



An Analysis Of Coping Mechanism Peter Parker In Spiderman No Way Home

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Abstrak

This study aims to analyze the coping mechanisms employed by Peter Parker in *Spider-Man: No Way Home*. The research focuses on identifying the types of coping mechanisms represented through Peter Parker's thoughts, emotions, dialogues, and actions, as well as examining their functions in responding to traumatic experiences. This study applies a qualitative descriptive method using a psychological approach. The primary data were collected from the dialogues, scenes, and actions of Peter Parker in *Spider-Man: No Way Home*. The analysis is based on Lazarus and Folkman's theory of coping mechanisms, which classifies coping into Problem-Focused Coping and Emotion-Focused Coping. The findings reveal that Peter Parker employs both types of coping mechanisms throughout the film. Problem-focused coping is reflected in his efforts to solve the multiverse crisis, cure the villains, and take responsibility for the consequences of his decisions. Meanwhile, emotion-focused coping is demonstrated through his expressions of grief, anger, guilt, emotional support-seeking behavior, and eventual acceptance after experiencing traumatic events, particularly the death of Aunt May. Furthermore, the study finds that Peter Parker's coping mechanisms serve three major functions: managing stress and trauma, maintaining psychological stability, and facilitating personal growth. These findings indicate that coping mechanisms play a significant role in Peter Parker's psychological development, enabling him to overcome emotional distress and mature as an individual. Therefore, this study contributes to literary and film studies by providing a deeper understanding of how psychological coping strategies are represented in contemporary superhero films through the portrayal of fictional characters..

Kata Kunci: Coping Mechanism, Psychological Analysis, Peter Parker, *Spider-Man: No Way Home*, Lazarus And Folkman.

1. Pendahuluan

Every work is born from an experience or reality that has occurred in society (Erinsyah Br Ginting et al., 2023). These experiences are depicted through the author's own imagination, so that every imaginative expression expressed by the author constitutes a social reality in the form of literary works such as poetry, prose fiction, and films (Ardiyanti, 2023).

Film is a literary work in the form of audiovisual media (Washadi & Sugiyarto, 2023).

Film is described as a literary work consisting of moving images with scenes that form a story. Film is an audiovisual communication medium that can depict life's problems and personality traits. The author combines film and literature to demonstrate that literature is born from the human drive to study human issues, humanity, and the universe. Literature is believed to depict issues of life, philosophy, and psychology (Mulia Prasasti et al., 2022).

Film is an art form that not only provides entertainment but also reflects various aspect of human phsycology through its characters and plot. In literary film studies analysis is crucial for uncovering the psychological dimension behind character behavior, motivation for actions, and the inner conflicts that shape character development. One film that offers this psychological depth is *Spider-Man : No Way Home* (2021), part of the Marvel Cinematic Universe that places Peter Parker in the most challenging situation of his life

According to Richard Lazarus and Susan Folkman (in Maryam, 2017), renowned figures who developed the transactional model of stress theory, they state that stress is an evaluation of demands or inability to cope with situations that threaten or endanger an individual's relationship with their environment. Triggers can be influenced by environmental factors, personality, cultural and social background, and other factors that can influence how a person copes with stress. One way to overcome stress or pressure experienced by humans is through coping strategies.

Spider-Man: No Way Home (2021) is a film that clearly shows this development. The story focuses on Peter Parker, a young man who must deal with serious problems after his identity as Spider-Man is revealed to the public. He faces public pressure, negative opinions from society, and problems that affect his future. These situations create emotional stress and make Peter feel overwhelmed.

Peter's psychological struggle becomes even more intense with the death of Aunt May, a figure who represents emotional stability, moral guidance, and unconditional support in his life. Her loss marks a critical turning point in the narrative, as Peter begins to show signs of deep emotional distress, including guilt, anger, self-blame, and emotional withdrawal. These reactions illustrate how traumatic experiences can disrupt an individual's sense of identity and purpose, especially during a transitional phase such as adolescence.

