

An Analysis Psychology of Trauma Toward the Main Character in The Midsommar Movie by Ari Aster

Abdul Muhid Murtadho¹

muhid@stibaiec-jakarta.ac.id

English Literature Department, Sekolah Tinggi Bahasa Asing –IEC Jakarta

Firmansyah

sunreno92@gmail.com

English Literature Department, Sekolah Tinggi Bahasa Asing –IEC Jakarta

Julyanta Br Sitepu

bekasi201@gmail.com

English Literature Department, Sekolah Tinggi Bahasa Asing –IEC Jakarta

Murtadho, A.M, Firmansyah, and Sitepu, J.Br.(2025). An Analysis Psychology of Trauma Toward The Main Character in The Midsommar Movie by Ari Aster. *Journal of English Language and Literature*, 10(2), 385-396. doi: 10.37110/jell.v10i2.304

Received: 25-07-2025

Accepted: 12-08-2025

Published: 02-09-2025

Abstract: This research focuses on criticizing the problem that happened related to Psychology of Trauma. The purposes of this research are to find out the types and the impact of Psychology of Trauma toward the main character in the Midsommar movie. In this research, the writer used the method of content analysis, which is a form of qualitative research. The data were collected through transcript (words, dialogue, sentences, and scenes) of the movie as unit analysis. The data were analyzed by classifying, categorizing, and coding the themes. After that, the data were interpreted based on the perspective of the writer. The results showed that the Midsommar movie contained psychology trauma toward Dani (Main character) in the movie. First: two types of Anxiety consist Second: three types of psychotic disorder. The Last: six types of Human-Caused Trauma. The results analysis showed that the Type of Human-Caused Trauma was dominant in the Midsommar movie.

Keywords: *Main character, Midsommar movie, Psychology of trauma,*

I

NTRODUCTION

Psychology is the way mind behavior and the mental human reflect something in our daily lives, this will appear after process how human facing lives and many sources will influence this such as culture, health, sport, circumstance, education and cognitive process helping people to lead more productive and fulfilling lives, and identifying and nurturing high talent (Linley et al., 2006). Conditions that occur as a result of a bad event can cause psychological trauma to a person.

Traumatic is an event that forces us to accept the incident as a painful/scary experienced and it is carried over to the current life, the traumatic process itself can happen to anyone, for example in the daily life of someone who experienced

often got violence and the problem phycology or unpleasant memory. Defining traumatic events as only those involving fear, helplessness, or horror has the advantage of taking into account the interaction between the event and the individual.

One of the movies related to the psychology of trauma is the Midsommar movie. This movie is chosen because this movie talks about psychological trauma. Midsommar is unique in the way that it tries to scare its audience. Midsommar dabbles in themes such as religious cultism and the difficulty of managing interpersonal relationships.

This movie was directed by Ari Aster, the interesting point is that He actually wrote the screenplay for Midsommar after experiencing a difficult breakup himself and it can certainly be

¹ Corresponding author

seen in the central conflict between Dani and Christian. He has even described the film as "a breakup movie dressed in the clothes of a folk horror film which Dani as the main character.

Dani is quietly experiencing a plethora of emotions, portrayed only by the pain in her eyes and micro expressions, and at the other end, she is screaming at the top of her lungs and is in so much outright pain that find audience almost wanting to crawl into the screen and comfort her. Above are the reasons why the author wants to analyze this movie.

Related Studies

Previous research related to the psychology of trauma has been carried out so far. First, previous research was conducted by Harris and Suwartini (2019) on Novel Peter by Risa Saraswati about analysis of trauma types. The results of the analysis have shown that Peter's character experiences two types of trauma, namely interpersonal trauma by experiencing an experience, beatings, threats, and violence. Trauma with experiences of physical violence, psychological violence, cruel treatment of children, and being separated from close people. Second, research of analysis was conducted by Supriyono (2015) on The Psychological Conflict of the Main Character in the Novel "Biola Pasir Dari Masa Lalu" by D. K. Sumirta. The results of the analysis show that the main character experiences psychological trauma and frustration. Psychological trauma is caused by accidents that result in blindness. The differences present research with the previous research is previous research was conducted by Supriyono (2015) use approach psychoanalysis by Sigmund Freud, where Novel as an object of research. It is different from the present research where the use of content analysis by Krippendorff (1989) to analyze this research where a movie is an object of research. The second was conducted by Harris and Suwartini (2019) use analysis interactive where Novel as an object of research. It is different from the present research that uses content analysis as an approach to analyzing this movie. The similarities between the present research with the previous research are similarities in qualitative research and focus on the psychology of trauma. The writer focuses on this research because the psychological disorder is very sensitive toward a person. It is true that the factor development of the mental health symptoms to someone is related to environmental influences, which involves

sensitivity to environmental influences, particularly the impact of chemical substances that affect a person's physical and mental well-being in various forms and ways (Baller, 2006).

