

**DEFENSE MECHANISM IN “ANXIOUS PEOPLE”  
NOVEL BY FREDRIK BACKMAN:  
A PSYCHOLOGICAL APPROACH**

**THESIS**



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PUTERA BATAM UNIVERSITY**

**2024**

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**Submitted in Partial Fulfillment of the Requirements for the Degree of  
English Sarjana Sastra**



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## **SURAT PERNYATAAN ORISINALITAS**

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### **DEFENSE MECHANISM IN “ANXIOUS PEOPLE” NOVEL BY FREDRIK BACKMAN: A PSYCHOLOGICAL APPROACH**

adalah hasil karya saya sendiri dan bukan duplikasi dari karya orang lain. Sepengetahuan saya, didalam naskah skripsi ini tidak terdapat karya ilmiah atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis dikutip didalam naskah ini dan disebutkan dalam sumber kutipan dan daftar pustaka.

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Demikian pernyataan ini saya buat dengan sebenarnya tanpa ada paksaan dari siapapun.

Batam, 15<sup>th</sup> July 2024



**Agustina Sihombing**  
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## **DECLARATION OF THE THESIS ORIGINALITY**

I, Agustina Sihombing, NPM No. 201210023

Hereby declare that the term paper entitled:

### **DEFENSE MECHANISM IN “ANXIOUS PEOPLE” NOVEL BY FREDRIK BACKMAN: A PSYCHOLOGICAL APPROACH**

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

Batam, 15<sup>th</sup> July 2024



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**Submitted in Partial Fulfillment of the Requirements for the Degree of  
Sarjana Sastra (S1)**

**By:  
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**The thesis has been examined on the date as indicated below**

**Batam, 15<sup>th</sup> July 2024**



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## ABSTRAK

*Penelitian ini bertujuan untuk menemukan tipe-tipe dari mekanisme pertahanan dan motif di balik penggunaan mekanisme pertahanan dalam novel “Anxious People” karya Fredrik Backman. Teori mekanisme pertahanan dikembangkan oleh Sigmund Freud (1989) yang menjelaskan bahwa mekanisme ini merupakan proses psikologis yang digunakan individu untuk melindungi dirinya dari kondisi yang mengancam dan konflik internal. Teori mengenai motif penggunaan mekanisme pertahanan yang dikembangkan oleh Anna Freud (1993) mengungkapkan bahwa kondisi internal dan eksternal mendasari penggunaan mekanisme pertahanan oleh individu. Desain dalam penelitian ini adalah kualitatif oleh Creswell dan Creswell (2018) yang terdiri dari kata, kalimat, paragraf dan tidak berbentuk angka. Penelitian ini menggunakan metode penelitian library research dalam pengumpulan data, yang terdiri dari data primer dan sekunder. Data primer adalah novel itu sendiri dan data sekunder merupakan sumber lain yang mendukung penelitian. Terdapat dua unsur yang dianalisa dalam penelitian, yaitu unsur intrinsik dan ekstrinsik. Hasil dari penelitian ini disajikan secara deskriptif. Penelitian ini menemukan ada delapan tipe-tipe mekanisme pertahanan yang ditunjukkan tokoh utama, yaitu represi, pengingkaran, proyeksi, sublimasi, pembentukan reaksi, perpindahan, regresi dan rasionalisasi. Terdapat tiga bentuk motif yang mendasari kemampuan suatu individu dalam mengaktifkan mekanisme pertahanannya, yaitu objektif, instingtual, dan superego.*

**Kata kunci:** pendekatan psikologis, mekanisme pertahanan, motif.

## ABSTRACT

This research aims to discover the types of defense mechanisms and the motives behind the use of defense mechanisms in “Anxious People” novel by Fredrik Backman. The theory of defense mechanisms was developed by Sigmund Freud (1989) who explained that this mechanism is a psychological process that individuals use to protect themselves from threatening conditions and internal conflicts. The theory regarding motives for using defense mechanisms developed by Anna Freud (1993) reveals that internal and external conditions underlie the use of defense mechanisms by individuals. The design in this research is qualitative by Creswell and Creswell (2018) which consists of words, sentences, paragraphs and is not in the form of numbers. This research uses library research methods in data collection, which consists of primary and secondary data. Primary data is the novel itself and secondary data is another source that supports research. There are two elements analyzed in the research, namely intrinsic and extrinsic elements. The results of this research are presented descriptively. This research discovered that there are eight forms of defense mechanisms shown by the major characters, namely repression, denial, projection, sublimation, reaction formation, displacement, regression and rationalization. There are three forms of motives that underlie an individual’s ability to activate their defense mechanisms, namely objective, instinctual and superego.

**Keywords:** psychological approach, defense mechanism, motives.

## **MOTTO AND DEDICATION**

### **MOTTO**

Therefore I tell you, everything you pray and ask for, believe that you have received it and it will be given to you.

Mark 11 : 24

For I know the plans for you, declares the Lord. Plans to prosper you and not to harm you, plans to give you a hope and future.

Jeremiah 29 : 11

### **DEDICATION**

**I dedicated this thesis to my beloved parents, my brothers, and my precious best friends who always support me through all the life processes.**



## ACKNOWLEDGMENTS

All praise to Jesus Christ the lord for his merciful and compassionate, researcher who has been in completing this thesis entitled “Defense Mechanism in “Anxious People” novel by Fredrik Backman: A Psychological Approach” for the requirements to complete the undergraduate study program (S1) in the English Literature Study Program, Putera Batam University.

The researcher realized that this thesis is far from perfect. Therefore, the researcher with pleasure will always accept criticism and suggestion. Furthermore, the researcher would like to express here sincere gratitude to all people who involve both directly and indirectly especially to:

- a. Dr. Nur Elfi Husda, S.Kom., M.SI., Rector of Putera Batam University
- b. Dr. Michael Jibrael Rorong, S.T., M.I.Kom as the Decan of the Social Science and Humanities Faculty of Putera Batam University.
- c. Ms. Nurma Dhona Handayani, S.Pd., M.Pd as Head of the English Department of Putera Batam University
- d. Robby Satria, S.S.,M.Hum. as the thesis supervisor who has contributed the ideas, motivation, and time in arranging this thesis.
- e. Dr. Gaguk Rudianto, M.Pd as the academic supervisor at Putera Batam University who was giving the researcher guidance.
- f. All lecturer and staff of Putera Batam University, especially the department of English Literature, for their knowledge, education, motivation, and love during her research at Putera Batam University.
- g. The researcher’s parents, James Sihombing and Rita Br. Siagian for the love inspiring and blessing given endlessly in taking this ungraduate program. The researchers’s brothers, especially Calvin Jhon as the mood boosters and that encouraged the researcher do the thesis.
- h. The researcher’s best friends, Mutiah, Trya Indah, Dwina Putri, Dhea Sahara, and Bella Natasia who were giving support and enthusiasm to keep move forward.
- i. All friends at Putera Batam University, and researcher’s friends at outside of Putera Batam University, especially Rinanda Qomila who was giving the love and the spirit.

The researchers apologizes for all mistakes made in the studies and also researcher hopes this thesis will be useful for the readers. May Allah give them happiness, health, and mercy. Aamiin.

**Batam, 15<sup>th</sup> July 2024**



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