Throughout the film, Peter attempts to cope with his trauma in various ways. At times, he avoids confronting his emotions, while at other moments he tries to solve his problems through action, even when those actions lead to further complications. His interactions with other characters—particularly the alternate versions of Spider-Man—highlight the importance of shared experience and emotional support in coping with trauma. These moments suggest that healing is not a linear process, but one that involves reflection, guidance, and difficult choices.

The study of psychology in literary works, particularly films, allows researchers to understand how fictional characters represent real human experiences. Characters in films often experience emotional conflicts that reflect psychological phenomena found in everyday life. Through character analysis, researchers can explore how individuals respond to stressful situations, process traumatic experiences, and develop strategies to overcome psychological challenges.

Psychological analysis in literature does not only focus on identifying emotions or behaviors displayed by characters but also examines the underlying causes that influence their actions. A character's decision, reaction, and emotional response are often shaped by internal conflicts and external pressures. Therefore, analyzing psychological aspects in films can provide a deeper understanding of human behavior and emotional development. Trauma is one of the psychological experiences frequently represented in literary works. According to psychological perspectives, trauma can occur when an individual experiences an event that exceeds their ability to cope. Traumatic experiences may influence a person's thoughts, emotions, relationships, and perception of themselves and the surrounding environment. In fictional narratives, trauma is often presented as a significant factor that shapes character transformation.

Peter Parker in *Spider-Man: No Way Home* represents a character who experiences significant psychological pressure due to multiple traumatic events. His struggles are not limited to physical battles against villains but also involve emotional conflicts related to responsibility, loss, and personal sacrifice. These psychological challenges make Peter Parker an interesting subject for analyzing trauma and coping mechanisms.

The revelation of Peter Parker's identity as Spider-Man becomes the beginning of his psychological struggle. Before this event, Peter attempts to maintain a balance between his personal life and his responsibilities as a superhero. However, the exposure of his identity changes his relationship with society and creates anxiety regarding the consequences that may affect himself and the people closest to him.

The pressure experienced by Peter demonstrates how social judgment can become a source of psychological stress. Negative public perception and accusations directed toward him create feelings of isolation and helplessness. This situation reflects how external factors, such as social environment and interpersonal relationships, can influence an individual's emotional condition.

In addition to social pressure, Peter experiences a deeper emotional impact after the death of Aunt May. Her death represents a traumatic loss that significantly affects Peter's psychological state. As someone who provides guidance and emotional support, Aunt May's absence creates feelings of guilt and responsibility that become difficult for Peter to manage.

The concept of guilt is an important psychological aspect shown in Peter Parker's character development. Peter blames himself for the events that lead to Aunt May's death, even though the situation is beyond his complete control. This self-blame demonstrates how trauma can influence an individual's interpretation of events and create emotional suffering.

Lazarus and Folkman's transactional model of stress and coping provides an appropriate framework for understanding Peter Parker's psychological responses. According to this theory, individuals evaluate stressful situations based on their perception of threats and their ability to manage those situations. Peter's reactions throughout the film demonstrate different stages of appraisal and coping processes.

Coping strategies become an essential aspect of understanding how Peter attempts to overcome his psychological difficulties. Coping refers to cognitive and behavioral efforts used by individuals to manage stress and emotional challenges. In *Spider-Man: No Way Home*, Peter demonstrates several coping mechanisms, including problem-focused coping and emotion-focused coping.

Problem-focused coping can be observed when Peter actively attempts to solve external problems related to the villains and the consequences of his actions. He seeks solutions and takes responsibility for correcting the situation. However, these efforts also create additional challenges, showing that coping strategies may have both positive and negative consequences depending on the circumstances.

