

**DEFENSE MECHANISM SYSTEM OF THE
MAIN CHARACTER IN THE WHISPERING SKULL
NOVEL: PSYCHOLOGICAL APPROACH**

THESIS



**By:
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**ENGLISH DEPARTMENT
FACULTY OF SOCIAL SCIENCE AND HUMANITIES
PUTERA BATAM UNIVERSITY
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Submitted in partial fulfillment of the requirement for English Sarjana Sastra



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DEFENSE MECHANISM SYSTEM OF THE MAIN CHARACTER IN THE WHISPERING SKULL NOVEL: PSYCHOLOGICAL APPROACH

Is the real work of myself and I realize that thesis has never been published in other media before, partially or entirely, in the name of mine or others.

Batam, February 20th 2020



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**By:
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Thesis

**Examined in Partial Fulfillment of the Requirement for the Degree of Sarjana
Sastra**

This Thesis has been examined and approved on the date as indicated below

Batam, 20th February 2020



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ABSTRAK

*Penelitian ini fokus pada tipe-tipe sistem pertahanan diri yang terdapat dalam novel Jonathan Stroud yang berjudul *The Whispering Skull* dengan menggunakan pendekatan psikologi. Peneliti tertarik untuk menganalisis psikolog manusia. Bagaimana manusia bereaksi pada situasi yang tidak terduga ataupun situasi yang tidak menyenangkan akan dibahas dalam penelitian ini. Teori yang digunakan dalam penelitian adalah teori Sigmund Freud. Sistem pertahanan diri dapat diartikan sebagai suatu cara manusia untuk melindungi diri sendiri ketika menghadapi situasi atau perasaan yang kurang menyenangkan. Sistem pertahanan diri dibagi menjadi tujuh tipe, yaitu represi, penyangkalan, sublimasi, pemindahan, proyeksi, pembentukan reaksi, dan regresi. Penelitian ini menggunakan metode kualitatif deskripsi. Peneliti menggunakan novel Stroud yang berjudul *The Whispering Skull* sebagai sumber data utama, dan menggunakan buku dan jurnal sebagai sumber data kedua. Data tersebut dikumpulkan dengan melakukan pengamatan atau observasi yang mencakup tiga langkah; (1) membaca dan memahami isi cerita, (2) mengidentifikasi data yang ditemukan dalam novel tersebut, dan (3) membuat daftar data yang terkumpul. Berdasarkan hasil analisis tersebut, peneliti menyimpulkan bahwa; (1) terdapat lima tipe sistem pertahanan diri dalam novel tersebut, yaitu sublimasi, represi, penyangkalan, pemindahan, dan proyeksi, (2) sistem pertahanan diri dari Anthony Lockwood terpapar jelas melalui tingkah laku dan perkataan karakter utama tersebut dalam novel *the whispering skull*.*

Kata Kunci: Pertahanan diri, kecemasan, penyangkalan, pemindahan, sublimasi

ABSTRACT

This research focuses on the types of defense mechanism in Jonathan Stroud's *The Whispering Skull* novel by using psychological approach. The researcher is interested in analyzing human psychology. How human react to some unexpected situation or unpleasant emotion are discussed in this research. The theory used in this research is Sigmund Freud's defense mechanism. Defense mechanism in psychology is human behaviour or reaction when they face some unpleasant feelings or emotions. Defense mechanism is divided into seven types, which are repression, denial, sublimation, displacement, projection, reaction formation, and regression. This research is using descriptive qualitative method. In this research, the researcher uses Stroud's novel which entitled *The Whispering Skull* as the primary data source, books and journals which related to the research as the secondary data source. The data collected by using observation that performed three steps of collecting; (1) read and comprehend the content of the story, (2) identify the data that has found in the novel, and (3) make a list of the collected data. Based on the result of analysis, the researcher draws some conclusions; (1) five types of defense mechanism found in the novel, which are sublimation, repression, denial, displacement, and projection, (2) defense mechanism of Anthony Lockwood is clearly reflected through his utterances and behaviour in the novel.

