

CHAPTER TWO

LITERATURE REVIEW

2.1 Previous Studies

In order to further understand the issue related to the theory as proposed originally by Sigmund Freud, the writer have included several earlier study conducted by experts pertaining the defense mechanism. The first previous study is journal published in 2019 entitled *Anxiety and Defense Mechanism as A Means of Constructing Psychological Thriller in Hawkins' The Girl On The Train* by Rohaeni, Fatma Hetami, and Bambang Purwanto. In this descriptive qualitative study, the writers applies Freudian theory of psychoanalytic to elaborate several characters in the novel that is experiencing anxieties, as well as their defense mechanism as a manner to cope with those problematic thoughts. The result shows that each character deals with diverse kinds of anxieties that affect them in a psychological aspect, thus forcing them to have different defense mechanism as coined by Sigmund Freud. The writer finds out there are six types of defense mechanism dealt by the characters those researchers studied.

The second previous study is a journal published in 2019 entitled *Ego Defense Mechanism Analysis of Veronica Miller Reflected in Nicholas Sparks' The Last Song*

Novel by Yulaikha Nurrohmah. In this study, the researcher applies descriptive analysis and qualitative method to determine the main character's suffering through moral, realistic, and neurotic anxiety as pointed by Sigmund Freud, and employ Vaillant's theory of ego defense mechanism. The writer uses this research to further understand how a character, especially the main protagonist's way to cover up her anxieties by using her defense mechanism to reduce her problems. It is also stated in the study that the main character uses her defense mechanism in order to gain significant change in her behavior towards her anxieties.

The next previous study is related to the novel itself; the research entitled *Proletarian Rebellion for Equality as Reflected by Mare Barrow in Victoria Aveyard's Red Queen* by Rizky Utami & Muhammad Rifqi (2017). The research analyzes the proletarian rebellion experienced by the novel's protagonist. The researcher uses the sociological approach on their research to analyze the sociological issues within the novel, issues that deals with social stratification, conflicts arise from the circumstance, and the proletariat rebellion as the effect of the social injustice. It is found out that the rebellion happened as the result of a similar situation where the oppressed as reflected by the Reds, seek for equality that is diminished by the ruling class, as reflected by the Silvers. The writer uses this study to further understand the sociological background within the novel, also to help recognize Mare Barrow's hidden motives beneath his actions.

The fourth previous study is a research entitled *Heroism of Minority People in Victoria Aveyard's Red Queen*. In her thesis, the researcher conducts descriptive qualitative method by using Farley's theory of Big H Heroism and Small H Heroism

on the main character protagonist, Mare Barrow. The research shows that, the heroism and its reasoning found within the protagonist came as the result of her and her people being a minority that is constantly oppressed, thus making them fight back for justice they believe. The writer uses this research to gain understanding how heroism as shown by the main character, Mare Barrow, affects her overall actions and the way her mind works. From that point, the writer can infer what kinds of problems the main character has to face, and therefore what sort of defense mechanism she applies.

The last previous study is taken from a research entitled *The Dominance of Clan reflected in Victoria Aveyard's Red Queen Novel (2015): a Sociological Approach*, written by Widya Rahmawati Wincoko (2018). This study reveals how clan domination occurs within the novel. One clan rules over the other as a result of birth-right and their ancestors in the past life. This condition enables a particularly strong clan to have rule over some area, and gain benefit from it. This study helps the writer to determine Mare's behavior, since she came from the lowermost community in the novel: the Red. With Mare Barrow being so powerless in regards of the public, thus making her actions seems insignificant, emerges many different difficulties for her as the main character.

With those previous studies the writer therefore can prove that the research conducted does not have any similarity in terms of subject being analyzed and/or the structure, thus does not plagiarize, duplicate or replicate. With information gained from those previous studies, the writer hopes that in both ways—academic and structural criteria—this research can be seen as a study that has fulfilled its roles.

2.2 Psychological Approach

The psychological approach is a unique form of criticism in that it draws upon psychological theories in its interpretation of a text. Linking the psychological and literary worlds bring a kind of scientific aspect into literary criticism (George, 2011). Psychological approach reflects the effect that modern psychology has had upon both literature and literary criticism. Fundamental figures in psychological criticism include Sigmund Freud, whose “psychoanalytic theories changed our notions of human behavior by exploring new or controversial areas like wish-fulfillment, sexuality, the unconscious, and repression” as well as expanding our understanding of how “language and symbols operate by demonstrating their ability to reflect unconscious fears or desires”. The aim of psychological study folds in three natures. Foremost, the objective of understanding behavior, that is by defining factors that combine the development and expression of behavior. Secondly, the psychologist strives to develop procedure for the accurate prediction of behavior. Lastly, psychology aims at developing techniques that will permit the control of behavior that is, way of “shaping” or course of psychological development through manipulating those basic factors to the growth and the expression of behavior (Wijaya, 2015). The psychological approach leads most directly to a substantial amplification of the meaning of a literary work. When discussing about psychology and its place in literary works, the research will primarily studying the author’s

imagination. As all literary works are based on some sort of experience, and as all authors are human, the study will necessarily catch up in the wide spectrum of emotional problems, in which it caused by the author's experience. Psychoanalysis deals with human beings in conflict with themselves and each other, and literature portrays and is written and read by such people (Paris, 2011).