Meanwhile, emotion-focused coping appears through Peter's attempts to manage his feelings of sadness, guilt, and anger. His emotional struggle becomes visible when he experiences difficulty accepting his loss and controlling his desire for revenge. These emotional responses illustrate the complexity of coping with trauma and the psychological process of recovery.

The presence of other Spider-Man characters also contributes to Peter's healing process. Through interactions with different versions of Spider-Man, Peter gains new perspectives about loss, responsibility, and acceptance. Their

shared experiences help Peter understand that suffering is part of being human and that overcoming trauma requires emotional support and personal growth.

The analysis of trauma and coping strategies in *Spider-Man: No Way Home* provides broader insight into the representation of psychological experiences in popular culture. Although the film belongs to the superhero genre, its narrative contains realistic portrayals of emotional struggles faced by individuals dealing with loss, responsibility, and identity conflicts. This makes the film relevant for psychological and literary analysis.

Therefore, this research aims to analyze the psychological condition of Peter Parker in *Spider-Man: No Way Home* (2021), particularly focusing on trauma experiences and coping strategies based on Lazarus and Folkman's transactional model of stress and coping. Through this analysis, the study seeks to reveal how the character responds to traumatic events, manages emotional pressure, and develops psychological resilience throughout the story.

Furthermore, the representation of psychological struggles in films provides an opportunity to examine how individuals respond to complex life situations. Films often portray emotional experiences in a visual and narrative form, allowing audiences to observe psychological processes through character development. Therefore, film analysis can contribute to a broader understanding of human behavior and emotional responses.

The relationship between psychology and literature has become an important area of interdisciplinary research because literary works frequently reflect human thoughts, emotions, and experiences. Characters in literary works can be viewed as representations of human beings who experience conflicts, make decisions, and undergo personal transformations. Through this perspective, films can function as a medium for exploring psychological conditions within a fictional context.

The psychological development of a character is usually influenced by various internal and external factors. Internal factors include personal beliefs, emotions, memories, and individual perceptions, while external factors involve social relationships, environmental conditions, and traumatic events. In *Spider-Man: No Way Home* (2021), Peter Parker's psychological changes are influenced by the interaction between personal responsibility, social expectations, and experiences of loss.

Peter Parker's character illustrates the psychological complexity of an individual who must face responsibilities beyond his emotional capacity. As a teenager, Peter is expected to make difficult decisions that have consequences not only for himself but also for others. This conflict between personal desires and moral responsibilities becomes one of the main sources of psychological pressure experienced by the character.

The theme of responsibility is strongly connected to Peter Parker's identity as Spider-Man. Although responsibility motivates him to help others, it also becomes a psychological burden when he experiences failure and loss. His belief that he must protect everyone creates internal pressure and contributes to feelings of guilt when he cannot prevent tragic events.

From a psychological perspective, traumatic experiences may influence an individual's understanding of safety, control, and personal identity. After experiencing significant losses, individuals may question their abilities and struggle to rebuild their sense of purpose. Peter Parker's journey reflects this process as he attempts to redefine himself after experiencing emotional pain and disappointment.

The process of recovering from trauma is not immediate and often requires acceptance, emotional regulation, and social support. In *Spider-Man: No Way Home*, Peter's recovery process is represented through his interactions with people who understand his experiences. These relationships provide emotional validation and help him recognize alternative ways of dealing with his problems.

Social support plays an important role in coping with stressful experiences. According to psychological perspectives, support from others can reduce the negative impact of stress and help individuals develop healthier coping responses. The relationship between Peter Parker and other characters demonstrates how interpersonal connections contribute to emotional healing.

The film also presents the conflict between adaptive and maladaptive coping strategies. At certain points, Peter uses constructive approaches to solve problems, but he also experiences moments where his emotions influence his decisions negatively. This contrast highlights the complexity of coping mechanisms and shows that individuals may use different strategies depending on their psychological condition.

