the opposite direction to the other performers, she still had the confidence to appear different knowing that she had ice skating talent that was far above average. at that time. This action taken by Tonya was the effect of the Shadow that emerged from within her which said that if he wanted to win then he had to appear different and take higher risks to be the difference between him and the other participants..

**Self**

**Data 12**

![Picture 12 Tonya stopped being an ice skater and chose to become a boxer](image12)

155
In the Movie *I, Tonya* is shown that in the end Tonya can no longer appear at any ice skating event forever, of course this is a serious blow for Tonya because what she knows and is good at is ice skating and has been her main livelihood for many years, this causing Tonya to have to accept whatever she has, including the archetype she has and make peace with it, in this film it is shown that Tonya continues to live by making peace with the past and making it a strength. In the end, Tonya can control her four archetypes and maintain harmony and also make it something that can benefit her.

Self is the concept of wholeness and unity of personality which was considered very important by Jung. Self-archetypes motivate people to struggle toward wholeness. Self-directed the process of individuation, through the creative aspect of the unconscious self, is converted into a recognized and channeled into productive activities. A midway point between the conscious and the unconscious ensures a new personality has a more solid foundation. For this reason, archetypes itself would not appear before the person reaches middle age. At that age, people began trying in earnest and disciplined to change the center of her personality. The concept of self was perhaps the most important invention of psychological Jung and the culmination of intensive research on archetypes. Several steps must be followed by individuals in the individuation process. These steps have been summarized in (Lore & Schultz, 1993).

The first step is dissolving or decreasing persona (Lore & Schultz, 1993). The masks that are used, the social roles that are played must be continued throughout the age of half old, one must get along with many different people. However, even though one can use a public personality, the person realizes that this might describe one's true nature. Therefore, one must develop the persona, not deny it. One must develop the persona and begin to hold tightly to the original self that the persona has closed. In other words, one must be yourself. In film *I, Tonya* is shown that Tonnya can put herself in a place where she no longer has to show the persona she has always shown, all this time she has to try to appear smiling and appear fine despite facing many problems. In the end she chose a sport that suited her tomboyish and violent nature, namely free boxing, this way she no longer had to force a smile and display a sickening persona. In addition, by severing her
relationship with her mother and husband, she can finally stop pretending to be the version they both want.

In the second step (Lore & Schultz, 1993) as an individual, one must be aware of all the forces of the shadows that are destructive and constructive. One must understand and accept the dark side of one's nature. These impulses are animalistic and primitive as destructive and selfish. This does not mean that someone gives up or is controlled by these qualities but only accepts their existence. In this film, it is shown that Tonya is trying to accept her dark side and also trying so that her dark side does not interfere with other people and make it something that benefits her, all this time she feels that she has been treated unfairly because when she felt she could win with her skills, she was defeated by something else. He could not master, therefore his decision to move to free boxing was a very good decision for him and the shadow archetype he had, his shadow nature was always blaming others, by moving to free boxing he no longer had to blame other people because the scoring variables for boxing are different from ice skating, in ice skating everything including family background and expression can be a variable for the judges' judgment while in free boxing victory is really determined by skill, so the opportunity to shadow appears in Tonya can be scaled down.

The third step in achieving the individuation process (Lore & Schultz, 1993) one must accept his psychological bisexuality. A man must reveal the nature of the anima (female) and a woman must express the character of his animus (male). Getting to know the qualities and traits of the other sexes is the most difficult thing. Both sides of one's nature must be revealed, must reach a balance to replace the dominance of one part of the other parts. In this film, it is shown that in the end Tonya manages to maximize her animus to give her an advantage, as if she had been in the wrong sport all this time and was very much at odds with her personality.

**CONCLUSIONS**

Based on the explanation at the discussion stage, it can be seen that Tonya as the main character can carry out the individuation process and achieve the self archetype at a fairly young age, by sacrificing all the things she had before and maximizing the potential highlighted by other
archetypes she is able to achieve the same self archetype. Self-archetype means minimizing persona, realizing the existence of anima or animus, bringing shadow into equilibrium, and stepping up the self gradually to be the center of psyche to the highest position to achieve individuation of a fuller and more integrated form of essential consciousness by a comprehensive personality component hidden in the unconscious soul giving rise to the phenomenon of double consciousness, which is the formation of a new character or a person's personality attempt to make a breakthrough, and the consequence is the emergence of special difficulties that cause disturbances of the conscious mind.

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