

## CHAPTER V

### CONCLUSION AND RECOMMENDATIONS

#### 5.1 Conclusions

The researcher draws conclusions based on the finding of analysis contained in the novel “Anxious People” using the theories of S. Freud, (1989) and A. Freud (1993). It is discovered that anxiety, stressful conditions, threats from the social environment, and past trauma are motives that greatly influence the use of defense mechanisms by the major characters. In line with that, S. Freud (1989) described that anxiety is a signal of a threat approaching the ego which must be responded to or avoided by reducing the conflict between the demands of the id and the limits of society or the superego. This causes the ego to activate defense mechanisms. Therefore, a number of the previously described motivations have a significant impact on the defense mechanisms that the major characters use in order to divert their discomfort.

Based on the findings of analysis, there are thirty data were found relating to defense mechanisms and the motives of defense mechanisms. There are twenty-three data related to the use of defense mechanisms and seven data related to the motives of these defense mechanisms. The major characters frequently used rationalization as their defense mechanism. It is discovered four data related to rationalization. Rationalization is used by major characters when they are faced

with uncomfortable conditions, however they try to divert or cover up discomfort by making statements that are generally accepted by other people. This can help maintain social relationships, maintain their self-image and their psychological condition. There are four data related to denial demonstrated by major characters, as a way to help them ignore painful facts and cover up their inability to face those facts. Moreover, two of the data featured projection, two featured reaction formation, three featured regression, three featured displacement, three featured sublimation, and two data were discovered that led to repression.

In addition, it is discovered eight data as the motives that encourage the use of these defense mechanisms. The motives that frequently appear are objective and instinctual. This objective motive shows that discomfort and threatened conditions are caused by threats from outside the individual, such as social conditions, work, and other people. This causes individuals to consciously activate defense mechanisms to divert emotions that corner the major character. Meanwhile, the instinctual motives shown by the major characters are based on the pure instinct of an individual who is forced into a condition and past trauma and leads them to a direct decision. Lastly, it is discovered two data feature superego motive by major character. This motive encourages them to prioritize social-related moral values, thereby helping them decide rationally.

## **5.2 Recommendations**

This research has several recommendations for future researchers who will raise the same discussion through a psychological approach. The research has a

main focus, namely defense mechanisms and the motives behind the use of defense mechanisms using the theoretical basis of Sigmund Freud (1989). This is due to the limited time available for conducting research. The theory regarding the types of defense mechanisms developed by Sigmund Freud shows that there are limits to understanding in identifying these types. In “Anxious People” novel by Fredrik Backman, it shows that in the modern era it has a significant influence on the psychological and social conditions of an individual. These conditions encourage an individual to develop more complex defense mechanisms. Therefore, further researchers are recommended to use additional, more varied theories regarding defense mechanisms, thereby providing new perspectives and deeper understanding.

“Anxious People” has a discussion of psychological conditions, such as anxiety, trauma, stress, panic attacks and a crisis of self-confidence shown by the major character. In the psychological approach, there are several experts who can be used to analyze “Anxious People” to provide a new perspectives for the further researchers. Some of these experts are Anna Freud, who developed a more complex theory of defense mechanisms. On the other hand, Erik Erikson is known for his psychosocial theory, which outlines the stages of psychological development throughout an individual’s life that form a person’s identity. Next, Abraham Maslow with the hierarchy of needs theory, which discusses the fulfillment and obstacles of an individual’s psychological needs. Lastly, individual psychology theory by Alfred Adler, who discussed how individuals’

feelings of inferiority encourage them to achieve life goals and create a lifestyle that leads to positive personal development.