The concept of emotional regulation is also significant in analyzing Peter Parker's behavior. Emotional regulation refers to the ability to manage and control emotional responses when facing challenging situations. Peter's struggle to control anger, sadness, and guilt demonstrates the difficulty of maintaining emotional stability after experiencing traumatic events.

Adolescence is a critical developmental stage characterized by emotional changes and identity formation. Peter Parker's experience represents the challenges faced by young individuals when dealing with responsibility, social acceptance, and personal loss. His psychological conflict reflects the difficulties of transitioning from adolescence toward greater maturity.

Spider-Man: No Way Home also presents the idea that trauma can become a turning point in personal development. Although traumatic experiences cause emotional suffering, they can also encourage individuals to develop resilience and a deeper understanding of themselves. Peter's transformation throughout the film demonstrates how difficult experiences can contribute to personal growth.

The use of psychological theories in film analysis allows researchers to examine characters beyond their surface-level actions. Instead of only focusing on the storyline, psychological analysis explores the motivations, emotional conditions, and mental processes behind character behavior. This approach provides a more comprehensive interpretation of the meaning contained within a film.

Previous studies on superhero films have often focused on themes such as heroism, identity, representation, and cultural influence. However, studies specifically examining trauma and coping strategies within superhero narratives remain limited. This research attempts to fill this gap by focusing on the psychological experiences of Peter Parker as portrayed in Spider-Man: No Way Home (2021).

By analyzing Peter Parker's trauma experiences and coping strategies, this study contributes to the field of literary psychology and film studies. The research demonstrates that popular films can serve as meaningful objects of academic investigation because they represent human experiences, emotional conflicts, and psychological processes. Furthermore, this study aims to provide insight into how individuals respond to trauma and develop coping mechanisms when facing difficult circumstances.

In psychological literary studies, characters are not merely viewed as fictional figures but as representations of human experiences and emotional realities. Through the analysis of characters, researchers can identify psychological patterns that reflect how individuals respond to conflicts and challenging situations. This approach enables literary studies to explore deeper meanings behind character behavior and development.

The analysis of Peter Parker's psychological condition is important because his character represents the struggle between personal vulnerability and social expectations. Although he is portrayed as a superhero with extraordinary abilities, Peter still experiences emotional difficulties similar to ordinary individuals. This contrast demonstrates that physical strength does not eliminate psychological struggles, especially when facing trauma and emotional loss.

The experience of trauma in Spider-Man: No Way Home (2021) is presented through various emotional responses, including sadness, anger, guilt, and confusion. These responses show that traumatic experiences can affect an individual's thoughts and decision-making processes. Peter's emotional reactions provide an opportunity to examine how trauma influences personality development and coping behavior.

Furthermore, the film illustrates that coping with trauma requires an understanding of personal limitations and emotional acceptance. Peter initially attempts to overcome his problems by taking full responsibility for situations beyond his control. However, through his experiences, he gradually learns that accepting loss and seeking support are important parts of psychological recovery.

The concept of resilience is also closely related to Peter Parker's character development. Resilience refers to an individual's ability to adapt and recover after experiencing adversity. Throughout the film, Peter demonstrates resilience by continuing to face difficult situations despite experiencing emotional suffering. His journey shows the process of rebuilding strength after psychological disruption.

The transformation of Peter Parker's character reflects the relationship between trauma and personal growth. Traumatic events may create emotional difficulties, but they can also encourage individuals to develop maturity and a stronger understanding of their values. The film portrays how painful experiences can influence an individual's perspective on responsibility, sacrifice, and identity.

In addition, the film provides a representation of the relationship between individual struggles and social environments. Peter's psychological condition is not only influenced by personal experiences but also by the reactions of people around him. This indicates that psychological development is shaped by continuous interaction between internal emotions and external circumstances.

The use of Lazarus and Folkman's transactional model of stress and coping allows this research to examine how Peter evaluates stressful situations and chooses responses to manage them. The theory emphasizes that stress is not only determined by events themselves but also by how individuals perceive and interpret those events. Therefore, Peter's psychological responses can be understood through his personal evaluation of threats and available coping resources.

