

INITIAL ADJUSTMENT AND MENTAL ISOLATION ANALYSIS IN THE MOVIE “ANNA AND THE KING”

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Abstract

This study will be focused on the parts of the cultural adjustment process of the main character's experience in the movie “Anna and The King”. The cultural adjustment process consists of some stages, those are: honeymoon period, culture shock, initial adjustment, mental isolation, and acceptance and integration, but in this research the writer only focuses on the initial adjustment and mental isolation stage. The objective of the study is to analyze how the main character's experiences cultural adjustment process relating to the initial adjustment and mental isolation based on Levine and Adelman theory known as the stage of the “W” pattern of cultural adjustment process. The writer used the descriptive qualitative method to analyze the main character's experience in the movie. Initial Adjustment is stage relating to some difficulties and problems in culture shock but it will be solved by the main character. Furthermore, Mental isolation is the newcomer's feeling that lost of self confident because the result of anxiety, depression and loneliness.

Key words : Cultural, Character, Initial Adjustment, Movie, Mental Isolation

INTRODUCTION

Learning culture is important and able to help someone in understanding the target language better. Learning the culture of target language also helps someone to prevent misunderstanding and miscommunication. It is not easy to learn another culture, it takes time, effort, and patience to understand of the target language culture. Sometimes living in new culture make the new comers are elated and depressed. Therefore to avoid this problem, the new comers need to learn and understand about the new culture first. According to Liu (2014:243) “ culture is refer to beliefs, costumes, way of life and social organization of a group or country”. Culture gives effect on behavior by experience of beliefs, costumes and way of life. People who lives in different culture usually have different language and way of life such as: way of dressing, foodways, and arts. Culture also influences target language because by the language someone can make a communication with people in the new culture. There are several efforts to learn the culture of the target language such as : reading book, watching movie, and also going abroad.

In addition, Mahadi (2012:231) “Culture is the total of inherited and innate ideas, attitude, belief, values and knowledge comprising the share foundation of social action”. In social action such as : language, value and attitude connect people together and also learnt through relation with other people.

Based on the definition some experts above can be concluded that the culture is characteristic and knowledge of a group or society by everything from language, religion, attitude and habitation. It is not easy for the new comer to integrate with the new culture; it depends on someone’s effort to deal with each stage of culture adjustment. To get a better point of view of how a newcomer does well in experiencing cultural adjustment and solve the problem that should be faced in the new culture, the writer chooses a movie relating to the culture adjustment to be analyzed in this research. In this research, the writer intends to analyze the process of cultural adjustment of the main character in the movie “Anna and The King”. The main character was a young widow and a mother from England. The main character came to Thailand to be a teacher and tutor to king’s children in the Siam Kingdom. Beside that, the main character helped the king to communicate with foreign governments. The main character found some difficulties to communicate with people in Siam because of the different culture with her own culture and sometimes made the main character confused and offended. This movie showed how the main character’s experience cultural adjustment process such as initial adjustment and mental isolation in Siam kingdom. To analyze the main character experience about cultural adjustment process, the writer will use the “W” pattern of adjustment process based on Levine and Adelman theory (1982:198). The writer only wants to focus on the analysis of the main character’s initial adjustment and mental isolation as the cultural adjustment process parts.

Cultural Adjustment

According to Mesidor and Sly (2016:264) cultural maladjustment is more likely to occur during the initial stages, honeymoon and hostility, while cultural adjustment begins in humor stages and completes during the home stages. The new

comer will do some stages in cultural adjustment and the stages depend of the new comer itself. When the new comer in some stage of adjustment process to new culture thus it is call cultural adjustment. Meanwhile, Geert (2011:190) state that cultural adjustment is the most significant factor to reach of success in adapt when the new comer leave the own country. Difference of culture can stop the new comer interact with host culture that cause of culture shock. Therefore, if someone wants to go abroad for some interests such as doing business or learning would be better if knowing firstly about the destination country condition that will be visited such as: how to speak and how to greeting. Cultural adjustment also can influence of success in adapt in the new country. For the other example is someone who meet people in the same country but different culture such as Batakness and Javaness. Automatically both of different cultures have different way of behaving and different language. These differences can influence the relationship in business or social interaction. Two persons in different culture will get difficulties because culture gives effect the way of life, language style and habit of someone. Thus, the newcomer needs to adjust or adapt to the new culture so that there is no miscommunication and misunderstanding.

