

EXPLORING PARENT-CHILD DYNAMICS IN “THE WHALE” MOVIE 2022



An Undergraduate Thesis

**Submitted as a partial fulfillment of the requirements
for *Sarjana Sastra* Degree**

HASAN ABDILLAH

1909010012

**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF CULTURAL SCIENCES AND COMMUNICATION
UNIVERSITAS MUHAMMADIYAH PURWOKERTO
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APPROVAL SHEET

This is to certify that this undergraduate thesis entitled **“EXPLORING PARENT-CHILD DYNAMICS IN THE WHALE MOVIE 2022”** by Hasan Abdillah has been approved by the advisor and the head of English Department to be examined by the Board of Examiners.

Purwokerto, July 14th2025

Head of English Department

Advisor



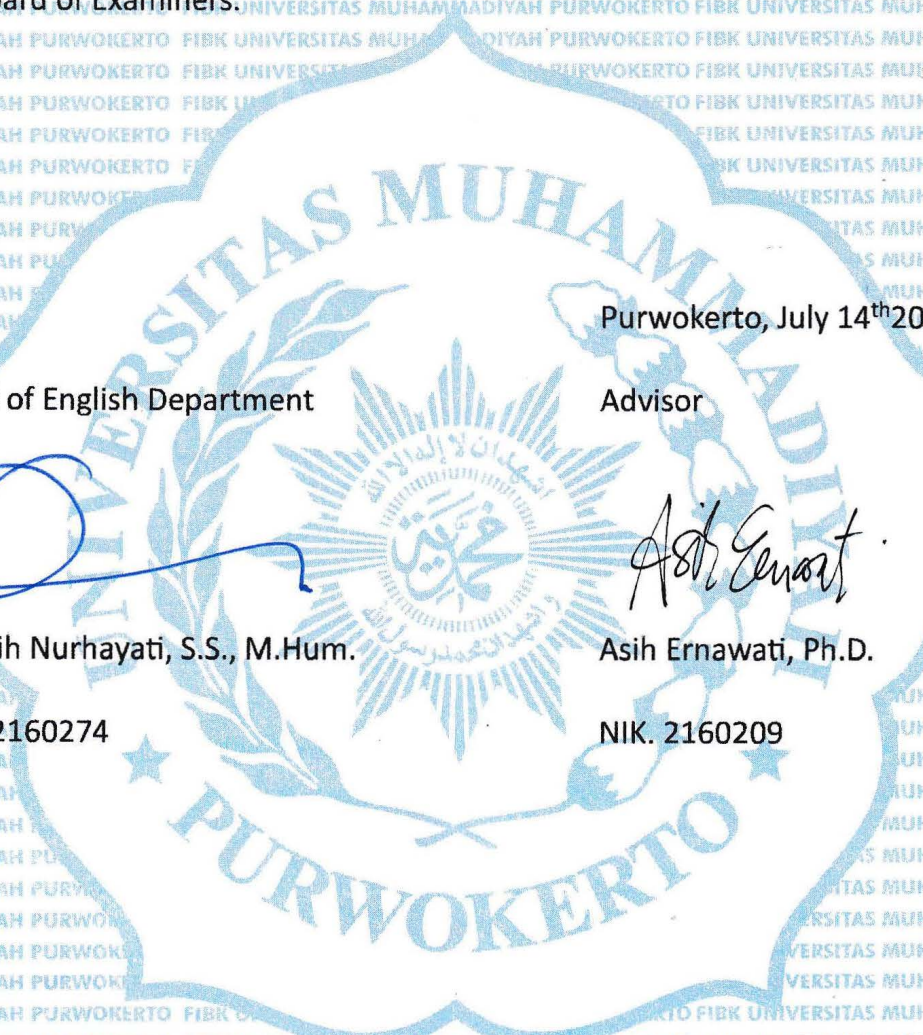
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VALIDATION SHEET

EXPLORING PARENT-CHILD DYNAMICS IN "THE WHALE" MOVIE 2022

An Undergraduate Thesis

By

Hasan Abdillah

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has been examined and approved by the board of the examiners as a requirement for *Sarjana Sastra* degree on July, 25th 2025

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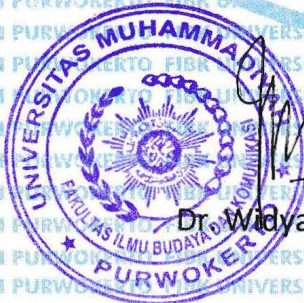
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STATEMENT OF ORIGINALITY

Name : Hasan Abdillah

Student Number : 1909010012

I, the undersigned researcher of the undergraduate thesis entitled "EXPLORING PARENT-CHILD DYNAMICS IN *THE WHALE* MOVIE 2022", hereby attest and affirm that the material in this thesis has not been previously submitted and published for a degree in any universities, and to the best of my knowledge, any referenced-quotations are shown in arrangement of citations and bibliography. If later it can be revealed that this undergraduate thesis contains partly or wholly plagiarized pieces or other intellectual works of any kind, the researcher will be ready to accept the sanction.

