

CHAPTER II

REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK

As previously explained in the chapter, the researcher requires theory support to carry out this research. The researcher presented this chapter by reviewing relevant theories. There are three sections in this chapter. First section, the researcher presented some perspectives and theories from the experts related to the discussion. Second section, the researcher addressed some relevant previous studies to reinforce this research. Third section, the researcher provided a theoretical framework to demonstrate the objectives of the research as well as its resolutions.

2.1 Psychological Approach

The psychological approach is a study that discusses the human mind and behavior. S. Freud (1989) stated that human behavior is greatly influenced by hidden biological drives and psychological conflicts that occur in the unconscious mind. Moreover, childhood experiences, especially interactions with parents and experiences of trauma, have an important impact on shaping a person's thinking and behavior patterns in adulthood. The main concepts in the Freudian view are the id, ego, and superego. These three concepts play a role in forming mental structures and controlling human behavior. Freud also emphasized the importance of libido, the psychic energy that drives human behavior, especially the sexual

drive. Therefore, a psychological approach is important to uncover and understand subconscious conflicts in achieving psychological healing.

According to S. Freud (1989), human personality is categorized into three zones: the id, the ego, and the super ego. The most fundamental structure of personality is the id, which operates entirely on an unconscious level and follows the pleasure principle, seeking immediate gratification. The ego emerges from the id and is responsible for conscious control and decision-making in human behavior. The superego develops from the ego as individuals come to understand the concepts of good, bad, and morality. It reflects social values and awakens people to moral obligations. The conflicts from the id, ego, and superego occur when the desires or needs of one of these components clash with the desires or needs of the other components. For example, the id may desire instant gratification without taking reality into account from the ego, while the superego encourages the individual to act by moral rules. Such conflicts can cause psychological discomfort called anxiety. Defense mechanisms emerge as a way to reduce the discomfort, fear, and anxiety that arises from the conflict.

2.1.1 Defense Mechanisms

Defense mechanisms are psychological strategies or tactics used by the ego (the part of the personality responsible for awareness and mediation between the id, ego, and superego) to protect itself from conflict, anxiety, or psychological discomfort. This mechanism operates unconsciously and aims to reduce the psychological stress generated by internal or external conflict. An individual develops a defense system in response to tragic or unpleasant events, which can

lead to the onset of anxiety within their psyche. This prompts the activation of defense mechanisms, which are mechanisms designed to alleviate anxiety within the human psyche. Feist and Feist (2008) described that defense mechanisms are common and normal, when their operations are overused, these can cause compulsive, repetitive, and neurotic behavior. Therefore, it is crucial to use the defense mechanisms to function properly. The defense mechanism theory was first introduced by Sigmund Freud. Sigmund Freud developed several types of defense mechanisms. There are eight types of defense mechanisms such as repression, reaction formation, denial, displacement, regression, projection, rationalization, and sublimation.

2.1.1.1 Repression

Repression is the most fundamental form of protection because it is a part of all others. S. Freud, (1989) stated that the ego defends itself by suppressing unwanted id impulses whenever those pose a threat, it pushes threatening emotions into the unconscious. In other words, repression is an attempt to suppress thoughts, feelings, or memories that generate unwanted anxiety or psychological tension. This process occurs unconsciously and aims to protect the individual from anxiety or tension associated with impulses that are considered socially or morally unacceptable. For instance, **“I did my best, you know. I was a good husband to you, Rach. I put up with a lot, your drinking and your depression”**. In this context, Tom tries to suppress bad memories that make him uncomfortable, namely the bad habits his wife does when she is stressed. (Kishore, 2023)

2.1.1.2 Denial

Denial is one of the defense mechanisms that individuals use to overcome anxiety or psychological conflict. This occurs when someone refuses to accept reality or facts that threaten them or cause discomfort. S. Freud (1989) explained that denial can occur consciously or unconsciously. It is a way for individuals to reduce the psychological distress that arises when they are faced with facts or situations that are disturbing and often involve a distortion or falsification of reality. **Another illustration of a denial technique occurs when parents of deceased children refuse to even change their child's room. Parents continue to believe their child is currently alive** (Schultz and Schultz, 2009).

2.1.1.3 Projection

Freud (1989) asserted that another way to protect individual from disturbing urges is to attribute them to other people. This form of defense is referred to as projection. It is believed that undesirable emotions such as lust, aggression, and others are controlled by others rather than by the individual. Paranoia, a mental illness marked by strong delusions of jealousy and persecution, is a severe form of projection. The extreme form of projection, namely paranoia is just one possible effect. For instance, when a woman hates a man. The woman protected those feelings by saying **"I don't hate him. He hates me."** This way is used to divert feelings to another object to protect an individual (Schultz and Schultz, 2009).