Definition of psychology

Some experts defined psychology as follows: Wundt (2014), argued that psychology is the science that studies human consciousness. Besides, Meyer (1927), gives more elaboration that psychology is an analysis that studies mental processes and cognitive structures to be able to understand human behavior. Besides, Leeper (1933) adds that psychology is generally defined as the science of behavior, however, interestingly, the notion of "behavior" has evolved so that it now deals with what in the past was called experience. From the statements above, the writer summarizes that the concept of psychology refers to the science to the study of human behavior.

Psychology Disorders

A disorder is defined as a mental feature or other aspects of mental functioning that affects a small percentage of the population and is harmful to one's own or others' well-being (Wundt, 2014). There are some psychology disorders as follows: Disorders that are typically diagnosed in infancy or childhood fall into this category

1. Phobia (anxiety disorder)

Anxiety disorders are categorized as phobias. Even when there is no danger, it is a severe sort of fear or anxiety induced by a specific situation (such as walking outside) or an object such as spiders (Mind, 2017). For example, you may know that being out on a balcony in a high-rise building is safe, yet you are afraid to walk out on it or even enjoy the view from behind the building's windows.

2. Psychotic Disorder

In general, schizophrenia illnesses are marked by fundamental and distinctive cognitive and perceptual abnormalities, as well as incorrect or dampened feelings. Although certain cognitive deficiencies may develop with time, clear consciousness and intellectual capacity are usually retained. The most important psychopathological phenomena include thought echo; thought insertion or withdrawal; thought broadcasting; delusional perception and delusions of control; influence or passivity; hallucinatory voices commenting or discussing. Schizophrenia is psychotic symptoms are common in people with bipolar disorder. Alcohol and some narcotics, brain tumors, brain infections, and stroke are all potential causes of psychosis.

3. Sexual Disorder

According to Kar (2015), Sexual disorders cause a great deal of psychological distress, interpersonal problems, and mental illness, including anxiety and sadness. In psychiatric practice, the majority of sexual problems are simply recognized and handled. Clinicians must look for these issues ahead of time. Psycho-education and psycho-physiological approaches can be used to treat the majority of sexual disorders.

Trauma

According to Giller (1999) Trauma as a major one-time occurrence such as car accidents, natural disasters, crimes, surgeries, fatalities, and other violent acts. Child abuse, neglect, combat, urban violence, concentration camps, violent relationships, and persistent deprivation are all examples of chronic or recurrent events. Meanwhile, Briere & Scott (2006) give more elaboration that any occurrence that entails the risk of death, major injury, or sexual violence, whether actual or threatened, has the potential to be traumatic. Almost everyone who has been through a traumatic event will be affected emotionally, but not everyone will react in the same manner. Briere and Scott (2006) defined the types of trauma as follows:

a. Naturally caused Trauma

Any of the following potentially apocalyptic natural disasters can traumatize individuals or groups: Tornadoes, lightning strikes, wildfires, avalanches, physical ailments or diseases, fallen trees, earthquakes, dust storms, volcanic eruptions, blizzards, hurricanes, cyclones, typhoons, meteorites, floods, tsunamis, epidemics, famines, and landslides.

b. Human-Caused Trauma

Trauma can occur as a result of either unintentional or intentional acts. Train derailment, roof collapse, structural collapse, mountaineering accident, aircraft crash, car crash due to malfunction, mine collapse or fire, radiation leak, crane collapse, gas explosion, electrocution, machinery-related accident, oil spill, maritime accident, accidental gun shooting, and sports-related death are all examples of accidental acts. Arson, terrorism, sexual assault and abuse, killings, and suicides are examples of intentional acts

c. Evolving understanding trauma

The behavioral health field's understanding of trauma (that is, psychological trauma) as discrete symptomology. For example, posttraumatic stress disorder.

Character

Henderson (1997) stated that the most important element in the movie is character. It is also stated by Abrams (1981) that character revealed that the people who appear in narrative or drama where the readers interpret is having certain moral qualities and inclinations which delivered in a speech and action that we called it as 'character'. The characters that appear in the story have different characteristics. It's supported by Nurgiyantoro (2010) that there are some characteristics that the characters have, namely protagonist and antagonist are also known as 'the actor' of the story. To understand characterization, readers can search through (1) Language the author use. (2) The description given by the author about the environment, even the way someone dresses shows how someone's behavior, (3) To see how the character talk about himself, (4) To understand how his mind, (5) To see how other characters talk about him, (6) To see how other characters talk with him, (7) To see how the other characters react toward him, and (8) To see how the character responds other characters (Aminuddin, 2011: 80). Based on the descriptions above it can be pointed out that Characters Character refers to the humans that are created by authors to inhabit their stories; the character should be believable and consistent.