2.3. Freudian Psychoanalysis

Freudian psychoanalysis, as the name suggests, derived from series of lectures, thoughts, and books of a certain psychoanalyst, Sigmund Freud (1856-1939). As the founder of modern psychoanalysis, Freud contributed some theories which still be used by not only psychologic field, but across another subjects. As suggested by Sabi (2020) in which he stated that Freud himself has contributed in acknowledging psychological aspects of human as real, and not imaginative sense. Further, he explained, by creating this field, Freud enabled us to trace psychopathology which left its mark upon human's mind, and physic. Therefore, in that sense, Freud had developed psychoanalysis theories to trace those marks, and also saw the structures of human psyche, and its relation to those marks.

In line with those explanation, Freud then constructed his theory about human psyche which divided into three. Those divisions, according to Purwanto, Hetami, & Rohaeni (2019) were based on the fact that there are more hidden aspects in human's mind than cannot been seen. They are unconscious, pre-conscious, and conscious. Unconscious part of human psyche is the largest hidden aspect of human mind. Sabi

(2020) clearly stated that the realm of unconscious is the realm where the unseen part of human's mind resides. Desire, instinct, and all its structural build, along with the trace of childhood development, trauma, and sexual growth also with all its structure, are located in this realm. The main forces behind all those parts are called id. Myres (1996:396) explained id as the "reservoir of thoughts, wishes, feelings, and memories of which we are unaware." With that, id govern the unconscious mind of human, and created all the parts above, and its structure. The second realm, pre-conscious is the interstate between unconscious, and conscious. It is governed by the force called super ego. Donnet in Mijolla (2017:1690) stated that "It results essentially from the internalization of parental authority." It means that what have been perceived as moral, as the fact that it come from our realization of parent's authority, and social behavior surrounding the human's life, structured the foundation of superego which mitigate the work of pre-conscious. Because of this nature, the role of id in unconscious mind will always keep in checked by superego. The final part of human's mind, according to Freud is conscious. This is the part of mind that reflected itself to reality. This part of mind is governed by Ego which according to Mijolla (2017) worked to satisfy id with realistic way. Further he explained that because conscious is always aware of reality, ego will always, in some point, contradicts id, and it is superego that will communicate between them.

Those theories of Freud had been used extensively by psychoanalyst, and literary critics alike. In literary criticism, psychoanalysis is widely used to analyze character's mind which is being told by the narration in the story. It is used because the nature of

character in literary works is essentially the same as real person in real life. Therefore, every phenomena of psychology encountered in the story is in fact the reflection of phenomena of psychology in real life. But while the objective of psychoanalysis is to bring realization to unconscious part of mind, the nature of literary criticism disallowed it to ever happen. Instead, the objective of psychoanalytic literary criticism is to interpret the character's psychology.

One phenomenon of psychology that Freud himself had had talked about were anxiety. With his thought about human mind's division, it is possible to understand the structure behind it, and how to recognize its effect and the solution for it. In this respect, with the accordance of the nature of this analysis, and its objective, Freudian psychoanalysis will become the basic guide to analyze character in the story on how she reacts to her anxiety, and how the structure of her anxiety is constructed in the story.

2.4 Anxiety and Defense Mechanism

One of the theories that Freud talk about is Anxiety. According to Espasa in Mijolla (2017:234) "Anxiety is an unpleasurable affect in which the individual experiences a feeling of danger whose cause is unconscious." Further, he explained that the experience of anxiety is rolled based on "absence of discharge" which means that there is no satisfaction that can satisfied the feeling. Because it happened in unconscious part of human's mind, it means that id is structuring the appearance of anxiety in one's mind which in turn influenced the other parts and completed the rest

of the building. It is explained clearly by Espasa in Mijolla (2017:234) “The infant’s biological and mental immaturity does not enable it to confront the increase in tension arising from the enormous amounts of instinctual excitation that it cannot discharge and satisfy.” But as the result of id interaction to ego, the contradiction within them will give its marks to human. This leads to a certain mechanism arises that can be observed through Freudian psychoanalysis.

In order to cope with this unpleasurable feeling, the human will develop a certain kind of mechanism to eliminate it. This is called as defense mechanism. Freud had established this mechanism’s structures based on the characteristics or responses the one shows in his behavior, and action. Defense mechanism occurs both conscious and unconsciously from a person experiencing anxiety. When confronted with stressful events, defense mechanism may develop in an attempt to solve the problem, or ease the unpleasant feeling, at the very least. In Freud’s introduction to his book, *Inhibitions, Symptoms, and Anxiety* in Arbiser, and Schneider (2013: 15), he stated that “A symptom (of anxiety) is a sign of, and a substitute for, an instinctual satisfaction which has remained in abeyance; it is a consequence of the process of repression”. In that sense, the defense mechanism is most often occurred in unconscious mind for the fulfillment of human’s satisfaction which happened as the result of repression in unconscious mind. However, the fulfillment of that satisfaction will always be in accordance of the presence of danger. Rotenberg in Arbiser, and Schneider (2013) mentioned this as the process of discharge. This is happened as the fact that anxiety, according to him, “[...] is a paradigmatic emotional state.” That

