

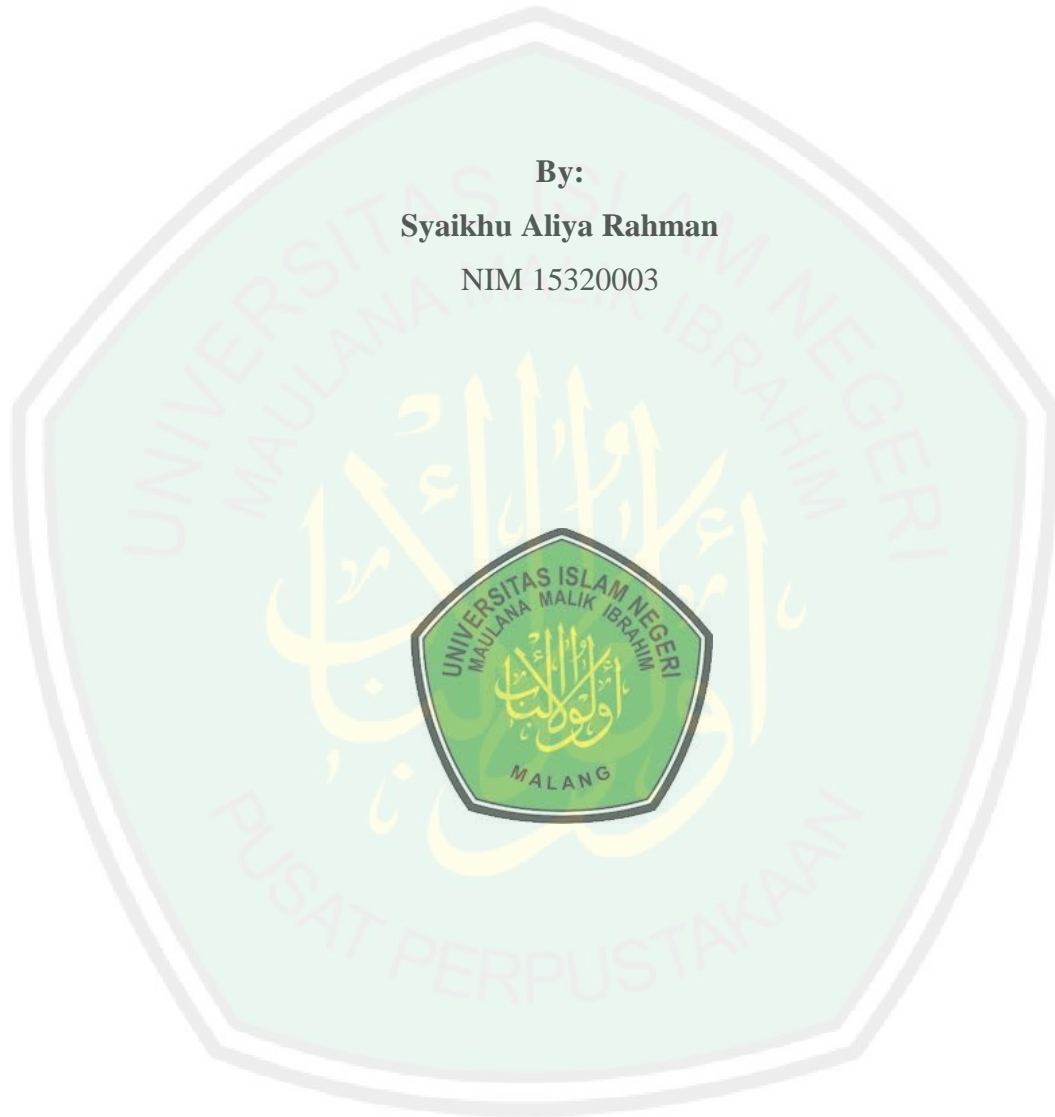
**KIM YEONG HYE'S ANXIETY IN HAN KANG'S *THE VEGETARIAN***

**THESIS**

**By:**

**Syaikhu Aliya Rahman**

NIM 15320003



**DEPARTMENT OF ENGLISH LITERATURE**

**FACULTY OF HUMANITIES**

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG**

**2019**

**KIM YEONG HYE'S ANXIETY IN HAN KANG'S *THE VEGETARIAN***

**THESIS**

Presented to  
Universitas Islam Maulana Malik Ibrahim Malang  
In partial fulfillment of the requirement for the degree of *Sarjana Sastra* (S.S.)

By:

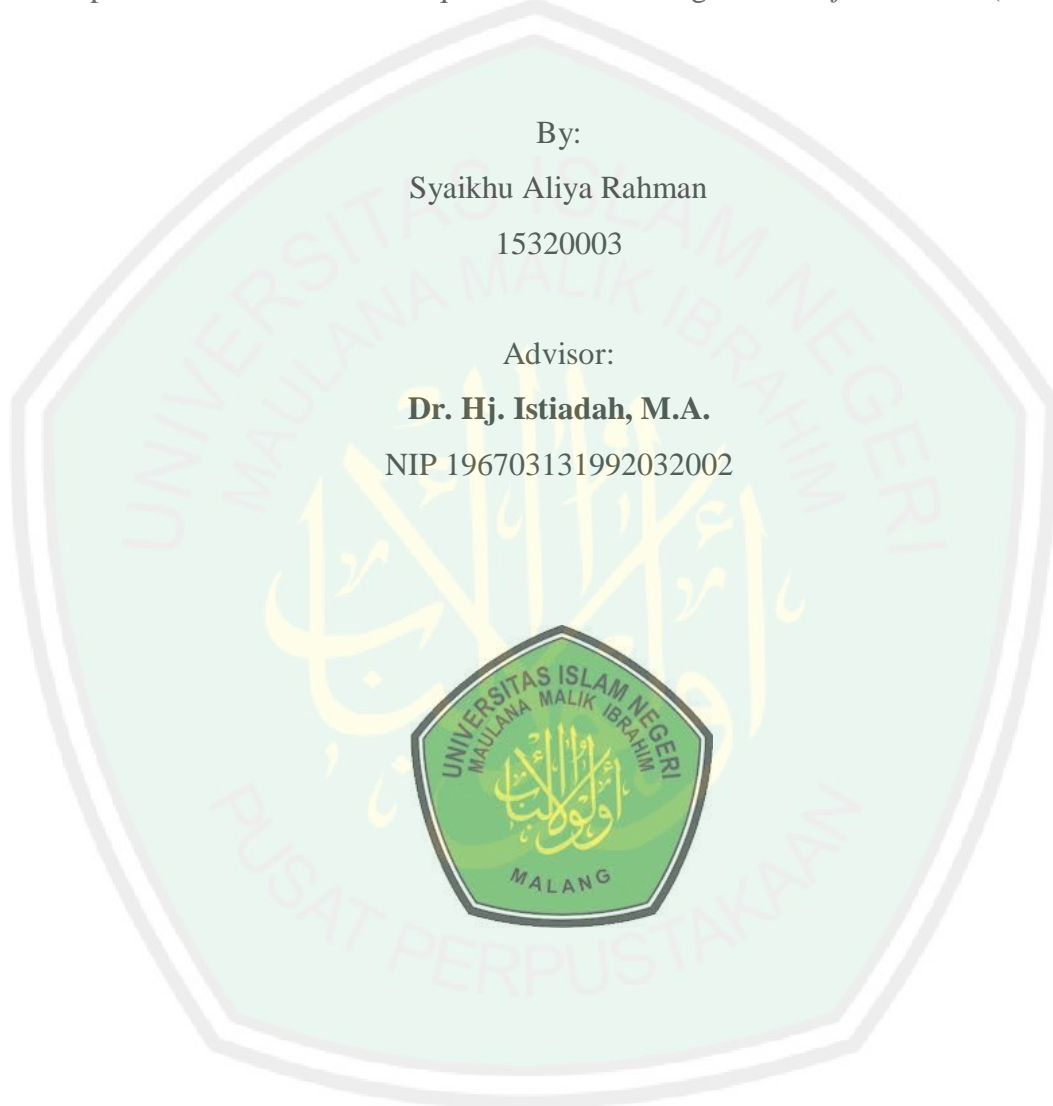
Syaikhu Aliya Rahman

15320003

Advisor:

**Dr. Hj. Istiadah, M.A.**

NIP 196703131992032002



**DEPARTMENT OF ENGLISH LITERATURE**

**FACULTY OF HUMANITIES**

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG**

**2019**

## STATEMENT OF THE AUTHORSHIP

The undersigned:

Name : Syaikhu Aliya Rahman

Register Number : 15320003

Department : English Literature

Faculty : Humanities

I state that the thesis entitled "*Kim Yeong Hye's Anxiety in Han Kang's The Vegetarian*" to fulfill the requirement for the degree of Sarjana Sastra (S.S) in English Literature Department Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang is my original work. It does not incorporate any material previously written or published by another author except for those which are referenced in the bibliography. In addition, the researcher himself is the only person who has responsibility for the thesis.

Malang, 12 November 2019



Syaikhu Aliya Rahman

NIM 15320003

## APPROVAL SHEET

This is to certify that Syaikh Aliya Rahman's thesis entitled **Kim Yeong Hye's Anxiety in Han Kang's *The Vegetarian*** has been approved for thesis examination at the Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S.).

Malang, 12 November 2019

Approved by  
Advisor,

Head of Department English  
Literature



**Dr. Hj. Istiadah, M.A**

NIP 196703131992032002



**Rina Sari, M.Pd**

NIP 197506102006042002

Acknowledged by

Dean,



**Dr. Hj. Syafiyah, M.A**

NIP 196609101991032002

## LEGITIMATION SHEET

This is to certify that Syaikhu Aliya Rahman's thesis entitled Kim Yeong Hye's Anxiety in Han Kang's "The Vegetarian" has been approved by the thesis Advisor for further approval by Board of Examiners as the requirement for the degree of *Sarjana Sastra* (S.S) in Department of English Literature.