Movie

Movie is another name for film or motion picture. This word is mostly used in American English. Although movie is commonly used in spoken language, many people tend to use the word film in academic and formal writing (Hasa, 2016). On the other perspective The movie art forms in many ways a composite of all the others, including writing, performance, visual elements, sound, music, and design. Some of the most important artists of our time have chosen movies as their means of communication (Kennedy & Gioia, 2002). It is also powered by Campbell et al. (2015) movie has the power to transport your mind from the narrow, impersonal bore of a magnetic resonance imaging (MRI), magnet sound, and language. the movie is made up of a plot and characters serve as the actors who act out a story. Based on some explanation above it can be concluded that movie has an important

role in literature and it is one media can be used for research.

METHOD

The writer uses qualitative research to analyze the object of research leads to content analysis to support this analysis. According to Krippendorff (1989), Content analysis is described as a research technique for drawing replicable and true inferences from texts or other meaningful matter to the contexts in which they are used. Besides, Bengtsson (2016) gives more elaboration that the goal of content analysis is to organize meaning from the collected data to make it a reasonable inference that can be drawn.

Techniques of Collecting Data

The Primary source of Data are story of the movie Transcripts of the Midsommar movie and The Secondary source of data are Journals, Books, Ebooks and Websites.

Techniques of Analyzing Data

The writer analyzed and process the data by classifying, categorizing and coding. Next, the data is collected and interpreted based on the theories by analyzing and observing the movie many times. The processed of analyzed data follows some stages such as, first the writer watched the movie many times to observe the story and the main character, next the writer focus to take notes by listening to the dialogues of the movie to get the supporting data, next reducing the data, after that the writer classifying the data based on the theories, next the writer coding the data with the symbol F and D which means Finding and discussion, and continue to interprets the data, and finally the writer draw a conclusion

FINDINGS AND DISCUSSIONS

1. Type of psychology of trauma toward the main character in the Midsommar movie.

The results of the analysis have shown that there are some types of psychological disorders toward Dani experienced as the main character found in the movie according to (Wundt, 2014) and the trauma based on Briere and Scott (2006) theories. From the analysis, the researcher found that there are 11 types of psychological disorders consists of 2 types of anxiety disorders & 3 types of psychotic disorder, and 6 type of Human-Caused Trauma were founded in the Midsommar movie.

Phobia (Anxiety disorder)

Based on the results of the analysis, the types of

anxiety disorder were found in the Midsommar movie as follows:

Data	Time	Type of Anxiety Disorders
1	00:01:45-00:02:42	Disorder occurred when Dani got worse information related to her family's death,
2	00:07:08-00:07:10	Disorder when Dani didn't have responded email by her younger sister related to condition her family's

No	Data 1: 00:01:45-00:02:42
1	<p>The figure below has shown that Terry Ardor (Dani's younger sister) has sent an email to her older sister (Dani), and told about the real incident, but not in detail what happened. From that worse information, Dani Tried to call back by phone but didn't have. Dani became worried about her parents and her younger sister. That makes Dani experienced psychological disorders in the type of anxiety or phobia.</p> <p>Figure 1 : Terry's email about the incident</p>

No	Data 2 ; 00:07:08-00:07:10
2	<p>The figure below has shown that Dani sent an email and wishes Terry wrote back about her email. She told that Terri don't just write like that but didn't explain in detail what happened because she became worried about it and also she thinks about her boyfriend is breaking up with her, make her freaking out, and became a psychological disorder.</p>

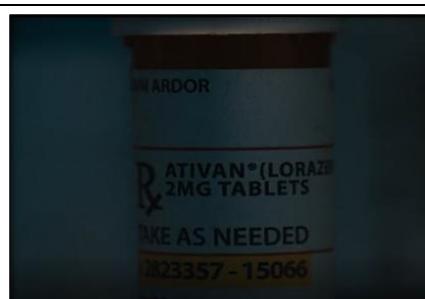


Figure 2: Dani's email to Terri

Psychotic Disorder

Based on the results of the analysis, the types of Psychotic Disorder were found in the Midsommar movie as follows:

Data	Time	Type Of Psychotic Disorder
3	01:14:56-01:16:15	Psychotic disorder occur when Dani consumed the tablet of Ativan to handle her anxiety
4	00:32:54-00:33:45	Psychotic disorder occur when Dani first time arrived in a community in Sweden
5	01:14:21-01:14:31	Psychotic disorder occur when Dani after watched suicide in a ritual Sweden community

