

**LEARNED HELPLESSNESS
ENCOUNTERED BY MICHAEL OHER
IN *THE BLIND SIDE* MOVIE**

THESIS

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ABSTRACT

Pamungkas, Dimas Probo. 2014. *Learned Helplessness Encountered by Michael Oher in The Blind Side Movie*. Study Program of English, Department of Languages and Literature, Faculty of Culture Studies, Universitas Brawijaya. Supervisor: Dyah Eko Hapsari; Co-supervisor: Sarlettina Vidyayani Eka

Keywords: *Learned Helplessness*, African-American, Psychological, Social Behavior, Depression, *The Blind Side*.

Social behavior shows several interactions between person and social situations, which stressed on how the person may behave accordingly to social values in a society. Behavior is really important in a person's life especially in social context. Disturbances in family functioning, such as parental depression, severe marital conflict or divorce, death of a parent, or other disturbances are external factors that preserve abnormal behavior. Those conditions then form a person's perspective of social behavior that the person preserves to be acceptable. Some of them who cannot fulfill the standards in very often case lead into *learned helplessness*. *The Blind Side* is one of the movies that show *learned helplessness* as an abnormal behavior. This movie was written and directed by John Lee Hancock, produced by Alcon Entertainment and released by Warner Bros in 2009, based on the 2006 book *The Blind Side: Evolution of a Game* by Michael Lewis. *The Blind Side* was a box-office success in 2009. The film itself also received an Academy Award nomination for Best Picture.

The writer use social psychological approach by applying psychological theory which is combined with social behavior theory. In analyzing, the writer makes the main characters in the movie which is Michael Oher as the focus of research in order to reveal the helplessness in his life.

Result of this thesis shows that, the helplessness encountered by Michael Oher triggered by continuity depressions by external factors. The inability to control the situation combined with depressions make him learned helplessness.

ABSTRAK

Pamungkas, Dimas Probo. 2014. *Learned Helplessness yang ditemui pada Michael Oher dalam Film The Blind Side*. Program Studi S1 Sastra Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing I: Dyah Eko Hapsari; Pembimbing II: Scarlettina Vidyayani Eka

Kata Kunci: *Learned Helplessness*, African-American, Psikologi, Tingkah Laku Sosial, Depresi, *The Blind Side*.

Perilaku sosial menunjukkan beberapa interaksi antara orang dan situasi sosial, yang menekankan pada bagaimana seseorang dapat berperilaku sesuai dengan nilai-nilai sosial dalam masyarakat. Perilaku ini benar-benar penting dalam kehidupan seseorang terutama dalam konteks sosial. Gangguan pada fungsi keluarga, seperti depresi orangtua, konflik perkawinan atau perceraian, kematian orangtua, atau gangguan lainnya adalah faktor eksternal yang menyebabkan perilaku abnormal. Kondisi tersebut kemudian membentuk perspektif seseorang dari perilaku sosial bahwa orang yang mana yang dapat diterima. Beberapa dari mereka yang tidak bisa memenuhi standar dimana sangat sering terjadi mengarah pada *learned helplessness*. *The Blind Side* merupakan salah satu film yang menunjukkan *learned helplessness* yang dipelajari sebagai perilaku abnormal. Film ini ditulis dan disutradarai oleh John Lee Hancock, yang diproduksi oleh Alcon Entertainment dan dirilis oleh Warner Bros pada tahun 2009, berdasarkan pada buku tahun 2006 *The Blind Side: Evolution of a Game* oleh Michael Lewis. *The Blind Side* sukses pada box-office dalam kategori film tahun 2009. Film ini juga menerima nominasi Academy Award untuk kategori Best Picture.

Penulis menggunakan pendekatan psikologi sosial dengan menerapkan teori psikologi yang dikombinasikan dengan teori perilaku sosial. Dalam menganalisa, penulis memilih karakter utama dalam film, Michael Oher, sebagai fokus penelitian untuk mengungkapkan *learned helplessness* dalam hidupnya.

Hasil penelitian ini menunjukkan bahwa, *learned helplessness* yang dihadapi oleh Michael Oher dipicu oleh depresi kontinuitas oleh faktor eksternal. Ketidakmampuan untuk mengendalikan situasi dikombinasikan dengan depresi membuatnya mengalami keadaan *learned helplessness*.

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