

Spot's Empowerment to Arlo in *The Good Dinosaur* Movie

Na'ilah Farashifah¹
Alvina Salshabilla Linjani Putri²
Rommel Utungga Pasopati^{3*}
Kusuma Wijaya⁴
Hariyono⁵

^{1 2 3 4 5} English Literature Department, Universitas Dr. Soetomo, Surabaya, Indonesia
e-mail: ³rommel@unitomo.ac.id

Abstract

This research explores Spot, a human child living in the midst of dinosaurs, shows the ability to overcome limitations and face different challenges. Spot also serves as a catalyst for Arlo's transformation in overcoming adversity. Through a qualitative method, the purpose of researching Spot's character is to understand how friendship can provide empowerment by employing Empowerment Theory by Barbara Salomon. In conclusion, Spot shows that with good help and support, one can overcome challenges, achieve great potential, and build a strong sense of confidence through senses of empowerment.

Keywords: Empowerment, Friendship, The Good Dinosaur, Spot

1. INTRODUCTION

The animated film *The Good Dinosaur* is produced by Pixar Animation Studios and released by Walt Disney Pictures on November 25, 2015. The movie is directed by Peter Sohn and written by Meg LeFauve and Bob Peterson. Jack Bright voices the character Spot, a 6–7-year-old ancient human child who is best friends with Arlo (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). The film's production background reflects Pixar's efforts to explore themes that focus on the relationships between different creatures in an alternate world. The movie's story depicts a world where dinosaurs never go extinct and how they interact with early humans.

Animation has long served as a medium for storytelling that explores deep emotional themes, including personal growth, friendship, and empowerment. Pixar's *The Good Dinosaur* is a notable example of an animated film that showcases a journey of self-discovery and resilience. The film follows Arlo, a timid Apatosaurus, who embarks on an adventure that forces him to overcome his fears and unlock his true potential. Central to this transformation is Spot, a feral human boy whose presence and actions play a crucial role in shaping Arlo's journey (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). The goal of the writers and filmmakers is to create a story filled with adventure, friendship, and personal growth while maintaining a message that can be enjoyed by all ages. The development of the movie undergoes several changes during its production process, including a change

of director and script rewrites. *The Good Dinosaur* is designed to showcase stunning visuals and explore the concept of what would happen if human and dinosaur history interact.

Character of Spot is clear in his role of empowerment to Arlo. Empowerment theory by Barbara Solomon refers to individuals' or groups' efforts to gain control over their destiny by enhancing their competency (i.e., internal strength) and influencing their surroundings (i.e., external response) (Daryanes et al., 2023; Messaoud, 2022; Solomon in Joo et al., 2019). Empowerment transforms individuals into active agents who act upon their values and interests. In other words, empowering individuals acts to solve imminent problems that they or their community face and to change components of social systems causing the problems (Daryanes et al., 2023; Messaoud, 2022; Rachmad, 2022). Despite the ways in which psychological empowerment theory remains sensitive to context at multiple ecological levels, it is argued that empowerment theory ascribes primacy to individualism, independence, and control, while neglecting more communal processes and outcomes that are also important to power and perceptions of power. In addition, it is argued that psychological empowerment focuses overly on people's feelings of control over their lives while neglecting the actualization of such control.

In terms of the significance of empowerment theory in the present, it is relevant including the impact of empowerment on self-development. Self-development empowerment is focusing on oneself to increase self-confidence, intrinsic motivation and make decisions independently. According to Marjani & Alizadeh (2014), it is believed that empowerment of self-development gives decision-making power to individuals. Empowerment means helping people to increase their self-confidence, overcome their helplessness and powerlessness, and have enthusiasm and intrinsic motivation to perform tasks.