Keywords: Defense mechanism, anxiety, denial, displacement, sublimation

ACKNOWLEDGEMENT

First of all, the researcher want to thank the Almighty God because of His bless and grace, the researcher could finish this thesis. This thesis entitled Defense Mechanism System of the Main Character in The Whispering Skull novel: Psychological Approach. The researcher also delivers gratitude to family for the support and pray given to the researcher in taking this undergraduate program. The researcher also would like to convey the gratitude and appreciation to Mr. Winda Evyanto, S.S., M.Mpd. as researcher's supervisor, for his guidance and time contributed in arranging this thesis.

Furthermore, the researcher would like to express gratitude to all people who involve directly and indirectly in this research, especially to:

1. Ibu Nur Elfi Husda, S.Kom., M.SI., Rector of Putera Batam University.
2. Ibu Rizki Tri Anugrah Bhakti, S.H., M.H., Dean of Putera Batam University.
3. Ms. Afriana, S.S., M.Pd., Head of English Department of Putera Batam University.
4. All lectures of English Department, for their motivation, knowledge, and passion given during the class at Putera Batam University.
5. All of the friends who have given support, motivation, pray, and suggestions to the researcher.

The researcher hopes that the suggestions from the reader can be a support to make better in the next paper project.

Batam, February 20th 2020



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CHAPTER I

INTRODUCTION

1.1 Background of the Research

Everyone wants to lead a pleasant life in general, but not all of them can live up to their expectation. Some people feel troubled with the anxiety, fear, and unpleasant memories that arise in themselves. Therefore, people would easily show some unpleasant or undesirable emotion by little matters. To cover up those unpleasant emotion or feelings, people might conceal it with some behaviour that could protect them. The behaviour that people showed when they are facing the fear, anxiety, and unpleasant thoughts is called defense mechanism. Defense mechanism is a system which people showed when they feel threatened by a fear of unknown danger or situation. Sometimes, those behaviours are appeared unconsciously, even the one who showed this system do not aware of it. The defense mechanism that people usually shown may seem common, but actually what they act and behave is done under some circumstances that they do not aware.

Defense mechanism related to id, ego, and superego that control the whole system in people's mind. Id is the components of personality of people which they inherited from birth. Id is considered as pleasure principle, which means the need of id should be satisfied immediately. Ego is the part of id that has been influenced by external factors. The function of ego is to work out something to fulfil the need of id. Meanwhile, superego related to the moral principle which

affects people's feelings of guilt when they did something wrong. These three components related to each other to show the personality of someone.

Based on Freud theory in (Hall, 2019), the defense mechanism deals with the human's ego. Defense mechanism appears when human have some conflict, and they could not cope of it. In other words, some human behave in other way to conceal themselves from the anxiety, fear, and any kinds of negative minds. People would unconsciously protect themselves from the unacceptable feelings. The defense mechanism can be seen in the literary works besides in the real life. In the whispering skull novel, the main character reflected some behaviour when he faces some unpleasant feelings or emotions.

Lockwood uttered an oath. "No! No, I don't! You dislodged the net, George—that was how the Visitor was able to escape and ghost-lock you. You could have died! The problem is that, as always, you're too easily distracted. You need to get your priorities straight! Look at this mess in here—" (Stroud, 2014, p.96)

In the novel, the main character reflected one of the mechanisms, which is displacement. The main character showed the displacement by take his anger out on his friend. The reason he vented out his anger on his friend is to lessen the frustrations. The main character has reflected the mechanism through his utterances.

There are some other types of defense mechanism that the main character showed. When frustrated by the situation, the main character sometimes would also behave in a more mature way. Freud in (Hall, 2019) stated, sublimation is type of mechanism which changing the negative impulses into a more acceptable way or a mature way.

“As I descended the spiral stairs, I could hear the shuffling of shoes on a polished floor, and the whip, whip, whipping of a blade through air. Soft, crisp impacts told me the sword was finding its target. **Lockwood, as was his habit after an unsatisfactory job, was ridding himself of his frustrations.**” (Stroud, 2014, p.32)

As the quotation above, the main character showed how he usually released the frustrations after an unsatisfactory job. Through his behaviour, the main character reflected how the sublimation works in his daily life whenever he feels down. Similar to the real life, sometimes people would find a more mature way to release the frustrations and unpleasant feelings.

