

**THE MAIN CHARACTER'S STRUGGLE AGAINST SOCIETAL EXPECTATIONS IN  
DISNEY'S FILM *MULAN* (2020): USING ALFRED ADLER'S INDIVIDUAL  
PSYCHOLOGY**



**An Undergraduate Thesis**

**Submitted as a partial fulfilment of the requirements  
For *Sarjana Sastra Degree***

**Zahra Aqila Nurmaputri**

**2109010050**

**ENGLISH DEPARTMENT  
FACULTY OF CULTURAL SCIENCES AND COMMUNICATION  
UNIVERSITAS MUHAMMADIYAH PURWOKERTO**

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**APPROVAL SHEETS**

This is to certify that this graduating thesis entitled **"THE MAIN CHARACTER'S STRUGGLE AGAINST SOCIETAL EXPECTATIONS IN DISNEY'S FILM MULAN (2020): USING ALFRED ADLER'S INDIVIDUAL PSYCHOLOGY"** by Zahra Aqila Nürmaputri has been approved by the advisors and the Head of English Department to be examined by the Board of Examiners.

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**VALIDATION SHEET**

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by  
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**2109010050**

**has been examined and approved by the Board of Examiners as one of the  
requirements for the Sarjana Sastra degree on 1<sup>st</sup> July 2025**

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Purwokerto, 18<sup>th</sup> June 2025