Malang, 12 November 2019

The Board of Examiners

Signatures

1. Dr. Syamsudin, M.Hum  
NIP 196911222006041001

(Main Examiner)

2. Asni Furaida, S.S., M.A  
NIP 19880711201802012182

(Chair)

3. Dr. Hj. Istiadah, M.A  
NIP 196703131992032002

(Advisor)

Approved by

The Dean of Faculty of Humanities



**Dr. Hj. Syafiyah, M.A.**

NIP 196609101991032002

**MOTTO**

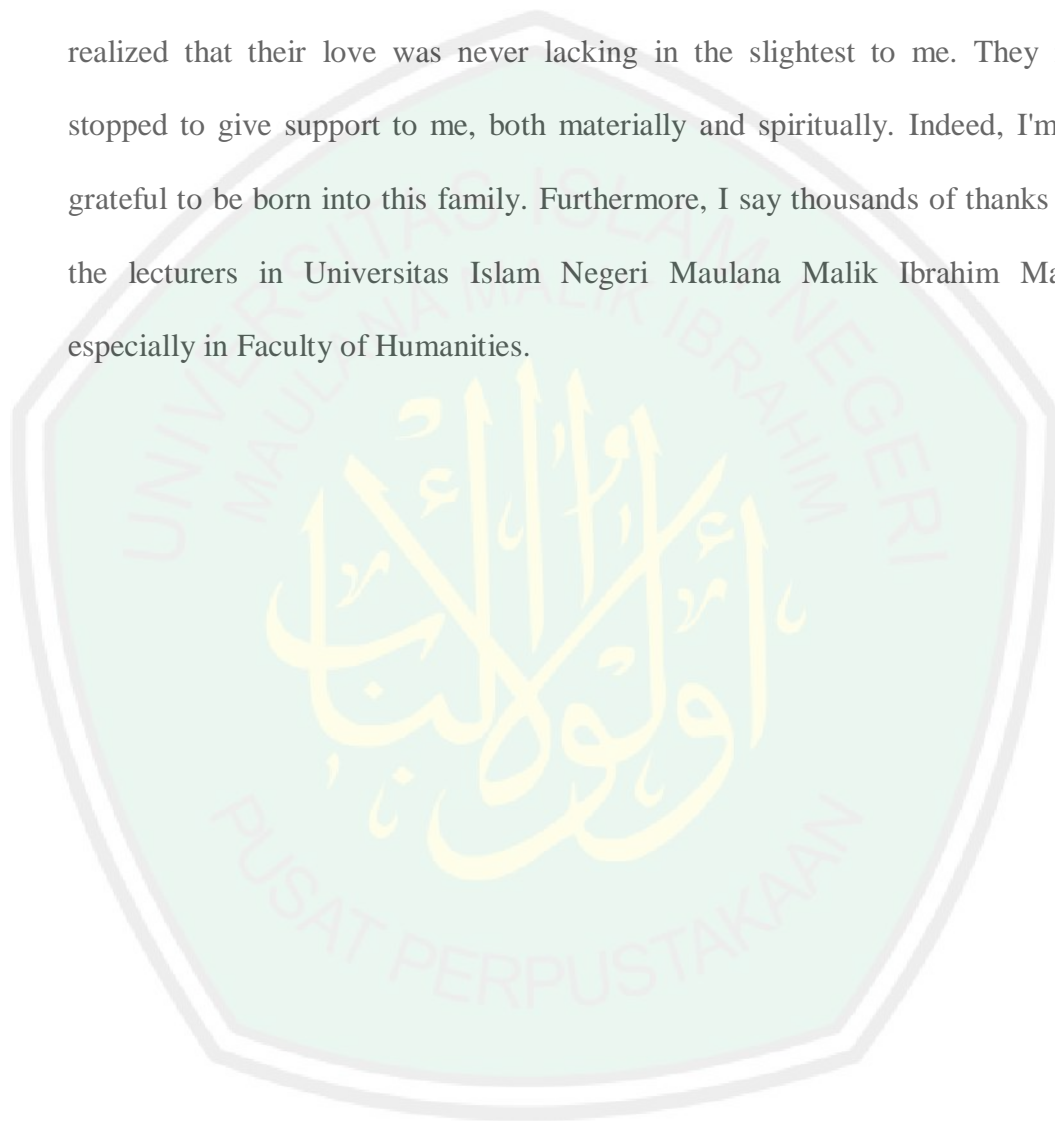
*"The purpose of education is to sharpen intelligence,  
strengthen willpower, and refine feelings."*

-Tan Malaka-



## DEDICATION

This thesis is specially dedicated to all of my beloved family; my lovely mother Nur Afifah, my great father Farhan, and my beautiful older sister Faiqoh. I realized that their love was never lacking in the slightest to me. They never stopped to give support to me, both materially and spiritually. Indeed, I'm very grateful to be born into this family. Furthermore, I say thousands of thanks to all the lecturers in Universitas Islam Negeri Maulana Malik Ibrahim Malang, especially in Faculty of Humanities.



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In the name of Allah, the most beneficent, and the most merciful. All praises and gratitudes are sending to Allah SWT, the Lord of the universe. Because of His Rahmat, Taufiq, Hidayah and His helps to me, I can finish writing this thesis. Peace and Salutation always be upon to the Prophet of Muhammad SAW, the greatest figure in the world which has guided us from the ignorance to the realm of knowledge in the presence of Islam.

In completing this thesis is not an easy matter. I was forced to write for several months. However, I believe there must be a lot of lessons that can be taken from the journey in completing this thesis. So, I am deeply indebted to those who have participated in finishing this thesis, especially my advisor, Dr. Hj. Istiadah, M.A, whose patience has guided me in writing the thesis from this authorship process with various suggestions given. Likewise, I would like to express my profound gratitude to:

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8. All of my family, and
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I cannot express any words other than as much gratitude. May Allah reward you best in your life. In addition, the authors hope that this thesis will make a valuable contribution as an empirical basis in the study of anxiety especially for subsequent researchers interested in discussing similar areas. Also, constructive criticism and suggestions are highly expected by the researcher himself.

Malang, 12 November 2019

**Syaikhu Aliya Rahman**

## ABSTRACT

**Rahman, Syaikhu Aliya** (2019) Kim Yeong Hye's Anxiety in Han Kang's "The Vegetarian". Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Hj. Istiadah, M.A.

Keywords: anxiety, defense mechanisms

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Generally, some people look healthy in doing their activities, but in fact, there are some cases reported that many people are also infected with mental illness; sometimes, they felt anxious, depressed, and commit to decide suicide. Nowadays, these cases are important because quoting an article in *Clinical Psychology Review*, reported In the United States alone, over 40,000 people die by suicide each year that one factor of these cases is caused by anxiety.

This study aims to analyze the anxiety which is felt by the main character named Kim Yeong Hye in Han Kang's *The Vegetarian*, this novel tells the story of a woman who decides to become a vegetarian because of a prolonged nightmare experience and other factors that influence it. The obsession with being a vegetarian has caused many diverse conflicts, including relationships with the husband, parent, and society including Korean culture. There are have three questions that appear to be discussed those are: 1.) What are the kind of anxieties suffered by Kim Yeong Hye in the novel of *the vegetarian*? 2.) What factors that cause Kim Yeong Hye's anxiety and 3.) How does Kim Yeong Hye show defense mechanism in order to reduce anxiety?.

To achieve those objectives of the study, the researcher uses literary criticism which uses a psychological approach design to analysis. It is emphasized on the analysis of a literary work, including description, analysis, and interpretation of literary work. This study uses the theory of anxiety and defense mechanism by Sigmund Freud. The primary data of this study are collected from Han Kang's *The Vegetarian* novel by reading, taking note and classifying the data. The researcher analyze the anxiety contained in Han Kang's *The Vegetarian* novel, including types of anxiety, then followed by factors that caused anxiety, and handling the ego in reducing the anxiety, which we often refer to as defense mechanisms.

This research results in three findings, the first is types of Kim Yeong Hye's anxiety had experienced neurotic, realistic and moral anxiety. The cause of Yeong Hye's anxiety arises from; dreams, trauma, insomnia, delusions, affection, and environmental influences. When anxiety arises, Kim Yeong Hye uses several self-defense mechanisms, including; projections, formation reactions, repression, rationalization, aggression, denial, isolation, and fixation.

## ABSTRAK

**Rahman, Syaikhu Aliya** (2019) **Kecemasan Kim Yeong Hye Tercermin Dalam Novel Han Kang “The Vegetarian”**. Skripsi, Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim, Malang. Pembimbing Dr. Hj Istiadah, M.A.

Kata Kunci: kecemasan, mekanisme pertahanan diri.

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Pada umumnya, kebanyakan orang terlihat sehat dalam melakukan aktivitasnya, tetapi pada kenyataannya, ada beberapa kasus yang melaporkan bahwa tidak sedikit orang juga terjangkau gangguan mental, mereka merasa cemas, depresi, hingga memutuskan bunuh diri. Belakangan ini, kasus tersebut menjadi penting karena mengutip dari artikel *Clinical Psychology Review*, telah mengabarkan di Amerika Serikat sendiri lebih dari 40,000 orang meninggal dunia karena bunuh diri, salah satu penyebabnya adalah kecemasan.

Penelitian ini bertujuan untuk menemukan kecemasan yang dialami oleh tokoh utama bernama Kim Yeong Hye, novel ini bercerita tentang seorang wanita yang memutuskan menjadi seorang vegetarian karena pengalaman mimpi buruk berkepanjangan dan factor-faktor lain yang mempengaruhinya. Obsesi menjadi vegetarian menimbulkan banyak konflik beragam, termasuk hubungan dengan suami, orang tua serta masyarakat dan budaya setempat. Penelitian ini terdapat tiga rumusan masalah yang muncul untuk didiskusikan antara lain: 1.) apa macam-macam kecemasan yang diderita oleh Kim Yeong Hye di dalam novel *The Vegetarian* karya Han Kang? 2.) apa faktor-faktor yang menyebabkan kecemasan oleh Kim Yeong Hye? 3.) bagaimana Kim Yeong Hye menunjukkan *defense mechanism* untuk meminimalisir kecemasan?.

Untuk mencapai hasil yang objektif, peneliti menggunakan kritik sastra yang mana menggunakan pendekatan psikologi untuk menganalisis. Pendekatan tersebut digunakan analisis karya sastra, termasuk mendiskripsikan, dan meninterpretasikan sebuah karya sastra. Penelitian ini menggunakan teori kecemasan dan *defense mechanism* oleh Sigmund Freud. Data utama penelitian ini didapat dari novel *The Vegetarian* karya Han Kang dengan membaca, mencatat, dan mengklasifikasikan data. Peneliti menganalisis macam-macam kecemasan, kemudian diikuti factor-faktor yang mempengaruhi kecemasan muncul, serta penanganan ego dalam menangani kecemasan, yang sering kita sebut sebagai *defense mechanism*.

Dari penelitian ini peneliti mendapat tiga hasil kesimpulan. Pertama, Hasil kajian ini menyatakan bahwa pada dasarnya tokoh utama bernama Kim Yeong Hye telah mengalami kecemasan neurotic, realistic dan moral. Penyebab munculnya kecemasan pada diri Yeong Hye adalah; mimpi, trauma, insomnia, delusi, afeksi, dan pengaruh lingkungan. Katika kecemasan muncul, Kim Yeong Hye menggunakan beberapa mekanisme pertahanan diri, diantaranya; proyeksi, reaksi formasi, represi, rasionalisasi, agresi, denial, isolasi dan fiksasi.