The whispering skull was written by a British writer of fantasy fiction, Jonathan Stroud. Stroud began to write stories at his young age. The one of the best-selling of his work is *Bartimaeus* trilogy. In 2013, the first book of Lockwood & co. which entitled *The Screaming Staircase* was released, and followed by the sequel, *The Whispering Skull* in 2014. The story was achieved a highly critical acclaim from Rick Riordan. *The Whispering Skull* novel is a mystery thriller novel that surrounds three teenagers. The three teenagers work as psychic operator who hunts the ghost. In the story, they experienced some events that they never seen before. They have to get through every circumstance to prove that they are capable in this field.

Based on the explanation above, the researcher uses the psychological approach which proposed by Sigmund Freud. *The Whispering Skull* novel is data source which the researcher will analyse. The data will be taken from one of the main character, Lockwood. No matter facing hauntings or social matters between the other characters in the novel, Lockwood showed some behaviour which called

as defense mechanism. The researcher later will make a list of data that has been found in the novel. Lastly, the researcher will discuss one by one the types of defense mechanism that Lockwood has shown in the novel.

1.2 Identification of the Problem

Identification of the problem is how to identify the all problem that appears from the background (Creswell as cited in Nugroho & Viladinia, 2018). According to the background of the research above, the researcher found some problems could be identified such as;

1. The anxiety and fear which caused the defense mechanism appeared in *The Whispering Skull* novel
2. Types of defense mechanism that showed in the novel
3. Through what the defense mechanisms are reflected by the main character.
4. The ego which arisen in the character itself
5. Id, ego, and superego which caused the conflicts of the characters

1.3 Limitation of the Problem

Based on problems that showed in the identification of the problems, the researcher limits this research into:

1. The types of defense mechanism that found in *The Whispering Skull* novel
2. Through what the defense mechanisms are reflected by the main character.

1.4 Formulation of the Problem

The researcher formulates the main problems to be answered as stated in the research question below:

1. What are the types of defense mechanism that showed by the main character?

2. Through what are the defense mechanisms reflected by the main character?

1.5 Objectives of the Research

In this research, the researcher found two objectives why the researcher does this research below:

1. To find out what types of defense mechanism that the main character showed.
2. To find out through what the defense mechanisms are reflected by the main character.

1.6 Significance of the Research

1.6.1 Theoretically

This research has some purposes in theoretically. First, this research is expected to give some useful further information for the readers about the theory of defense mechanism of a character. Second, this research also expected to enrich reader's knowledge, experience, perception as well in the using of materials science research, especially about the knowledge of human's ego. The last, this research would become a comparison for the future research.

1.6.2 Practically

Practically, this research is expected to be useful for the following sides. First, this research aims to enrich the students' English language's knowledge in literature field especially in defense mechanism theory. This research also gives some references to the readers who are trying to extend their insight about the defense mechanism of a character in the novel.

1.7 Definition of Key Terms

Defense Mechanism : human's ways to behave in order to protect themselves from anxiety, fear, and traumatic experiences.

Anxiety : A feeling of fear about something would happen.

Denial : A state when people could not face and deny the truth or fact that happened.

Displacement : A state when a person changing threatening impulses from one object into another object.

Sublimation : A defense mechanism of how humans behave in an acceptable way instead of in unacceptable behaviour when they have a conflict.

CHAPTER II

REVIEW OF RELATED LITERATURES AND THEORETICAL FRAMEWORK

2.1 Psychological

Every character in a novel has its own characteristics. They all have something that makes them different from each other. In the novel, some characters are portrayed based on the reflection of the situation of real life. The characters in the novel also experience the anxiety, fear, and unpleasant emotion. When they could not cope of it, they would find all means to protect themselves. This situation illustrates how the human's psychic affects their action. In this case, it would be related to the psychological.

Psychological approaches are often used to analyse literary works. Psychological is dealing with human behaviour which closely related to human struggle. One of the psychological approach's experts is Sigmund Freud. Freud created a foundation that shows how people's minds operate (Rezaei, 2013). There are two level of human mind; conscious level and unconscious level. Conscious level is what people aware in surrounding, such as awareness of feeling and sensations. Meanwhile, unconscious level is what people do not aware about. People adjust themselves to the world by having the conscious the unconscious working together. The unconscious level plays an important role in how people

act, think, and feel. The unconscious minds may contain repressed feelings, thoughts, memories, and response tendencies which people unaware.