Analyzing coping strategies in fictional characters can provide valuable insights into human psychological behavior. Films often present emotional conflicts in a simplified but meaningful way, allowing audiences to recognize psychological experiences that may occur in real life. Therefore, studying coping mechanisms in films can contribute to discussions about emotional management and resilience.

Based on these considerations, Spider-Man: No Way Home (2021) becomes a relevant object of study for exploring psychological themes within literary film analysis. This research focuses on examining Peter Parker's trauma experiences and coping strategies to understand how the character responds to emotional challenges and

develops psychological adaptation. The findings of this study are expected to contribute to the understanding of psychological representation in films and strengthen the connection between literary analysis and psychological perspectives.

Despite the popularity of *Spider-Man: No Way Home*, academic discussions often focus on its narrative complexity, multiverse concept, or cultural significance within the Marvel Cinematic Universe. Relatively few studies examine the film from a psychological perspective, particularly in terms of trauma and coping mechanisms experienced by the main character. This lack of focused psychological analysis creates a research gap that is worth exploring.

2. Metode Penelitian

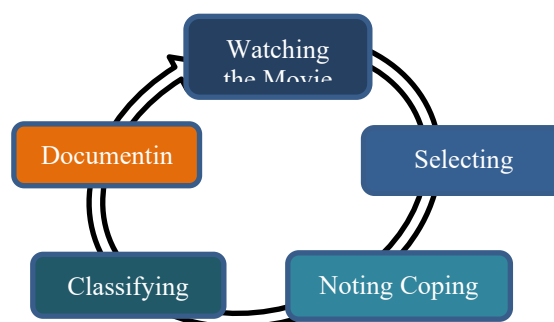
The research data were analyzed using qualitative content analysis. The analysis process was carried out through several systematic stages, namely identifying scenes that represent Peter Parker's coping mechanisms in dealing with psychological stress and traumatic experiences. These scenes were then classified based on the coping mechanism categories referring to the Transactional Model of Stress and Coping, including the appraisal process and problem-focused and emotion-focused coping strategies (Lazarus & Folkman, 1984; Dewi & Lestari, 2020). Next, the data were interpreted to explain the function of these coping mechanisms in the film's narrative structure and their relationship to the character's psychological development. The final stage of the analysis was drawing conclusions regarding the form and representation of Peter Parker's coping mechanisms as displayed through the character's thoughts, emotions, dialogue, and actions in the film.

To ensure data validity, this study employed theoretical triangulation by comparing Lazarus and Folkman's coping concept with findings from literary psychology studies and film analysis. Dewi and Lestari (2020) and Setyawati (2024) emphasized that character analysis in films requires combining psychological theory with narrative reading to avoid subjective interpretations. Furthermore, scene analysis was conducted consistently by cross-checking the film's dialogue, visuals, and narrative context. Data reliability was maintained through detailed documentation and transparent analysis procedures, allowing for academically validating findings.

Repeated viewings allow researchers to capture subtle psychological details, such as facial expressions, dialogue intonation, body language, and symbolic actions that reflect the characters' appraisal processes and coping strategies. This approach aligns with the findings of Putri and Handayani (2022), who stated that coping analysis requires in-depth observation of an individual's emotional and behavioral responses in stressful situations. Once relevant scenes are identified, the dialogue is transcribed and its narrative context documented to facilitate interpretation.