## ملخص البحث

رحمن، شيخ عليا، (٢٠١٩) قلق كيم يونغ حي تصور في رواية حاغكاغ "The Vegetarian" بحث الجامعي، قسم الإنجليزية وأدبها، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالاغ. المرشدة: الحاجة إستيعادة الماجستير.

الكلمات المفتاحية: قلق، دفع النفس

عامة، معظم الناس تبدو صحة جسديا وتبحث سعيدا في إقيام أنشطتها، ولكن الواقع، هناك عدد حالات التي لا تقبلها أن أكثر الناس مصابي الاضطرابات النفسية، وأحيانا الاكتئاب، حتي التقييم تقرر الانتحار. في الدفاع عن الحياة، كل الإنسان لا يمكن أن ينكر أن هذه الحياة هناك عدد الأخطار والصراعات وغيرها من الأشياء غير السارة التي تسبب القلق.

تهدف هذه الدراسة إلى العثور على القلق التي شهدها الطابع الرئيسي اسمه كيم يونغ هاي، فإن هذه الرواية نقص عن الإمراة تقرر أن تكون نباتا بسبب خبرات الكابوس المطول وغيرها من العوامل التي تؤثر عليها. إنسونيس نباتي منصب إنشاؤها عدد الصراعات المتعددة، بما في ذلك العلاقات مع الأزواج والآباء والأفراد والمجتمعات المحلية والثقافات المحلية. والباحث لديه ثلاث أسئلة البحث التي تنص على اليوم، من بين الآخرين: 1) كيف أنواع القلق التي يعاني من كيم يونغ هاي في رواية نان نغ نغ؟ 2. ماذا العوامل التي تسبب القلق من رواية The Vegetarian لحاغكاغ؟ 3. كيف يظهر كيم يونغ هاي آلية الدفاع لتحديد الآليات لتقليل القلق الدفاعي لتحديد الآليات لتقليل القلق؟

لتحقيق نتائج موضوعية، يستخدم الباحث النقد الأدبي باستخدام النهج النفسي لتحليل. يتم استخدام النهج تحليل الأدبي الأدنى، بما في ذلك وصف، ويفسر عمل الأدبي. وتستخدم هذه الدراسة آلية النظرية والدفاع من سيغmond فريود. وقد تم الحصول على البيانات الرئيسية لهذه الدراسة من رواية The Vegetarian من نان كانغ من خلال القراءة والتسجيل وصفحة المصنفة. تحليل الباحث نوع القلق، تليها العوامل التي تؤثر على القلق ظهرت، ومناولة الأصول من الأناض في التعامل مع القلق، والتي غالبا ما ندعو كآلية الدفاع.

من هذه الدراسة حصل الباحث على ثلاث استنتاجات. أولا، ذكرت هذه الدراسة أن هذا الأساس الطابع الرئيسي اسمه كيم يونغ هاي قد شهدت القلق العصبي والواقعية والأخلاقية. سبب القلق من يونج هاي منشقين الذاتية؛ حلم، الصدمة، والأثمة، والوضاف، العضو، والتأثير البيئي. يظهر القلق الكاثو، يستخدم كيم يونغ هاي بعض آليات الدفاع عن النفس، مثل؛ الإسقاط، وإعادة إصلاح، والقمع، والزراعة، والرفاه، والعزل، والعزل، والأغريس.

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## CHAPTER 1

### INTRODUCTION

This chapter presents background of the study, problem of the study, objectives of the study, significance of the study, scope and limitation, research method, previous study and definition of key term.

#### 1.1 Background of the Study

Generally, some people look healthy in doing their activities, but in fact, there are some cases reported that many people are also infected with mental illness, sometimes depression and their mental health are disrupted until forced to commit suicide decision. In defending their lives, every human being cannot deny that the world contains many dangers or conflicts and other unpleasant things that cause anxieties. These cases are categorized in Psychological phenomena.

Quoting an article in *Clinical Psychology Review*, the study found that many people who try to kill themselves are more likely to be diagnosed by having too many anxiety experiences. Suicidal behavior is a leading cause of injury and death across the globe (Centers for Disease Control and Prevention, 2011), with upwards of one million individuals who take their own lives annually (World Health Organization, 2012). In the United States alone, over 40,000 people die by suicide each year. In addition to completed suicides, approximately 3% of individuals make a suicide attempt during their lifetime (Borges et al., 2010). It is also estimated that approximately 9% of people report experiencing serious thoughts of suicide during their lives. Unfortunately, the U.S. suicide rate has risen steadily over the past decade (Centers for Disease Control and Prevention,

2011) and is projected to continue increasing over the upcoming years (Mathers & Loncar, 2006).

Related to these cases, people can conclude that anxiety has been categorized as a serious psychological disorder that correlates with suicidal behavior (aggression). However, to determine that anxiety functions as a major cause of suicidal behavior, it is important to find several reasons that influence it, including that we try to increase our understanding of the underlying defense mechanisms which is applied, moreover, we have to identify someone who has suffered of anxiety disorders, the development of prevention and treatment programs (Bentley et al., 2016: 32).

The cases above also happen in several literary works, as mimesis of real-life, literary works and psychology actually have some close relations, it is proven by the fictional figures in literary works that display various characters and behaviors that reflecting anxiety symptoms, psychological experiences or conflicts as experienced by humans in real life (Minderop, 2010: 1).

Psychology of literature research has an important role in understanding literature because there are several advantages such as: firstly, literary psychology is important for examining deeper aspects of characterization; secondly, with this approach literary works can provide feedback to researchers about the disposition issues developed, and finally, this kind of research helps to analyze other literary works that are thick with psychological problems (Endraswara, 2008: 12).

The researcher uses an object by a novel titled *The Vegetarian*, it is a famous novel by Han Kang, who is a Korean woman author. According to

(Korean Literature Now, 2016), this novel has some interesting things that the researcher feels the novel is important to study. Because in fact, this novel is awarded the winning prize of Man Booker International Prizes in 2016. Furthermore, this novel is categorized darkly allegorical and celebrated by critics around the world. After winning the Nobel Prize in literature, Han Kang became the most discussed and promoted writer in Seoul. At the same time, Specifically, The Vegetarian was translated into English by Deborah Smith and received much praise among connoisseurs of literary works, furthermore, it could give new hope and special attention to the world for Korean Literature (Licher, 2016).

According to the novel, Kim Yeong Hye as the main character gets many problems by some other characters around the novel, such as her father, mother, especially her own husband. She changed her habit after becoming a vegetarian because of long-standing nightmares, the problem made Yeong hye worried. Her obsession with being a vegetarian made her relationship with her family and husband problematic. However, not only dreams as the only anxiety factor that Yeong Hye experiences, the conflict continues to grow even more bizarre until it produces a variety of tense stories which have been explained in each chapter, and then led to unexpected events until she tried to end of her life.

To give an in-depth understanding of the novel above, the personality problems in the main character will be used as the main focus of this study, more specifically, as a serious problem, the conflict experienced by the main character will be analyzed using anxiety theory as one branch of the personality theory by Sigmund Freud, to find out what anxiety problems that Kim Yeong Hye

experienced in the novel, Based on Freud, anxiety is a painful emotional experience which is produced by excitations in the internal organs of the body. These excitations in the internal or external stimulation and governed by the autonomic nervous system (Hall, 1999: 61).

The researcher needs to know what kind of anxiety are undergone by Yeong Hye, then, analyzing the factors of anxiety that happened which have relations in ego defense mechanism that Yeong Hye did to reduce her own anxiety. The first focus is anxiety. Anxiety itself states may have more than one source; it is categorized into three types such as realistic, neurotic, and moral anxiety. The sole function of anxiety is to act as a danger signal to the ego when the signal appears in consciousness the ego may have measures to deal with the danger (Hall, 1999: 63).

The second focus on this research is the researcher needs to know the factors that cause of anxiety. The factors itself have the function for identifying each cause of anxiety appeared, it will analyze in each type of anxiety that the researcher has explained in the paragraph before.

The third focus on the research is the defense mechanism that Yeong Hye did, this part has a function as a tool of the ego role to help sufferers reduce on anxiety danger that they have been feeling. Defense mechanism itself is categorized in many branches, according to several histories, Sigmund Freud as the father of psychology explained only seven ego defense then, it was developed by his daughter named Anna Freud and other followers, the kinds of defense mechanism are going to explain on chapter two.

In conducting the research, this study inspired by several studies which used relevance topic of the study object, such as: “*Woman’s Struggle Against Oppressions As Viewed By Transformative Ecofeminism in Hang Kang’s The Vegetarian* ” (2018), it written by Izzul Millati Umami, one of the graduate students from English Letters Department, State Islamic University of Malang. The thesis aims to analyze the kind of oppression that the main character had in the novel, also, how the main character against each oppression. She uses transformative eco-feminism theory based on Galtung's perspective. The second research titled “*Interpretation of Yeong Hye Dreams in Hang Kan’s The vegetarian: A Psychoanalysis Study*” by Muhammad Arief Maulana (2017), this thesis discusses of the dreams experienced by the female main character and the dreams’ quality of being signed into the dreamer’s life. This academic research used a qualitative approach and applied Jungian psychoanalysis specifically in dream interpretation to examine the main character’s dreams’ symbols. The third research titled “*Failed Metamorphosis, Self-Starvation and The Innocence of Anorexia: An Analysis of The Vegetarian*” by Cansu Kutlualp (2019), This thesis analyzes Han Kang’s short novel *The Vegetarian* with a feminist, literary and medical discourse. The study discusses the element of the corporeality of metamorphosis in the novel I determine that not only are almost-transformations in the novel are “failed metamorphosis” but also they are thematic charges of Ovidian executions. By doing a comparative reading of Herman Melville’s “*Bartleby: the Scrivener*”. The gap of this research between these three previous studies above are this study analyzes the novel in the different theory of the

research, the researcher will be focus to analyze the same novel by using Anxiety theory by Sigmund Freud.

To explore previous researches more deeply with the relevant topic and object of the study, the researcher found more researches that explained in the previous study as a sub-chapter in chapter one.

From the explanation of previous studies above, it is known that there has been no research uses the study topic of anxiety problems in the novel, whereas *The Vegetarian* novel is important to analyze, because, first, the novel was successful to be a winner of Man Booker prize 2016 but this novel is rarely found researchers analyzed scientifically in psychoanalysis. Furthermore, no one writer analyzes the study using anxiety theory by Sigmund Freud, it may give a new sense of analyzing the novel, second, the main character Yeong Hye has strange characterization that may many readers excited to interpret of Yeong Hye purpose about her decision as a vegetarian woman. Third, the novel has some conflict that interesting to find out kinds of anxieties which are the following of factors that influenced the anxiety and contains of unique ego defense mechanism.