2.1.1 Defense Mechanism

Sigmund Freud stated, defense mechanism is an ego to protect themselves by gets rid of anxiety, fear, unpleasant memories and thoughts to unconscious level (Masykuroh, 2017). He also categorized three parts of human's personality; id, ego, and superego (Freud, 1894, as cited in Hall, 2019). First, id is human's instinctive personality that they inherited from birth. Id is an unconscious part of our mind that responds directly to the instinct. In other words, the personality that people have from birth without influenced by any external factors is called Id. Freud in (Rudianto, 2015) stated that id also the reservoir of libido from all principle energy to fulfil primordial life principle. Id is a desire to be fulfilled, and it sometimes leads to destruction. Second, ego is considered as a part of id that directly influenced and developed by the external factors. The ego deals with more realistic way to fulfil id's needs. Ego also considered as a psychic agent that protects individual based on rational thinking. Last, superego deals with the moral values of society which they learned from another. Id's impulses (negative thoughts and behaviour) are controlled by superego. The ego builds a balance to satisfy id and superego when those two parts involved in a conflict (Octaviani & Saraswati, 2016).

According to Freud in (Hall, 2019), there are some categories of anxiety that affects human behaviour; neurotic anxiety, moral anxiety, and realistic anxiety.

A. Neurotic Anxiety

Neurotic anxiety is the feeling of fear of an unknown danger. This type of anxiety arises mostly due to weak ego. This anxiety mostly found in children because they are still in the early development. Neurotic anxiety happens when people feel something will attack them physically. People may feel neurotic anxiety when they feel uncomfortable with some people, or things. For example, a student may fear of a fierce teacher that will teach him today.

B. Moral Anxiety

Moral anxiety is the second type of anxiety. Moral anxiety is fear of being punished by violate some moral code. People with well-developed superegos may feel moral anxiety. This anxiety usually happens because of the personality growth is being controlled by superego. They fear of violating the morality which closely related to social norm. Nowadays, the society has built some standardization for people to comply. So, people could not act as their wish.

C. Realistic Anxiety

In this type, actually no one can define the exact cause; even the expert of psychology could not define it. This anxiety has a relevance to the physic condition. Sometimes it has some effects, such as dizziness, heartbeat, and hard breathing. Realistic anxiety happens when people fear of the external factors or the surrounding of the people. It may come from the experience, environment, and some situations. Some experts believed that this type of anxiety is caused by the relation of individual and the environment.

Besides the types of anxiety, Freud classified few kinds of defense mechanism when the people would have when they struggle to fight against the anxiety and fear (Masykuroh, 2017).

1) Repression

Repression is a defense mechanism to get rid of some traumatic experiences in the past. Repression also a typical form of denial which the unacceptable feelings or memories are pushed into the unconscious. People are more likely keep and remember the pleasant memories and things instead of the unpleasant memories and experiences (Kiatpattananon, 2017). The unpleasant memories in the past would influence people's mind in the present. This process involves pushing painful or traumatic memories into the unconscious in order to remain unaware of those unpleasant thoughts. Furthermore, in (Nawaz, 2019), the researcher stated that repression is the primary type for the other defense mechanisms.

2) Denial

Denial is a state of mechanism when people could not face the reality or truth. In this state, they refuse to accept the fact or the reality that happened. Denial is mostly seen defense mechanism in the real life. The one who affected just act as if nothing happened, and behave in a way that people may see as odd. For example, a child would not admit that he lie to his parents even though he did so. This kind of mechanism is trying to protect the ego from the reality that bring disadvantage to their pride.

3) Displacement

Displacement is a mechanism that a person changing the threatening impulses from one object into another object (Hall, 2019). Displacement also considers as an aggressive type of reaction. This type tends to be more destructive. For example, an office worker got scold of his superior, then he vent his anger to his family. Displacement tends to be more aggressive than the other mechanism.

4) Sublimation

Sublimation is similar to displacement. Displacement is substitute the threatening impulses into an aggressive way to another target (destructive), meanwhile sublimation is substitute the impulses into an activity that is constructive. Sublimation is a mechanism that a person changing the unpleasant thoughts into a more acceptable way in society. For example, an office worker got scold of his superior, but he tries to release the unpleasant feelings by doing sports.

