

**THE STRUGGLES FROM WITHIN: EVELYN WANG'S
JOURNEY TO SELF-ACCEPTANCE IN *EVERYTHING
EVERYWHERE ALL AT ONCE* FILM (2022)**

SKRIPSI

By

MULIA YOEL BRYAN PARTOGI SIRINGORINGO

2221150025



**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA
JAKARTA**

2026

**THE STRUGGLES FROM WITHIN: EVELYN WANG'S
JOURNEY TO SELF-ACCEPTANCE IN *EVERYTHING
EVERYWHERE ALL AT ONCE* FILM (2022)**

SKRIPSI

Submitted to fulfill the academic requirements for the Sarjana Sastra (S.S.) degree in the
English Literature Study Program, Faculty of Letters and Languages
Universitas Kristen Indonesia

By

MULIA YOEL BRYAN PARTOGI SIRINGORINGO

2221150025



**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA
JAKARTA
2026**



FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA

STATEMENT OF *SKRIPSI* AUTHENTICITY

I, the undersigned:

Name : Mulia Yoel Bryan Partogi Siringoringo
Student Number : 2221150025
Study Program : English Literature
Faculty : Faculty of Letters and Languages

Hereby declare that the *Skripsi* entitled "THE STRUGGLES FROM WITHIN: EVELYN WANG'S JOURNEY TO SELF-ACCEPTANCE IN *EVERYTHING EVERYWHERE ALL AT ONCE* FILM (2022)" is:

1. created and completed by myself using the results of lectures, field reviews, books, and journal references listed in the *Skripsi*'s references;
2. not a duplication of a paper that has been published or used to obtain a bachelor's degree at another university, except for the parts of the source of information listed in a proper reference manner;
3. not a translation work from a collection of reference books or journals listed in the reference to the assignment.

If it is proven that I do not fulfill what is stated above, then this final project is considered null and void.

Jakarta, 24 June 2026



Mulia Yoel Bryan Partogi Siringoringo



FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA

ADVISOR'S APPROVAL SHEET

THE STRUGGLES FROM WITHIN: EVELYN WANG'S JOURNEY TO SELF-ACCEPTANCE IN *EVERYTHING EVERYWHERE ALL AT ONCE* FILM (2022)

by:

Name : Mulia Yoel Bryan Partogi Siringoringo
Student Number : 2221150025
Study Program : English Literature
Concentration : Literature

has been examined and approved to be submitted and defended in the *Skripsi* Defense to attain a Bachelor's Degree in English Literature Study Program, Faculty of Letters and Languages, Universitas Kristen Indonesia.

Jakarta, 24 June 2026

Approved by:

Advisor

Mike Wijaya Saragih, S.S., M.Hum.
NIP: 121861

Head,

Mike Wijaya Saragih, S.S., M.Hum.
NIP: 121861



Susanne A. H. Sitorang, S.S., M.A.

NIP: 971443



FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA

SKRIPSI DEFENSE APPROVAL SHEET

On 24 June 2026, a *Skripsi* Defense was held as partial fulfillment of the academic requirements to obtain a Bachelor's Degree in the English Literature Study Program, Faculty of Letters and Languages, Universitas Kristen Indonesia, on behalf of:

Name : Mulia Yoel Bryan Partogi Siringoringo
Student Number : 2221150025
Study Program : English Literature
Faculty : Faculty of Letters and Languages

The *skripsi* is entitled "THE STRUGGLES FROM WITHIN: EVELYN WANG'S JOURNEY TO SELF-ACCEPTANCE IN *EVERYTHING EVERYWHERE ALL AT ONCE* FILM (2022)" and has been approved by the Board of Examiners, consisting of:

Board of Examiners	Position	Signature
1. Assoc. Prof. Dr. rer. pol. Ied Veda R. Sitepu, S.S., M.A.	as Head	
2. Susanne A. H. Sitohang, S.S., M.A.	as Member	
3. Mike Wijaya Saragih, S.S., M.Hum.	as Member	

Jakarta, 24 June 2026



FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA

STATEMENT AND APPROVAL OF PUBLICATION

I, the undersigned:

