

CHAPTER III

METHODOLOGY RESEARCH

After discussing relevant theories from the experts, this chapter presented several methods for conducting structured research. There are several methods employed such as research design, the object of the research, the method of collecting the data, the method of analyzing the data, and the method of presenting research results. In this chapter, the researcher introduced the main findings of this research, which were obtained through five methods. Furthermore, this chapter aims to provide a comprehensive overview of the research results.

3.1 Research Design

This research will use a qualitative research method. A qualitative research method is a method that presents data in the form of words, sentences, paragraphs, and not in the form of numbers. A qualitative research method involves the exploration of human behavior and social phenomena through methods such as observation and textual analysis aiming to understand meaning and patterns rather than numerical data. The characteristics include rich description, flexibility, emphasis on context, and participant perspectives. In line with that, Creswell and Creswell (2018) stated that the aim of the qualitative research methodology is to gather data through observation, documentation, interview, and investigation. The activities carried out by the researcher are observing by looking at and reading the data source attentively. The data source will be use in this research is a literary work, namely “Anxious People” novel by Fredrik Backman in the form of text.

The way of presenting the qualitative method is through data descriptions to provide a clear explanation and understanding. This research will describe the psychological issues, defense mechanisms, and motives that encourage characters to use them.

3.2 Object of the Research

“Anxious People” is one of the contemporary novels written by Fredrik Backman and it was set in Sweden. The Swedish version of the novel was published in 2019 and the English version was published universally in 2021. The New York Times named this novel as one of the best books of the year in 2020. This novel consists of 352 pages and 74 subchapters. The novel was adapted into a television series on Netflix in December 2021. The television series was directed by Felix Herngern under the auspices of the FLX production company. The film starred Dan Ekberg, Alfred Svensson, Sascha Zacharias, and Anna Granath. Lastly, This film has 6 episodes and is nominated as a Swedish television series in 2021.

The object of this research is to discover the types of defense mechanisms and the motives of defense mechanisms in “Anxious People” novel by Fredrik Backman. The psychological theory and defense mechanisms developed by Sigmund Freud (1989) will be used as a data limitation in this research. In addition, the researcher will use an additional theory from Anna Freud (1993) to examine the motives of defense mechanisms. This research will concentrate on major characters in “Anxious People” who face psychological issues and encourage them to use defense mechanisms in society to achieve individual goals.

3.3 Method of Collecting Data

Data collection is important because it enables information to be gathered by the theory employed in this study. The types of the research used library research by George, (2008). The researcher used a documentation method to collect the data. This research presented two kinds of data namely, primary and secondary data. “Anxious People” novel is primary data. Then, secondary data is supporting data taken from previous research with relevant information from various sources such as books, articles, conference papers, and other sources available in libraries or online platforms. This research will use a technique to collecting the data namely highlighting technique by Creswell and Creswell (2018). In order to organize the data, the highlight technique is utilized to identify keywords in a research-related issue. There are some steps for collecting the data in this research.

1. The researcher read the data source from “Anxious People” novel by Fredrik Backman.
2. The researcher read the theory of psychology by Sigmund Freud and Anna Freud related to the discussion.
3. The researcher highlighted relevant words and sentences related to the defense mechanisms and the motives of the defense mechanisms performed by major characters in the novel to find the raw data.

3.4 Method of Analyzing Data

The next method is analyzing the data. Following the data collection, this research will focus on psychological issues, especially the types and the motives of defense mechanisms. A methodical way to comprehend observed events, interpret, and present valid data is the function of qualitative method. The researcher will use two techniques to analyzing the data. The first technique, namely analyzing the intrinsic elements from the data source. The second technique, analyzing the extrinsic elements by using theories from the experts. The description form is used to get comprehensive analysis results about individuals, locations, or events in the data. There are some steps for analyzing the data in this research:

1. The researcher analyzed the intrinsic elements in “Anxious People” novel by Fredrik Backman such as characters, plot, setting, theme, and point of view.
2. The researcher analyzed the extrinsic elements in “Anxious People” novel by Fredrik Backman. The researcher analyzed the data that has been collected by applying theories from Sigmund Freud (1989) and Anna Freud (1993). The researcher concentrated on the defense mechanisms and the motivations behind them.
3. The researcher categorized and interpreted the defense mechanisms with the motives of the defense mechanisms contained in “Anxious People” novel by Fredrik Backman to find valid data.

3.5 Method of Presenting Research Result

This research procedure finishes with the presentation of the analysis result immediately after data have been analyzed. The results of the data will be presented descriptively. Creswell and Creswell (2018) stated that the result of the research will be presented in descriptive, narrative form. The results of the data collected and analyzed in this research are presented as sentences and paragraphs to explain the data. The use of descriptive research likewise makes it easier for the reader to comprehend the analysis of the topic or issue being discussed regarding this research. Moreover, the descriptive form provides a clear, complete, and detailed explanation of the observed phenomenon or variable.