No	Data 3 : 01:14:56-01:16:15
3	<p>The figure has shown that after got worse information from her younger sister, continued with Terri has not written back her email, which adds more problems for herself. The tablet of Ativan begin consumed by Dany to handle her anxiety, whenever got anxiety. Dani consumed this tablet and becomes dependent on herself, which makes her experienced a psychological disorder.</p>  <p><i>Figure 3 Medicine of Ativan was consumed by Dani to handle her anxiety.</i></p>

anxiety

No	Data 4: 00:32:54-00:33:45
4	<p>Dialogues group between Pelle's group and Ingemar's group</p> <p>Pelle : They are my friends from America. Come on, this is my brother Ingemar, we are brothers since we were little.</p> <p>Ingemar: This is my friends from London, Simon, and Connie. Perfect time, by the way, we just harvested mushrooms, you wanna tried?</p> <p>Christian: Dani, if you felt restless, don't eat</p> <p>Dani : No, I am just adaptation here</p> <p>Dialogues above have shown that Ingemar gives mushrooms to Pelle's group to eat together, however, Christian is worried about Dani. But she tried to eat it, she tried to forget what happened related to her family's death with consumed mushrooms. After being consumed, Dani feels hallucinating because of the effect of the mushroom. She met her family in her hallucinating, it makes increasing psychology disorder toward herself.</p>

	
<i>Figure 4 Dialogues group between Pelle's group and Ingemar's group</i>	

No	Data 5 : 01:14:21-01:14:31
5	<p>Dialogues between Dani and Josh</p> <p>Dani : Excuse me, do you have sleeping pills?</p> <p>Josh : Oh yes, I have it</p> <p>Dialogues above have shown that Dani can't sleep and tried to consumption sleeping pills after got pills from Josh. After consumed pills, Dani back hallucinating, she looked at her boyfriend, Mark, and Josh leaves her alone at night when Dani has slept, and back to America. That is the effect of the medicine for sleep, and that makes Dani always hallucinating and got psychology disorder.</p> <p></p> <p><i>Figure 5 Dani ask Josh for sleeping pills</i></p>

Human-Caused Trauma

Based on the results of the analysis, the types of Human-Caused Trauma were found in the Midsommar movie as follows

Data	Time	Type of Human-Caused Trauma
6	00:15:57-00:17:00	Disorder occurred when Dani felt disappointed or something that hurt herself
7	00:22:32-00:23:00	Disorder occur when Pelle told about Dani's family death in America
8	01:10:05-01:11:38	Disorder occur when Pelle told again about Dani's

		parent's death in the Sweden Community
9	01:01:38-01:01:48	Disorder occurred when she saw directly murder or suicide
10	02:03:56-02:04:10	Psychotic disorder occurred when Dani saw her boyfriend affair with Sweden ladies
11	02:21:20-02:22:14	Psychotic disorder occurred when Dani saw her boyfriend burn out

No	Data 6: 00:15:57-00:17:00
6	<p>Dialogues between Christian & Dani</p> <p>Christian: "I told you, I wanna go to Swedia</p> <p>Dani: No, you said that is a good idea</p> <p>Christian: Ya, and I got an opportunity, and I decide to do it</p> <p>Dani: I don't mind you going, I just wish, you got it told me, just it</p> <p>From dialogues that happened, Dani felt disappointed when her boyfriend (Christian) was not honest toward herself, it can be seen in the phrase "I just wish you get it told me". It is influenced by a worse relationship between both of them, and Dani doesn't trust him again because Christian wanna go to Sweden with her friend but has not told Dani, she hopes, Christian with her together when she got a problem at the time, but Christian has hurt Dani. That is an increasing psychological disorder and internal problem for herself</p>


<i>FIGURE 6 : Dialogues between Christian & Dani</i>

No	Data 7 : 00:22:32-00:23:00
7	<p>Dialogues between Dani and Pelle</p> <p>Pelle : I was really to hear, sorry to hear about your loss...</p> <p>Dani : oh...!</p> <p>Pelle : I mean I lose my parents too, but, oh sorry</p> <p>Dani : I mean, sorry I just. Thank you. Sorry I just wanna be back</p> <p>The dialogues above and figure below have shown that Dani felt sadness remembered her parents because of that dialogues, it makes her went to go to the bathroom, her mind becomes confused, angry, disappointed, and sad. It is an increasing psychological disorder to herself, so that is why she felt want to cries in the bathroom.</p>  <p><i>FIGURE 7 : Dani & Pelle told about her parent's death</i></p>

	<p>From the dialogues above, Dani has a plan for going away from there, she doesn't believe that someone does suicide in the public area watched by all members of the community in Sweden. However, Pelle comes and tries to make it calm down, Pelle tries to explain what happened and it is a regulation in his commune for a long time. But Pelle continued with told about Pelle's parent's death. It is make Dani remembered her parent's death and Dani always cries when Pelle in the second time told about that. That make Dani felt vomit and became a psychological disorder for herself.</p>  <p><i>FIGURE 8 : Dialogues between Pelle and Dani in the Sweden Community after watched of suicide</i></p>
--	---

No	Data 8 : 01:10:05-01:11:38
8	<p>Dani : "Sorry, I have to go now</p> <p>Pelle : I am gonna say something that right knows</p> <p>Dani : I am scared, I can't breathe.</p> <p>Pelle : because of my birth, my parents were both gone</p> <p>Dani : What we don't talk about it</p> <p>Pelle : I know, just fine, but my birth, parents both died when I was a little. Their burn up in a fire".</p>