## 1.2 Problem of the Study

Related to the background above, there are some problems that occurred, then, it would be analyzed using anxiety theory, such as;

1. What are kinds of anxieties suffered by Kim Yeong Hye in the novel of *The Vegetarian*?
2. What factors that cause Kim Yeong Hye's anxiety?
3. How does Kim Yeong Hye show defense mechanisms in order to reduce anxiety?

## 1.3 Objectives of the Study

Based on the study problems mentioned above, the goals of this study are:

1. The study focuses and intends to find out the kinds of anxiety suffered by Kim Yeong Hye in *The Vegetarian* novel.
2. The study focuses and intends to analyze the causes which influence Kim Yeong Hye's anxiety in *The Vegetarian* novel.
3. To find out the defense mechanisms that Kim Yeong Hye shows to reduce her own anxiety.

## 1.4 Scope and Limitation

There have many areas in discussing and analyzing *The Vegetarian* by Han Kang. Nevertheless, the researcher has just focused on the psychological analysis which has three research problems that have relation to each other based on the novel content. Such problems are kind of anxiety, the causes of anxiety, and ego defense mechanism occurred in the novel itself, the researcher wants to

focus on the character who has dominant anxiety named Kim Yeong Hye, not for all characters.

### **1.5 Significance of the Study**

The researcher expects that this research can assign a contribution to both practical and theoretical knowledge.

Theoretically, this research is expected to show literary work can be a reflection of the real-life through the characterization, life condition, even psychological condition. It proves that both of literature and psychology have many deep relations because literature is an imitation of human lives toward the object. Furthermore, this study is conducted to readers in terms of increasing their experience and knowledge about psychology and literature.

Practically, this research is suggested to persuade readers in understanding anxiety, the cause and defense mechanisms. This novel is hoped can be used as a reference in applying psychology in literary work. Hopefully, this study provides an important thing for other researchers who are interested in this area and can be continued to deeper research about the relation of intrinsic aspects. This study will become a source of information for others who are interested in doing a relevant study.

### **1.6 Definition of Key Terms**

In this study, there have several terms which are appeared by the researcher. In order to avoid misunderstanding and misinterpreting of the term, the writer found several terms frequently in the study also describes these term in the following definition below:

- a. Anxiety : Anxiety is a feeling of dread that results from repressed feelings, memories, desires, and experiences that emerge to the surface of awareness. It develops out of a conflict among the id, ego, and superego over control of the available psychic energy (Corey, 2009: 63).
- b. Defense Mechanism : cognitive processes that function to protect the person from excessive anxiety or other negative emotions (Cramer, 2008).

### 1.7 Previous Studies

In this study, there are also previous studies used to compare this study topic with some study that was used in the previous study, in order to get the gap of the topic. Basically, this analysis inspired by some studies that did the study of psychology in literature. The study comes from two theses', such as "*Silas' Anxiety in Dan Brown's The Da Vinci Code*", it was written by Yusuf Setyawan (2018) The thesis analyzed using basic anxiety theory by Karen Horney, the study focuses on kinds of neurotic needs which indicate Silas's anxiety and the causes of Silas' anxiety in *The Da Vinci Code* novel. The third is "*Ralph's Anxiety n The Wildlife in Lord of The Flies Novel*" which is carried out by Rizkian Hasim (2018). This thesis discusses kind of anxiety is suffered by Ralph as the main character then analyzing the factors that conducted of anxiety, also the defense of ego which used by the main character. The study applied an anxiety theory by Sigmund Freud to analyze the research.

The gap of this research between these two studies above are factors and applying defense mechanisms, although the thesis by Rizkian Hasim uses same theory of anxiety by Sigmund Freud, but this study will be focus on analyzing different factors than the thesis' above that related to each anxiety suffered by Yeong Hye as the main character in *The vegetarian* novel, such as trauma, dream, delusion, chronic insomnia, Affection, and environment. It caused by differences in object and including defense mechanism which is showed by the character.

Then, to support the researcher in understanding the contents of novels as objects of research in more deeper, the researcher found two more theses' that use three different theories, such as "*Woman's Struggle Against Oppressions As Viewed By Transformative Ecofeminism in Hang Kang's The Vegetarian*" (2018), it written by Izzul Millati Umami, one of the graduate students from English Letters Department, State Islamic University of Malang. The thesis aims to analyze the kind of oppression that the main character had in the novel, also, how the main character against each oppression. She uses transformative eco-feminism theory based on Galtung's perspective. Second, The second research titled "*Interpretation of Yeong Hye Dreams in Hang Kan's The vegetarian: A Psychoanalysis Study*" by Muhammad Arief Maulana (2017), this thesis discusses of the dreams experienced by the female main character and the dreams' quality of being signed into the dreamer's life. This academic research used a qualitative approach and applied Jungian psychoanalysis specifically in dream interpretation to examine the main character's dreams' symbols. The third research titled "*Failed Metamorphosis, Self-Starvation and The Innocence of Anorexia: An*

*Analysis of The Vegetarian*” by Cansu Kutlualp (2019), This thesis analyzes Han Kang’s short novel *The Vegetarian* with a feminist, literary and medical discourse. the study discusses the element of corporeality of metamorphosis in the novel I determine that not only are almost-transformations in the novel are “failed metamorphosis” but also they are thematic charges of Ovidian executions. By doing a comparative reading of Herman Melville’s “Bartleby: the Scrivener” The gap of this research between these three previous studies above are this study analyzes the novel in different theory of the research, the researcher will be focus to analyze the same novel by using Anxiety theory by Sigmund Freud.

## **1.8 Research Methods**

This research method includes research design, data sources, data collection, and data analysis.

### **1.8.1 Research Design**

This research is categorized into literary criticism which uses a psychological approach. Literary criticism is a disciplined activity that attempts to describe the study, analyze, justify, interpret and evaluate a work of art. Then, the reasoned considering of literary works and issues. It applies to any argumentation about literature, whether or not specifics works are analyzed.

To be able to conduct literary criticism, the use of an appropriate approach is needed. The psychological approach is applied in this research, also to find out the aspect of the main character’s personality in *The Vegetarian* and elaborate the one of psychology’s theory to find out anxiety aspect, the researcher uses

Sigmund Freud's theory of anxiety. The researcher only focuses on the data of anxiety conditions which is got from reading and interpreting activity to the novel.

### **1.8.2 Data and Data Source**

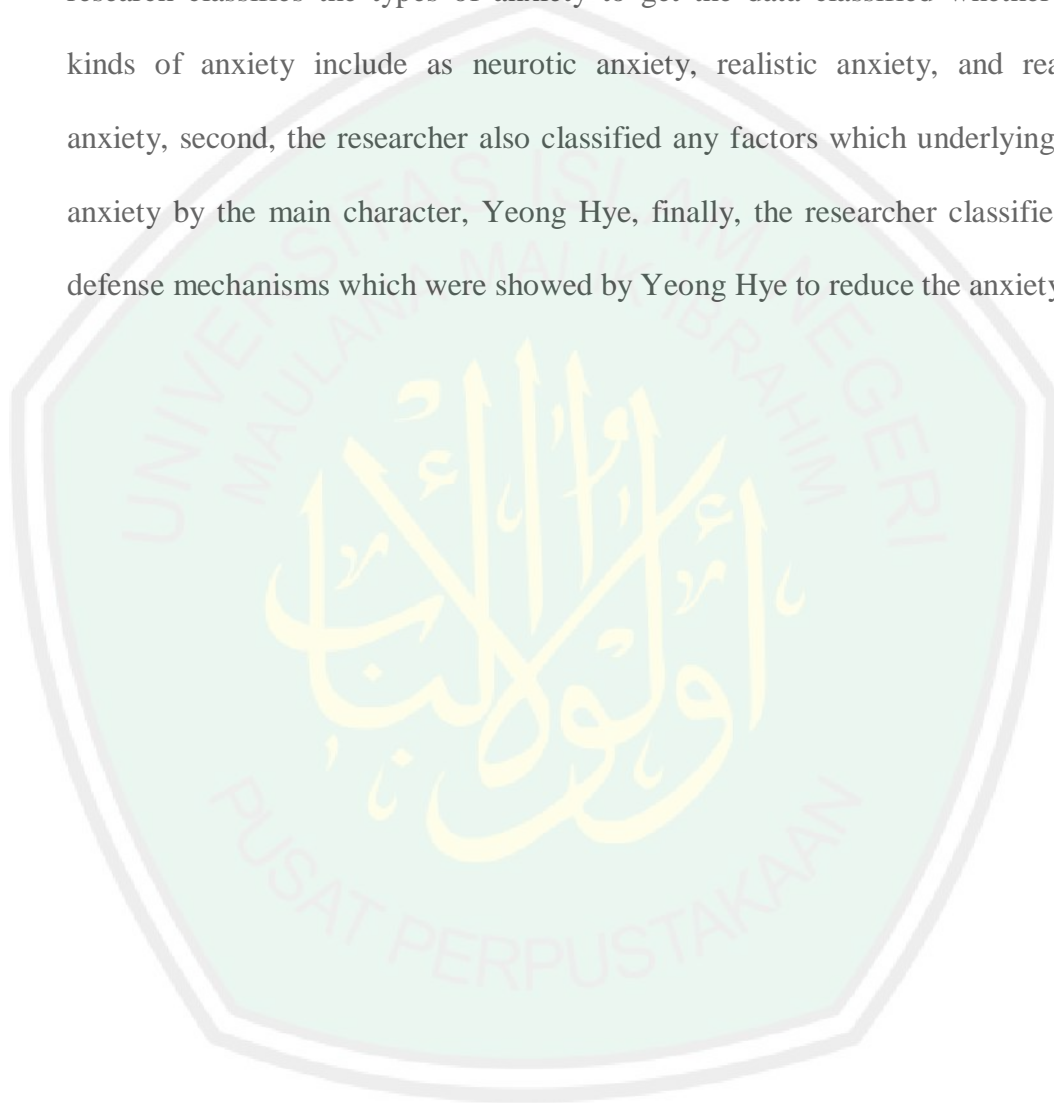
The data source in this analysis is taken from an English novel version that translated by Deborah Smith, entitled *The Vegetarian* that is written by a Korean writer named Han Kang, it contains in 201 pages which are published by Hogarth in New York. The novel divided into three chapters.