Name : Mulia Yoel Bryan Partogi Siringoringo
Student Number : 2221150025
Study Program : English Literature
Faculty : Faculty of Letters and Languages
Type of Final Project : *Skripsi*
Title : THE STRUGGLES FROM WITHIN: EVELYN
WANG'S JOURNEY TO SELF-ACCEPTANCE
IN *EVERYTHING EVERYWHERE ALL AT ONCE*
FILM (2022)

Hereby state that:

1. This *skripsi* is truly my work with advice from the academic advisor and not a duplication of an existing published document or one that has been used to acquire an academic title in any college;
2. This *skripsi* is not a plagiarism of the writing of any other parties, and if I quote other writing, then it will be included as a reference in accordance with the prevailing provision;
3. I transfer Non-exclusive Right without Royalty to Universitas Kristen Indonesia that has the right to store, transfer, make into media/format, organize in the database, keep and publish my *skripsi* provided that my name is included as the writer/author and owner of the copyright.

If a violation of copyright and intellectual property is found in the future, of violation of the Regulation of the Constitution of the Republic of Indonesia and academic integrity in this *skripsi*, I will bear the responsibility for all kinds of prevailing lawsuits.

Jakarta, 24 June 2026



Mulia Yoel Bryan Partogi Siringoringo

ACKNOWLEDGEMENT

The present writer would like to express immense gratitude to God, because His grace, blessings, and gratitude have brought the completion of this *skripsi* titled “*THE STRUGGLES FROM WITHIN: EVELYN WANG’S JOURNEY TO SELF-ACCEPTANCE IN EVERYTHING EVERYWHERE ALL AT ONCE FILM (2022)*” on time. This *skripsi* is made as one of the academic requirements for the final course of the eighth semester in the English Literature Study Program, Faculty of Letters and Languages, Universitas Kristen Indonesia. It is hoped that this research could contribute to the development of literary studies, specifically in understanding a character’s inner struggles portrayed in films.

The completion of this *skripsi* would not have been possible without the assistance, guidance, and support of various people throughout this research and writing process. The Present writer would like to express his deepest gratitude or thankfulness to:

1. Susanne A.H. Sitohang, SS., MA, as the Dean of the Faculty of Letters and Languages, Universitas Kristen Indonesia;
2. Jannes Freddy Pardede, SS., M.Hum, as the Vice Dean of the Faculty of Letters and Languages, Universitas Kristen Indonesia;
3. Mike Wijaya Saragih, SS., M.Hum, as the Head of English Literature Study Program and as the *Skripsi* Supervisor, for her valuable insights, guidance, constructive, and thorough feedback;
4. Audrey Jacqueline Sitompul, the present writer’s beloved girlfriend—or other half—for always being present and provide immense emotional support;
5. The present writer’s mother and sister, who have always supported and prayed for the present writer’s well-being to write the *skripsi*.

Bekasi, 16 June 2026

Mulia Yoel Bryan Partogi Siringoringo

TABLE OF CONTENTS

STATEMENT OF <i>SKRIPSI</i> AUTHENTICITY	ii
ADVISOR'S APPROVAL SHEET	iii
<i>SKRIPSI</i> DEFENSE APPROVAL SHEET	iv
STATEMENT AND APPROVAL OF PUBLICATION.....	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS	vii
<i>ABSTRAK</i>	ix
ABSTRACT	x
CHAPTER I	1
1.1. Background of the Study.....	1
1.2. Statements of the Problem	7
1.3. Purpose of the Study	7
1.4. Significance of the Study	8
1.5. Methodology of the Study	8
1.6. Scope and Limitation of the Study.....	8
1.7. Status of the Study.....	9
1.8. Organization of the Study	9
CHAPTER II.....	11
2.1. Film as Literature.....	11
2.2. Elements in Film.....	12
2.3. Multiverse As a Narrative Tool in Film.....	15
2.4. Self-acceptance	16
2.4.1. The Development of Incongruence Between Self and Experience	19
2.4.2. The Process of Breakdown and Disorganization.....	20
2.4.3. The Process of Reintegration	21
2.5. Elizabeth T. Sheerer's Theory of Self-acceptance	22
CHAPTER III	23
3.1. The Psychological Process of Evelyn to Self-acceptance	23
3.1.1. Evelyn's Development of Incongruence between Self and Experience	23
3.1.2. Evelyn's Process of Breakdown and Disorganization	31
3.1.3. Evelyn's Process of Reintegration.....	36
3.2. Evelyn's Self-acceptance	41

