

Analysis Guilt Development of Regan's in A Quiet Place Movie Script

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Abstract

Guilt is a complex emotional experience that arises when someone violated social moral standards. This study focuses on how Regan's guilt is depicted, the causes of guilt, and the negative effects of guilt on behavior. This study uses a qualitative description method with a moral psychology approach, as well as literature studies to examine film scripts and academic sources relevant to the topic being analyzed. The results of this study are Regan's guilt arises from violations of family rules, the psychological causes of this guilt include reciprocal moral violations, feelings of ostracism, the desire to punish oneself, deep empathy, and loss of self-control. This study also shows the negative effects of guilt on behavior, including withdrawal, submission, and self-punishment. This study contributes to the study of literary psychology through in-depth character analysis based on emotional and moral aspects.

Key words: Guilt, Regan Abbot, psikologi moral, A Quiet Place

INTRODUCTION

Social life cannot be separated from moral standards as part of a tradition, which is agreed upon by all members. Violating the moral standard is often followed by feelings of guilt and negative self-judgment, Feeling of guilt arises when the action contradicts the moral standard that has been taught since an early age and can cause deep internal conflict. According to Extrebarria (2000) Guilt is often defined as a culturally influenced emotion that tends to have negative effects on individuals. From this perspective, guilt is seen as having no role other than as a means of social control. Understanding guilt is important to make sure that the individual can grow emotionally without being trapped. As stated by Extrebarria (2000).

“...Guilt can cause stress and intimidation in a person. This feeling often triggers the urge to get punishment, which can transform into self-punishment. As a result, individuals can experience failure in various daily activities, including work, and in very extreme situations, this guilt can even lead to suicide”

The individual is trapped in the sense of guilt and blames himself because the internal conflict, even if the individual does not involve in the even or mistake. Guilt also not only experience in real life, but also it is in literature, which depiction of human emotion and moral struggles. As Terry Eagleton states that “Literature in deep meaning about human being's experiences both women and men. Give depicts of human life with many differences and try to show how life experiences can be felt in real terms” (Eagleton, 2003). In A Quiet Place 2018 guilt is always related to themes of family dynamics, survival, and personal identity. Especially, guilt that experienced by Regan after the death of her little brother which can be explore through the emotion and psychology

Therefore, this study addresses the following questions:

1. How is Regan's guilt depicted in the movie script A Quiet Place?
2. What are the psychological causes of Regan's guilt?
3. What are the negative effects of Regan's guilt on her behavior?

RESEARCH METHOD

This research using the method of qualitative approach, that based on library research. The researcher utilise the textbook, e-book and the journal. Qualitative research is an approach for exploring and understanding the meaning individuals or groups ascribe to a social or human problem (Creswell, 2018). The main source to analyze the Regan's guilt is *A Quiet Place* movie script, written by Bryan Woods & Scott Beck in 2016, produced in 2017, and released on april 6th 2018 in the America by Paramount pictures with 81 pages and 120 scenes.

ANALYSIS

a. The depiction of Reagan's guilt in Scott Beck and Bryan Woods *A Quiet Place*

To understand Regan's depiction of guilt in *A Quiet Place*, we can look at the two main concepts of guilt, namely violation of moral standards and internal conflict, which is explained in the following session

1. Violation of moral standards: which is internalized to become the initial trigger for feelings of guilt

As explained by Day (2014), "Feelings of guilt can arise after focusing on a specific action or inaction that goes against personal or social standards. Lying, cheating, and stealing are some of the most common examples of actions that can elicit feelings of guilt."

In *A Quiet Place* depicts the condition of the earth after the apocalypse, the buildings are destroyed and deserted. After the chaos arises another disaster which threatens the lives of humans who still survive after the apocalypse, namely the emergence of monsters that kill and eat other living creatures including humans. The surviving Abbot family tries to survive the attacks of these creatures by avoiding loud sounds including the sound of this family's conversations. The main focus is analyzing the character of Regan, who also has a physical disability, namely being unable to hear. In this case, the prohibition on activities that cause noise is a rule or norm that must be obeyed.

"...She then reaches up and takes the shuttle down from counter. With wide eyes her little brother watches as she surgically removes the batteries.. and place the shuttle in the hood of her brother's sweatshirt. Covering it from view,..."