By analyzing Spot's character through the lens of empowerment theory, this study seeks to understand how Spot's influence contributes to Arlo's development. Through key scenes and interactions, this paper explores how Spot's presence fosters Arlo's courage, resilience, and sense of agency. Additionally, the study also examines how their friendship exemplifies mutual empowerment, where both characters benefit from their relationship despite their differences. This research highlights the broader implications of empowerment in animated storytelling, demonstrating how mentorship and emotional support play critical roles in overcoming personal obstacles and realizing one's full potential. Empowerment is a movement that continues to grow in importance including the foundation for self-development in the current era, in line with social changes, technological advances, and the demands of a competitive environment (Ma et al., 2021; Wirnoto et al., 2023; Yang et al., 2024).

2. LITERATURE REVIEW

Empowerment Theory and Its Significances

Empowerment theory emphasizes the process by which individuals gain control over their lives. In general, that theory focuses on giving individuals or groups the ability to control or change their situation. The first one is increasing self-

confidence (Ma et al., 2021; Wirnoto et al., 2023; Yang et al., 2024). Empowerment is not merely about acquiring power but also about fostering resilience, building confidence, and developing the ability to influence various circumstances. The main characteristics of this theory are as follows.

First is about Self-Confidence. It is a person's feeling or belief in their ability to face various situations and challenges in life. This theory suggests that empowerment occurs when individuals, through social interactions and personal experiences, acquire skills, knowledge, and a sense of agency that enable them to navigate challenges and achieve their goals (Ma et al., 2021; Wirnoto et al., 2023; Yang et al., 2024). Someone who has self-confidence usually feels confident that they can overcome difficulties, complete tasks, and achieve their goals. This sense of confidence arises because of experiences and achievements that have been passed, as well as the way a person sees himself and his abilities.

There are two ways to increase self-confidence. The first way to increase self-confidence is by giving compliments to others. Giving compliments to others is a positive way to build self-esteem, boost their confidence, and create a warmer atmosphere in interactions. Effective compliments are usually sincere, specific, and relevant to the situation (Ma et al., 2021; Wirnoto et al., 2023; Yang et al., 2024). The second way is to support each other. Provide each other with emotional, physical and mental support to help each other face challenges or achieve goals. It involves empathy, understanding, and concrete actions that show concern for others, creating closer and more harmonious relationships.

Second is Self-Empowerment as the process by which a person feels in control of his or her life and is able to make decisions that support his or her well-being and personal goals. It involves recognizing one's own power and potential to change or influence situations. A person experiencing self-empowerment feels that they have the ability to overcome challenges and take steps to achieve what they want in life. This aspect also includes Problem Solving ability as a way in engaging in a task for which the solution method is not known in advance (Ahmed et al., 2022; Joseph, 2022; Pasopati et al., 2024). This kind of ability is a person's capacity to face and solve tasks or challenges whose solution methods are not known in advance. This aspect is also accompanied with Emotional Regulator ability that involves activating a goal that recruits one or more processes to influence emotion generation.

Third is Feelings of Control as the feeling that one has control over one's life, decisions made, and reactions to various situations. It relates to the belief that individuals can influence or regulate various aspects of their lives, be it feelings, actions, or outcomes. When people feel in control, they tend to feel more secure and empowered in the face of challenges. This aspect is accompanied by the idea of Mindfulness as full awareness of what is happening in the present moment, without judgment (Ahmed et al., 2022; Joseph, 2022; Pasopati et al., 2024). It means one really notices the feelings, thoughts, and bodily sensations that arise without trying to change or avoid them. In the practice of mindfulness, one is not rushing or getting lost in the past or worrying about the future, but rather being fully in the present moment.