5) Reaction Formation

This type of mechanism is people behave oppositely from the way they want to. This type also considers as an aggressive reaction. For example, someone who hates a person, but he acts friendly to the person who he or she hates. This reaction happens because people do not want to be regarded as bad person.

6) Projection

Projection is a mechanism that shown by people when they switch their undesirable thought to another person. For example, when a person hates his

friend so much, but he knows that it is bad trait. So, he blames on his friend by saying he is the one who hated by his friend.

7) Regression

Regression is a mechanism where back in the psychological time when they are facing stress. This kind of mechanism appears when one facing anxiety and react in a more childish and primitive way. For example, a child may cry when they are caught in stealing money. They can forget the cause of pain by crying.

2.1.2 Characterization

Character in a literary work is a person, an animal or a figure. There are many types of characters that can be found in literary work, and every character has its own development and function. Character development is showing how a character developed and how complex they are. The changing of a character from beginning to the end can be defined as character's complexity. At the beginning, people may see only one side of the character, but over time, people would see another side of the character. The function of characters is to extend the story. In a literary work, it must have a main character that will be the centre of the story. The main character will give the highest impact to the story development. There are many stories that apply different types of character, and there are also some ways to categorize the types of character. One character may apply more than one category of the types. Following are the types of character (Perrine, as cited in Latif, 2016):

1. Major Character

Major character is the central character of a story. Major characters are very important to the development and resolution of the conflict. The major character is usually the main character in the story.

2. Minor Character

Aside from the major characters, there are also exists some minor character who support the storyline. The function of minor character is to assist the major character and help to move the plot events forward. But, they are not important as the major character.

3. Protagonist

Protagonist and antagonist belong to the major character. Protagonist is the main character who gives the greatest contribution to the story development. The story usually revolves around the protagonist. The function of a protagonist is lead the action of a story and gets the readers' interest and empathy. Protagonist is mostly a hero or heroine in the story.

4. Antagonist

Antagonist is a character who against the protagonist. Antagonist is stand opposed to the main character. This character usually portrayed as a villain that the protagonist must deal with. Antagonist usually causes conflict that must be resolved by the protagonist.

5. Anti-hero

An anti-hero is a major character, usually a protagonist, who lacks of conventional heroic qualities, such as courage and morality. It is also a character who struggles for values which do not admitted by the most part of society.

6. Foil Character

Foil character is a character whose personal characteristics contrast with another character. People get to know more about other character by this contrast.

7. Dynamic character

Dynamic character is a character that changes over time, usually as a result of resolving a central conflict or facing a major crisis. It shows the character development as the story goes on. The protagonist is usually a dynamic character, because it changes due to the conflict arises.

8. Static character

Static character is a character that does not change over time. They show the contrast of dynamic character. Static character usually refuses to grow or change in mentality.

9. Round Character

Round character is anyone who has a complex personality. Round characters considered as a fully-developed character in the story. It tends to show more realistic and complex personality. This character is usually puzzling the readers due to their complexity. Round character mostly portrayed as a conflicted and contradictory person.

10. Flat Character

Flat characters are often has no many emotional expressions. Flat character usually has only one or two main traits. It also does not change too much in the storyline. Flat character does not create a significant surprise in the story. The personality, thought, and behaviour of a flat character is easily to be found.

11. Symbolic

Symbolic is a character whose existence portrays some main idea of a society. Symbolic can be major character and minor character.

Besides the types of character mentioned above, there are some methods of character portrayal; which are direct characterization and indirect characterization. Direct characterization refers to what the speaker directly says or thinks about a character. In other words, the character's personality, appearance, life philosophy, and current emotional state is directly showed to the reader. Meanwhile, indirect characterization describes the character indirectly, such as using dialogue, actions, viewpoint characters' word choice, and other non-explicit details. The readers in this part have to infer how the character is described. In indirect characterization, the reader often get wrong about the character, because sometimes it is hard to figure out what the character is like.

