

CONCLUSION

Sexism is often used as a tool by society to perpetuate the belief that women are inferior to men. When women are repeatedly exposed to sexist behavior, they may internalize these beliefs, which known as internalized sexism. This study found that Ally has internalized sexism in the film which manifested in three behaviors, namely objectification, invalidation, and derogation. By analyzing cinematography, the researcher can gain deeper understanding of the internalized sexism experienced by Ally by observing facial expressions, types of shots, lighting, and other film elements. This means the film, although has seemingly supported the notion of inequality, has actually perpetuated internalized sexism. Therefore, this study contributes to the field of gender studies by providing an understanding of internalized sexism and its representation in popular media, especially through the character of Ally in *A Star Is Born* (2018). In a broader context, this research underlines the need for awareness and critical reflection on how internal oppression manifests in everyday life and media consumption. The researchers suggest that future research explore how internalized sexism intersects with race, class, sexuality, or age in films. This could reveal whether marginalized women experience additional oppression within patriarchal narratives. Furthermore, given the researchers' limited knowledge of films, future research could expand the analysis beyond on-screen representation to production practices. Studying writers, directors, and casting could reveal other messages conveyed.