

## IMPLICIT SENSER AND PHENOMENON IN MENTAL PROCESS FOUND IN *HORSE GIRL* MOVIE

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### ABSTRACT

Investigating mental process is highly significant because it provides a framework for understanding how language represents human experiences involving the cognitive and emotional activities of the mind. The research aims to describe the implicit senser and phenomenon as a clause structure in mental process found in the main character in the *Horse Girl* movie. The researchers used descriptive qualitative as the research method. The data are taken from the utterances of the main character in the movie. The data collection techniques are carried out by downloading, watching, reading, identifying, classifying data and encoding data containing mental process. The data analysis techniques are carried out by presenting, describing, interpreting, and concluding the results of this researcher based on Halliday's theory of Systemic Functional Linguistics. The researchers found that the data showed language choices in mental process reflecting the speaker's perspective and subjectivity which encoded the main character's perception and cognition. Based on the result of the research, the senser and the phenomenon are expressed implicitly which convey the main character's emotional or psychological state without explicitly stating it through dialogue.

**Keywords:** *Mental Process, Implicit, Senser, Phenomenon*

### INTRODUCTION

Language is a system of communication consisting of written symbols and a series of sounds that people in a particular country or region use to speak or write. Language is a system of conventional written, manual, or spoken symbols that people use as members of a social group and as participants in their culture to express themselves. close. The functions of language include releasing emotions, expressing imagination, playing, expressing identity, and communicating. The mind is the organized conscious and unconscious mental events and activities in an organism that allow humans as organisms to think, feel, and have desires. Thus, it is possible to see the mental process possessed by humans through

language. In some cases, the process can be seen as including another constituent apart from the verbal group proper (Thompson, 2014). One of the areas of linguistics that studies mental process in clauses generated by humans is systemic functional linguistics. This systemic functional linguistics discusses a linguistic approach that aims to understand how a text shapes its meaning in a context.

The researchers chose the systemic functional linguistics because we were interested in the mental process in the *Horse Girl* movie. This research focused on the use of mental process in this movie. Mental process or thinking activities, are part of the transitivity system, which present the meaning of language as a representation of meaning or symbols. Gerot and Wignell (1995) and Sujatna (2013) stated that transitivity is centered around process realized by verbs, which are divided into seven types: Material Processes, Behavioral Processes, Mental Processes, Verbal Processes, Relational Processes, Existential Processes, and Meteorological Processes. Material processes are realized by verbs that represent the process of doing bodily, physically, and materially (Ismail & Dahlia, 2024); Sihura 2019). Mental processes involve the process of sensing (emotionally, intellectually, and sensorily). Typically, the participants of material processes are the actor and goal. In mental processes, the incumbent participants are senser and phenomenon. This means that all mental process should always have two participants in it, whether if it is a single clause or clause complex, explicitly or implicitly.

A movie titled *Horse Girl* raises the unique and unpredictable mental health issues and excessive behavior. This movie tells the story of a psychological drama inspired by the mental health history of Alison Brie's family. In the *Horse Girl* movie, there is also a glimpse of the mental illness suffered by Sarah who is a descendant of her family and in this movie also the main character shows abnormal behavior characterized by overreaction. The researchers want to explore more deeply how mental process. Streamline movies about mental process and researcher should look for people on the internet who have studied mental and material in Systemic Functional Linguistics. In this regard, to aid its analysis,

Systemic Functional Linguistics divides the context in which language appears into two types: situational context and cultural context. Situational context refers to three things in an act of language: who is involved, what situation is happening, and what function the language has in that situation. The cultural context in Systemic Functional Linguistics refers to various elements that can be used or performed by a particular cultural member to make meaning, for example through gestures, vocal qualities, facial expressions, etc. as depicted in *Horse Girl* movie. The movie is interesting to analyze because it contains psychological aspects. For readers who are interested in the psychological world and for readers who experience the same movie directed by Jeff Baena produced by Duplass Brother problems as the main cast, this movie is important to analyze in depth because it will help readers add insight to psychological problems.

## LITERATURE REVIEW

### Transitivity Systemic Functional Linguistics

Thompson (2014) stated that transitivity refers to a system for describing the whole clause, rather than just the verb and its object. It describes how meaning is carried across from subject to predicate through the verb. It may also help to think about verb phrases as determining kinds of representational process (SIAHAAN, 2021). In this process, different kinds of participants are involved. In a rough way, to describe a world in which things are happening can be seen in a clause. A clause is a group of words including a subject and a verb forming part of a sentence. Halliday (2004) stated that a clause construes the world as going on consisting of a nuclear process and participant, additional participants, and circumstances.