2.1.1.4 Sublimation

Freud (1989) stated that “sublimation is a defense mechanism that involves altering or displacing id impulses by diverting instinctual energy into socially acceptable behaviors.” In creative cultural achievements like music, art, and literature, the sublimated objective is most plainly exhibited, however more subtly, it is part of all interpersonal interactions and social activities. Each of these coping methods helps the individual by shielding the ego from distress. Humans can retain enough sexual arousal to engage in private erotic pleasure while also sublimating a portion of our libido in the service of higher societal values. Further, the defense mechanism called sublimation typically has positive effects on both the individual and society. For instance, Melinda as the main character uses sublimation as a defense mechanism to overcome her stressful conditions by releasing suppressed emotions through painting. **“For a solid week, ever since the pep rally, I’ve been painting water colors of trees that have been hit by lightning. I try to paint them, so they are nearly dead, but not totally.”**(Zulfaisya and Hasra, 2020)

2.1.1.5 Reaction formation

S. Freud, (1989) asserted that adopting a disguise that is completely at odds with its original shape is one way that a suppressed drive can emerge to consciousness. In other words, reaction formation is a one way to combat disturbing impulses is to actively express opposing impulses. The pressure faced by an individual is diverted with the opposite attitude. **A young girl who hates her mother intensely is an example of a reaction formation. Such conscious**

hatred for her mother would cause too much distress, the fact that is aware that society expects her to have affection for her parents. Then, to prevent excruciating worry, a young girl focuses on the opposing instinct of love. However, her love for her mother is fake. A young girl must lie to herself and cling to her reaction formation to hide the anxiety-inducing truth that she subconsciously despises her mother (Feist and Feist, 2008).

2.1.1.6 Displacement

S. Freud (1989) stated that displacement is the term used to describe the substitution of one neurotic symptom for another. Displacement is one of the defense mechanisms that individuals use to divert or direct emotions, impulses, or desires from the original object that may cause anxiety or discomfort, to another object that is safer or more tolerable. In other words, the individual may switch the impulses to another object if the one that satisfies their id impulse is unavailable. **For instance, children who hate their parents or employees who hate their boss. However, they are afraid to show their feelings of being punished or in trouble, thereby transferring this aggression to others.** The girl may hit her brother or sister. Then, employees who vent their hatred toward their boss may yell at or scold their pets. In this example, the initial object of the aggressive impulse has been replaced by an object that is not a threat (Schultz & Schultz, 2009).

2.1.1.7 Regression

S. Freud (1989) described that regression is the type of defense mechanism that individuals use to deal with anxiety. It refers to a change in a person's

behavior, thoughts, and feelings, where the individual reverts to an earlier stage of psychosexual development in response to stress or conflict. **Regression occurs when a person retreats or regresses to a happier time in their past when they were less frustrated and anxious.** The person exhibits behaviors that were present during that happier moment in their life, such as being naive and dependent. In other words, regression is a form of unconscious psychological adaptation, in which individuals seek comfort or relief in behavior that is safer or accustomed to them.

2.1.1.8 Rationalization

S. Freud (1989) defined that reinterpreting our actions to make them seem more logical and acceptable to us is a protective strategy called rationalization. By convincing ourselves that there is a logical explanation for something, we can explain or justify a threatening idea or action. **A person who has been fired from a job could use the excuse that the position was not particularly rewarding.** The woman who rejects man's proposal, the man will make a reason that the woman have a lot of flaws. It is less intimidating to place the blame for our mistakes somewhere else rather than on ourselves (Schultz and Schultz, 2009).

2.1.2 Motives of Defense Mechanisms

The term signal anxiety was first used by Anna Freud, who defined it as not directly a conflicted instinctual tension but a signal occurring in the ego of an anticipated instinctual tension. Thus, it was believed that anxiety's signal role was vital and that it had evolved physiologically to alert an individual to danger or a threat to its balance. An increase in physical or mental tension is an indication of

anxiety, and an individual can respond to this signal by taking defensive action against the perceived threat. A. Freud (1993) explained that the defense mechanisms are intellectual and physical automatisms with varying degrees of sophistication that develop during both involuntary and voluntary learning. The innate threats that the ego defends itself are constant, but it has various reasons for considering a given irruption of instinct to be hazardous. These are three reasons to identify the cause of defense mechanisms, namely superego, objectives, and instinctual.

