

Applying Developmental Theory Project Part 2

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Human Development Section 3

Review of the Movie “Inside Out”

The movie that I chose to watch was “Inside Out”. This film follows Riley, an 11-year-old girl, and her parents on their journey of moving from Minnesota to San Francisco. Riley’s perspective is mainly told through the view of her many emotions. These emotions include Joy, Sadness, Fear, Disgust, and Anger. Each plays a role in how Riley develops as a person. Every time that Riley experiences an event, whatever emotion is influencing her the most at that moment, a memory is created with that emotion. She also has core memories which are the memories that help to make up her personality islands, such as Goofball Island and Family Island. Up until her family decides to move to San Francisco, most Riley’s memories are made by Joy and are very positive, however once they leave Minnesota, the other emotions start to create more memories.

While Riley is thinking about the negative aspects of living in San Francisco, such as switching schools, leaving her hockey team, and leaving her friends, Sadness touches a core memory. This causes all the core memories to fall out, Joy and Sadness get sucked out of the control center, with all the core memories, and sent into the openness of Riley’s brain. They must then try everything in their power to find a way back to the control center of Riley’s brain. Without Joy or Sadness, Fear, Disgust, and Anger had many problems with trying to manage how Riley reacted to the many new feelings of her new home. This caused Anger to help Riley think of the terrible idea of trying to run away, back to Minnesota.

During Joy and Sadness’ quest to return to the control center, they experienced many crazy adventures. For example, they encounter Riley’s old imaginary friend, Bing Bong, and try to wake her up so that they can get on the train of thought that would take them back to the control center. While Joy and Sadness are working together, Joy starts to realize that Sadness

may not be as bad as she had previously thought. This causes her to realize the importance of Sadness and helps her to realize that the emotions can create memories together and that each memory does not have to be associated with only one emotion. This is very helpful in allowing Riley to realize the absurdity of running away and she decides to go back home and talk it out with her parents. She then learns to adapt to the circumstances of her new home and ends up liking her new atmosphere.

The story of development that this film told was not very similar to the story of my development. Primarily because I have never been uprooted from my home and taken to a completely new environment. I am very thankful for this, because obviously from the message of the movie, this can be devastating to a child's life. The fact that I never had to leave my home, allowed me to develop very thoroughly, and I believe this is part of the reason that I have been able to develop into the person that I have. However, there were some aspects of Riley's life that were somewhat like my own. For example, one of Riley's core memories that helped to develop her personality, Hockey Land, was like the way football helped to shape my development as a child. Football was a key part of my childhood, and it was why I had some of my happiest memories and how I met some of my best friends.

I would recommend this movie to others, especially to children who are struggling with a new environment, because this film seems like it would be very helpful to someone who needs help adapting. This movie is also just a very feel good story that can help anyone to feel better during a bad day. I really like this type of movie and would always recommend it to anyone. Truthfully, any parent who is going through the process of moving their family, should consider showing this to their children so that they can understand the necessity of talking to their parents, and not just bottle their emotions up inside.

Similarities and Differences Between Parenting Styles of “Inside Out” and My Own

The parenting styles and family ethics of Riley’s family, in the film “Inside Out”, were made up of her mother’s primary style of concern and love, and her father’s style of playfulness and firmness. While their family ethics consisted of a very loving atmosphere that they had with each other where they really cared for Riley and everything she had going on in her life. There was also a very respectful feeling between her and her parents, as seen when her father expected her to be polite when talking about her day. This seemed to be a decent atmosphere for Riley to develop in, and she seemed to be living a healthy life prior to moving to San Francisco.

The Atmosphere of my house was somewhat different than Riley’s. I believe this was mainly because I grew up with two brothers, while Riley was an only child. This caused her parents to be more focused solely on her and my parents had to focus on two more children, so they had to make sure to spend time with them as well. My parents also were different in their parenting styles. For example, my father was less playful and more principled, while my mother took on a more playful role to go along with the loving and caring. I think that my parent’s styles helped me in my development more than Riley’s parents would have. This is mainly because my father’s style of being more principled helped me to model this. I believe that this is an important characteristic for a person to have and that is why I am thankful to have had my parents.

The advice that I would give to expecting parents would be to make sure that you don’t let a child adapt your parenting style. If you allow a child to do this, they will most likely become a child that does not respect you or listen to you and expects you to listen to them. This is never healthy, for a relationship between parents and a child, for a child to be in complete control.

Review of “Inside Out” From View of Erik Erikson

The film “Inside Out”, helps to prove my Psychosocial Theory in several ways. Riley is the main character of the film, and as an 11-year-old girl, she would be near the end of her Industry vs. Inferiority stage of development. When she moves from Minnesota, to San Francisco, one of the most difficult problems for her is that she must leave her friends and hockey team and start over in her new home. Developing a more serious social life is one a child’s greatest goals during their Industry vs. Inferiority stage, and therefore Riley had very a negative reaction to moving. After moving, Riley felt that she had to completely start over in the process of making friends, and her first day of school went badly, contributing to her feeling of inferiority. This is the main feeling that a child her age will feel when they feel like they are failing in society. Another cause of this feeling is if they struggle succeeding in something such as sports. Riley struggled when she tried to try out for the hockey team in San Francisco.

All these struggles that Riley experienced helped to contribute to her developing negatively. This caused her to have the feeling that she could not handle living in San Francisco, causing her to attempt to run away. However, after she opened to her parents about her feelings, they helped her gain more friends and regain her abilities to play well in hockey. As seen in the movie, after she did this, she again began developing much more positively and had a feeling of herself being much more competent. Also, in the conclusion of the movie, it says that Riley began developing in ways like the Identity vs. Role Confusion stage, where children begin the transition into adulthood. This stage lasts from the age 12 years to 18 years. Development occurs in ways such as puberty which the movie says Riley begins after she turns 12.

You can see that prior to moving, Riley developed very positively because she had many things that contribute to this. She had good friends and was supported very by hockey team,

shown when her team lifted her up when she missed the game winning shot of a playoff game. Also, her parents were very loving parents that seemed to care for her in any way they could. This is part of the reason that she was able to withstand the temporary negative development, after moving to San Francisco, without letting it permanently impact her development.

The film "Inside Out" did a reasonable job showing the ways that a child's development can be affected by their environment and experiences. When she had a very positive environment with many friends and a supportive family, she developed into a very happy and positive girl. But when she moved, the majority of these were removed and this caused her to begin to develop negatively. This is like how a developing child would react and how they manage the situation. One way the writers of this film could have made it more realistic would be if they included more experiences that Riley had during her previous stages of development, such as Trust vs. Mistrust or Initiative vs. Guilt. This could have included showing ways that Riley's parents were consistent in how they cared for her as an infant. Another way to include more developmental theory would have been to include more ways that Riley began developing after she turned 12. Such as developing more of a drive to establish a romantic life or trying to create more of an identity.

I believe that this was a good movie that presented that correct theories of development well. This would be a decent movie to show to children who are in the process of development and are forced to leave their home. Starting a new social life can be very difficult for a child in the Industry vs. Inferiority stage and this would help to show children, who are experiencing this, that it can be done if they are willing to adapt. It also shows them that their parents can be a key resource if they must go through this difficulty. It is also good to show children the many different stages of development and not confuse them with other theories that are incorrect.

Resources

McLeod, S. A. (2018, May 3). Erik Erikson's Stages of Psychosocial Development. Retrieved February 8, 2020, from <https://www.simplypsychology.org/Erik-Erikson.html>