The concepts of process, participant and circumstance are semantic categories which explain in the most general way how phenomena of the real world are represented as linguistic structure. Process is expressed by verbal groups, participants by nominal groups, and circumstances by adverbial groups or prepositional phrases. Process is central to transitivity (Afrianto & Zuhud, 2014).

The process centers on that part of the clause that is realized by the verbal group, but it can also be regarded as what 'goings-on' are represented in the whole clause. There are indeed six different process types identified by Halliday: material, behavioral, mental, verbal, relational, and existential.

### **Mental Process**

Mental process refers to verbs indicating perception, cognition, affection, and desire. It enables language users to express opinion, thoughts and tastes that help to identify their definitions of reality. This process type tends to be realized through the use of verbs like think, know, feel, smell, hear, see, want, like, hate, please, repel, admire, enjoy, fear. Mental process differs from Material ones in as much as the latter are physical, moving, overt doings ( Zhao & Zhang, 2017). Semantically, a mental process involves sense, which is inside the human or conscious being. Mental process is related to psychological matters. The participant that is related to the sense must be a conscious or human being (Rahmasari & Nurhayati, 2019). The person in whose mind the mental process occurs is not really 'acting". Mental process is related to thinking or sensing. In mental process, it can be found what is called the senser (the person who is feeling or thinking,) and the phenomenon (what they are feeling or thinking).

### **RESEARCH METHOD**

This research used a descriptive method. It comprises collecting and examining data from several sources that are pertinent to the research. When examining things that are not exactly or numerically measurable, qualitative approaches are employed. The qualitative research is an approach to research that involves collecting information, following a systematic process, and aims to answer specific questions. In this research, the researchers used descriptive qualitative methods to analyze the *Horse Girl* movie using mental process theory by Halliday because the data is qualitative to describe mental process in the *Horse Girl* movie. The method involves collecting, analyzing, interpreting, and describing data (Hardani et al. 2020). The qualitative methods are also will utilize

to encourage the information analyzed and to reply to investigate questions, to analyze how mental process in Systemic Functional Linguistics are described in the *Horse Girl* movie.

## **FINDING AND DISCUSSION**

Mental process refers to processes that involve internal experiences of the mind, such as thinking, feeling, perceiving, and desiring. Unlike material processes, which describe actions and physical events, mental processes focus on the experiences that happen in the mind, like emotions, cognition, and sensory perception. In this research, it found a detailed data analysis of mental process in the *Horse Girl* movie are presented to answer the research question. What needs to be done is to analyze mental process that express thoughts, perception, or feelings based on Halliday and Matthiessen (2004). In the context of mental processes in linguistics, affection refers to the specific category of mental processes that involves emotions and feelings. This includes experiences such as love, hate, fear, happiness, sadness, and desire. Affection, as part of the mental process, is concerned with the internal emotional states or reactions of the senser (the person or entity experiencing the emotion) toward a particular phenomenon (the object or thing that evokes the emotion).

In mental processes, perception refers to the category of processes that involve sensory experiences, such as seeing, hearing, feeling, smelling, or tasting. This type of mental process focuses on how individuals perceive the world around them through their senses. Perception differs from cognition (thinking or knowing) and affection (feeling emotions) because it is directly related to the physical senses and how individuals experience external stimuli. In the context of mental processes in linguistics, cognition refers to the processes that involve thinking, knowing, understanding, reasoning, believing, and other mental activities related to intellectual or cognitive functioning. These processes describe internal experiences of thought and knowledge, focusing on how people think about or understand the world.

### Implicit Senser in Mental Process

An implicit senser in a mental process refers to situations where the senser (the person or entity experiencing the mental process, such as thinking, feeling, or perceiving) is not explicitly mentioned but is understood from the context. In other words, the subject of the mental process is implied rather than directly stated. This often happens in informal or conversational language, where it is clear from the context who is experiencing the thought, emotion, or perception, so there's no need to explicitly mention the senser as illustrated in the data below.

*Doctor Ethan : Well, good morning.*  
*Sarah : Morning.*  
*Doctor Ethan : How are you feeling?*  
*Sarah : **Good.** [chuckles] yeah.*

Based on the conversation between Doctor Ethan and Sarah above, after Sarah woke up from her sleep and met with her specialist who treated her, she said that she was doing better and feeling better after sleeping, Sarah said that she knew she was not a clone and had solved many things. Then the doctor said that Sarah had stayed in the hospital for almost 72 hours and was allowed to go home but Sarah felt she was only overnight in the hospital but the doctor said that Sarah had been there for almost three days.