The collected data is then categorized based on recurring coping patterns, such as problem-solving, emotional management, acceptance, and internal conflict. This categorization process serves to organize the visual and textual data so that it can be analyzed systematically according to the theoretical framework used (Lazarus & Folkman, 1984; Dewi & Lestari, 2020). To maintain the accuracy and consistency of the analysis, each supporting piece of data is accompanied by screenshots and timestamps. This visual documentation technique strengthens the credibility of the research by allowing for re-verification of the analyzed scenes (Setyawati, 2024; Widodo, 2021). In addition to primary data, researchers also collected theoretical references from books and scientific journals relevant to coping mechanisms, literary psychology, and film analysis. These references were used as analytical tools to interpret the data and place the research findings within the broader context of scientific studies. The integration of theoretical sources throughout the analysis process aligns with descriptive qualitative research practices that emphasize depth of interpretation and the interconnectedness of empirical data and conceptual frameworks (Lazarus & Folkman, 1984; Dewi & Lestari, 2020).

2.4. Gambar



Gambar 1. Database Mirroring Architecture

3. Hasil dan Pembahasan

According to Lazarus and Folkman (1984), coping mechanisms are cognitive and behavioral efforts used to manage stressful situations. Individuals may employ problem-focused coping when they attempt to solve the source of stress, or emotion-focused coping when they attempt to regulate emotional responses caused by stress. Based on the analysis, the researcher found two major forms of coping mechanisms performed by Peter Parker.

3.1 Problem-Focused Coping

Problem-focused coping refers to efforts directed toward solving or changing the stressful situation itself (Lazarus & Folkman, 1984). Throughout the movie, Peter frequently attempts to confront problems directly rather than avoiding them. According to Lazarus and Folkman (1984), this behavior reflects problem-focused coping because Peter actively searches for a solution instead of passively accepting the situation. Dewi and Lestari (2020) explain that characters often use problem-solving strategies when they believe stressful situations can still be controlled.

Peter Parker:

"There has to be another way. We can help them."

Peter refuses to send the villains back to their original universes because he learns they will die upon returning. This scene demonstrates Peter's effort to change the situation by creating alternative solutions. Rather than accepting the predetermined outcome, he attempts to cure the villains and alter their fate. This action indicates problem-focused coping because Peter believes the problem can be resolved through practical intervention.

3.2. Emotion-Focused Coping

Emotion-focused coping refers to strategies used to regulate emotional responses caused by stressful situations (Lazarus & Folkman, 1984).

In the fourth scene taken in minute [01:20:10–01:23:30]

Aunt May:

"With great power, there must also come great responsibility."

After Aunt May dies, Peter experiences overwhelming grief and emotional pain.

The loss of Aunt May becomes the most traumatic event in Peter's life. Since he cannot change the situation, his psychological response focuses on processing sadness and loss.

According to Sarafino and Smith (2021), grief is a natural emotional reaction to significant loss and often serves as a coping mechanism for dealing with trauma. Functions of Peter Parker's Coping Mechanisms in

4. Kesimpulan

The researcher chose *Spider-Man: No Way Home* directed by Jon Watts and produced by Marvel Studios and Columbia Pictures. The coping mechanisms performed by Peter Parker were analyzed through dialogues, actions, emotional responses, and interactions found throughout the film. The story illustrates how an individual responds to trauma, stress, guilt, responsibility, and loss through various psychological coping strategies. Based on the discussion, the researcher concludes:

Peter Parker's coping mechanisms in *Spider-Man: No Way Home* are categorized into two major forms, namely Problem-Focused Coping and Emotion-Focused Coping. Problem-focused coping appears through Peter's efforts to solve the multiverse crisis, help the villains, and take responsibility for his actions. Meanwhile, emotion-focused coping appears through grief, anger, emotional support-seeking behavior, and acceptance. These findings support Lazarus and Folkman's (1984, 2020) theory that individuals use different coping strategies depending on their appraisal of stressful situations.

The functions of Peter Parker's coping mechanisms found in the film are managing stress and trauma, maintaining psychological stability, and facilitating personal growth.

Through these coping mechanisms, Peter successfully adapts to traumatic experiences and develops greater emotional maturity. The findings also demonstrate that coping mechanisms contribute significantly to character development and psychological resilience.

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