The Causes of Cultural Adjustment

Based on Levine and Adelman (1982:195) the cause of cultural adjustment is culture shock. Levine and Adelman stated “Culture shock is a result of in total immersion in a new culture”. Result of total immersion in a new culture makes the new comer will feel anxious because everything is new such as: language, how to speak, custom and people’s behaviour. Furthermore, Oberg (2006:142) stated that culture shock is the anxiety because of far away from familiar signs and different situation of daily life. The new comer can find the different situation if someone enter in different culture for example the way of shaking hands, greeting to the people, giving tips, giving order, giving purchases, and taking the statement seriously or not. Meanwhile, Spardley and Philips (1972:520) stated “culture shock is the difficulties and frustrations of living in a foreign culture”. Culture shock is usually the hard situation that people or new comer get. The new comer will find some difficulties and

problem being in the new culture. The difficulties can make someone to be stress, anxious, and longing to be backing home if the new comer can not integrate to the new culture. Based on the explanations above, it can concluded that culture shock is the causes of cultural adjustment and culture shock also makes someone feel anxiety and uncomfortable when entering to the new culture that have different way of behaving.

Process of Cultural Adjustments

Levine and Adelman (1982:198) divided cultural adjustment process into five stage, such as: honeymoon period, culture shock, initial adjustment, mental isolation, and acceptance and integration. Five stage of cultural adjustment process formed in “W” pattern. Cultural adjustment process also can be said as the process characterized by symtom signs typifying certain kinds of behavior. But in this research, the writer only focuses on the initial adjustment and mental isolation as described below:

Initial adjustment

According to Levine and Adelman (1982:198) stated that initial asjurement is activities are begun to accept and not became the major problem. May be not all activities or all about the new culture had received, but basic of the new culture can be expressed. However, as time progresses, the new comers begin to feel the stress of adjusting and can begin to feel low, depressed,and even physically ill.The new comers will probably find someone makes comparisons with home culture and decide to prefer home. Although the visitor may not yet be fluent in the language spoken, basic ideas and feelings in the second language can be expressed.

In addition, according to Corps (1997: 192) the initial adjustment characteristic is that the adjustment of new arrivals relating to the new country is better. Early adjustments can make someone feel annoyed or frustrated with the cultural differences in everyday life. This may occur in a learning or teaching environment and in interacting between a person and his staff, students or with the environment in which a person lives. Newcomers may consciously or unconsciously will judge a new culture based on his/her own cultural values and try to understand it.

Newcomers must think more positively about their ability to adapt in a new country and new culture in order to be familiar and normal to all situations. There are characteristics of Initial adjustment that can be concluded those are:

- a. The new comer begin to accept the challege of the new culture
- b. The new comer choose to become an explorer in the new culture

Mental isolation

According to Levine and Adelman (1982: 198) mental isolation is a situation where the newcomers will feel frustrated and sometimes lose the self-confidence result. Mental isolation generally occurs in individuals who have been away from their families and good friends for long periods of time and thus feel lonely. According to Pate (2014:6) “loneliness is the subjective unwelcome feeling of lack or loss of companionship”. The individual experience of loneliness has origins in lack of integration in social networks or lack of lost relationship; it has harmful effects on health. In addition Shieh (2014:61) mental isolation is the result of emotional responses of anxiety, depression and feel unfamiliar environment. In the Mental Isolation phase, someone would have probably worked out how to operate in the new cultural environment, how to satisfactorily interact with people and make friends, where to shop, eat and socialise, as well as to understand and cope with the new environment.