**Table 1: Implicit Senser in Mental Process**

Senser	Process: Perception	Phenomenon
(I)	(am feeling)	Good

In the conversation between Sarah and the doctor refers to the type of mental process related to the main character's speech that he feels he has solved the problem that he is facing. Sarah shows the implicit senser by saying *good* in answering Doctor Ethan's question asking how she is feeling. In her utterance, Sarah as the senser is not explicitly mentioned. This phenomenon is also shown in the data below.

*Doctor Ethan : Good.*  
*Sarah : I'm feeling much better having gotten some sleep and I know I'm not a clone. And I think I figured a lot of stuff out. Hh, sounds like I'm making good progress.*

**Table 2: Implicit Senser in Mental Process**

<b>Senser</b>	<b>Process: Perception</b>	<b>Phenomenon</b>
(it)	Sounds	like you`re making good progress.

The conversation above also shows the implicit senser. In sentence *sounds like you`re making good progress*, the senser is implied through the context or structure of the sentence. The person who finds "it" *sounds* is not explicitly stated, but it's implied that there is someone who perceives "it" sounds. In this case, the senser is implied through the speaker's perspective.

### **Implicit Phenomenon**

An implicit phenomenon in a mental process refers to situations where the phenomenon or the object, idea, feeling, or event that is being thought about, perceived, or felt by the senser that is not explicitly stated but is understood from the context. The phenomenon is implied rather than directly mentioned. In such cases, the senser (the person experiencing the mental process) is clear, but what they are thinking, feeling, or perceiving (the phenomenon) is left out, either because it's already known from the context or because it's not necessary to explicitly state it as shown in the data below.

- Joan : Are you okay?*  
*Sarah : I don`t know. Um....[ inhales deeply] I just haven`t sleeping very well.*  
*Joan : That`s too bad*  
*Sarah : Yeah. I`ve been having, like, really weird dreams.*  
*Joan : Really? About what?*  
*Sarah : **Um..... I don`t know.** Like, I`ve been seeing the same people over and over again. And, like, these strange places I`ve never been before and I don`t know how to describe it, it just feels really weird and, like, really scary.*  
*Joan : that`s horrible.*

The data above shows the conversation between Sarah and Joan. In the morning, when Sarah went to work to look after the handicraft shop where she worked, she met her best friend named Joan and they talked and Joan asked if

Sarah was okay and Sarah replied she didn't know because last night she couldn't sleep well and Sarah had a strange dream about herself who often saw the same person over and over again, to strange places that he had never been and it was a strange and scary thing in his opinion. And at night Sarah also found herself somewhere but didn't know how she got there and Sarah also felt that she had something strange with the time for example last night she was away for 25 minutes and when she saw the clock showed only two minutes passed so she did research online and many said that she was poisoned by carbon monoxide but she felt that was not the cause and when the research was there too Yang said about alien abduction and Sarah asked Joan if she believed in aliens but Joan didn't really believe in it. So, Joan felt that what Sarah felt was the same as some of the things that Sarah's mother went through, but Sarah denied that and Joan also advised Sarah to see a doctor.

**Table 3: Implicit Phenomenon in Mental process**

Senser	Process: Cognition	Phenomenon
I (Sarah)	don't know	(the senser's dream)

In the context of the mental process based on the above conversation, Sarah interpreted this action as something she meant to tell Joan That he didn't know what was happening to him because he was just lacking. In her utterance *I don't know*, the phenomenon isn't explicitly stated but can be inferred from the context that is about Sarah's dream. The dream that is understood (the object of understanding) is not explicitly mentioned, but it can be inferred from the context of the conversation from the earlier idea). The Phenomenon might be a piece of information, a situation, or a statement previously mentioned in the dialogue. The implicit phenomenon is also shown in the data below.

*Sarah : It's you? Why are you here?*

*Women : I really don't wanna talk about that with you.*

*Sarah : Please.*

*Women : Sorry, I really.... Just wanna go back to sleep.*



*Sarah* : I'm just trying to figure out what's going on.  
**I know** I ... I understanding, I just don't wanna talk about it.

In the morning while Sarah was still in the hospital she woke up from her sleep and realized that she was sleeping with the woman in her dream and she also woke up and was shocked to see Sarah sleeping next to her. Then Sarah told the woman that she knew she wasn't from here and asked her if she remembered Sarah but she didn't remember anything she remembered, she fell asleep in 1995 and woke up and all the buildings were different, no one she knew and didn't know where she was. And every time he told me people thought he was crazy because of what he said. But Sarah said she wasn't crazy because she thought her grandmother was also from the future but no one believed her. And Sarah thought that they were kidnapped later, Sarah told me about there was a white room, a slope above the ocean, there were fingers and it was the same as the incident that the woman always dreamed of.