No	Data 9 : 01:01:38-01:01:48
9	<p>The figure has shown that the suicide with the way someone jump on the mountain used by Community in Sweden is a part of ritual there, in the place of Pelle growth. The result of the decision together shown that Dani involved went to Sweden with them, Christian, Josh, Mark, Dani, and Pelle, went to Sweden and joined with the Community there. Everyone who attends there saw what happened as a part of the ritual but impossible and not general. That is the first time Dani saw</p>

	<p>someone suicide in front of her eyes. That is make Dani felt throw up again and felt broken, confused. That is a series of psychological disorders that increasing psychological disorders for Dani.</p>  <p><i>FIGURE 9 : Ritual of suicide in the Sweden Community</i></p>	<p>11</p> <p>The figure has shown that some people in the ceremony home burn out, include Christian and their friends when comes together from America and also some friends from London. Dani always saw that incident and that makes her felt vomit and crying and became frustrated. That incident increasing some disorders to herself. That is a series of disorders psychology and trauma that occur were founded in the Midsommar movie.</p>
No	Data 10 : 02:03:56-02:04:10	 <p><i>FIGURE 11 : Dani's boyfriend (Christian), Josh and Mark burn out</i></p>
10	<p>From the figure above, in front of her face, Dani looks at her boyfriend (Christian) affair with a Sweden girl and some women in the ceremony home community Sweden and makes it hurt herself. Dani felt angry, disappointed, and frustrated about it. It makes Dan experienced trauma disorder.</p>  <p><i>FIGURE 10 Dani saw her boyfriend (Christian) affair with Sweden ladies</i></p>	
No	Data 11: 02:21:20-02:22:14	

2. The most dominant type of disorder occurred on the main character in the Midsommar movie

The results of the analysis have shown that the most dominant type of disorder on the main character (Dani) that occurred in the Midsommar movie as shown on the table below. The table shown that the psychology disorder type of Human-Caused Trauma was dominant in the Midsommar movie based on the results of the analysis.

Types of Disorder	Results	Percent %
Anxiety Disorder	2	18 %
Psychotic disorder	3	27%
Human-Caused Trauma	6	55%
Total		100%

Discussion

1. Type of psychology of trauma toward the main character in the Midsommar movie

a. Anxiety Disorder

(Data#1&2) has shown that the main character

experienced psychology disorder type of anxiety.

It is influenced by some terrible information related to her parents and the younger sister. This is evidence by chat Dani to Terri for asks about real conditions related to her parents. The movie was shown in minutes (01:01:48-00:02:40) Dani call her parents to make sure what happened there, however, not responded, just the answer machine which responded for Dani. There are Dani's messages by phone (answering machine) to her parents as follows:

'Hey mom and dad, it's Dani. Sorry, I'm calling so late. I just check everything is okay. I got a bad email from Terri and she has not responded to my email, it sounded like you were got trouble? I was a little worried, so call back when you have time, I'm here if you need me. All right. I love you'

From the statement above, Dani as an older sister was worried about her parents related to get a piece of bad information from her younger sister by email, it is a part of a psychological disorder in the type of Anxiety. It can be seen in the phrase "I was a little worried". Dani worried about her parents about what happened since he lives in an apartment because she is in college downtown and so far from her parents. This is suitable with the anxiety disorder proposed by Wundt (2014) and relevant in an article in a website related to separation anxiety which said that, in a variety of ways, a separation anxiety disorder can significantly interfere with or impair an adult's daily life functioning. As the adult struggles to cope with time away from their loved one, who has become their stable "home base," attendance and performance at work may suffer, or the business may fail to launch. An anxious person may separate themselves from their classmates and coworkers, wary of partaking in ordinary social activities that entail time away from their loved one. Furthermore, s/he may struggle in love relationships, failing to date at all, being unduly reliant on a romantic partner, or persisting in partnerships long after they are no longer compatible (Anxiety Canada, 2021) When connected to the results of the analysis, the statements above are suitable with the main character experienced that occur in the Midsommar movie, where Dani felt anxiety when separated from her family. It makes Dani experienced anxiety and always be dependent on her boyfriend. It can be seen at minutes (00:15:57-00:17:00) where she got into trouble with her boyfriend that make their relationship not romantic. She is easy for angry, and easily

offended to Christian (her boyfriend) and Dani being dependent on her romantic partner, Christian.

Valadares et al. (2020) report that women are approximately twice as likely as men to experience anxiety disorders, a disparity influenced by a combination of biological, psychological, and social factors. Anxiety disorders in women create a lot of pain and have a lot of harmful consequences. When connected with the results of the analysis, this is relevant to the main character in the Midsommar movie. Dani is a woman adult who has shown that she experienced more anxiety for herself, it can be seen at minutes (00:06:15-00:06:50) when Dani called her friends to tell about the problem that occurred. This is evident with the survey was conducted by Sao Paulo Megacity Mental Health.