2.1.3 Novel

The word novel comes from Italian "novella, which means the news, or short story of something new. The novel developed in England and America. Novel is a story with the prose form in long shape, and this long shape means the story including the complex plot, many characters, and various setting (Fuad,

2014). In short, novel is a fiction or non-fiction narrative text in long shape. The novel can be changed in fiction or non-fiction form depends on the writer's preference. There are some general genres of novel (K.S., 2010):

i. Historical novel

Historical novel is usually related to the story which set in the earlier period, and sometimes contains real events. The time sets at least fifty years before the story was written. Example: *A Tale of Two Cities* by Charles Dickens

ii. Mystery novel

Mystery novel is a novel often related to crime and usually involves a murder that the main character has to solve. This type of novel also tells the process of investigating and discovering the one who committed. Mystery novel also can contain a supernatural concept, where the logical can be excluded and sometimes no crimes involved.

iii. Science fiction (Sci-fi)

Sci-fi is a novel which contains the imaginative concepts or unrealistic aspects. It usually involves the futuristic technology, time travel, space travel, and parallel universes.

iv. Detective fiction

Detective fiction is a novel that contains crime and mostly a murder case. The distinction between detective fiction and mystery novel is the hero in detective fiction is detective, meanwhile in mystery novel, the hero do not have to be a detective.

v. Autobiographical novel

This type of novel usually tells the life of the author. The author writes his or her own biography in a long prose form.

vi. Fantasy novel

Fantasy novel is similar to science fiction. It is about an imaginary concept which mostly unrealistic, and usually involves magical thing.

vii. Romance novel

Romance novel usually contains two main characters that in love but they have to get through the circumstances or obstacles that keep them apart. This type of novel mostly has a happy ending where the two main characters can get together.

2.2 Previous Research

The researcher uses some other researchers' works which have the related discussion with the topic that are going to be discussed as references. First, Tenrisanna's work which entitled Defense mechanisms in E. A. Poe's selected short stories the black cat & the tell-tale heart. Tenrisanna (2018) stated that defense mechanism is a set of strategies which the ego uses to defend or protect against the anxiety instigated by conflicts. Tenrisanna's study was to find out the types of defense mechanism in the black cat and the tell-tale heart short stories. Tenrisanna also used descriptive qualitative method and applied to the psychological theory which is proposed by Freud. In Tenrisanna's study, she found six types of defense mechanism in two short stories, which are repression, denial, reaction formation, rationalization, sublimation, and displacement.

Second study is *Camouflage personae: A case study of Bapsi Sidhwa's 'the Pakistani bride'* by Muhammad Nawaz. Nawaz's study was conducted to explore the types of defense mechanism by the characters to protect themselves from the threats. Nawaz used Freud's theory to answer the questions. The characters showed moral anxiety due to their family background and society. The research showed that one of the characters faced many problems related in the society. The character showed how to face and cope up those conflicts and frustrations. The types of defense mechanism found in Nawaz's research are repression and rationalization.

Third study is the anxiety and defense mechanism of Will Hunting in good Will Hunting movie which is analysed by Nur Laeli Masykuroh. The data was collected by watching the whole movie, and the data selected is related to the topic. In this research, there are three kinds of defense mechanism founded; denial, rationalized, and displacement.

Fourth study is Voldemort's anxiety and defense mechanism in Rowling's *Harry Potter and the half-blood prince* and *Harry Potter and the deathly hallows: A psychoanalysis study* which is analysed by Brigitta Arsilia Wibiana. There are two objectives in Brigitta's work: (1) to identify the types of anxiety and the cause of anxiety experienced by Voldemort, (2) to reveal Voldemort's defense mechanism to overcome the anxiety. Brigitta's study is also under qualitative research. The data are taken from the expression of Voldemort's anxiety and defense mechanism. Several steps Brigitta taken to analyse the data were reading, describing, categorizing, and interpreting the data. The result of the analysis

shows that Voldemort as a villain also experiences various of anxieties which caused by childhood traumatic experience. Voldemort uses several types of defense mechanism to overcome his anxieties which are repression, projection, and displacement.

Fifth study is Audrey Turner's conflicts and defense mechanisms in Kinsella's finding Audrey which is analysed by M. Aprianto Budie Nugroho. In this study, Nugroho was aim to find the conflicts and defense mechanisms which reflected on the main character, Audrey. The method used in this study is qualitative method by using narrative research design. The collected data in this study were identified, categorized, and analysed based on psychological theory. The result of this study shows that denial is the mostly used defense mechanism. The main character uses denial to protect herself from the fear and anxiety.