**Table 4: Implicit Phenomenon in Mental process**

Senser	Process: Cognition	Phenomenon
I	know	(what's going on)

The conversation above shows the implicit phenomenon in utterance *I know*. The Phenomenon isn't explicitly stated but can be inferred from the context that is *what's going on*. It can be inferred from the context of the conversation which is previously mentioned in the dialogue.

Based on the findings above, the researchers are expected to interpret how mental process are used in the *Horse Girl* movie based on Halliday's theory. This research only focuses on mental process based on the main character's speech in the *Horse Girl* movie. Mental process is generally process that occur in a person. At the same time, mental process is related to feelings that feel they have more things or are different from other people. Mental process not only talk about emotions but also include parts of a person's thinking and knowledge. This is closely related to the theory put forward by Halliday (2004) that mental process is

process experienced by an individual related to his feelings, perceptions, and thoughts. The researchers found there are data containing mental process, perception, affection, and cognition used by Sarah, and mental process are the type found in the *Horse Girl* movie. This is because the mental process that occur in the main character are more prevalent and it is a factor that causes Sarah to often think that she is different from other people and always feels strange things and sometimes feels down and angry because no one believes what she feels.

The researcher found that the meaning of the sentences uttered by the main character and the actions he takes are part of the mental process because, in every action taken by Sarah, there is a sentence that contains a mental process. The mental process occurs when Sarah always dreams of strange things with the same dream every night, namely dreaming of seeing aliens and meeting a woman and the same man every night and Sarah also often experiences strange things such as often walking while sleeping to places that she does not know where it is and then Sarah also often experiences strange things with time which makes Sarah mental condition and mind become increasingly damaged and uncontrollable because of the strange things she often experiences and these events also make Sarah always think that she is different from other people and think that she is a clone of her grandmother and she feels that she has been abducted by aliens. Therefore, the mental process in this movie is very prominent because Sarah, who experiences many strange things, has to fight all of them and convince herself that she is fine and try to live with the problems in her life due to her mental disorder.

In the movie *Horse Girl*, implicit sensing refers to a technique where the movie conveys a character's emotional or psychological state without explicitly stating it through dialogue or obvious cues. Instead, it is suggested through subtle elements like cinematography, editing, and sound design. In this context, the implicit sener, often the character, processes reality in ways that aren't clearly laid out for the audience, requiring viewers to infer what's happening based on clues rather than direct information. For example, Sarah, the protagonist, experiences hallucinations and dreams that blur the line between reality and

fantasy. The audience isn't always given clear answers about what is real and what isn't. Instead, viewers are put in Sarah's shoes, sensing her confusion and distress through fragmented storytelling, shifts in visual and audio style, and disorienting transitions. This leaves much of the interpretation of her mental state and the events of the movie open to personal perception. By using this implicit style, the movie emphasizes Sarah's subjective experience, creating a sense of unease and mystery that deepens the psychological tension of the movie.

In addition, the implicit phenomenon in *Horse Girl* refers to the subtle, underlying events or themes that are not overtly explained but are suggested through the narrative, leaving viewers to interpret their meaning. These phenomena are not directly addressed or resolved in a straightforward way, and much of the movie's power comes from the ambiguity and uncertainty they create. One of the central implicit phenomena in *Horse Girl* is the question of whether Sarah's experiences are a result of mental illness or if something supernatural or extraordinary is happening to her. The movie explores her growing paranoia, strange dreams, and feelings of being watched or controlled, but never definitively answers whether these are symptoms of a psychological breakdown (perhaps related to her family's history of mental illness) or if she is genuinely being abducted by aliens or involved in a time loop. The movie leaves it up to the viewer to decide which explanation they believe.

## CONCLUSION

Based on the findings and discussion, the research provided conclusions related to the research question of how mental processes are used in the *Horse Girl* movie based on the theory put forward by Halliday. The researchers found that there were data containing mental processes; they are perception and cognition. In *Horse Girl*, the narrative delved into the intricate mental processes experienced by Sarah, a young woman grappling with feelings of isolation, confusion, and an escalating sense of reality that intertwines with her vivid imagination. The movie effectively portrayed several key mental processes. Sarah's thought processes

became central to her character development. She navigated her beliefs about her identity and her connection to her horse, which represented a sense of belonging and comfort. As she begins to question her reality, her cognitive struggles with understanding what was real versus imagined highlight her deteriorating mental state. Sarah's emotional experiences were deeply tied to her relationships, particularly with her horse and people in her life. Her affection for the horse served as a grounding force amid her mental turmoil, showcasing how love and attachment could both soothe and complicate one's emotional landscape.

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