### **1.8.3 Data Collection**

In collecting data of the novel, first, the researcher reads the whole content of the Han Kang's *The Vegetarian* and tries to interpret the meaning of the story and then quoted some texts which were concerned with the object of the study, the forms of the data were dialogues, monologues, and expression of the characters in the novel which are written in the form of words, phrases, and sentence. The activities are used to gain a good description so the researcher gets general understanding about the plot, second, the researcher collects all references or information which concern and relevant to the topic, they are; anxiety types, factors of each anxiety and self-defense mechanisms. Third, each research problems are going to be identified by the researcher, in this activity, the researcher tries to read repeatedly the novel several times in accordance with the appropriate data.

#### 1.8.4 Data Analysis

After all the data have been collected, the next step is analyzing the data. In analyzing the data, there are several steps taken by the researcher. First, the research classifies the types of anxiety to get the data classified whether such kinds of anxiety include as neurotic anxiety, realistic anxiety, and realistic anxiety, second, the researcher also classified any factors which underlying each anxiety by the main character, Yeong Hye, finally, the researcher classifies ego defense mechanisms which were showed by Yeong Hye to reduce the anxiety.



## CHAPTER II

### REVIEW OF RELATED LITERATURE

The research focuses on analysis Kim Yoeng Hye's anxiety suffered and how does she show her defense mechanism in *The Vegetarian* novel. Therefore, the researcher draws theoretical framework here in order to get deep understanding of the whole concepts on this thesis.

#### 2.1 Psychology and Literature

We all have known that literature is functioned as mimesis of real life. In its development, literature can be connected in many branches of science such as history, philosophy, psychology, and sociology, etc., which have been used as media to interpret humanity, existence, culture, politics, and psychology, which are always discussed by many authors, psychiatrist, philosophers and psychologists. Moreover, many articles had been explained that literature and psychology have several close relations.

Based on Aras (2015: 250), explained the relationship between literature and psychology, in fact, both of them discuss about humans and their reactions, including pleasure, perception, desire, anxiety, fear, reconciliation; individual and social concerns, through a variety of methods, concepts, and approaches. The role of the writer can also represent the things to be achieved and based on the goals, ideology, perception, and values to open the reader's insight. The author not only arouses the reader from feels and emotions but also helps them to find the meaning of life.

Emir (2016) explained that psychology and literature are two branches of science that study the human's personality. Psychology has the role to examine human behaviour and their causes, while literature describes human behaviour through fiction, The two branches of science are learning Human behavior is interrelated and mutually beneficial. At the same time, Jung (Emir, 2016: 49) notes that psychology provides literary insights to be able to explore mental areas. Psychology is useful for analyzing character personalities, character mood expressions, and bringing readers to the psychological dimensions of humans. Both of them have been meeting and focusing on human fantasy, emotions, and mentality. Thus, there is a two-way and reciprocal relationship between the two branches of science to form an evaluation of literary works with psychological resources and obtain psychological truth from a literary work that is read.

Actually psychology and literature can be symbiotic in their role in human life, they both have important roles and some advantages such as, Literary psychology is important to examine in more depth related to characterization, this research really helps researchers to analyze literary works that are thick with psychological problems, What's more, through this approach, psychology can provide researchers with feedback about personality problems that have been analyzed. therefore, studying literary works through psychological approaches must apply literary theories, we can analyze carefully for the literary texts that reflect the character of a person who is experiencing psychological problems must be observed more intensively, how the author displays psychological reflection in each character whether the characterization is conveyed by the author through the

method of showing, telling, point of view or language style (Endraswara, 2008: 12).

Related to psychology, especially personality psychology, literature becomes an interesting study material because literature is not only analyzing texts but also becomes the object of discussion which involves the characterization of fictional figures, authors, and readers (Minderop, 2010: 3)

## 2.2 Psychoanalysis by Sigmund Freud

Psychoanalysis is classified as a scientific discipline in psychological theories that can be used in analyzing literary work. Historically, psychoanalysis is considered as one of the revolutionary movements in the field of psychology that starts from a method of healing people with mental disorders. As the father of psychoanalysis, Sigmund Freud applies this theory to examine someone personality that is affected by unconscious motives that lead to one's behavior, this theory also analyzes and discusses personality development. he created and developed this theory in three types of personality structures included; Id, Ego, and Superego (Zaviera, 2007: 30).

Psychoanalysis provides a new understanding related to the history of individual thought, including; child development, frustration, and desires which include sexual or what Freud calls it as desire and libidinal, and a series of psychological therapies for recalling, and coming individual history terms, included memory, sex and interpretation, which this theory shows how these three apparently disparate terms are connected each other (Thurschwell: 2001: 1-2).

Furthermore, psychoanalysis has suggested new ways to understand love, childhood, hate, family relationships, anxiety, religion, sexuality, fantasy, emotions that conflict with each other.

Psychoanalysis becomes the most comprehensive theory among other personality theories and vice versa, this theory is categorized a controversial theory in psychology also gets the most be debated responses, including positive and negative responses by some psychologists, psychoanalysis is a monumental work that plays an important role in psychiatric problems, which contains the discussion of the unconscious, along with the sexual instincts and aggression that exist in the regulation of human behaviour. Freud used a special systematic in describing the personality which divided into three main topics, such as personality structure, personality dynamics, and personality development, which were often followed by other personality experts (Alwisol, 2009: 13).

Initially, Freud compared and analogized the human mind to the structure of the iceberg structure. A small section in the summit area represents a conscious experience; a larger section or area at the foot of a mountain interprets the unconscious which contains an impulse warehouse; lust, unreached memories also affect one's thoughts and behavior in this area. This section seeks to state and want the things that arise in the consciousness of sufferers, no matter whether it is embarrassing or useless (Hilgard et al, 1996: 162-163).

### 2.3 Structural Personalities of Sigmund Freud

In the structure of personality, Freud consists of three major systems, called; id, ego, and superego, each system has its own function, but all three interact to determine individual behavior.

The id is categorized as a biological aspect of personality, this system is the most primitive part of personality where the id has existed since the individual was born. From this, ego and superego are developed, the id consists of basic biological stimulus from instincts, impulses and drives such as; urge to eat, drink, avoid pain, obtain sexual pleasure. Therefore, id operates according to the pleasure principle. Id demands the ego to satisfy instincts immediately to get satisfaction without caring about external situations or conditions and trying to avoid things that disturb or feeling the pain that causes anxiety appeared because Freud believes that uncontrolled aggression is caused by biological impulses from the instinct of the id (Hall, 1999: 23).

The ego is a modification of the id impulse that emerges as a result of the direct influence of the external world (Lepsley & Stay, 2011: 5). Ego is categorized as psychological aspect of personality, ego operate as executor of Id impulse, however, the impulse id cannot always be satisfied immediately, ego development is controlled by the considerations and demands of reality, therefore the ego always follows the principle of reality that functions in the realm of consciousness, the ego delays the gratification of sexual impulse by considering

the real world until gets the right conditions. The ego functions as an arbiter of id demands, environmental reality, and superego demands (Hilgard et al, 1996: 163).

Superego is categorized as a sociological aspect of personality, basically, superego is a conscience of someone's control, this aspect functions as a reflection of the internalization of moral values of the influence of society taught by parents or closest people to children. Superego is a representation of family life, which is important for personality because this aspect strives to achieve struggle and perfection, Superego holds for moralistic goals and ideal ego standards. (Lapsley & Stay, 2011: 6).

Each aspect of the personality above has different functions each other. Id seeks the pleasure, ego examines reality and controls the id, finally, superego as a personality refinement. Sometimes all the personality components above conflict with each other; the ego delays the gratification needed immediately by the id, the superego often opposes both the id and the ego because one's behaviour often does not fulfill the moral value which represented by the ego, it is usually experienced by people who have psychiatric disorders. But what is more common in normal people is the three components of personality work together and function to produce integrated behavior.

#### **2.4 The Types of Anxiety**

Anxiety includes an important variable of almost all personality theories, then it is seen as a major component of personality dynamics in analyzing mental illness, anxiety is a feeling of fear that results from experiences, memories,

feelings, and desires that are suppressed and subsequently emerge from the surface of consciousness, in theory, anxiety develops from conflict between the three components of personality; Id, ego and superego. Warn of impending danger from ego signals is the main function of anxiety (Alwisol, 2009: 22). According to Freud anxiety is divided into three types, realistic, neurotic, and moral anxiety (Corey, 2009: 63).

The sole function of anxiety is to act as a danger signal to the ego, so that when the signal appears in consciousness the ego may institute measures to deal with the danger. Although anxiety is painful and one might wish that it could be abolished, it serves a very necessary function by alerting a person to the presence of internal and external dangers. Being alert, he can do something to ward off or avoid the danger. On the other hand, if the danger cannot be averted, anxiety may pile up and finally, overwhelm the person. When this happens, the person is said to have a nervous breakdown (Hall, 1999: 63).

#### **2.4.1 Neurotic Anxiety**

Freud said (Hall, 1999) Neurotic anxiety is aroused by a perception of danger from instinct. Neurotic anxiety occurs when there is a feeling of fear that arises when the id instinct will come out to take over the ego and then it causes the ego to do something wrong and becomes afraid of punishment or the consequences that might be occurred (Corey, 2009: 63).

What's more, this type of anxiety tends to be imaginary. People who suffer from serious neurotic symptoms are usually in a state of distress, sometimes

panic, so they cannot think clearly because there is an id 'energy that functions and operates improperly, these events can prevent patients from distinguishing between reality and fantasy (Alwisol, 2009: 23).

Calvin S. Hall (1999: 65) said that there is another observable form of neurotic anxiety is intense and irrational fear. This is called a phobia. The characteristic feature of phobia is that the intensity of the fear is out of all proportion to the actual danger of the object of which the person is afraid.

#### **2.4.2 Realistic Anxiety**

Realistic anxiety occurs if there is a feeling of fear when danger comes from the real world, the level of that feeling is proportional to the level of the actual threat (Corey, 2009: 63). Moreover, realistic anxiety is a painful emotional experience that results from a perception of danger in the external world. A danger is any condition of the environment which threatens to harm the person. The perception of danger and the arousal of anxiety may be innate in the sense that one inherits a tendency to become afraid in the presence of certain objects or environmental conditions, or it may be acquired during the person's lifetime (Hall, 1999, 63).

#### **2.4.3 Moral anxiety**

Moral anxiety is a fear comes from one's own conscience. People who have a good conscience tend to feel guilty when doing something that is against or

not in accordance with the moral standards agreed upon by the community or society (Corey, 2009: 63).

Specifically, George Boeree (2006: 7) explains that this anxiety arises when there is a threat does not come from real external world objects such as realistic anxiety, but this anxiety comes from the superego social world that is internalized by ego control, moral anxiety is actually a mimetic feeling of guilt, shame, and fear of punishment. Actually moral and neurotic anxiety looked similar function, but they have different principles at the level of ego control. In moral anxiety, sufferers can still think rationally in the face of anxiety because the uncontrolled impulse gets the supply of energy from the superego. When the ego cannot control anxiety directly and rationally.