3.2.1. Equality of Feeling	41
3.2.2. Confidence in One's Own Capacity	46
3.2.3. Being Responsible.....	48
3.2.4. Outward Orientation	50
3.2.5. Having Principles	51
3.2.6. Awareness of Limitations.....	53
3.2.7. Accepting the Human Nature	54
CHAPTER IV	58
4.1. Conclusion	58
4.2. Suggestion	60
REFERENCES.....	61
APPENDIX	64



ABSTRAK

Penelitian ini bertujuan untuk menganalisis pergulatan psikologis batin Evelyn Wang, tokoh utama dalam film Everything Everywhere All At Once (2022), yang ditampilkan dalam film tersebut. Evelyn adalah seorang ibu yang mengalami masa kecil di mana ia harus memenuhi standar yang ditetapkan ayahnya, yang membuatnya membentuk konsep diri yang negatif dan mengakibatkan distorsi atau penolakan terhadap tindakan positif yang dilakukan putrinya dan suaminya. Berkat terjadinya pengalaman-pengalaman yang sebenarnya positif baginya, Evelyn akhirnya dapat membebaskan diri dari standar ayahnya dan menetapkan standarnya sendiri, sekaligus memperbaiki kesalahannya di alam semesta miliknya dan alam semesta versi lain dirinya. Penelitian ini menggunakan metode kualitatif-deskriptif dengan mengacu pada Teori Kepribadian Carl Ransom Rogers; Teori Penerimaan Diri Elizabeth T. Sheerer; serta teori film David Bordwell, khususnya terkait aspek mise-en-scène yang terdiri dari kualitas pencahayaan dan intensitasnya. Hasil studi ini menunjukkan bahwa Evelyn telah melalui proses Perkembangan Ketidakselarasan Antara Diri dan Pengalaman, proses Keruntuhan dan Ketidakteraturan, dan akhirnya proses Reintegrasi. Ketiga proses di atas menggambarkan perjalanan Evelyn menuju penerimaan diri. Setelah itu, Evelyn menggambarkan penerimaan dirinya dengan menunjukkan kesetaraan perasaan, keyakinan pada kemampuannya sendiri, bertanggung jawab, berorientasi ke luar, memiliki prinsip, kesadaran akan keterbatasannya, dan menerima sifat manusia.

Kata-kata Kunci: *Pengalaman Diri; Penerimaan Diri; Ketidakselarasan; Keselarasan*

ABSTRACT

This study aims to analyze Evelyn Wang, the main character of *Everything Everywhere All At Once* (2022), inner psychological struggle as shown in the film. Evelyn is a mother who underwent a childhood experience that required her to meet her father's standards, which caused her to form a concept of self that is negative and resulted in distorting or denying her daughter's and husband's positive acts. Because of the occurrence of experiences that are actually positive towards her, Evelyn finally could break free from her father's standards and set her own, while fixing her mistakes in her universe and her counterparts' universe. This study uses a qualitative-descriptive method by using Carl Ransom Rogers' Theory of Personality; Elizabeth T. Sheerer's Theory of Self-acceptance; and David Bordwell's theory of film, specifically on the aspect of mise-en-scene that consists of lighting quality and its intensity. The result of this study shows that Evelyn had gone through the process of Development of Incongruence Between Self and Experience, the process of Breakdown and Disorganization, and finally the process of Reintegration. Using the three processes above represented Evelyn's journey to self-acceptance. Afterward, Evelyn portrayed self-acceptance by showing her equality of feeling, confidence in her own capacity, being responsible, having an outward orientation, having principles, awareness of her limitations, and accepting human nature.

Keywords: Self-experience; Self-acceptance; Incongruence; Congruence