Anxiety disorders	Sex						OR (95%CI)	
	Total		Male		Female			
	%	SE	%	SE	%	SE		
Panic disorder	1.7	0.2	0.9	0.18	2.5	0.38	2.9 (1.7-5.0) ^a	
Generalized anxiety disorder	3.7	0.3	2.6	0.34	4.6	0.37	1.8 (1.3-2.4) ^a	
Social phobia	5.6	0.4	4.2	0.53	6.7	0.58	1.6 (1.2-2.3) ^a	
Specific phobia	12.4	0.6	7.9	0.85	16.5	0.73	2.3 (1.8-2.9) ^a	
Agoraphobia without panic	2.5	0.3	1.3	0.42	3.6	0.53	2.9 (1.4-6.1) ^a	
Posttraumatic stress disorder ^b	3.2	0.2	1.6	0.42	4.6	0.40	3.0 (1.6-5.7) ^a	
Obsessive-compulsive disorder ^b	6.7	0.5	5.8	0.58	7.6	0.83	1.3 (0.98-1.8)	
Separation anxiety disorder	7.7	0.4	6.7	0.55	8.6	0.57	1.3 (1.04-1.6) ^a	

Figure 12: Survey mental Health Woman by Sao Paolo Megacity Between Female and Male

The results of analysis have shown that separation anxiety that females 8.6 % is higher than in males 6.7 %. It means females are more sensitive than males. When connected with the present research, Dani experienced increasing anxiety based on gender were proposed by Valadares et al (2020). According to Swift et al., (2014), traumatic experiences can impact mental health someone. Irrational hate of specific people and compulsive behaviors can all be triggers for anxiety disorders like panic, phobias, and obsessive behaviors. Anxiety disorders have a defining feature that is Irritability, for example, is psychological symptoms, focusing problems, and depression Physical symptoms, such as heart palpitations. Perspiration, tensions and anguish, palpitations, dizziness, fainting, dyspepsia, and fast breathing, and difficulty sleeping. This is suitable with anxiety experienced by Dani such as difficulty to sleep, hate for her boyfriend, and depression

b. Psychotic Disorder

(Data#3, #4, #5) has shown that the main character experienced psychology disorder type of

psychotic disorder. The results of the analysis have shown that Dani experienced hallucinations when consuming sleeping pills and also mushrooms when the first time arrived in the Sweden community. According to Bangwal et al., (2020) Psychotic disorder is all symptoms of psychosis Thought disturbance, abnormal behavior, poor cognition, delusion, and hallucination. This is suitable with the results of the analysis about what was experienced by the main character in the Midsommar movie. It can be seen in the scenes of the movie at minutes (00:30:12-00:30:21) when after eaten mushrooms, Dani saw the grass grow in her hand, and at minutes (01:14:21-01:14:31) after consumed sleeping pills, Dani hallucination again when the saw Christian, Josh, and Mark go away and left her alone back to America, in the real condition, they don't go back to America. Hallucinations are sensory illusions that appear to be real but are actually generated by your mind. They have the ability to impact all five of your senses. These symptoms could be caused by mental diseases or drug adverse effects. Types of hallucination consist of visual hallucination, olfactory hallucination, gustatory hallucination, auditory hallucination, and tactile hallucination (Legg, 2019). When connected with the results of the analysis, Dani involved visual hallucination because she has seen her family in hallucinations. Visual hallucinations are when you see things that aren't actually there. Objects, visual patterns, people, or lighting may appear in the hallucinations. A research study related to visual hallucinations has done carryout so far. The study was conducted by Teeple et al., (2012). The results of the analysis showed that patients with schizophrenia and schizoaffective disorder have been found to have visual hallucinations in 16% to 72% of cases. Patients with schizophrenia and visual hallucinations had a considerably higher overall degree of illness than those without visual hallucinations. In those with schizophrenia, dramatic sceneries with family members, religious leaders, and animals are common visual hallucinations. Fear, joy, or indifference are all possible responses to these visions. Colorful hallucinations are common, and they frequently involve normal-sized people and things.

c. Human-Caused Trauma

(Data #6 – data #11) the results of the analysis have shown that the main character has some experiences of trauma in the type of Human-Caused Trauma in the Midsommar movie.

Human-Caused Trauma is Trauma that can occur because of humans as a result of either unintentional or intentional acts. It is influenced the first time by a horrible incident that occurred to her parents and the younger sister. From that incident, Dani always got the trauma when something influenced her life related to her family's death. According to United Nations (2010), Traumatic occurrences are those in which a person is subjected to or witnesses something extremely frightening and upsetting Traumatic incidents can include risks to one's life as well as one's physical and emotional well-being.