## **2.5 The Factors That Cause of Anxiety**

In some cases, the emergence of anxiety is caused by many factors. According to the object of the study, the main character in this novel also has several factors that cause anxiety appeared, it can be a trauma, dream, delusion, insomnia, affection, and environment.

### **2.5.1 Trauma**

Anxiety often develops over a long period of time and largely depends on the entire life experience of the sufferer. It contains the events, situations and special conditions which unforgotten also can accelerate the emergence of anxiety disorders but only after the basic pattern is formed that shows anxious reactions to one's life experience, events that cannot be forgotten are called trauma, the sufferers who have mental disorders including trauma usually express a fear

reaction of objects that can remind the incident. In psychology, the situation is called phobia (Ramaiah, 2003: 10-11).

In psychoanalysis, trauma arises when the id gets a boost from internal instincts that are suppressed by bad experiences or events if the sufferer sees an object that reminds of the event, the ego as the executor of the id usually cannot control anxiety because it gets a strong push from the id's energy. The researcher categorizes trauma as a factor of neurotic anxiety because trauma arises from a panic feeling due to the id instinctual. Moreover trauma is a perception of danger from instinct.

### **2.5.2 Dream**

According to Freud, dream happens because there are hopes or expectations which are expressed in the subconscious, then the content of dreams is a form of hope's expression which is one of the main characteristics of dreams. He added, dreams are not always an expression that comes from the mind but also represent the fulfillment of hopes in the form of hallucinations (Freud, 1934: 131).

In contrast, Jung categorizes dreams as typical of anxiety. He disagrees with Freud's statement that every dream has a motive which can be interpreted as "imaginary fulfillment of a desire". Indeed, sometimes dreams can be recognized as fulfilling a wish, but not all dreams are categorized wish expression, Jung finds other interpretations of dreams, the dream may be interpreted as an expression of not fulfilling hopes or desires; some dreams are also the fulfillment of fear or anxiety which is expressed in the unconscious areas (Jung, 1961: 60).

Dreams are categorized as neurotic anxiety factors because anxiety arises from irrational instincts. In general, the scary dream called nightmare, it is the highest level of dreams, which refers to the term "bad dream," this dream causes the sufferers developing the bad interpretations even sometimes affect in consciousness and makes someone has mental illness if it is taken seriously (Blitz & Greenberg, 1984: 103-104).

### **2.5.3 Delusion**

Delusion is a type of mental illness in which the sufferer cannot distinguish between reality and imaginary, sufferers believe and behaves the hallucination which they think it is real. In contrast to delusions, hallucinations are symptoms when a person's senses experience things that are not real, so delusions are a continuation of the hallucinatory process. More precisely, delusion is the expression of the hallucination process (Currie, 2000: 168).

According to Tibbo et.al, (2003: 65-72) have investigated the prevalence of anxiety disorders in individuals suffering from chronic schizophrenia, controlling anxiety symptoms that might occur related to delusions and hallucinations, and possible clinical differences between groups. American Psychiatric Association, 1980 categorizes the diagnosis of schizophrenia as one of several causes of diagnoses of mood, anxiety or personality disorders. More precisely, the researcher grouped these symptoms into the categories of neurotic anxiety because the personality conflicts are confined to the areas of consciousness and pre-consciousness.

There are three types of delusions, they are expansive delusions, derogatory and persecutory. Expansive delusions are direct compensations for feelings of unworthiness, these delusions are in the form of beliefs, abilities and assets that are higher than others even though these are not real. Derogatory delusions include beliefs in crime, feeling pain and feelings of worthlessness, which afflict the sufferer may believe that they were suffering in very severe disease of feeling guilty because the stone is getting rotten day by day. Delusion persecutory is when someone has a false belief to the man who will hurt him and hurt somethings those he loves. Delusion can satisfy the emotional needs, reason considerations are not affected, the psychotic reason is really controlled by emotions (Mahmud, 1990: 257).

#### **2.5.4 Insomnia**

Based on an article by Basta et.al, (2007: 279) considers that insomnia is the most common symptom of sleep disorders, this symptom is categorized as a psychological disorder that is not serious, but if sufferers can not sleep continuously, it will affect their mental condition, then it may become stressed and anxious. It all depends on the level of frequency and duration of sleep. The above statement is corroborated by a statement from Ohayon & Roth (2002: 10), they believe that the subjects of insomnia also indirectly contracted several mental disorders such as depression and anxiety.

#### **2.5.5 Affection**

According to Karen Horney, every human actually often experiences anxiety, normally, the anxiety appeared in babyhood, when babies born, they are

physically helpless and vulnerable, then they are confronted with the forces of nature that are hard and cannot be controlled. guidance and affection by parents influence the development of the baby's personality until adulthood. Anxiety and hostility tend to be repressed, according to Horney, the development of a baby's personality are shaped by many factors which are from the lack of affection or love from parents or the society, especially someone who closest in sufferer life like a husband. Horney made a concept containing the nine effects of normal anxiety or neurotic needs. She called it a vicious circle (Alwisol, 2009: 134-135).

The vicious circle are (1) Lack of warmth and love from parents, (2) the hostility and anger because of ill-treated, (3) the repression of hostility in order not to lost the love and security that only slightly, (4) basic anxiety and basic hostility are strengthened if circle repression anxiety hostility continued, (5) needs of affection and love getting stronger, (6) getting angry because of their needs are not met, (feeling of hostility grew stronger, (8) repression is stronger to maintain affection which are only slightly, (9) voltage rage is getting screwed, and back to number 4 that will make the basic anxiety stronger. 4-5-6-7-8-9-4-5 continuously occurs (Hoeney, 1937).

#### **2.5.6 Environment**

Environmental conditions have an important effect on one's personality, generally, which is meant by the environment is everything that surrounds the individual in life, the environment itself contains something that has become a habit and has been mutually agreed upon in society, it is called culture. Culture and environment have close relations, it is difficult to say exactly which cultural

factors can influence the patterns of development of human personality, but it is true. Someone lives in rules that must be obeyed and behavior or customs agreed upon by the community.

People who are often depressed by cultural demands which can influence their anxiety levels, someone gets anxiety because they might not be in accordance with the environmental conditions that they live in. What was once said to be a person's innate trait turns out to be a trait influenced by the environment. Aside from being a cultural factor itself, the environment as well, it has a large influence on individual growth. Three of the sub-cultural factors are the family environment, the neighborhood, and the school environment (Patty et.al., 1982: 58-59). The researcher categorizes the factor in moral anxiety because the environment could be affecting in someone's moral standard, if someone lives in the wrong environment, the superego automatically gets into trouble because has a problem with the ego or the id and makes a conflict in the structure of personality.

## **2.6. Defense Mechanism**

Freud said that defense mechanisms are very important to help someone in reducing anxiety and preventing threats when a danger has been coming while protecting sufferers from excessive anxiety through the ego execution (Corey, 2009: 12).

For Freud, the defense mechanism is a strategy used by the ego to defend against excessive expressions of id impulses and against the pressure of the

superego to reduce an anxiety. In its history, Freud has only described seven defense mechanisms, including; repression, identification, displacement, fixation, regression, reaction formation and projection, then each mechanism added in several types from Anna Freud as Freud's daughter and Freudian followers. In its application, rarely patients or sufferers who only use one type of defense mechanisms to protect themselves from anxiety, generally people use more than one mechanism simultaneously or alternately, it adjusts by the form and level of anxiety (Alwisol, 2009: 23).

### **2.6.1 Repression**

Repression is a part of the defense mechanism that is used for eliminating the threatening or painful feelings out of consciousness because there are instincts or impulses from the id that cannot be controlled by the ego. Repression is one of the most important ego processes. It is the basis of many other ego defenses and excessive interference. Freud explained repression as the accidental elimination of something from consciousness. It is assumed that most painful events cannot be forgotten and are traumatic in the past. This event did influence subsequent behavior. This defense mechanism is the strongest and investment ego defense because it aims to prompt out impulses unacceptable from conscious to the subconscious (Corey, 2009: 64).

Freud (in Alwisol, 2015: 26) gave an example, a man who was punished severely by his father for blowing up a rubber balloon belonging to his sister until

now has been afraid of items made of rubber because it reminds him of the memories of his childhood punishment.

### **2.6.2 Sublimation**

Sublimation is the diverting of sexual or aggressive energy into other sources or objects. The energy is usually diverted into socially acceptable and sometimes even awesome objects. For example, aggressive impulses can be transferred into athletic activities, so that people find ways to express aggressive feelings and as an added bonus, they use it so that it is often praised (Corey, 2009: 65).

### **2.6.3 Displacement**

Displacement is to direct energy to another object or person if the object or person is actually inaccessible or inanimate. Displacement is a way of overcoming the anxiety that involves impulse by switching from threatening objects to "safer targets". For example, a meek man who feels intimidated by his supervisor in the office also goes home to involve the anger for his children (Hall, 1999: 79).

### **2.6.4 Rationalization**

Rationalization is making "good" reasons to explain of ego injured. Rationalization helps a person to justify their reason and help to control related to disappointment. For example, when people do not get the positions they have registered in their job, they think of logical reasons why they are not successful, and sometimes they try to convince themselves that they really don't want the position (Corey, 2009: 64).

### **2.6.5 Reaction Formation**

The formation of a reaction is to express a threatening reaction to an opposite reaction actively. By developing conscious attitudes and behaviors that are very contrary to disturbing anxiety situations, people do not have to face the anxiety that will result in a panic if they realize this dimension comes from themselves. The sufferer can hide hatred with a mask of affection, behave well when they prepare negative reactions, or cover up cruelty with excessive kindness (Hall, 1999: 91-92). Usually, the reaction was characterized by a reaction the all-too excessive, extreme, and conclusive.

### **2.6.6 Projection**

one of the defense mechanisms that convert neurotic or moral anxiety into realistic anxiety, by throwing threatening internal impulses and then being transferred to external objects, as if the threat was projected from an external object to the person himself. They carry out the fear of punishment for realistic anxiety. the impulse "I love him" creates neurotic anxiety (shame if he is refused love) projected to be "he loves me" (Alwisol, 2009: 27).