means the defense mechanism of anxiety will be showing different kind of discharge which not necessarily normal in obtaining satisfaction, and elimination of repression. That is the reason that in real case, someone who had anxiety will find themselves doing something irrational, example avoid to meet someone, or everyone, lying, and hate a certain object which related to the repression. This reality shows that defense mechanism of anxiety, will present itself differently to fulfill the needs to satisfy the repression. In line with that, according to Freud, there are nine types of defense mechanism:

2.4.1. Repression

It happens when the ego created repressed mechanism to the things that causing the anxiety. The ego ignores the impulses of id to satisfy itself, and hide it in unconscious mind. One example of how this mechanism work includes when a person feels an urge to acquire an object, for instance a brand new cloth. However, his or her current financial status does not allow them to do so. Their ego will suppress the id in a way that they hold their need of those clothes, but they still keep those desires hidden within their unconscious mind.

2.4.2. Displacement

This defense mechanism happens when the impulses of id translated to ego as a picture of another object. What that means is that the demand of satisfaction becomes an object which ego displaced it with another object. This happens when a person with anxiety direct their strong emotions to another object that is unrelated to the

source of their problem. For example, a person might have a problematic in their school, getting bad grades, for instance, and they direct their anger or displeasure towards other object, such as getting angry towards their parents or sibling. This pleases the person with the anxiety as directing their emotions to other object or action do not have the same consequences as directing it to the source of the problem. In the above example, it is safer to show dissatisfaction towards sibling or parents rather than to school and the teachers.

2.4.3. Projection

Projection is a mechanism in which the impulses of id translated by ego as an external object of the world. Ego seeks to satisfy id by gratified certain characteristics to a certain people which it perceived though. This perception is only an illusion because those characteristics is in fact the characteristics of its subject. For example, when a person dislikes one of his classmates or co-workers, he may perceive it as the other way around. She or he finds it better to think that his classmate or co-worker disliked him too, which in fact, it is just the reflection of the subject himself who suffers from the anxiety.

2.4.4. Rationalization

The defense mechanism in which the acknowledgment of id's impulses is taking the ego's responses. This means that the realization within them will create satisfaction that work well along with reality, which the ego always follow it through. Some people who suffer from anxiety and cope with this defense mechanism tend to justify

unfavorable situation with their own ideals, in which they prefer even though the person himself know that it does not correct. For example, a person might be angry at his son for his attitude of being lazy at school, while in fact they also tends to be lazy at work.

2.4.5. Denial

It is a mechanism in which the ego completely abandons id's impulses. Ego tries to completely deny the existence of that impulses as all. This defense mechanism is self-explained. It occurs when a person completely avoid the reality surrounding the source of his anxiety. For example, a person is at despair for the loss of their loved one, but they dismissed the fact that their loved one has passed away.

2.4.6. Reaction Formation

According to Freud, people use reaction formation as a defense mechanism to hide their true feeling by behaving in the exact opposite manner. Reaction formation is a psychological behavior in which a person goes beyond denial and behaves in a contradictory way to which he or she thinks or feels. This conscious behavior is adopted to overcompensate the anxiety the person endure regarding their socially unacceptable thoughts or emotions. Example of reaction formation is when a student dislikes his lecturer, he might behave very polite and nice to the lecturer even though he consciously aware that he is just pretending, and that in reality he despises the person very much.

2.4.7. Intellectualization

From the aspect of psychology, intellectualization is a defense mechanism by which reasoning is used to prevent confrontation with an unconscious conflict and it is associated with emotional stress, where thinking is used instead of feeling. Intellectualization works by removing one's emotional reaction towards an unpleasant event. Freud believes that intellectualization allows the conscious to analyze event in a way that it does not provoke anxiety. For example, a person might react to a harsh situation he is facing by acting cold and composed. A person who is nervous during an interview may use complicated word and terms to cover his anxiety.

2.4.8. Regression

Regression is used as defense mechanism when an individual cope with the stressors by acting in a childish, immature, and inappropriate behavior that is not a common occurrence in his age. Regression, as the name suggest, refers to a person applying “backward” method to cope with the stress. A prime example of regression defense mechanism is crying, sulking, or throwing a temper tantrum. A woman who resorts to crying and thrashing her room after having a break-up with her boyfriend can be categorized as applying regression as her defense mechanism.

2.4.9. Sublimation

This defense mechanism is also called as the positive energy. It happens when a person who suffers from anxiety choose to redirect their emotion to something that is appropriate and safe to do. One of the examples is that, when a person feels an voracious anger towards his boss at work, he chooses to direct his anger in doing heavy sports, such as boxing, or running a marathon. Sublimation can also means as directing anger towards something else such as writing, or creating other forms of art in order to cope with the anxiety.