(Woods, Beck and Krasinski, 2018: 5)

In the quote above, there are several actions by Regan that show violations of internalized moral standards, even though they are not directly stated. As in the quote " surgically removes the batteries" the word surgically indicates an action that must be done carefully and consciously, or Regan's actions are intentional. This shows that Regan knows the toy is unsafe, namely the sound of the toy can put them in danger. The quote " place the shuttle in the hood of her brother's sweatshirt" shows that Regan's actions consciously hide the toy so that it is not known by parents or anyone who can stop the action. So this is a violation that is done consciously or intentionally, because Regan knows about it, but still does it. The quote " covering from view:" shows that Regan not only violates but tries to hide it. Regan knows that the action violates the family's moral standards and her own self-confidence, but because Regan wants to please Beau, Regan violates those moral standards, this is the starting point for the emergence of guilt. The violation committed by Regan resulted in a tragic incident where Beau killed by a monster as in the following quote:

2. Regret and remembering mistakes over and over again: A person who feels guilty will regret and tend to relive mistakes, hoping to correct or undo past decisions.

Guilt involves regret or remorse and people who experience guilt often report a focus or preoccupation that is intrusive with a particular violation thinking about it over and over again, wishing they had behaved differently or somehow could undo the bad deed that has been done (Tangney, Miller, Flicker, & Barlow, 1996, p. 1257).

Regret for past mistakes is not just expressed through words, but can also be expressed through symbols. As Regan experienced, she still kept the toy that triggered the monster's reaction by listening to the sound of the rocket toy Beau was holding. The rocket toy became a symbol of tragedy and remained with Regan for several years after the tragedy

."INTO OUR FRAME! She looks around with eyes wet and red, attempting to regain her bearings. As REGAN looks to her lap WE SLOWLY TRAVEL DOWN to reveal... she is holding THE TOY SHUTTLE... ." (Woods, Beck and Krasinski, 2018: 9)

In the quote above, Regan's feelings of regret can be seen in several explanations regarding the meaning of the sentences in the quote. First, "Eyes wet and red" is strong evidence indicating that Regan has been crying and experiencing deep sadness for quite some time. This often occurs when someone is trapped in a replay of past memories. Second, the quote "attempting to regain her bearings" signifies trying to calm down and regain consciousness from a daydream. Third, the quote "she is holding the toy shuttle..." signifies a reminder of past mistakes. The toy is a symbol of past mistakes indirectly caused by Regan, namely when she secretly gave the toy, which produced a sound that the monster then heard and killed Beau. Because Regan still secretly kept the toy, it indicates that Regan has not yet forgotten the incident. So, the quotes above indicate feelings of deep guilt. The toy is both a symbol of guilt and a symbol of trauma that causes Regan to be trapped in a situation of replaying the mistake.

3. The causes of Regan's guilt in Scott Beck and Bryan Woods A Quiet Place: movie script

Based on the theory explained by Xu et al (2011), guilt is caused by several factors such as; ostracism, deserved punishment, empathy, and lose of self-control. The thesis author ordered the explanation of these factors based on the most frequently found data

a. Feel ostracism

This feeling is a situation where someone feels ignored, or no longer cared for in a community, In a dangerous situation.

Marcus, asked by Lee to blame the fireworks intended to distract the monster, and Regan, just returned from the scene where the monster killed Beau, together looked for a hiding place while waiting for Lee's help and involved in presenting short but meaningful

"MARCUS (SIGNING) (CONT'D) He WILL come for us. REGAN's sadness turns to anger.

REGAN (SIGNING)

He'll come for YOU!

MARCUS shakes his head, signing as he steps toward her.