3. METHOD

The descriptive method is applied by the researchers in this study. This study employs a qualitative research approach, specifically using textual analysis to examine Spot's role in empowering Arlo in *The Good Dinosaur* (2015) through the lens of empowerment theory. The researchers' primary focus in this study is qualitative information. A descriptive qualitative method is applied to interpret character interactions and behaviors, enabling an in-depth exploration of empowerment elements within the film. In this study, the descriptive methodology is employed because the researchers see the empowering value of the movie and describe the findings from the examination of the empowerment values that apply in *The Good Dinosaur*. The data is collected by selecting key scenes that depict Arlo's fears, Spot's supportive actions, and Arlo's transformation into a more courageous individual. The researchers employ the documentation technique to gather data for this study. The technique of data analysis is descriptive analysis. The analysis follows several steps of identifying relevant scenes, categorizing elements of psychological and relational empowerment, interpreting Spot's influence on Arlo's growth, and drawing conclusions on how empowerment theory applies to their relationship. In collecting data, three steps are taken. Downloading the movie and the script is the first step. The researchers initially download the screenplay and the movie, using them as a technique to gather data. The second step involves analyzing the movie's dialogue. Then, the researchers learn the dialogue in the movie by reading it in subsequent steps and grasping the data's dialogue. The next step is to choose the movie's pertinent speech. The researchers choose the dialogue based on the film's script in the final steps. The most crucial component of analyzing the suitable facts with respect to the research topic is relevant discourse. By examining these aspects, this study provides insights into how animated storytelling portrays empowerment through friendship, emphasizing the significance of supportive relationships in character development.

4. RESULTS AND DISCUSSION

Spot's Closed Relationships with Arlo

The researchers describe Spot as playing an important role in Arlo's transformation. Spot is a crucial figure in Arlo's journey toward self-discovery and personal growth. With his courage, Spot encourages Arlo to overcome his fears. Initially, Arlo is a timid and fearful dinosaur, struggling to prove himself to his family. Their interactions highlight the themes of friendship and courage, where Spot helps Arlo discover his potential. As winter approaches, food becomes scarce, prompting Arlo's father, Henry, to set a trap to catch the thief stealing their supply. At that time, Arlo and his family feel that the food supply for the winter is slowly disappearing (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). Then Arlo's father (Henry) takes the initiative to set a trap to catch the food thief. They eventually capture Spot, a small but resourceful human child. In the end, the thief is caught. It is Spot, who has been stealing Arlo's family's food. Arlo, who has never encountered a creature like Spot before, is both frightened and enraged, blaming Spot

for the hardships he faces. Arlo is scared to see Spot, as it is the first time he sees a small human figure in his life.

Determined to chase him away, Arlo and Henry pursue Spot during a storm in the Clawtooth Mountains. Arlo is furious with Spot for stealing his food, and Arlo and Poppa chase Spot during a rainstorm in the Clawtooth Mountains, which causes Poppa to slip and fall under the swift river current. However, their pursuit turns tragic when Henry slips and is swept away by the strong river current, leading to his untimely death (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). From the storm, Poppa dies because of the swift river, and Arlo is lost far from the Clawtooth mountain residence. This event leaves Arlo lost and alone, far from home, marking the beginning of his transformative adventure. From here, Spot and Arlo's adventure begins.



Image 1
Spot Gives Arlo a Berry from the Cliff Tree

Data 1

The researchers find a scene at minutes of 32:15 when Arlo, tired, hungry, is following the river through the woods, searching desperately for food but finding nothing. He seems very small in this big world. Spot, showing compassion, hands Arlo a berry he retrieved from a tree on a cliff. He looks for food, but finds nothing. Through this act, Spot begins to teach Arlo how to find food and survive in the wild, gradually helping him build confidence in his abilities (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). Spot gives Arlo a berry that he took from the cliff tree, Spot teaches Arlo how to find food to survive and teaches Arlo to increase his confidence. With his courage, Spot encourages Arlo to overcome his fears.

Data 2

Despite Spot's kindness, Arlo remains resentful, believing that Spot is responsible for his father's death. In the utterance at 32.47, the researchers find that Arlo said to Spot *"I'm going to kill you anyway, but before I do that could you please get me some more of these (Berry)?"* This line illustrates Arlo's internal conflict, as he still harbors anger toward Spot while also beginning to rely on him for survival. Arlo says to Spot that he would kill Spot, because according to Arlo Spot is the cause of his father's (Henry) death (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). At the time of the incident Arlo and his father cross the swift river to catch Spot, because previously Spot is a food thief in the area where Arlo's family

lives. His hostility stems from the trauma of losing his father, and his interactions with Spot become a journey toward healing and acceptance.