2.1.2.1 Objective Anxiety

A. Freud (1993) stated that superego anxiety results in objective anxiety, which causes the infantile ego to develop the same phobias, obsessive neuroses, hysterical symptoms, and neurotic traits as those found in adults. The objective motive is known as called id-ego conflict. In other words, defense mechanisms against instincts or instinctive desires are controlled not only by the superego or internal moral rules, however by fear of the external world or objective threats. This objective motive is related to threats originating from outside the individual, such as physical, social or reputational threats. The threatening response of the id thrust into consciousness. **For instance, the anxiety develops from childhood experiences related to virtual (imaginary) punishment from parents or other people who have virtual authority to satisfy their instinctual urges.**

2.1.2.2 Instinctual Anxiety

A. Freud (1993) stated that instinctual motives which state that these drives originate from the id, the most unconscious part of the personality and are related

to instinctive drives such as sexual drives, aggression and the drive to survive. Instinctive demands impulses become excessive when the ego feels abandoned by these protectors of a higher power, a quiet opposition to instincts becomes so strong that it causes uneasiness. This motive also known as ego-external world conflict occurs in neurotic. **For instance, a person is afraid when crosses the railroad tracks and will be hit by a train.** Then the person experiences realistic anxiety. The ego does not regard instinctive impulses as intrinsically dangerous, however conflict arises because of the superego's prohibition against the gratification of these impulses.

2.1.2.3 Superego Anxiety

A. Freud (1993) stated this process as the ego-superego conflict, which occurs in neurotic adults. The ego does not regard sexual urges id and aggressive behavior as a danger or a curse. This instinct is considered dangerous because the superego, which performs the ideal standard behavior, prohibits futile gratification, and can cause problems between the ego and superego. **In other words, there is a feeling of guilt and fear of being punished for being wronged.** The unique aspect of this process is that the ego does not see the impulse it is suppressing as being in the least threatening. The defense is first motivated by anything other than its interests. The superego forbids the gratifying of the urge, and if it succeeds in its goal, it will undoubtedly generate conflict between the ego and the superego. Therefore, the adult neurotic's ego is afraid of instincts because it is afraid of the superego. It has a motivated defense. The ego is completely deprived of independence and is reduced to instrument status for the

execution of the superego's desires. Thus, the ego is hostile to instinct and unable to enjoy which can cause internal conflict.

2.2 Previous Research

For references, the researcher examines some of the works of other researchers who previously dealt with the issues under discussion. The first research was written by Nurtjahyo (2016) has the purpose of describing the anxieties and defense mechanism in the main character in the novel "Anna and The King" by Elizabeth Hand. The method in this research uses descriptive qualitative, collecting data using the technique of observing. The data analysis technique uses the literary psychoanalysis of Sigmund Freud. This research explains the two types of anxiety, neurotic and objective which result in defense mechanisms being activated to reduce anxiety and stress by the main character. The result of this study found three types of defense mechanisms that are experienced by Anna in the novel, namely reaction formation, repression, and displacement.

Andriana and Kasrabowo (2020) discovered the main character expressed a variety of psychological issues in the form of anxiousness. The main character employs several ego defense mechanisms to deal with his fears are present in "The Black Cat" a short story by Edgar Allan Poe. This study employs Sigmund Freud's psychoanalysis theory which divides defense mechanisms into eight categories. A qualitative method was applied in this study. According to the findings of this study, there are three defense mechanisms. Displacement, denial,

and projection are the most common defense mechanisms used by the main character.

Next, Walker and McCabe (2020) examined the global population's mental health as being adversely affected by COVID-19. Anxiety and stress are two psychological issues that are a result of the pandemic. The researchers used Sigmund Freud's theory of psychoanalysis. Particular defense mechanisms are investigated through the use of case series methods and further field literature. The researchers found several types of defense mechanisms that are commonly used by individuals inside the interdisciplinary group. Humor, sublimation, denial, hypochondriasis, and altruism are the types of defense mechanisms that are performed in this research.

Kurniawan and Jati (2021) discovered the defense mechanisms experienced by the main character Rachel Chu in the novel "Crazy Rich Asians". The researchers used Sigmund Freud's theory and the concept of defense mechanism. This research methodology is categorized as qualitative research based on the data kind. According to the findings of this study, the main character used a defense mechanism, namely repression. Rachel Chu's steadfastness in rejecting stereotypes and the effects of repression on herself or those around her are both products of her defense mechanism.

