

CHAPTER III

METHOD OF THE RESEARCH

In this chapter, the researcher explains the methods used to carry out the research. It includes the research design, the object of the research, and the steps followed during the process. This chapter also describes how the data were collected, how they were analyzed, and how the results were presented. The methods were chosen to match the aim of the research, which focuses on anxiety and defense mechanisms in “The Silent Patient” novel by Alex Michaelides. The explanations are given in the following sections.

3.1 Research Design

This research applied a qualitative method because the main concern was to understand and explain the psychological aspects found in the novel. Qualitative research, as explained by Litosseliti (2010), focuses on describing the qualities or characteristics of a group or phenomenon. Similarly, Creswell & Creswell (2018) emphasize that qualitative research aims to explore and comprehend the meaning that individuals or groups attach to social or human problems. In this study, the focus was on identifying the types of anxiety and defense mechanisms portrayed by the characters in *The Silent Patient*. These psychological issues reflect problems that can also be found in real life, making the qualitative method suitable for analyzing them in a deeper and more descriptive way.

Furthermore, the use of qualitative research in this study is also connected to the form of the data and the way the findings are presented. The analysis relied on textual data from the novel, which were then explained in descriptive sentences

rather than in numbers or statistical forms. Bogdan & Biklen (2007) support this by stating that qualitative research is descriptive, as the data are usually presented in the form of words, sentences, or even images. For this reason, the results of this research are expressed through explanation, which aim to provide a clearer understanding of how anxiety and defense mechanisms appear in the story. This approach makes it possible to connect the novel's content with psychological theories and to show how literature can reflect human experiences.

3.2 Object of the Research

This research aimed to analyze the types of anxiety rooted in trauma, fear, and emotional insecurity as reflected through the characters', and the defense mechanisms employed by the characters as psychological responses to anxiety and emotional conflicts in "The Silent Patient" novel by Alex Michaelides. The classification of anxiety followed Sigmund Freud's theory, as explained in G. J. Feist et al. (2021) divides anxiety into three types: neurotic anxiety, moral anxiety, and realistic anxiety. Meanwhile, the defense mechanisms, as defined in Freud's theory and presented in Schultz & Schultz (2017), were employed by the characters as psychological responses to anxiety and emotional conflicts. These mechanisms are classified into eight types: repression, denial, projection, displacement, regression, rationalization, sublimation, and reaction formation. By applying Freud's psychoanalytic theory, this research explored how these types of anxiety affected the characters and how they utilized various defense mechanisms to cope with their emotional struggles.

Therefore, this novel was chosen because it presents a deep and clear picture of anxiety and defense mechanisms, not only in the main character, Alicia Berenson, but also in several other characters. This makes it a strong subject for psychoanalytic study. The Silent Patient also has an important place in literature. It reached number one on the New York Times Best Seller list and won the Goodreads Choice Award for Best Mystery and Thriller in 2019. The novel has sold more than six and a half million copies, and its rights have been sold in more than fifty countries with translations into over forty languages.

Because of its wide success and psychological depth, The Silent Patient is very suitable for analyzing trauma, fear, and emotional pain through a psychoanalytic approach. The story shows how childhood experiences affect people in the long term, how relationships shape mental health, and how unresolved trauma can influence behavior. At the same time, the novel has gained recognition both from critics and from a large number of readers across different countries. These strengths make the novel an excellent choice for understanding how anxiety and defense mechanisms are shown in literature and how they are connected to real-life psychological problems.

3.3 Method of Collecting Data

This research applied the library research method. According to Bowen (2009) in his article “Document Analysis as a Qualitative Research Method”, library research is a form of document analysis, which is commonly used in qualitative research. This method involves collecting, reviewing and interpreting written materials to gain a deeper understanding of a particular phenomenon.

Instead of gathering through direct observation or experiments, library research relies on existing sources, such as books, journal articles, reports, and official documents, to support the research's analysis and findings.

In this research, data were categorized into primary data and secondary data. The primary data source was the novel "The Silent Patient" by Alex Michaelides, which served as the main object of analysis. The researcher examined passages that reflected anxiety and defense mechanisms in the characters. Meanwhile, the secondary data sources included books, journal articles, and other scholarly references that discuss Sigmund Freud's psychoanalytic theory, particularly his concepts of types of anxiety and defense mechanisms. Following the method, there was a technique used to collect the existing data. Data collection techniques were most essential step in research because the main purpose was to obtain data. Therefore, this research used the technique of highlighting, which meant applying color codes to the text (Leavy, 2017). Next, the steps of collecting the data in this research.

1. The researcher read "The Silent Patient" novel by Alex Michaelides as the primary data source.
2. The researcher identified and understood the types of anxiety rooted in trauma, fear, and emotional insecurity as reflected through the characters' behaviors, and the defense mechanisms employed by the characters as psychological responses to anxiety and emotional conflicts in the novel.

3. The researcher highlighted relevant passages from “The Silent Patient” novel by Alex Michaelides and connected them with Freud theory, as cited in G. J. Feist et al. (2021) on the types of anxiety and Schultz & Schultz (2017) on the types of defense mechanism.

3.4 Method of Analyzing Data

This research used the descriptive analysis method to analyze the anxiety and defense mechanism portrayed in “The Silent Patient” novel by Alex Michaelides. According to Ratna (2020), descriptive analysis is conducted by describing the facts followed by interpretation and analysis. This method allowed the researcher to analyze the novel by focusing on its intrinsic elements, such as plot, setting, characters, point of view, and themes. Additionally, this research also considered extrinsic elements, particularly the psychological aspects, such as types of anxiety and defense mechanisms employed by the characters, based on Sigmund Freud’s theory as cited in G. J. Feist et al. (2021) and Schultz & Schultz (2017). The process of analyzing the data in this research followed these steps:

1. The researcher analyzed the intrinsic elements in “The Silent Patient” novel by Alex Michaelides, including plot, setting, characters, point of view, and themes, to understand the types anxiety rooted in trauma, fear, and emotional insecurity as reflected through the characters' behaviors in the novel.
2. The researcher applied Freud’s theory of anxiety and defense mechanisms, as cited in G. J. Feist et al. (2021) for the types of anxiety and Schultz & Schultz (2017) for the types of defense mechanisms, to

explain the psychological aspects of the characters, particularly the defense mechanism employed by the characters as psychological responses to anxiety and emotional conflicts.

3. The researcher presented the results in a descriptive format, explaining how anxiety and defense mechanisms were reflected and their impact on the characters, linking these findings to the types anxiety rooted in trauma, fear, and emotional insecurity and the defense mechanisms employed by the characters as psychological responses to anxiety and emotional conflicts.

3.5 Method of Presenting Research Result

After the data were analyzed, the research process finished with the presentation of the analysis result. Additionally, the results of the findings and conclusions of this research were displayed in the form of paragraph, which used only uses words or sentences. As a result, the presentation of the research results was descriptive. Descriptive is the written result of the research that includes quotations from the data to illustrate and support the presentation, which means the data consists of transcripts, field notes, films, personal documents, memos, and other official records (Bogdan & Biklen, 2007).