MARCUS (SIGNING)

No. You're wrong! I—" (Woods, Beck and Krasinski, 2018: 61-62)

In the quote above, Regan's Feel Ostracism can be seen in the following explanations: the first quote "He'll come for YOU!" has the meaning of rejection and a sense of alienation. Regan thinks that Lee only cares about Marcus, this reflects rejection. The quote "REGAN's turn to anger" shows Regan's change in attitude from sadness to anger, where sadness is related to guilt over Beau's death, but turns into anger because she feels ignored by Lee. The quote "No. You're wrong" is Marcus trying to convey that Regan is not ignored. So it can be concluded that there are two main sentences that show Feel ostracism, namely "He'll come for you" and Regan's sadness turns into anger.

b. Empathy

Feelings arise because individuals understand the feelings or willingness of others due to their own mistakes and are more sensitive to the negative impact of those actions. Beau becomes sad because Lee forbids him from taking the toy rocket. At the same time, Regan realizes Beau's situation and tries to comfort him..

The daughter looks at the boy as tears begin to fill his eyes. She smiles and signs:

DAUGHTER (SIGNING)

It's ok.

The boy shakes his head no.

After a moment... the girl looks back to see if her parents are there. She then reaches up and takes the shuttle down from the counter" (Woods, Beck and Krasinski, 2018: 5)

In the quotation above, the meaning of empathy is seen in several quotes, such as the quote "The daughter looks at the boy as tears begin to fill his eyes" this is the beginning of Regan realizing Beau's feelings that show sadness which is explained by the quote "as tears begin to fill his eyes" and trying to comfort Beau such as in the following quotation "She smiles and signs: It's ok" this is the meaning of Regan's empathy who understands Beau's sad feelings. Regan's efforts to comfort Beau are a form of concern. In the quote which is Beau's response

"The boy shakes his head no," which means that Beau is very disappointed after being forbidden by Lee to hold a toy that makes a sound.

c. Deserve punishment

Guilt arises not only from negative judgments from others, but also from within oneself. The belief that every violation must be punished for justice. Feeling of deserving punishment is not only about deserving physical punishment, but rather emotional ones, such as feeling unworthy of attention and unloved

"REGAN pushes his hand away.

LEE reaches up to her ear to try again... REGAN pushes his hand away again, giving him a cold stare.

With so much history behind it... It's a bizarrely heartbreaking altercation.

He tries again... she pushes again... even harder.

(Woods, Beck and Krasinski, 2018: 25)

The quotation above shows that Regan's feelings deserves to be punished can be seen in the following explanation. The first quote " REGAN pushes his hand away" is Regan's rejection of Lee's attention and affection, in the context of guilt an individual will feel unworthy of being loved. The quote " REGAN pushes his hand away again, giving him a cold stare", the meaning of "cold stare" is an expression of one form of rejection that is not only directed at Lee but also as a way of holding back the anger or sadness. The quote " With so much history behind it..." Means that this meeting is filled with past stories full of trauma, which shows that rejection is not just a momentary emotion, but a form of internalization of guilt and Regan feels unworthy of being approached, then the quote " It's bizarrely heartbreaking altercation", shows that this conflict is very painful and full of emotional experiences that show trauma. Finally the quote " Even harder" which means this rejection was intentional by Regan, because refusing to be approached shows that Regan deserves to be punished, not accepted

d. Lose self-control

Loss of self-control is a condition that occurs when a person is unable to control actions or decisions that cause harm. In this case, Regan's action of ignoring the prohibition made by Lee for the safety of the family occurred when Beau felt sad because Lee did not allow Beau to hold the toy shuttle.

"...She then reaches up and takes the shuttle down from counter. With wide eyes her little brother watches as she surgically removes the batteries.. and place the shuttle in the hood of her brother's sweatshirt..."

(Woods, Beck and Krasinski, 2018: 5)

The quote above shows Regan's loss of self-control because it shows a situation where Regan acted out of sympathy for Beau's crying, not rational considerations. In the quote "she surgically removes the batteries," Regan knew the toy was dangerous because it made a sound, which, if the battery was still installed and the power button was accidentally pressed would have made a sound. Losing self-control in this context is when Regan failed to control the decision that led to the fatal incident. In this case, Regan couldn't bear to see Beau sad, so she gave the toy to Beau and sacrificed the safety.