It can be concluded that mental isolation is the newcomer’s feeling that lost of self confident because the result of anxiety, depression and loneliness. The Mental Isolation makes the newcomer would have probably tried out how to adapt in the newcultural environment. The newcomer will most likely start to accept the differences between home culture and the newculture, and finally feel more relaxed. There are some characteristics relating to the mental isolation, those are:

- a. Frustration and depression
- b. Disappointed
- c. Missing home because of loss of self-confident

METHODOLOGY

This research is a descriptive qualitative by describing and analyzing the movie. The writer will design systematically in order to make study in good result. According to Monique, Inge, and Ajay (2011:31) qualitative research is an approach that allows someone to examine people's experiences in detail. In addition, according to Myres (2013:17) explains that qualitative research methodes are designed to help researchers understand people and what people say and do. All are designed to help researcher understand the social and cultural contexts within which people live. Furthermore, Myres (2013:20) state that qalitative research methods were developed in the social schiences to enable researcher to study social and cultural phenomena. There are two data in this research namely primary data and secondary data. According Kothari (2004 :111) secondary data refer to the data which have collected and analyzed by someone else. The secondary data took from some article, journal, literary books, reports prepared by research scholars that concern with the movie. In addition, Kothari (2004:95) stated that primary data refer to original data that collected for the first time. The data sources such as: scripts of the movie dialogue and the movie itself entitle *Anna and the King*.

FINDING AND DISCUSSION

In this research, the writer only focuses on the initial adjustment and mental isolation based on the Levine and Adelman theory, and the data can be seen from the following table:

Table.1. Cultural Adjustment Process

No	Cultural Adjustment Process	Number of Data Analysis
1	Initial Adjustment	3
2	Mental Isolation	4
	TOTAL	7

Based on the data in the table, the writer found three data refers to the initial adjustment and four data in the mental isolation that will be explained in detail in this research. In this research, the writer discuss Anna's experience as the main character in the movie that will be analyzed based on Levine and Adelman theory known as the stage of the "W" pattern of cultural adjustment process focused on the initial adjustment and mental isolation. It will be described in detail as the following:

Initial Adjustment

Initial adjustment showed by some activities are begin to accepted eventhought not all the activities but some aspects culture are seen as normal. In this movie, the main character usually opposed what people said or called but after several time, the main character begin to open herself to be explored and adapted to avoid the prloblem because of the different culture.

Starting to accept the new Custom

The first point relating to the initial adjustment is starting to accept the new custom. For the firts time in Siam, the main character felt uncomfortable when the prime minister of Siam asked personal question, but by the conversation between the main character and Lady Tuptim, asking about personal question began as normal and that was showed a politeness to someone. It can be showed by following data:

Datum 1



Figure1. Anna and King, 1999; 00:44:06- 00:44:27

Lady Tuptim : May I ask a question?

Anna : Yes

Lady Tuptim : How did Husband die?

Anna : *In My arms, actually*

Lady Tuptim : How did mem survive?

Anna : Just as you will.

By the statement above described that the main character began to accept the new custom. The newcomer answered all the questions from Lady Tuptim about personal question because the newcomer had known that asking about personal question showing to the polite attitude in Siam. The main character also tried to know about the new culture by asking one by one about the new culture such as: what the people belief and custom. It can be seen in the following data:

Datum 2



Figure2. Anna and King, 1999; 00:40:56 – 00:41:27

Anna	: <i>He asked about your flag and the significance of the white Elephant.</i> I had no answer
King Mongkut	: The flag of Siam. Red is For?
Princess Fa-Ying	: Courage
King Mongkut	: White?
Princess Fa-Ying	: Compassion
King Mongkut	: The white Elephant is Siam's most rare and honored creature.