### **2.6.7 Aggression**

Aggression is an angry feeling which is connected with stress and anxiety that can go straight on destruction and fight. It happens because there is an angry feeling which is caught with suspense and anxiety that can go straight on destruction and attacking. It can be direct aggression and displaced aggression. Direct aggression is aggression which is expressed directly to somebody or object

which can be a frustration source. For adult people, this kind of aggression usually is verbal, not physical. The ego uses the aggressive urge from the id to attack objects that cause sufferers to become frustrated. Closing the self-weaknesses by showing the strength of the drive aggression. The ego forms formation by opposing the instincts so that the instincts are the source of the tension of frustration and anxiety remain in the control of the subconscious (Alwisol, 2009: 27).

#### **2.6.8 Denial**

Denial seems like “Closing one’s eyes” to the existence of a threatening aspect of reality. Denial of reality is perhaps the simplest of all self-defense mechanisms. It is a way of distorting what the individual thinks, feels, or perceives in a traumatic situation. This mechanism is similar to repression, yet it generally operates at preconscious and conscious levels (Corey, 2009: 64). One example is, a mother who is still arranging a baby's bed, preparing equipment and supplies to drink milk, etc., even though her baby has died (Alwisol, 2015).

#### **2.6.9 Introjections**

Introjection is taking and swallowing or trusting the whole value and standard of others. The form of positive introjection includes the development of parental values or the nature and value of the therapist (assuming that this is not only accepted uncritically). One negative example is that in captivity, some prisoners experienced extreme anxiety by accepting bad values through recognition with the attackers (Corey, 2009: 65).

In its application, Freud gave an example, someone who imitates the style of a movie star's person and suppresses feelings of inferiority, so he feels more proud of himself (in Alwisol, 2015: 24).

#### **2.6.10 Identification**

Identification is an ego defense used to reduce the anxiety that occurs by imitating, adopting or identifying oneself with someone who is considered successful in venturing his desires. Positive identification is called introjections, which is a process of developing the superego within oneself by identifying the values of the parent. For example, Dhoni was a teenager who idolized the rock genre band Oliver Sykes. According to him, Oliver is a figure who is so perfect, handsome and competent in singing. Dhoni then identified Oliver and imitated his idol artists, such as hairstyle, photo style, singing and other hobbies (Alwison, 2009: 24).

#### **2.6.11 regression**

In regression, we come back to the previous and more comfortable life. Frustration, anxiety, and traumatic experiences which are very strong in particular development can make someone back to the previous development, where he feels satisfaction there.

The direction of regression usually is decided by fixations that have been done. It means that someone usually does regression to the development phase where he has been done fixation. When we face difficulty or fear, our behavior often becomes childish. For example, children who are afraid in school can enjoy

childish behavior such as overdependence, thumb sucking, hiding, or sticking to the teacher (Hall, 1999: 95).

### **2.6. 12 Fixation**

Fixation is part of the defense mechanism that serves to stop normal development at a stage where the sufferer may experience frustration or are under intense or serious anxiety conditions so that further development is difficult and stagnant, when this happens in physical development we speak of the person's growth as having been stunted. When this happens in psychological growth, we say that the person has become fixated, frustration is a form of application of fixation (Hall, 1999: 93-94).



## CHAPTER III

### FINDING AND DISCUSSION

In the previous chapter, it was explained that the purpose of this study to find out the types of anxiety suffered by the main character Kim Yoeng Hye, also what are the causes of anxiety and then defense mechanisms that she showed to reduce her anxiety.

#### 3.1 The Types of Yeong Hye's Anxiety

Every human being may have anxiety in their life. It appears when a person is not ready to face a threat which is coming from several problems which caused by a conflict of personality between id, ego and superego. Moreover, the danger is also can caused by external conflicts such as a friend, family and job. According to Sigmund Freud, there are three types of anxiety; realistic, neurotic, and moral anxiety.

In the beginning of the story, Yeong-hye's Anxiety comes when she realizes that there are strange things which frequently appear in her consciousness, even disturbs her personality. More precisely, when she has already got a nightmare, her attitude and behavior have been changing and being different than usual. It is caused by her instincts which have been disturbed and un-controlled because of a scary dream. Before the nightmares began, Yeong-hye is a normal wife; every morning, she always wakes up her husband and prepares a meat-based breakfast before her husband goes to work, common Korean habits. Her husband realizes that she is a wife who tends to be quiet. She rarely asks him for anything

and never protests with her husband's work, even though he often comes home late at night. Although there is a day off or weekend, she never asks him to hang out. Only one strange habit that her husband often sees after getting married, he realizes that she doesn't like wearing a bra. According to Yeong-hye, bra always disturbs her body movements. But her personality became chaotic after Yeong-hye had a dream, also some problems which are following in any situation that she did.

*“Until a certain day last February, when I come across my wife standing in the kitchen at daybreak in just her nightclothes, I had never considered the possibility that our life together might undergo such an appalling change”(p.14).*

The following data above, it shows a strange moment by Yeong hye when she has been standing alone at night in the kitchen, the monologue explains when her husband saw when Yeong Hye staring something like a confused person. After getting the dream, Yeong Hye's life develops more oddly then there are many different interpretations in each chapter which are analyzed by the researcher based on the types of anxiety below;

### **3.1.1 Neurotic Anxiety**

The most dominant type in Yeong Hye's anxiety is neurotic anxiety because she often has a fear is aroused by her own perception. The danger comes from instinct impulse which is a fear of what might happen when the ego fails to prevent id instinctual from discharging in some impulsive actions. In some cases, the sufferer of this anxiety, like Yeong Hye satisfied her instincts by using own way to reduce anxiety.

Let see the following data below:

*“What are doing standing there?”  
 “Hello? I asked what you’re doing?”  
 It was cold enough as it was, but the sight of my wife was even more chilling.  
 Any lingering alcohol-induced drowsiness swiftly passed. She was standing,  
 motionless, in front of fridge (p.15)*

According to the data, Mr. Cheong was surprised and confused about what has Yeong-hye did. After woke up and moved to the kitchen, Mr. Cheong was looking at something strange. He saw Yeong-hye standing stiffly like sleepwalking or a person who had mental problems. Furthermore, she is not moving and still staring on the fridge.

Based on the data, there have several characteristics that a person who has neurotic anxiety is someone often has a distress condition, sometimes panic and doing a curious habit in un-rational fear, from the data above, Yeong-hye’s ego cannot operate of id well because there is an impulse of id was panic as long as Yeong-hye has already a bad dream, id wants to avoid in the uncomfortable situation by expressing it in the real world.

*“But what could there be to absorb her attention in the pale gleam of the fridge’s white door, in the pitch-black kitchen at four in the morning?  
 “Hey!”  
 Her profile swam toward me out of the darkness. I took in her eyes, bright but not feverish, as her lips slowly parted.  
 “I had a dream.”  
 Her voice was surprisingly clear.  
 “A dream? What the hell are you talking about? Do you know what time it is?” She turned so that her body was facing me, then slowly walked off through the open door into the living room.”(p.16).*

The data above shows a strange phenomena that is undergone by Yeong-hye in which she was standing in the kitchen in the morning, precisely at four o'clock, Yeong-hye's anxiety is clearly seen here. After several moments, Mr. Cheong asked his wife about the strangeness that has been happening. Then,

Yeong-hye answered obviously in a clear voice that she had a dream “*I had a dream.*”, but her husband still had a lack of trust in her and felt strange about the phenomena which have already done. From the lines above, id by Yeong-hye avoids the dream when she got an uncomfortable situation because she was remembering all of the scary events in her dream.

In another case, Freud also explained that there is another observable from neurotic anxiety, which is intense and irrational fear; this is called a phobia as an effect of neurotic anxiety. The characteristic feature of a phobia is the intensity of the fear is out all proportion to the actual danger of the object in which the person is afraid of something (Hall, 1999: 65).

Then, below are evidence of another neurotic anxiety which may be identified from the following data:

*“What the hell? So all because of some ridiculous dream, you’ve gone and chucked out all the meat? Worth how much?”. I got up from my chair and opened the freezer. It was practically empty-nothing but miso powder, chili powder, frozen fresh chilies, and a pack of minced garlic.....” this is unbelievable. You are telling me not to eat meat?”. “I couldn’t let those things stay in the fridge. It wouldn’t be right.”(p.20-21).*

From the evidence above is a part of intensive dialogues between Yeong Hye and her husband Mr. Choeng. The dream in the first evidence before explained a reason she changed her habit to become an extreme vegetarian woman, who is expressed by chucked out all of the meat from the fridge. Mr. Choeng confused, sometimes angry with Yeong-hye's decision because since she told about a nightmare, she always avoids all things related to meat. Yeong-hye’s anxiety has happened because her id desire wants to feel safe through the ego as an executor in order to throw away everything which has ever seen on Yeong-

hye's dream. Id hopes that the ego can provide protection, but ego failed to prevent id instinctual, and superego could not help the ego to control internal impulses, Yeong-hye's reaction has rejected by social reality condition especially her husband reactions.

*"I couldn't let those things stay in the fridge. It wouldn't be right".*

According to the line above, it caused when the ego can not control the instinctual of id which mostly attempts to avoid meat. When ego fails, it is a time for id to take over for controlling the ego role by libidinal impulses of id, which is caused the instinctual id did not come out normally and rationally. In this case, Yeong-hye was answering her husband's question, but Yeong-hye's response is like getting a phobia disorder. She does not only throw away meats but also anything which is made of meat from her fridge because she has been afraid that the dream would come again.

Then, to support several data above, the researcher found another evidence, let us see the following data below:

*" oh good, so that's sorted then. And what about you you're claiming that you're not going to eat meat at all from now on? She nodded. Oh, really? Until when?". "I suppose...forever,"(p.21).*

The data above tells about a respond by Yeong-hye to her husband's questions, she said *"I suppose forever"* to her husband, this line shows that Yeong-hye decided to do not eat meat forever, its sign that she was getting a phobia of meat. Through the bad experience above, Yeong-hye's instinct feels uneasy if she eats meat, the dream may be continued to haunt if she still doing it. Yeong-hye's ego was panic due to the impulse of id that can not be controlled by the ego when she met anything which is related to meat. Therefore, based on the

data above, it was classified as neurotic anxiety because Yeong-hye's anxiety aroused when the ego fails to prevent id instinctual from discharging in some impulsive action.

### 3.1.2 Realistic Anxiety

Realistic anxiety is a painful emotional experience resulting from a perception of danger that comes from real life. It means the level of danger is the same as the real fear and dangerous conditions that threaten to harm the person, a sufferer becomes fearful in the presence of certain objects or environmental conditions. For example; fear of earthquake, tsunami, wild animals.

