

CHAPTER 5

CONCLUSION

Based on the analysis presented in Chapter IV, it can be concluded that *Orion and the Dark* (2024) portrays darkness anxiety as a central psychological issue experienced by the main character, Orion. Darkness is not depicted merely as a physical absence of light, but as a psychological trigger that activates fear, insecurity, and emotional instability. Orion's anxiety toward darkness manifests through characterization, plot development, setting, and symbolic elements, making it a dominant force that shapes the narrative.

The findings show that Orion's darkness anxiety appears through intrinsic elements, particularly characterization, plot, and setting. Through dialogue, internal actions, and external behavior, Orion is consistently portrayed as a child who experiences excessive worry, catastrophic thinking, and emotional vulnerability. His fear of darkness is shown to be irrational, persistent, and internally generated, indicating the presence of anxiety rather than realistic fear. This anxiety develops across the plot, beginning in the exposition, intensifying during the complication and climax, and gradually becoming manageable in the dénouement.

Furthermore, the setting plays a crucial role in intensifying Orion's anxiety. Dark rooms, nighttime silence, storms, and power outages function as psychological triggers that expose Orion's fear and emotional fragility. Darkness acts as a determinant of character by shaping Orion's behavior and reactions, while simultaneously reflecting his internal psychological state. Symbolically, darkness represents Orion's fear of the unknown, loss of control, and existential insecurity.

From a psychoanalytic perspective, Orion's darkness anxiety consistently activates various defense mechanisms. These include denial, repression, projection, displacement, rationalization, and sublimation. Denial and repression appear as Orion's earliest defenses, particularly when he refuses to acknowledge fear verbally. Projection and displacement dominate his responses to anxiety, as he externalizes fear onto burglars, shadows, storm drains, and darkness itself. Rationalization allows Orion to disguise fear as logical reasoning.

Among these mechanisms, sublimation emerges as the most adaptive, demonstrated through Orion's use of drawing to transform fear into creative expression.

The discussion confirms that Orion's psychological development does not involve the elimination of fear, but rather the transformation of how fear is managed. Through interaction with Dark, Orion gradually reduces his reliance on maladaptive defense mechanisms and begins to accept darkness as a natural part of life. This progression aligns with psychoanalytic theory proposed by Sigmund Freud which emphasizes that defense mechanisms function as protective strategies of the ego rather than signs of psychological weakness.

In conclusion, *Orion and the Dark* presents a psychologically accurate and nuanced portrayal of childhood anxiety. The film demonstrates that fear and defense mechanisms are integral aspects of emotional development, and that understanding and acceptance, rather than avoidance, are essential for psychological growth.

In summary, the findings of this study strongly support psychoanalytic theory regarding anxiety and defense mechanisms. Orion's darkness anxiety activates a wide range of defense mechanism, including denial, repression, projection, displacement, rationalization, fantasy, and sublimation. These mechanisms operate unconsciously to protect him from emotional overload.

By linking the findings in Chapter IV with the theoretical framework in Chapter II, this study demonstrates that *Orion and the Dark* presents a psychologically accurate portrayal of childhood anxiety. The film script illustrates that defense mechanisms are not signs of weakness, but necessary strategies for emotional survival and growth.