The dialogue above describe about the main character began to explore the culture of Siam by asking about the flag relating to the royal symbol in Siam and tried to adapt to the new culture. In addition, the main character also asked about belief or religion.

Datum 3



Figure3. Anna and King, 1999; 01:24:36 – 01:24:55

Anna : My mind has taken me down many roads of late. *All of which lead absolutely nowhere. What Buddha say of that?*

King Mongkut : That Roads are for journeys, mem. Not destination

One of differences between the main character and the king was religion. The king was Buddha and the main character was Christian. Throughout the journey of Anna's life, the main character was traveling from place to place, thus the main character want to know what Buddha said about that. The main character's statement described it was one way to know more about the new culture, so that the main character was not shock what the people believe in Siam.

Mental Isolation

Mental Isolation showed that someone felt lost of confident because the result of anxiety and can not express themselves as well as someone can. Cultural adjustment in the mental isolation stage can be seen on characteristics as below:

Frustration and Disappointed

During the adjustment process, the main charater was confronted in the situation that made to be frustrating. The main character was frustrated because the main character can not prevent penalthy of death to Lady Tuptim who was accused of a traitorous act to king Mongkut as a wife. It can be seen from the following data:

Datum 1



Figure4. Anna and King, 1999; 01:38:50 – 01:39:01

Anna : Stop it! Do you hear me? Don't you dare lay another hand on that woman!
She has done nothing but try and find happiness.

The main character did not agree with accusation that had given to lady Tuptim and lady Tuptim did not deserve to get the penalty of that because the main character knew that lady Tuptim was forced to marry the king and sacrifice Tuptim's love for another man. The main felt frustration because no one hear what the main character said to let Tuptim to go. The frustration and disappointed that the main character felt also described when the main character went to the king so that the king put an end the penalty.

Datum 2



Figure5. Anna and King, 1999; 01:39:31 – 01: 39:40

Anna : By loving someone? “ *sacrifice your life for truth” persecute no man. Are these not the teaching of Buddha?*

King Mongkut : I am King! And I say enough!

Anna : How many more people must die so that you might save face?

After met the king, the main character got nothing. By the main character's statement “ *sacrifice your life for truth” persecute no man. Are these not the teaching of Buddha?*and *How many more people must die so that you might save face?*”. It described that the main character disappointed because the king did not hear and undertand what the main character said.

Missing Home

This periode was difficult situation, after the main character felt disable to adjust to some of culture in Siam automatically would be felt missing home and want to back home. It can be seen from the following data:

Datum 3



Figure6. *Anna and King*, 1999; 01:48:22 – 01:48:30

Anna : Believe me, darling. ***I wish this could all be very different. It is the right decision. We must go.***

The data above showed that the main character felt that was better to back home and wish everything would be fine because the main character thought that in Siam was very difficult for them. There is the cause of the mental isolation relating to the main character in this movie such as refused opinion and nobody is listening. It can be seen from the conversation between the main character and the King. The main character gave some opinion and demand about to stop the penalty of death to Lady Tuptim because all the allegations were not true.

Datum 4



Figure7. *Anna and King*, 1999; 01:39:30 – 01:40:35

Anna : By loving someone ?” sacrifice your life for truth, Persecute no man, are these not be teaching of buddha?

King Mongkut : I am king and I say enough

Anna : ***you asked me to always tell you what i think***

King Mongkut : Go home , mem. You help enough for one day

The data above showed that the main character said did not heard by king and refuse what the main character asked. That situation made the main character was down and cause mental isolation.

CONCLUSION

Initial Adjustment is stage relating to some difficulties and problems in culture shock but it will be solved by the main character. The main character solves the problem by learning language, habitual, religion, and everything in the new culture. Furthermore, Mental isolation is the newcomer's feeling that lost of self confident because the result of anxiety, depression and loneliness. The main character experience relating to the mental isolation stage can be seen when opinion and idea were rejected by King and people in society, even the main character reputed as foreign and does not know about culture and tradition in Siam.

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