

**ANXIETY AND DEFENSE MECHANISM OF ESTHER
IN “THE BELL JAR” NOVEL BY SYLVIA PLATH:
PSYCHOLOGICAL APPROACH**

THESIS



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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF SOCIAL SCIENCES AND HUMANITIES
PUTERA BATAM UNIVERSITY
2025**

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**Submitted In Partial Fulfilment Of The Requirements For The Degree
Of Sarjana Sastra**



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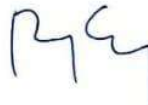
THESIS

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

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This thesis has been examined on the date as indicated below

Batam, 24 January 2025



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DECLARATION OF THESIS ORIGINALITY

I, Gilbert Adrian, NPM. 201210003
Hereby declare that the term paper entitled:

ANXIETY AND DEFENSE MECHANISM OF ESTHER IN "THE BELL JAR" NOVEL BY SYLVIA PLATH: PSYCHOLOGICAL APPROACH

is the original work of myself and part of other works that contribute to this work have been properly cited with bibliography included. I realize that this thesis has never been published, either entirely or partially, under my name or others.

Batam, 24 January 2025



Gilbert Adrian
20120003

ABSTRAK

Psikologi adalah sebuah studi tentang pemikiran manusia dan proses mental di baliknya. Kecemasan merupakan sebuah sinyal bahaya yang dihasilkan oleh pikiran, dan mekanisme pertahanan merupakan hasil dari kecemasan. Penelitian ini bertujuan untuk mencari kecemasan yang dialami dan mekanisme pertahanan yang terjadi pada karakter utama dalam novel "The Bell Jar" yang ditulis oleh Sylvia Plath (1963). Penelitian ini menggunakan pendekatan psikologi, teori psikoanalitis oleh Sigmund Freud. Penelitian ini dilakukan dengan menggunakan metode penelitian kualitatif oleh Creswell (2009). Untuk mengumpulkan data, peneliti menggunakan metode penelitian Kepustakaan dengan mengumpulkan data primer dan data sekunder. Untuk analisis, peneliti menggunakan metode deskriptif kualitatif untuk menganalisis dengan menganalisis elemen intrinsik dan ekstrinsik dari novel tersebut. Setelah menganalisis data, peneliti menemukan bahwa ada enam kejadian di mana karakter utama mengalami kecemasan dan sembilan kejadian di mana karakter utama melakukan mekanisme pertahanan. Penyebab utama kecemasan dan mekanisme pertahanan karakter utama sebagian besar disebabkan oleh ekspektasi masyarakat yang ditempatkan pada karakter utama dan keinginan pribadi karakter utama yang tidak terpenuhi.

Kata Kunci: Pendekatan Psikologis, Kecemasan, Mekanisme Pertahanan

ABSTRACT

Psychology is the study of human mind and the mental process behind it. Anxiety is a signal of danger produced by the mind and defense mechanism is the product of anxiety. This research aims to discover the anxieties suffered and defense mechanism performed by the main character in “The Bell Jar” novel written by Sylvia Plath (1963). This research uses the Psychological approach, Psychoanalytic theory by Sigmund Freud. This research was done by using the qualitative research method by Creswell (2009). For collecting the data the researcher used the library research method by collecting the primary data and the secondary data. For the analysis the researched used the descriptive qualitative method to analyze by analyzing the intrinsic and extrinsic elements from the novel. After analyzing the data, the researcher found that there are six instances where the main character experience anxieties and nine instance where the main character performed defense mechanism. The main cause of the main character’s anxiety and defense mechanism is mostly because of the societal expectations placed on the main character and her personal desires that are unfulfilled.

Keywords: Psychological Approach, Anxiety, Defense Mechanism

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