Image 2
Spot Encourages Arlo to Cross the Gorge

Data 3

The researchers find a scene at 33:48 where Arlo asks Spot to take him to the berry tree on the cliff. Arlo's hunger at that moment is greater than his fear. When they arrive at a bridge, Arlo hesitates, intimidated by the height. With Spot's help, Arlo ignores his fear in favor of the berries. However, Spot reassures him, encouraging Arlo to take the first step. When they have to cross the bridge, Spot encourages Arlo to take the first step. Motivated by hunger and the promise of berries, Arlo gathers the courage to cross. Arlo hesitantly feels the height below him, but Spot stays by his side providing reassurance. Eventually, Arlo gathers his courage and steps onto the bridge encouraged by the promise of delicious berries (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). This marks an important moment in his development as he starts to face his fears.



Image 3
Spot Helps Arlo from Orange Snake's Attack

Data 4

The researchers find a scene at 34:45 while in the berry tree, Arlo is attacked by an orange snake. Arlo is so scared that he fell off the cliff. He is overwhelmed by fear, so he falls off the cliff. Seeing Arlo about to be attacked by the snake, Spot helps Arlo. Spot immediately intervenes, bravely fighting off the snake until it retreats (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). Spot fought

the snake until it ran away. This moment highlights Spot's protective nature and his role as a mentor to Arlo, showing that bravery is not about size but about resilience and quick thinking.

Data 5

In the utterance at 37:48, the researchers find Spot and Arlo meet a Styracosaurus named Forrest Woodbush and he says *"on your way to clawtooth mountain, the creature (Spot) will protect you. Don't lose it."* It means that Spot is the one who will protect and empower Arlo to be brave and not become a timid Dinosaur when traveling back to Clawtooth Mountain (Arlo's Family Residence) (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). This statement also reinforces the idea that Spot is not just a companion but a guardian figure, guiding Arlo on his path to becoming stronger and more independent.



Image 4
Spot and Arlo are Resting Together

Data 6

The researchers find a scene at 42:37, Spot and Arlo are seen resting together, and there is a moment of deep emotional closeness between them. Spot helps Arlo through their bond of friendship, giving him a sense of security and support. Despite being different species, their friendship provides Arlo with a sense of security and support. Although Spot is a small human, in many ways he acts as a protector for Arlo who is still very scared and feeling lost after the death of his father and helping him cope with his grief and fears. In moments like these, Spot not only empowers Arlo physically but also emotionally (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). He shows Arlo that even though they are from different species, they can support each other and work together to survive. This scene highlights how Spot becomes a source of strength for Arlo, helping him grow braver and more confident. This moment emphasizes how friendship transcends differences, proving that trust and companionship are crucial for personal growth.



Image 5
Spot helps Arlo by demonstrating his strength

Data 7

At 46:30, during a violent storm, Spot once again demonstrates his survival skills, guiding Arlo through the chaos. The researchers find in the storm scene that Spot helps Arlo by demonstrating his strength, courage, and wilderness survival skills. When the storm hits, the initially shy and timid Arlo begins to rely on Spot to lead and protect them. Initially timid, Arlo begins to rely on Spot's leadership, learning from his ability to stay calm under pressure. Spot is a living example of how to face nature's challenges calmly and quickly (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). This moment marks a turning point where Arlo starts to believe in himself, gaining the courage to push forward despite adversity. This gives Arlo the courage to keep going, even when the going gets tough. This moment occurs when a storm separates them, and Arlo must decide whether to remain passive or start relying on his own courage. Spot, although only a child, empowers Arlo by demonstrating decisive action under pressure.