Zahra Aqila Nurmaputri

## DEDICATION

*This humble work is lovingly dedicated to*

*My dearest father and mother,*

*whose endless prayers, unconditional love, and unwavering support*

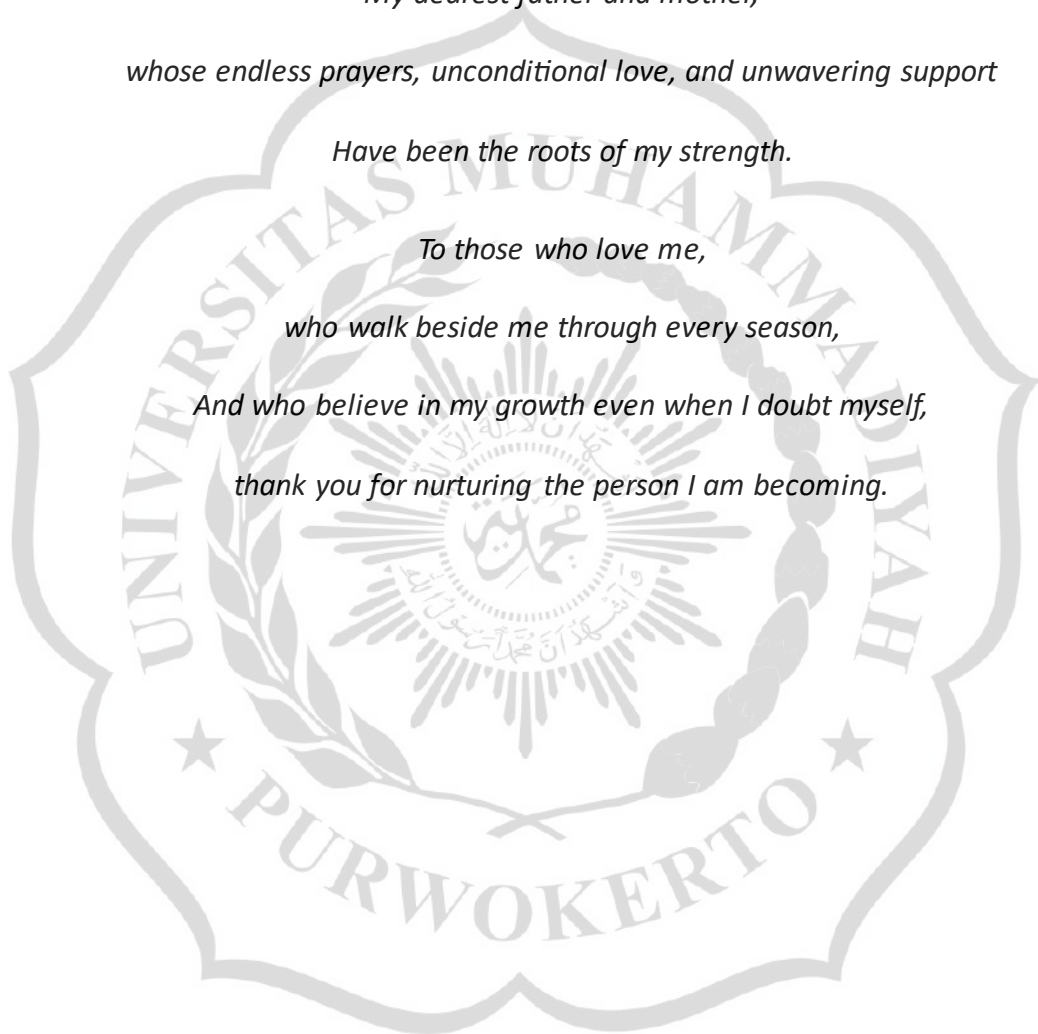
*Have been the roots of my strength.*

*To those who love me,*

*who walk beside me through every season,*

*And who believe in my growth even when I doubt myself,*

*thank you for nurturing the person I am becoming.*



## MOTTO

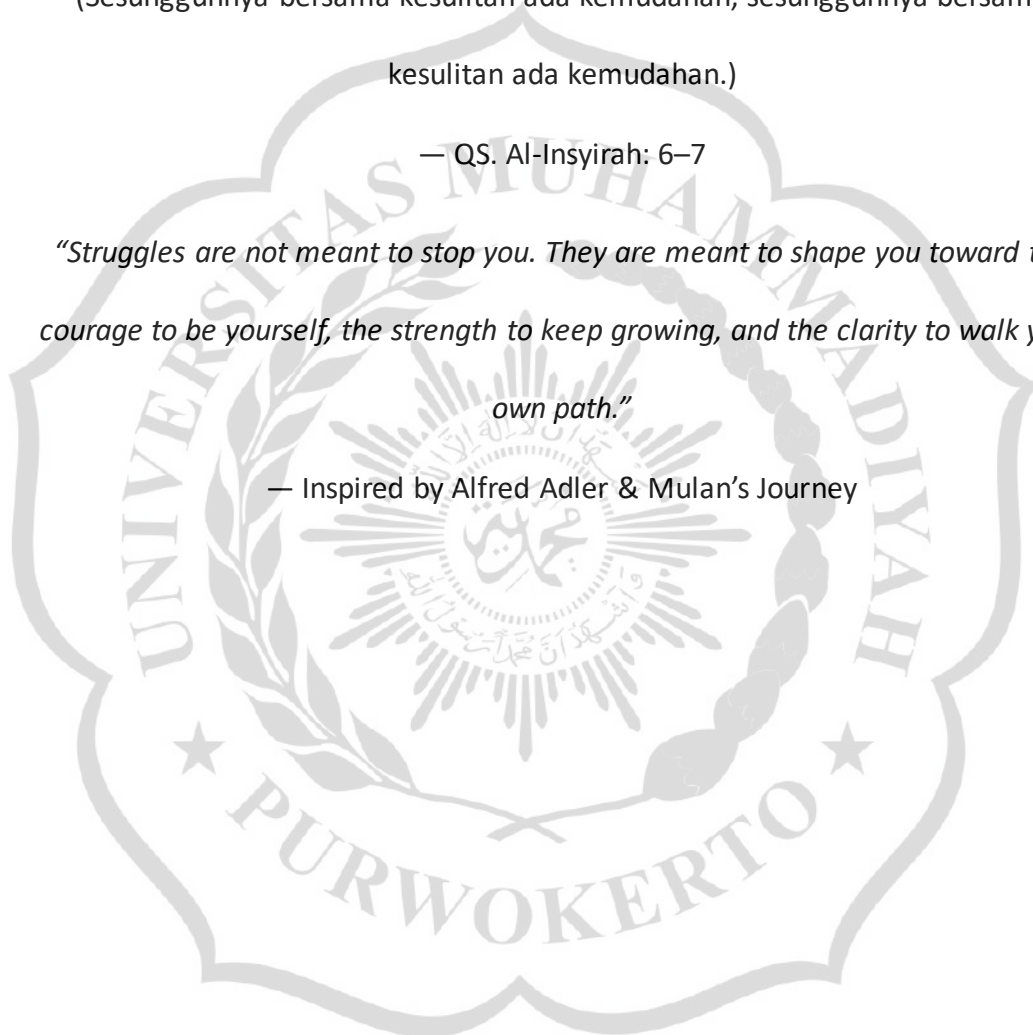
*"Fa inna ma'al 'usri yusra, inna ma'al 'usri yusra."*

(Sesungguhnya bersama kesulitan ada kemudahan, sesungguhnya bersama kesulitan ada kemudahan.)