4. The Portrayal of the negative effects of Regan's guilt in Scott Beck and Bryan Woods A Quiet Place: movie script

Based on the theory explained by Extebarria (2000), guilt can cause several negative effects, such as inhibition of behavior, self-punishment, and submission. The thesis author ordered the explanation of these effects based on the most frequently encountered data.

a. Inhibition of behaviour

Behavior inhibition is the process of restraining an individual from performing certain actions for either personal or social moral reasons. In this case, guilt is a personal moral defense that aims to prevent an individual from making mistakes

"REGAN lays in the sand with eyes closed... but she is not asleep. With her brow furrowed and her closed eyes darting back and forth she looks oddly pained... almost as if she is wishing herself to another place."

(Woods, Beck and

Krasinski, 2018: 9)

In the quote above, the sentence "With eyes closed ... but she is nit asleep" shows that Regan is hiding an inner conflict behind the state of the body lying quietly on the sand. In this case, guilt becomes Regan's obstacle to act. In the sentence "she looks oddly pained" which means Regan's internal conflict looks unusual, where Regan is in emotional pain, but keeps those feelings bottled up. The sentence "... almost as if she is wishing herself to another place" means Regan wants to run away from reality but can not; this shows inhibition behavior, namely the desire to act but is held back by reality, and Regan diverts that desire into imagination so that no new problems arise. So, this means a hidden emotional conflict. Regan is holding back the desire of the mind to express feelings directly, but chooses to avoid it in silence.

b. Self-punishment

Self-punishment is the behavior of an individual who consciously or unconsciously punishes themselves for making a mistake. This is a psychological response that arises in response to guilt, which is shown through various reactions, such as withdrawing from social circles or refraining from self-pleasure or even physically harming themselves, such as banging their head or hitting a wall

.”She is holding THE TOY SHUTTLE. As she maneuvers it through her fingers we see the shuttle is damaged... there are 2 large gouges in the fuselage. Suddenly... Something startles her as she snaps her head to the side! WE GO CLOSE on her hand driving the TOY SHUTTLE into the sand, not wanting it to be seen.”

In the quote above, there are several scenes that describe self-punishment, such as "She is holding THE TOY SHUTTLE... we see the shuttle is damaged.. there are 2 large gougesin the fuselage" in this quote, the toy is a symbol of Beau's death and Regan still keeps the toy secretly. This means that Regan intentionally keeps the tragic memories, so Regan's guilt continues to emerge, this shows unintentional self-punishment. Then the quote "She snaps her head to the side...drives the TOY SHUTTLE INTO THE SAND, NOT WANTING TO BE SEEN" this action means that Regan wants to keep the traumatic memories to herself, and feels unworthy to talk about it, therefore Regan always suffers in silence, this is the meaning of self-punishment

c. Submission

Submission is a person's tendency to obey or submit to the wishes of others, because the individual feels compelled to comply even though those wishes conflict with their own. This is not out of kindness, but rather due to an inner urge to correct guilt and avoid social or societal rejection. Lee invites Marcus to go outside and forbids Regan from joining, so that she can look after Evelyn at home. However, this prohibition leads Regan to have a different point of view from Lee's decision.

LEE turns to EVELYN... who looks at him with slight disappointment. LEE (SIGNING) (CONT'D)
... Next time.

LEE pauses... and then kisses EVELYN. LEE and MARCUS walk
down a sand path toward the woods.

EVELYN turns to REGAN... who is already walking
away. (Woods, Beck and Krasinski, 2018: 27)

In the quote above, Regan's obedient behavior can be seen in the quote "EVELYN turned to REGAN... who was already walking away." Regan left without saying anything after being forbidden by Lee. Regan did not force her will to continue the conflict in order to avoid further conflict, this action shows obedience to the decisions of others or a form of obedience to the authority of the father. This is a form of obedience and occurs because of the decision to obey in silence or a state where someone gives in to the decisions of others, not because of the agreement, but because it is influenced by guilt.

CONCLUSION

This chapter covers about the conclusion about the previous chapter. The finding explains that Regan's guilt originates from the violation of specific rules, even though it involves a good act. Lee as a father does not allow to take the toy but Regan giving back silently to Beau, but this toy that led to Beau's murder by the monster. This moment became a major trigger for Regan's guilt over breaking the family's rules. Regan feels guilty because of the experienced ostracism, feels rejection, feels deserving of punishment, and empathy. The effects of guilt are also evident when Regan exhibits behavioral inhibition, self-punishment, and the submission.

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