Image 6
Spot and Arlo Chased by a Group of Pterodactyls (Thunderclaps)

Data 8

The researchers find that at 50.51, Spot gives strength and support to Arlo as they are chased by a group of Pterodactyls (Thunderclaps). Arlo, a large green dinosaur, runs with Spot, a small human child, riding on his back. It is Spot's courage and agility that empower Arlo, showing that strength comes from

determination rather than physical size. When facing danger, Spot shows courage and agility which boosts Arlo's confidence despite his initial hesitation and fear (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). This encounter further solidifies Arlo's transformation from a fearful creature into a braver individual. This scene illustrates the development of their relationship, showing how Spot helps Arlo face his fears and become braver.

Data 9

In the utterance at 51:18, the researchers find that Thunderclap says to Arlo, *"Friend, you have a critter of your own."* At that moment Thunderclap, the aggressive pterodactyl, appears while Arlo is on his way home with Spot. This moment highlights the shift in Arlo's perspective—Spot is no longer just an outsider but a trusted friend. As Thunderclap speaks he observes the strong connection between Arlo and Spot (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). It signifies Arlo's emotional growth, as he now values Spot not just as a survival companion but as someone he deeply cares about. He realizes that Spot, who is initially seen as a wild "critter," is now an integral part of Arlo's life. At this point, Arlo no longer simply views Spot as an alien creature. He even considers him a friend and a strong supporter.

Data 10

The researchers find that when Spot and Arlo are traveling home on Clawtooth Mountain, a group of Pterodactyls (Thunderclaps) attack them again. Spot gets kidnapped by the Pterodactyls (Thunderclaps) and Arlo cannot help Spot because he falls into a ravine and gets stuck in a tree branch until he faints. At 71:59, Spot is kidnapped, and Arlo, unable to save him, falls into a ravine and loses consciousness. It is a scene when Arlo says to Poppa (Henry) in his dream, when he faints. *"He helps me, and now he's in danger."* This realization marks a key moment in Arlo's development, as he understands the weight of responsibility and the true meaning of courage. Overall, the conversation between Poppa and Arlo is a key moment in the narrative that shows how dependence and responsibility can empower individuals to face their fears (Indriati & Yukamana; 2021; Mellinio et al., 2022; Sohn, 2015). Arlo, through this experience, learns not only about courage but also about the meaning of a supportive relationship. By facing his fear of Spot, Arlo also discovers a strength within himself that becomes a key driver in his emotional and physical journey. By facing his fears and embracing his bond with Spot, Arlo discovers a strength within himself that allows him to take charge of his destiny and fight for the ones he loves.

Spot's Goodness as His Empowerment to Arlo

In Data 1, this scene is related to Self-Confidence, especially when it is empowered by supporting each other's conditions. In this scene, Spot provides support to Arlo who feels small, tired, and hungry. This marks the start of Arlo's empowerment as he begins to rely on Spot for survival skills (Ahmed et al., 2022; Pasopati et al., 2022; Sohn, 2015). Spot not only gives Arlo food but also offers

emotional support and guidance. By teaching Arlo survival skills, Spot shows him that he's not alone and that someone cares. This act of support helps Arlo gain confidence and the ability to face challenges on his own.

In Data 2, Arlo initially blames Spot for his father's death and threatens to kill him, showing that he is still emotionally unstable. It is a matter of Self-Empowerment, especially in Emotional Regulation aspect (Ahmed et al., 2022; Pasopati et al., 2022; Sohn, 2015). Arlo's statement to Spot shows how he struggles to control his emotions. He feels deep anger and pain after losing his father, which leaves him confused and overwhelmed by grief. However, this confrontation is part of the empowerment process, where emotional struggles precede personal growth. His threat to kill Spot does not mean he truly wants to harm him but reflects his inability to manage these intense feelings. This moment highlights the importance of emotional regulation and how unresolved feelings can lead to destructive behavior. Arlo needs to learn how to process his emotions and express them in a healthier way. This moment highlights the importance of emotional regulation and how unresolved feelings can lead to destructive behavior.