— QS. Al-Insyirah: 6-7

*"Struggles are not meant to stop you. They are meant to shape you toward the courage to be yourself, the strength to keep growing, and the clarity to walk your own path."*

— Inspired by Alfred Adler & Mulan's Journey



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This thesis stands as proof that even when the path is exhausting, as long as we keep going, step by step, we'll eventually get there.

Purwokerto, 18<sup>th</sup> June 2025

Zahra Aqila Nurmaputri



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## ABSTRACTS

Nurmaputri, Zahra Aqila. 2025. *The Main Character's Struggle Against Societal Expectations in Disney's Film Mulan (2020): An Individual Psychological Approach*. Undergraduate Thesis. English Department, Faculty of Cultural Sciences and Communication, Universitas Muhammadiyah Purwokerto.

This study analyzes how Mulan, the main character in Disney's *Mulan* (2020), struggles against societal expectations and how this struggle reflects her psychological development based on Alfred Adler's Individual Psychology. Using a qualitative descriptive method and an intrinsic literary approach, the analysis identifies key scenes and dialogues that depict her inner conflict, resistance to traditional gender roles, and pursuit of personal growth and authenticity. Her struggles are discussed step by step through important moments in her life, starting from being forced to hide her feelings as a child, experiencing conflict within her family, making the decision to disguise herself as a man, and eventually accepting her true self and gaining recognition. The findings show that Mulan's journey is not merely a reaction to external pressure, but a conscious process shaped by her personal values and thoughtful decision-making. Her development reflects Adler's six key concepts: beginning with feelings of inferiority triggered by societal limitations about her role, she then strives for superiority through disguise and persistent effort, guided by fictional finalism. Her creative power of the self emerges in the deliberate choices she makes to stay true to her beliefs, and her style of life is reflected in how she faces challenges with courage, discipline, persistence, and loyalty. Eventually, she demonstrates social interest by protecting her family and country while living authentically. This research concludes that meaningful personal growth is possible when individuals live truthfully, overcome both internal and external limitations, and contribute purposefully to society.

**Keywords:** Mulan, character analysis, societal expectations, psychological development, Alfred Adler, Individual Psychology

## INTISARI

*Nurmaputri, Zahra Aqila. 2025. Perjuangan Tokoh Utama Melawan Ekspektasi Sosial dalam Film Disney Mulan (2020): Pendekatan Psikologi Individual. Skripsi. Program Studi Sastra Inggris, Fakultas Ilmu Budaya dan Ilmu Komunikasi, Universitas Muhammadiyah Purwokerto.*

*Penelitian ini menganalisis bagaimana Mulan, tokoh utama dalam film Mulan (2020) produksi Disney, berjuang melawan ekspektasi sosial dan bagaimana perjuangan tersebut mencerminkan perkembangan psikologisnya berdasarkan teori Psikologi Individual Alfred Adler. Dengan menggunakan metode deskriptif kualitatif dan pendekatan intrinsik sastra, analisis dilakukan melalui adegan dan dialog yang menunjukkan konflik batin Mulan, penolakannya terhadap peran gender tradisional, serta usahanya dalam mencapai pertumbuhan pribadi dan keaslian diri. Perjuangan Mulan dijelaskan secara bertahap melalui momen-momen penting dalam hidupnya, mulai dari saat ia dipaksa menyembunyikan perasaannya sejak kecil, konflik dengan keluarganya, keputusannya untuk menyamar sebagai laki-laki, hingga akhirnya menerima jati dirinya dan mendapatkan pengakuan. Hasil penelitian menunjukkan bahwa perjalanan Mulan bukan sekadar reaksi terhadap tekanan dari luar, melainkan proses sadar yang dibentuk oleh nilai-nilai pribadi dan keputusan yang penuh pertimbangan. Perkembangan psikologisnya mencerminkan enam konsep utama Adler: dimulai dari perasaan inferioritas akibat batasan sosial terhadap peran gender, dilanjutkan dengan usaha menuju superioritas melalui penyamaran dan kerja keras, serta dorongan dari fiksional finalisme yang ia yakini. Kekuatan kreatif dari diri sendiri terlihat dari pilihannya untuk tetap mengikuti keyakinannya, dan gaya hidupnya tercermin dari cara ia menghadapi tantangan dengan keberanian, disiplin, keteguhan dan loyal. Pada akhirnya, Mulan menunjukkan kepedulian sosial dengan melindungi keluarganya dan menyelamatkan negaranya sambil hidup sebagai dirinya yang utuh. Penelitian ini menekankan bahwa pertumbuhan pribadi yang bermakna dapat dicapai ketika seseorang hidup dengan jujur, mampu mengatasi hambatan internal dan eksternal, serta memberikan kontribusi positif bagi masyarakat.*