Sixth study is Octaviani's work which entitled sublimation of Charlie in Stephen Chbosky's the perks of being a wallflower. This study discusses about the sublimation which found in the main character of the novel. The main theory in the study is Freudian theory, which mainly discusses about psychosexual development, anxiety, and defense mechanism. The result showed that the main character used sublimation as the way to overcome his anxieties in his life.

The last study is the structure of Jay Gatsby's personality in the great Gatsby novel by Nindita Ratri. Ratri was using qualitative method to analyse the data. She analysed the main character's structure of personality and behavioural representations. The result of the analysis showed that repression, fixation, and regression were reflected on the main character. All of the studies above have a

few similarities, such as using Freud's theory, applying qualitative method to analyse the data, and aim to find out the types of defense mechanisms in the literary work

2.3 Theoretical Framework

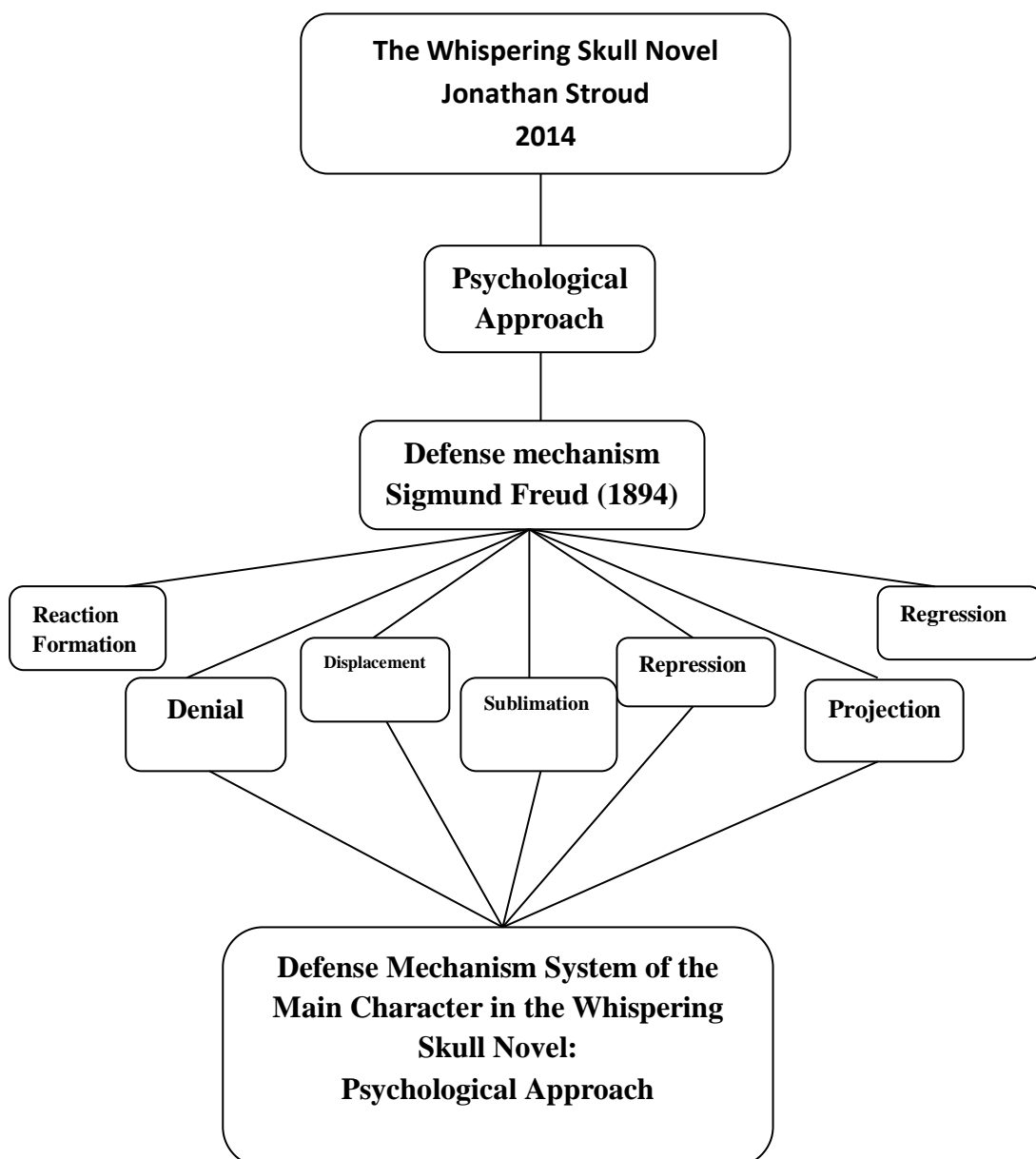


Figure 2.1 Theoretical Framework

In this research, the theoretical framework begins with the introduction with the novel which entitled the whispering skull by Jonathan Stroud that published in 2014. This research is built up by applying Freud's theory named defense mechanism which is under the psychological approach. In the novel, the researcher found out there are five types of defense mechanism that the main character has reflected, which are denial, displacement, sublimation, repression, and projection.

CHAPTER III

METHOD OF THE RESEARCH

Method of research is the method used to collect the information and data for the purpose of analysis. The method of research might include some publication research, interviews, surveys, and other research techniques, and might include present and past information.

3.1 Research Design

Research design is defined as the modes of observation that enable the scientist to obtain observation in more arranged and structured ways (Abbott Lee & McKinney, 2012). Research design is included the plans and procedures of research which consists of the methods of collecting data, analysing data, and presenting the result analysis. Qualitative research is used to gain an understanding of underlying reasons, ideas, and motivations. Qualitative research is also often referred as naturalistic research, because the research can be conducted in any kind of condition (Sugiarto, 2015). In doing the research, the researcher uses the descriptive qualitative method because this research more focuses on the analysis of a written material. The material of this research is a mystery thriller novel, *The Whispering Skull*. This descriptive method is applied because the data and result of analysis will be presented descriptively. Moreover, the researcher is the key of the instrument in the whole observation