In Data 3, Spot encourages Arlo to cross the gorge, pushing him to overcome his fear in pursuit of food. The researchers analyze the scene with the Self-Empowerment aspect in its Problem-Solving ability (Ahmed et al., 2022; Pasopati et al., 2022; Sohn, 2015). Arlo faces the real problem of overcoming fear to achieve a goal, which is to get the berries on the tree on the cliff. This moment represents Arlo's first step toward self-reliance. With Spot's help, Arlo uses his courage and focuses on practical steps to overcome obstacles, such as crossing a bridge. Spot supports Arlo with encouragement and provides a sense of security. Although emotions such as fear and doubt are present, the main focus is on how Arlo looks for solutions to achieve his goal. Spot supports Arlo with encouragement and provides a sense of security, but the decision to step up is Arlo's own form of problem solving. This shows how gradually facing challenges can help one overcome obstacles.

In Data 4, Spot protects Arlo from an orange snake, reinforcing his role as Arlo's guide. The researchers indicate the scene with Feelings of Control in Mindfulness aspect (Ahmed et al., 2022; Pasopati et al., 2022; Sohn, 2015). From a mindfulness perspective, this scene shows how a feeling of control can grow through awareness and focus in a dangerous situation. Through this, Arlo learns that survival requires courage. When Arlo is attacked by the snake, fear takes over and he loses control, falling off the cliff. This moment emphasizes how critical it is for Arlo to learn from Spot's actions. However, Spot remains fully present, acting quickly and effectively to fight the snake. This shows Arlo the importance of staying calm and alert during difficult moments. By learning to focus on the present moment and not letting fear control him, Arlo is able to take small steps to tackle challenges with more confidence and control.

In Data 5, Forrest Woodbush acknowledges Spot as Arlo's protector. The researchers overlook the scene with the Self-Empowerment concept in its Emotional Regulation aspect, especially in how empowerment involves social recognition and support from others (Ma et al., 2021; Sohn, 2015; Wirnoto et al., 2023). Forrest Woodbush emphasizes that Spot will help Arlo regulate his emotions, such as fear

and doubt, during the journey back to Clawtooth Mountain. Spot acts as an emotional support, giving Arlo a sense of security and helping him stay calm and brave in difficult situations. With Spot's help, Arlo learns to control his fear which is an important part of emotional regulation, allowing him to stay focused and keep moving forward despite the challenges ahead. This recognition reinforces the bond between Arlo and Spot, further empowering Arlo to face his challenges with greater confidence.

In Data 6, Arlo and Spot rest together, strengthening their emotional bond. The researchers see the scene is related to the Self-Empowerment idea in its Emotional Regulation aspect (Ma et al., 2021; Sohn, 2015; Wirnoto et al., 2023). Spot helps Arlo overcome his fear and confusion after losing his father. This scene highlights how empowerment includes emotional security and mutual trust, not just physical survival. Through the emotional support Spot provides, Arlo feels safer and empowered to deal with his heavy feelings. Spot plays a role in calming Arlo down and giving him a sense of emotional support, which helps Arlo regulate his emotions such as fear and sadness. This shows how emotional connection can help a person manage their feelings and provide a sense of control over confusing or frightening circumstances. This mutual trust reinforces their relationship and enhances Arlo's ability to face future challenges.

In Data 7, During the storm, Arlo sees how Spot remains calm and decisive. The researchers compare the scene with the Self-Empowerment idea in the Emotional Regulation aspect (Ma et al., 2021; Sohn, 2015; Wirnoto et al., 2023). Arlo faces fear and uncertainty during the storm, and Spot stays calm and acts quickly, showing Arlo how to handle the situation. This experience teaches Arlo to develop resilience, demonstrating that empowerment is a gradual learning process. When the storm separates them, Arlo has to manage his fear and decide what to do next. This moment is key for Arlo because he learns how to control his emotions, especially his fear, and find the courage to keep going on his own. It is a turning point where Arlo realizes he does not always need someone else to lead him. He can handle challenges by trusting his own strength. Through this process, Arlo becomes more self-reliant and confident in his ability to face future challenges.