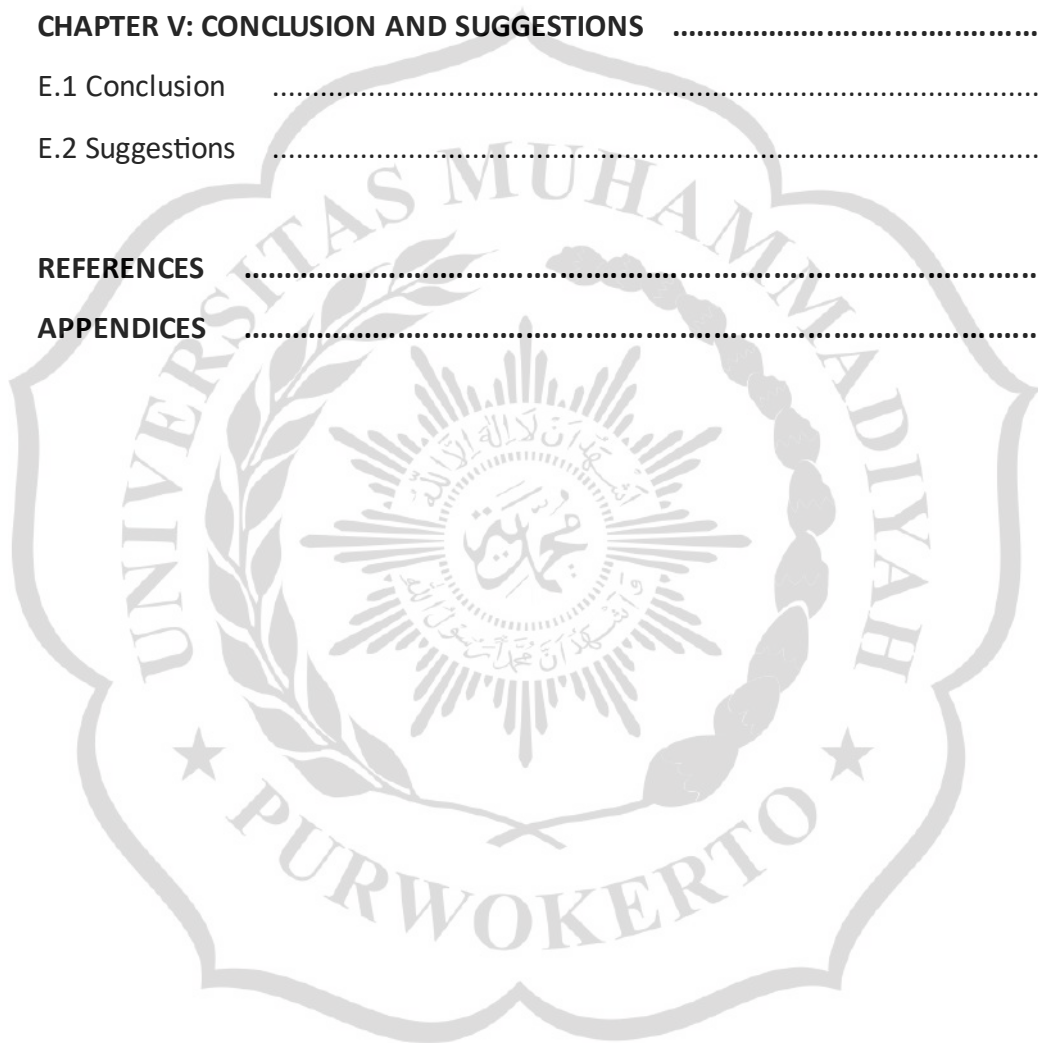
**Kata Kunci:** *Mulan, analisis tokoh, ekspektasi sosial, perkembangan psikologis, Alfred Adler, Psikologi Individual*

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