Purwokerto, July 24th 2025



Hasan Abdillah

MOTTO

“Your time is limited, so don’t waste it living someone else’s life.”

(Steve Jobs)



DEDICATION

The writer dedicates this thesis to his parents



ACKNOWLEDGEMENTS

Alhamdulillahirabil'alaamiin. Praise and gratitude I pray to Allah SWT. Because of Allah's grace, guidance, and blessings, this thesis entitled "*Exploring Parent-Child Dynamics in THE WHALE Movie 2022*" was completed. This thesis is one of the requirements to obtain a Sarjana Sastra degree at the Faculty of Cultural Sciences and Communication, Universitas Muhammadiyah Purwokerto.

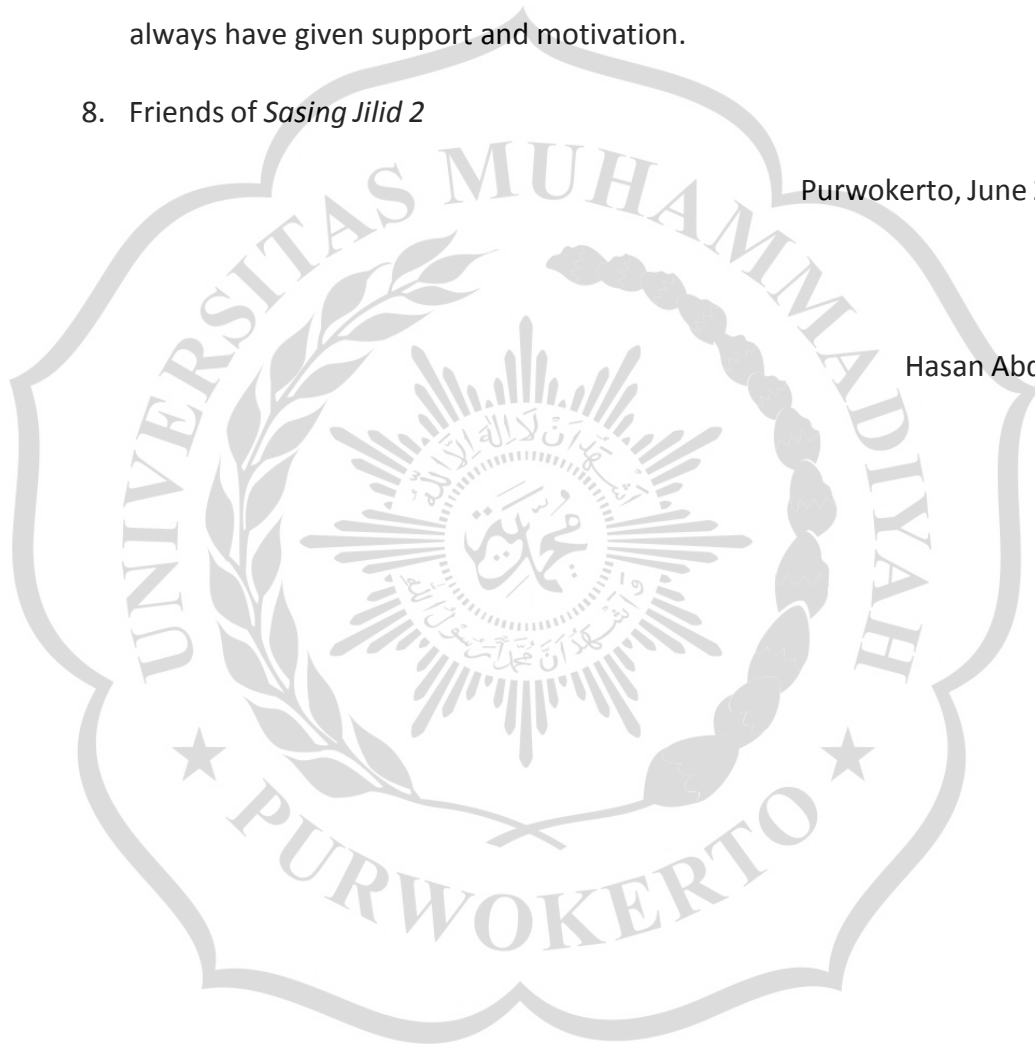
With this, I would like to take this opportunity to dedicate this thesis to all of them who have prayed, supported, and motivated for me in completing this thesis to:

1. My advisor, Mrs. Asih Ernawati, Ph.D. who always provides guidance and support during the preparation of this thesis.
2. Mrs. Dr. Widya Nirmalawati, S.S., M.A. and Mrs. Titik Wahyuningsih, S.S., M.Hum. who have provided a lot of knowledge to me during the thesis work.
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5. My beloved siblings who always support. So, I can complete this thesis.

6. For my special person pokedhil who has come into my life and made me into the person I am today.
7. Fadhilah Larasanti, Kevin, Danisya, Rab, Ucup, Hun, Atenk, Fadil, Riri, Iqbal, *Acil fams, Cek Ombak, Mburi Umah fams, Warkop fams, Gazebo fams*, who always have given support and motivation.
8. Friends of *Sasing Jilid 2*

Purwokerto, June 2025

Hasan Abdillah



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ABSTRACT

Hasan Abdillah, 1909010012. 2025: *Exploring Parent-Child Dynamics in The Whale Movie 2022*. Undergraduate Thesis for Sarjana Sastra Degree, English Literature, Faculty of Cultural Sciences and Communication, Universitas Muhammadiyah Purwokerto.

This research explores the parent-child dynamics between Charlie and his daughter Ellie in *The Whale* (2022), focusing on two objectives: identifying and analyzing the impact of past trauma on their relationship, and explaining the factors influencing their reconciliation efforts. Using Bowlby's Attachment Theory as the framework, the study examines key scenes, dialogues, and cinematographic elements, revealing that emotional abandonment and unresolved grief significantly shape Charlie's emotional detachment and Ellie's avoidant, confrontational behavior. Charlie's guilt over leaving his daughter drives his attempts at reconciliation, while Ellie's anger conceals a deeper need for validation and affection. The analysis shows that rebuilding their bond is a complex process influenced by emotional wounds, unspoken expectations, and the search for redemption, contributing to the academic discourse on film analysis and family psychology by illustrating how cinematic narratives reflect real-life emotional struggles and underscoring the relevance of attachment theory in understanding character development and reconciliation.

Keywords: *The Whale*, parent-child dynamics, trauma, reconciliation, attachment theory

INTISARI

Hasan Abdillah, 1909010012. 2025: *Exploring Parent-Child Dynamics in THE WHALE Movie 2022*. Skripsi. Sastra Inggris, Fakultas Ilmu Budaya dan Komunikasi, Universitas Muhammadiyah Purwokerto.

Penelitian ini mengeksplorasi dinamika orangtua-anak antara Charlie dan putrinya Ellie seperti yang digambarkan dalam *The Whale* (2022), dengan fokus pada dua tujuan utama: mengidentifikasi dan menganalisis dampak trauma masa lalu pada hubungan mereka, serta menjelaskan faktor-faktor yang memengaruhi upaya rekonsiliasi keduanya. Menggunakan Teori Keterikatan Bowlby sebagai kerangka teoritis, penelitian ini menganalisis adegan-adegan utama, dialog, dan elemen sinematografi, dan menemukan bahwa trauma masa lalu—khususnya pengabaian emosional dan kesedihan yang belum terselesaikan—secara signifikan memengaruhi keterpisahan emosional Charlie serta perilaku menghindar dan konfrontatif Ellie. Rasa bersalah Charlie karena meninggalkan putrinya mendorong upayanya untuk melakukan rekonsiliasi, sementara kemarahan Ellie menutupi kerinduan mendalam akan validasi dan kasih sayang. Analisis mendalam terhadap interaksi visual dan verbal mengungkapkan bahwa proses membangun kembali ikatan mereka bersifat kompleks, dipengaruhi oleh luka emosional, harapan yang tak terucapkan, dan pencarian penebusan. Penelitian ini berkontribusi pada wacana akademis mengenai analisis film dan psikologi keluarga dengan menyoroti bagaimana representasi sinematik mencerminkan pergumulan emosional dalam hubungan keluarga di kehidupan nyata, sekaligus menekankan relevansi teori keterikatan dalam memahami perkembangan karakter dan rekonsiliasi emosional dalam narasi film.

Kata kunci: *The Whale*, dinamika orangtua-anak, trauma, rekonsiliasi, teori keterikatan

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