In Data 8, Arlo carries Spot on his back while being chased by Pterodactyls, symbolizing his transition from a fearful follower to a protector. The researchers understand the scene with the Self-Confidence idea where such characters Support Each Other in difficult times (Ahmed et al., 2022; Joseph, 2022; Sohn, 2015). When Arlo and Spot are being chased by the Pterodactyls, Spot provides strength and reassurance. This action demonstrates Arlo's growth into a more protective role. Spot's bravery and quick movements help Arlo feel more confident, even though he is scared at first. Their relationship shows how supporting each other can help someone overcome fear and become braver. Spot does not just tell Arlo he can do it; he shows him through his actions, which encourages Arlo to be more courageous. It also proves that true empowerment involves taking responsibility for others.

In Data 9, Thunderclap acknowledges Arlo's bond with Spot, showing that Arlo's empowerment is now recognized by others. The researchers examine the scene with Self-Confidence matter in Support Each Other aspect (Ahmed et al.,

2022; Joseph, 2022; Sohn, 2015). Arlo sees Spot not just as a wild creature, but as a trustworthy friend. His transformation is not just internal but also seen by the world around him. Their relationship is based on mutual support, where they help each other overcome the challenges they face. This shows how having someone by your side makes a huge difference when facing difficult situations. The bond between Arlo and Spot is even stronger as they rely on each other, proving the value of emotional connection and support in overcoming obstacles. This external recognition further solidifies Arlo's growth and the strength of their relationship.

In Data 10, When Spot is kidnapped, Arlo falls into a ravine and dreams of his father. The researchers analyze the scene with the Self-Empowerment idea in its Emotional Regulation aspect (Ahmed et al., 2022; Joseph, 2022; Sohn, 2015). Arlo faces situations that generate fear and anxiety, especially when Spot is in danger and Arlo feels helpless after falling off a cliff. He realizes that Spot has helped him grow, and now it is his turn to protect Spot. Arlo has to manage his emotions fear, anxiety, and guilt to stay focused and understand the importance of a supportive relationship. The dialog with Poppa in his dream helps Arlo to process his feelings and find peace within himself. It shows how Arlo learns to regulate his emotions, face his fears, and accept the fact that courage and responsibility do not always come directly, but can grow through experience and strong relationships. This moment is the peak of his empowerment, he no longer acts out of fear but out of responsibility and courage.

Empowerment theory focuses on the process of gaining control over one's life, building confidence, and developing competencies that enable individuals to navigate challenges successfully. This theory is applicable to Arlo's character arc, where Spot's fearless nature and survival instincts challenge Arlo's self-perceived weaknesses. Spot does not merely serve as a companion; he acts as a mentor figure, demonstrating resilience and adaptability in the face of adversity (Ahmed et al., 2022; Joseph, 2022; Sohn, 2015). Through their bond, Arlo gradually learns to trust himself, confront his fears, and emerge as a stronger individual.

5. CONCLUSION

Arlo's journey in *The Good Dinosaur* reflects the principles of empowerment theory. Spot plays an important role in Arlo's journey of transformation by showing an empowering character. Initially, Arlo is a fearful and dependent character who struggles with survival and self-confidence. Spot, though small, shows emotional strength and courage that helps Arlo face his biggest fears. By helping Arlo into the wild, Spot not only physically supports him but also inspires him to believe in himself. Their interactions show that empowerment is not always about control, but about building trust and support for each other. Through their relationship, Arlo learns to face fear, take risks, and find his own courage. Spot, as an empowering figure, reflects the core of empowerment theory by providing support and opportunities for others to develop, while letting them lead their own journey. This process of empowerment is not an instant change but a continuous growth through experiences, challenges, and support from others. By the end of his journey, Arlo no longer depends on external protection but instead becomes a protector himself, embodying the true essence of self-empowerment.

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