Setiawan et al. (2021), their research seeks to recognize the various ego defense mechanisms and how they can help the character in managing her anxiety. The data used in this research is from "Walking Dead: Michonne" movie game. The descriptive qualitative methodology was used in this investigation. The topic

was founded on Sigmund Freud's idea of defense mechanisms, a psychoanalytic theory. The investigation showed that the protagonist's most frequently used strategy was aggression, which was followed by sublimation, rationalization, and, least frequently, repression. To cope with her fear during the zombie breakout and continue to survive, the protagonist adopts several defense mechanisms.

Yusuf and Pratama (2021) analyzed the famous movie "(500) Days of Summer" which was directed by Marc Webb. This study is created to analyze the defense mechanisms used by Tom Hansen as the main character and the movie's core components, such as characterization and conflict. The idea behind the topic was developed from Sigmund Freud's concept of defense mechanisms. The researchers applied psychological and objective methods. The data for this study are being gathered through library research as a research methodology. The analysis of the data revealed that Tom Hansen's character used a variety of defense mechanisms to deal with his feelings including denial, projection, reaction formation, sublimation, and displacement. These defense mechanisms vary in how they function to withstand Tom Hansen's negative consequences.

Then, the research was written by Palarani and Hadiyanto (2022). This study uses Sigmund Freud's theory to explain Aza Holmes's psychological conflict, anxiety, and defense mechanisms. The researchers used "Turtles All the Way Down" novel by John Green contains information on psychological phenomena that was gathered using a library research design for this study. The results of this analysis are that the main character's ego is fragile, which leads to conflicts between her and everyone around her and within herself. The

psychological and moral anxieties of the main character are caused by the conflicts she encounters. The main character employs three different ego defense mechanisms to release the tension caused by her anxiousness. There are fixation, displacement, and projection.

The paper analyzed by Ivana and Laksono (2022) aims to investigate the lead character, who battles puberty in the absence of adequate parental direction, and to pinpoint the causes, types, and outcomes of his defense mechanisms. The main source of this study is the novel entitled “The Spectacular Now”. The major theories in this paper are Freudian psychoanalyst theory and its subfield, defense mechanism. This study’s data was gathered through a library research method and analyzed using an exponential methodology. The result of this paper shows that the character’s family and his unsuccessful romantic relationships are the primary initiators of his defense mechanisms. The characters employed six types of defense mechanisms such as altruism, distortion, displacement, denial, suppression, and rationalization.

Rosiana et al., (2022) revealed several defense mechanisms and the anxiety of female character in the novel “The Girl On the Train”. The researchers applied Sigmund Freud’s theory and Anna Freud. There is qualitative method employed in the research. The researchers discovered five defense mechanisms, namely denial, rationalization, displacement, projection, and repression. There are three form of anxiety, namely neurotic, moral and realistic. The female characters in the novel showed the defense mechanisms in a way to protect them in treated circumstances.

Next, Zahrah and Wijayanti (2023) described the conflict experienced by the main characters in the novel *Punktchen and Anton* by Erich Kastner. The researchers used a psychoanalytic approach with Sigmund Freud's theory of self-defense mechanisms. A qualitative research method was applied to collect the data. This study tries to fully understand or explore the different defense mechanisms that the two central figures employed when they were anxious. The result of of this study, the researchers found that the main characters used self-defense mechanisms which is reaction formation.

Last, the article was written by Mahardika et al. (2023). The purpose of this study is to analyze Amir's bereavement as the main character of *The Kite Runner*. The method used in this study is psychological. Bereavement theory from Stroebe and Stroebe (1987) and Kübler-Ross (2014) was used. Additionally, this analysis uses qualitative descriptive methods that are presented as texts or descriptions. The findings of this analysis demonstrate that Amir is the character who is most described and who exhibits both a bereavement and a defense mechanism. Amir consequently goes through the five stages of bereavement denial, anger, bargaining, depression, and acceptance as a result. The main character employed several defense mechanisms including displacement, rationalization, projection, repression, regression, undoing, and denial. Several defense mechanisms reveal the complexity of the human psyche in response to trauma.

From the explanation above, the previous and the present research have similarities and differences. The similarities are the discussion related to the approaches, namely the psychological approach. Then, eight previously discussed

defense mechanisms proposed by Sigmund Freud. One of the research analyzed using Bereavement theory from Stroebe and Stroebe (1987) and Kübler-Ross (2014). A qualitative research method is employed by a few of the previously listed research. There are differences between the previous research and the present research. The present research used “Anxious People” novel as a data source. This novel has many phenomena related to psychological issues, especially defense mechanisms. Next, the novel has never been used in any research. The present research also discussed the reasons why someone uses defense mechanisms. Moreover, the researcher used additional theory from Anna Freud which has never been discussed in previous research.