Dani experienced a psychological disorder is called Post Stress Pasca Disorder (PTSD). Generally, Post-traumatic stress disorder (PTSD) is a severe physical and emotional reaction to thoughts and reminders of a terrible incident that can continue for weeks or months. Flashbacks, nightmares, and intense emotional and physical reactions to reminders of the event are all signs of re-living. Feelings of guilt, acute fear of damage, and emotional numbing are all examples of emotional reactions. Uncontrollable shaking, chills or heart palpitations, and tension headaches are all examples of physical reactions. Avoidance symptoms include avoiding activities, locations, ideas, or sensations associated with the trauma, as well as feeling disconnected or estranged from others.

Being too alert or quickly startled, difficulty sleeping, impatience or outbursts of anger, and a lack of concentration are all signs of heightened arousal. (CDC, 2004). Accessed on September 29, 2021). When connected with the psychology disorder experienced by Dani, that is suitable. It can be seen that Dani experienced Trauma that continue for a week from America until they are in Sweden. She always has nightmares, or difficulty sleeping. A research study related to Post Traumatic Disorder has done carryout so far in America. A research study was conducted by National Comorbidity Survey. The results of survey have shown that estimated overall that 3.6 % American among adults was higher for females than males. When connected with this research, that is relevant with the results of the present research character where the main character (Dani as a woman) increasing post-traumatic stress disorder based on gender. The results of the survey have shown that was higher for females (5.2%) and males (3.8%) in America (2001-2003).

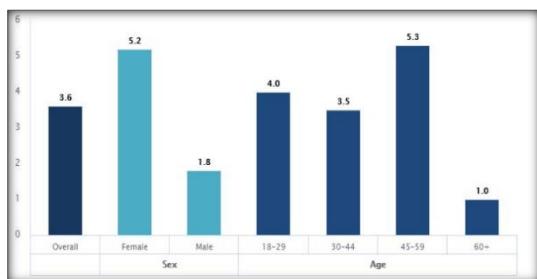


FIGURE 13 : Post Traumatic Stress Disorder Among American Adult

2. The most dominant type of disorder occurred on the main character in the Midsommar movie

Discussion about the most dominant type of disorder toward the main character is Human-Caused Trauma. The result shows about 6 times or 55 percents happened from all the stories in the movie. Trauma can occur as a result of either unintentional or intentional acts by the human. From the analysis one of the problem was about gas explosion. Dani has experienced trauma related to the suicide of her family use toxic gas. That incident resulted her psychological disorders in her life. For the most part, a person with this trauma have experienced the event him or herself or witnessed the event in person. based on the results of the analysis in the Midsommar movie, where the main character experienced based on criteria above, such as reliving the experience, hallucinations, or flashback episode related to her family's death.

CONCLUSION

This research aimed to identify the types of psychological trauma depicted in the Midsommar movie and to determine the most dominant type of trauma experienced by the main character, Dani. Through a detailed analysis, it was found that Dani exhibits multiple forms of psychological trauma throughout the film. Specifically, there are eleven distinct types of psychological trauma identified, including two types categorized as anxiety disorders, three as psychotic disorders, and six as human-caused trauma.

Type of anxiety consist of (1). Psychology disorder that occur when Dani got information related to her family's death. (2). Psychology disorder when Dani didn't have responded email by her younger sister related to condition her family.

Type of psychotic disorder consist of (1). Psychotic disorder occurred when Dani consumed the tablet of Ativan to handle her anxiety. (2). Psychology disorder occur when Dani first time arrived in the Community Sweden. (3). Psychotic disorder occur when Dani after watched suicide in a ritual Sweden community.

Type of Human-Caused Trauma consist of (1). Psychology disorder occurred when Danny felt disappointed or something that hurt herself. (2). Psychology disorder occurred when Pelle told about Dani's family death, at minutes. (3). Psychology disorder occur when Pelle told again about Dani's parent's death in Sweden Community. (4). Psychology disorder occur when Dani saw directly murder or suicide. (5). Trauma disorder occurred when Dani saw her boyfriend affair with Sweden girl. (6). Trauma disorder occurred when Dani saw her boyfriend burn – out.

Among these, human-caused trauma appears to be the most dominant category influencing Dani's psychological condition. The findings highlight the complex interplay of various trauma types and provide deeper insight into the mental and emotional struggles faced by the character, reflecting broader themes of loss, manipulation, and psychological breakdown portrayed in the film.