Based on the explanation above, this research is attempted to analyse the types of defense mechanism which are found in *The Whispering Skull* novel by using descriptive qualitative method.

3.2 Object of the Research

Every research has its object to analyse. The object will be analysed by applying the certain method. Object of the research is very important in the research to get the findings scientifically. In simpler word, the object of the research is required to get the needed explanation. The object in this research is the types of defense mechanism that the author created in the *whispering skull* novel and through what the defense mechanism is reflected by the main character.

3.3 Method of Collecting Data

In data collecting, instrument is one of the most important key. According to Anderson, the instrument in the method of collecting data is the researcher herself (Wibiana, 2018). The researcher has to take part in the whole process of collecting data. To get the data, the researcher can use some methods, which are observational, focus group discussions, and document study. In process of collecting data, the researcher used document study method, which can focus on words, subjects, and concepts in texts, such as publications, books, reports, and writing works. The steps that the researcher took to collect the data:

1. The researcher reads the content of *The Whispering Skull* novel.
2. Chooses the relevant data with defense mechanism which are found in *The Whispering Skull* novel.

3. Documented the data by bolding the words that related to the purpose of the study

3.4 Method of Analyzing Data

According to Moloeng, analyzing data is the process of review, sorting, listing, and grouping data to obtain a conclusion in the research findings (Siyoto & Sodik, 2015). To make it simply and answer the research problem mentioned before, the researcher analysed the data systematically after the data have been collected. The researcher used content analysis, which means the data source is document artifacts like texts in various format. The steps taken to analysing data are following:

1. The researcher reads the content of the novel, and determines the types of the data.
2. The researcher analyses the data by applying Sigmund Freud's theory, which summarized by Calvin S. Hall in a book entitled *Psikologi Freud*.
3. Interpret the data into a conclusion.

3.5 Method of Presenting the Analysis Result

After analysed the data, the last step is presenting the result analysis. In this research, the researcher uses the informal method, which means the researcher will present the result of the analysis by using description. There are two ways of how the researcher presenting the result of analysis. First, the researcher writes a research report in a written form. The researcher writes the report by using descriptive method which means describe the result by using words. Second, the

researcher presents the result by using descriptive in oral form. The result will be presented by using description to make the readers or hearers easily understand.