2.3 Theoretical Framework

Based on the explanation above, this research will focus on discovering the psychological problems experienced by the characters. This research will be limited with a focus on two main issues, namely the type of defense mechanisms used by major characters and the motives that encourage major characters to use defense mechanisms in circumstances that corner them. Thus, the researcher will use the theories of Sigmund Freud (1989) and Anna Freud (1993). A theoretical framework of this research is illustrated below.

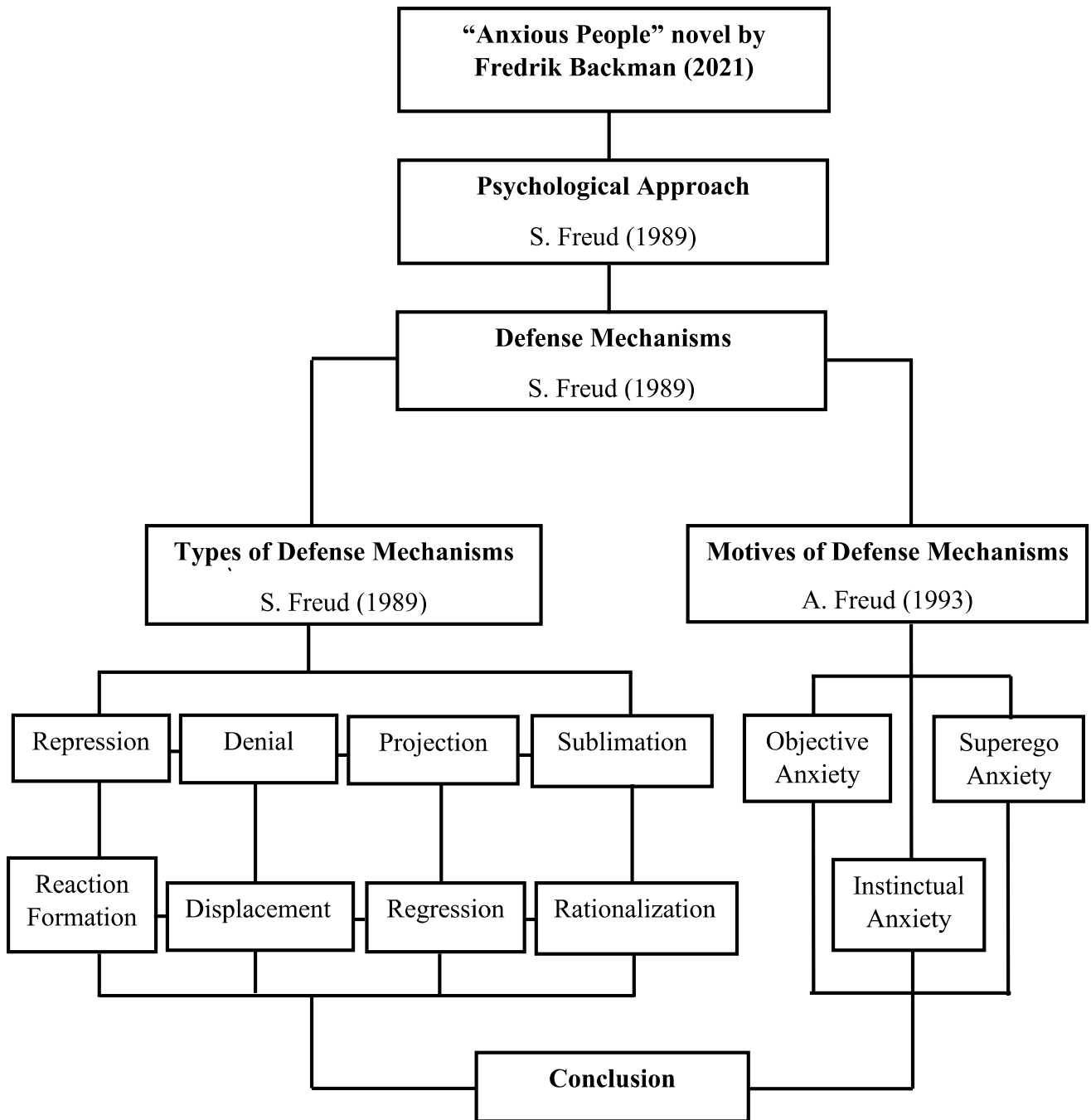


Figure 2.3 Theoretical Framework