REFERENCES

- Abrams, M. H. (1981). A glossary of literary terms. Holt, Rinehart and Winston.
- Aminuddin. (2011). Pengantar apresiasi karya sastra. IKAPI.
- Bangwal, R., Bisht, S., Saklani, S., Garg, S., & Dhayani, M. (2020). Psychotic disorders, definition, sign and symptoms, antipsychotic drugs, mechanism of action, pharmacokinetics & pharmacodynamics with side effects & adverse drug reactions: Updated systematic review article. *Journal of Drug Delivery and Therapeutics*, 10(1), 163–172. <https://doi.org/10.22270/jddt.v10i1.3865>
- Baller, J., et al. (2006). Syndrome stability and psychological predictors of symptom severity in idiopathic environmental intolerance and somatoform disorders. *Psychological Medicine*, 37, 271–281.
- Bengtsson, M. (2016). How to plan and perform a qualitative study using content analysis. *NursingPlus Open*, 2, 8–14.
- Briere, J., & Scott, C. (2006). What is trauma? Wteague.com, 3–13. <http://wteague.com/Trauma/Shame/CPTS/Principles%20of%20Trauma%20-%20Briere.pdf>
- Campbell, K. L., Shafto, M. A., Wright, P.,

- Tsvetanov, K. A., Geerligs, L., Cusack, R., Cam-CAN, & Tyler, L. K. (2015). Idiosyncratic responding during movie-watching predicted by age differences in attentional control. *Neurobiology of Aging*, 36, 3045–3055.
- Centers for Disease Control and Prevention. (n.d.). Coping with a traumatic event. <https://www.cdc.gov/masstrama/factsheets/public/coping.pdf>
- Grinage, B. D. (2003). Diagnosis and management of post-traumatic stress disorder. *American Family Physician*, 68(15). <https://www.aafp.org/afp>
- Hasa. (2016). Difference between film and movie. Pediaa. <https://pediaa.com/difference-between-film-and-movie/>
- Haris, M., & Suwartini, I. (2019). Analisis jenis trauma tokoh utama dalam novel Peter karya Risa Saraswati. *Komposisi*, 4(2), 68–74.
- Henderson, G. M., Day, W., & Waller, S. S. (2006). Literature and ourselves: A thematic introduction for readers and writers. Longman, Inc.
- Kamalia, N. (2013). Karakteristik tokoh dan penokohan dalam cerpen karya buruh migran Indonesia di Hongkong [Undergraduate thesis, Universitas Negeri Malang].
- Kar, N. (2015). Common sexual disorders: A clinical review. *Psychotherapy: Special Article*, 6(2), 55–60.
- Krippendorff, K. (1989). Content analysis: An introduction to its methodology. *International Encyclopedia of Communication*, 1, 403–407.
- Laursen, T. M., Nordentoft, M., & Mortensen, P. B. (2014). Excess early mortality in schizophrenia. *Annual Review of Clinical Psychology*, 10, 425–448. <https://doi.org/10.1146/annurev-clinpsy-032813-153657>
- Leeper, R. (1933). The pedagogical seminary and journal of genetic psychology. *The Pedagogical Seminary and Journal of Genetic Psychology*, 43(2), 478–488. <https://doi.org/10.1080/08856559.1933.10532476>
- Legg, T. J. (2019). Everything you need to know about hallucinations: What are hallucinations? Healthline. <https://www.healthline.com/health/hallucinations>
- Linley, A. P., Joseph, S., Harrington, S., & Wood, A. M. (2006). Positive psychology: Past, present, and (possible) future. *Journal of Positive Psychology*, 1(1), 3–16.
- <https://doi.org/10.1080/17439760500372796>
- Meyer, M. F. (1927). *Abnormal psychology*. American Psychological Association.
- Mind. (2017). Understanding phobias (pp. 1–25).
- Nurgiyantoro, B. (2010). *Teori pengkajian fiksi*. Gadjah Mada University Press.
- Office of the United Nations High Commissioner for Human Rights. (2010). *Manual on human rights monitoring: Chapter 12 – Trauma & self-care*.
- Supriyono, J. (2015). Konflik kejiwaan tokoh utama novel Biola Pasir dari Masa Lalu karya D. K. Sumirta.
- Swift, P., Cyhlarova, E., Goldie, I., & O’Sullivan, C. (2014). Living with anxiety: Understanding the role and impact of anxiety in our lives. *Mental Health Foundation*, 43(1).
- Teeple, R. C., Caplan, J. P., & Stern, T. A. (2012). Visual hallucinations: Differential diagnosis and treatment. In *Hallucinations: Research and practice* (pp. 75–90). https://doi.org/10.1007/978-1-4614-0959-5_6
- Valadares, G., Cantilino, A., Mendes-Ribeiro, J., & Rocha, R. (2020). Women’s mental health. <https://doi.org/10.1007/978-3-030-29081-8>
- Van Der Hart, O., & Brown, P. (1990). Concept of psychological trauma. *American Journal of Psychiatry*, 147(12), 1691. <https://doi.org/10.1176/ajp.147.12.1691a>
- World Health Organization. (2019). *Schizophrenia*. <https://www.who.int/news-room/fact-sheets/detail/schizophrenia>
- Wundt, W. (2014). *Lectures on human and animal psychology*. Routledge.