It is like the following data below:

*The morning before I had the dream, I was mincing frozen meat-remember?  
You got angry.  
"Damn it, what the hell are you doing squirming like that? You've never been squeamish before."  
If you knew how hard I've always worked to keep my nerves in check. Other people just get a bit flustered, but for me everything gets confused, speeds up. Quick, quicker. The hand holding the knife was working so quickly, I felt heat prickle the back of my neck. My hand, the clopping board, the meat, and Then the knife, slicing cold into my finger (p.26-27).*

Before Yeong-hye has a bad dream, the relationship between Yeong-hye and her husband is not harmonious, she felt that what her husband did to her was made unfocused and tended to be nervous in doing something, Yeong-hye became anxious because she has much oppression from the husband, her husband often snapped and said by using dirty word in front of her, it is caused Yeong-hye always work slowly and squeamish.

The quotation above shows that Id Yeong-hye feels uncomfortable because there is the ego sends a danger signal from outside; it due to pressure from her husband, who scolded her when cutting frozen meat slowly. The

condition appeared when there is a danger signal from ego that cause id wants to feel safe, it makes Yeong-hye nervous and confused, husband's anger made the ego unable to operate id impulse normally, because of this conflict, she did not focus on her work, and then the knife which has been holding injured her finger.

Moreover, as a vegetarian that she has already decided after having the nightmare, Actually, Yeong-hye got more protested from society, especially her family. Starting from her husband, father and mother, as in the data below;

*The fatherly affection that was almost choking the old ma made a powerful impression on me, and I was moved to tears in spite of myself. Probably everyone gathered there left the same. With one hand my wife pushed away his chopsticks, which were shaking silently in empty space.*

*“father, I don’t eat meat.”*

*In an instant, his flat palm cleaved the empty space. My wife cupped her cheek in her hand.*

*“Father!” In-Hye cried out, grabbing his arm.*

*“Mr. Cheong, Yeong Ho, the two of you come here.”*

*I approached my wife hesitantly. He’d hit her so hard that the blood showed through the skin of her cheek. Her breathing was ranged, and it seemed that her composure had finally been shattered. “Take hold of Yeong Hye’s arms, both of you (p.46).*

The lines above took place when there was a conflict of Yeong Hye and her extended family gathered together for a thanksgiving an agenda from her brother named In-hye had just bought a new apartment. The day Before family gathering, Yeong Hye's father had the news about his daughter condition from Mr. Cheong by calling phone, he told that since Yeong Hye became an extreme vegetarian, Yeong Hye acted by removing all the meat and her health decreased because her appetite was reduced, all of the situations make her father is angrier and unable to control emotions during the event.

The family gathering that has been going on calmly but suddenly, the situation becomes chaotic when Yeong Hye refuses to eat the meat that the father gave to her. Yeong Hye was worried about the conditions that occurred at the meeting. What's more, her father and mother forced her to eat meat. she was looking for a way in order to the meat did not go into her mouth. Finally, she was forced to cover her mouth with her both hands, the father's emotion was uncontrolled when he saw what his daughter did until he was forced to hit her cheek.

In the quotation above it can be seen that Yeong Hye's desire not to eat meat at a family gathering gets pressures and threats from her family, the situation encourages the id for the ego to provide security, and the conflict makes the ego unable to control the id, the strong urge force the ego brings up the defense mechanism.

### **3.1.3 Moral Anxiety**

The last anxiety which is suffered by Yeong-hye is moral anxiety. This anxiety occurs about there is a conflict between ego and superego. It happens when a sufferer has a fear that comes from her conscience. Actually, moral and neurotic anxiety look similar, but they have different principles from the level of ego control. In moral anxiety, a person remains rationally in thinking about the problem because of superego energy. Whereas in neurotic anxiety, a person is in a state of distress, sometimes panic, so sometimes a person feels unable to think clearly, and energy id causes a sufferer of neurotic anxiety to distinguish between fantasy and reality.

In this case, Yeong-hye felt anxious when she had been looking at a dog that her father dragged on a motorcycle after the dog was biting her calf. According to Yeong-hye, what her father had done was contrary to moral standards. Like in the following data below:

*"While father ties the dog to be trees and scorches it with a lamp, he says it isn't to be flogged, he says he heard somewhere that driving a dog to keep running until the point of death is considered a milder punishment. The motorcycle engine starts, the dog runs along behind. They circle around (p.49).*

After looking for a dog which has already died, his father invites Yeong Hye to attend the party, and her father explained that if she wanted the wound caused by dog bites to heal quickly, she must to eat the meat from the dog that had already died by the torturing from her father. Actually, Korean culture in traditional cuisine is more dominant with foods which is made from meat (meat lover). From this situation, moral anxiety arose, moreover after eating meat and soup, she suddenly worried because she imagined the cruelty of humans who kill animals who want to live. After the ego obeys the Id's urge to eat the meat, the superego considers what the ego has done is contrary to moral standards. Moreover, at the same time, Yeong Hye's conscience realized that she was the main factor of the dog's death. She felt that she was a murderer. Let see the following data below:

*"that evening there was a feast at our house. All the middle-aged men from the market alleyways came, everyone my father considered worth knowing. The saying goes that for wound caused by a dog bite to heal you have to eat that same dog, and I did scoop up a mouthful for myself. No, in fact I ate an entire bowlful with rice. The smell of burnt flesh, which the perilla seeds couldn't wholly mask, pricked my nose. I remember the two eyes that had watched me, while the dog was made to run on, while he vomited blood mixed with froth,*

*and how later they had seemed to spear flickering, on the surface of the soup. But I don't care. I really did not care" (p.49).*

According to the quote above, Yeong Hye tries to flashback a moment when she was a child. She felt the dog that was tortured by her father continued to look into Yeong Hye's eyes as if to stab her body. The shadow of the dog continues to haunt and interfere with her personality. Anxiety continued to follow Yeong Hye around the party. It shows that superego of Yeong Hye has realized that what she and his father did to the dog was not right and contrary to natural norms or ecosystems.

In another case, there is a moral anxiety condition that suffered by Yeong Hye in the following evidence below:

*Can only trust my breasts now. I like my breasts, nothing can be killed by them. Hand, foot tongue, gaze, all weapons from which nothing is safe. But not my breasts. With my round anymore, I'm okay. Still okay. So why do they keep on shirking? Not even round anymore. Why? Why am I changing like this? Why are my edges all sharpening what I am going to gouge? (p.41).*

From the Yeong Hye's monologue above, it shows the evidence that she has imagined and prejudiced that there was nothing better except her breasts, the feeling happens because she continues to interpret the story of the dream that she experienced into her life, as the researcher has explained in the sub-chapter of dream above, Yeong Hye's dream showed that there was much of blood dripping due to animals being killed, she believed the dream constantly appearing because of her behavior that often eats the meat before getting nightmare. Because of that experience, she did not like all parts of her body except her breasts at this time. Only breasts could not kill the animals. What she imagined made sense to her. The relationship with the previous evidence is actually the same. This monologue

is a form of control from the superego which punishes the id and the ego for making mistakes and causing remorse.

In the next line, there are also other supporting data to answer and clarify the reasons why Yeong Hye likes her breasts and the reasons why she doesn't like to wear a bra. It happened when she assumed that every animal's flesh that had entered her body had turned into a small lump and it was torturing her breast. Let see the following data below:

*My wrist is okay. It doesn't bother me. The thing that hurts is my chest. Sometimes is stuck in my solar plexus. I don't know what it might be. It is lodged there permanently these days. Even though I have stopped wearing a bra, I can feel this lump all the time. No matter how deeply I inhale, it doesn't go away (p.56).*

The evidence above is a poetic monologue from Yeong hye, which she felt that all of the incidents had been done is actually okay, blotches of blood from a knife on the wrist were also fine, which made her surprised that there was only a lump that stuck around the breast and solar plexus. That's the reason he doesn't like wearing a bra. But in the next quotation, she says to the husband something that has been bothering her is meat, before the nightmare, she had time to confide in her husband that she was no longer that she has no interested in meat.

*Yells and howls, threaded together layer upon layer, are enmeshed to form that lump. Because of meat. I ate too much of meat. The lives of the animals I ate have all lodged there. Blood and flesh, all those butchered bodies are scattered in every nook and cranny, and though the physical remnants were excreted, their lives still stick stubbornly to my insides. One time, just one more time, I want to shout. I want to throw myself through the pitch-black window. Maybe that would finally get this lump out of my body. Yes, perhaps that might work. Nobody can help me. Nobody can save me. Nobody can make me breathe (p.56).*

She felt more comfortable being a vegetarian, for Yeong hye's superego, a vegetarian lifestyle is the right way to protect the ecosystem and giving rights of

living to animals, related to Yeong Hye, animals are also like humans who can eat and can sleep, in another hand, Yeong hye thinks humans are part of the cruelest animals. The researcher categorizes the poetic monologue above as moral anxiety because there is a conflict between ego and superego.

Ego Yeong hye tried to adjust to the culture of the people, but the superego felt Yeong hye had killed many animals during this time. *Because of meat. I ate too much of meat. The lives of the animals I ate have all lodged there.* This data is proof of the moral anxiety which Yeong hye has experienced. She feels the soul of the animals that she has eaten still alive in her body, all of those demanding responsibility to Yeong hye. She was increasingly anxious and prejudiced that no one could help her body.

### 3.2 The Factors That Cause of Kim Yeong Hye's Anxiety

In the following data below, there are several causes of anxiety that is suffered by Yeong-hye.

#### 3.2.1 Dream

The first factor of Yeong-hye's anxiety is a dream. It is the most dominant factor which influenced her personality conflict in the novel. She also told the nightmare story by using her own monologue below:

*dark woods. No people. The sharp-pointed leaves on the trees, my torn feet. This place, almost remembered, but I am lost now. Frightened. Cold. Across the frozen ravine, a red born-like building. Straw matting flapping limp across the door...A long bamboo stick strung with great blood-red gashes of meat, blood still dripping down. Try to push past but the meat, there is no end to the meat and no exit. Blood in my mouth, blood-soaked clothes sucked onto my skin.... But the fear. My clothes still wet with blood. Hide, bide behind the trees. Crouch down, don't let anybody see. My bloody hands. My bloody mouth. In that barn, what had I done?. Pushed that redraw mass into my*

*mouth, felt it squish against my gums, the roof of my mouth, slick with crimson blood (p.19-20).*

These data show that a major factor that cause of anxiety in the novel, Yeong-hye's dream was truly in a scary condition. The plot of Yeong Hye's dream was in the dark forest with many wounds on her face, hand, mouth, and clothes. She looked red blood, even was not dry, and kept dripping from a lump of meat. The nightmare would be remembered clearly, horribly, and can not be forgotten. She always became anxious when remembering the dream. Moreover, the dream does not come once, it will continue over and over when she was meeting meat.

Just like what has been explained in the neurotic anxiety chapter, when bad dreams keep coming to haunt Yeong Hye's mind, she automatically worries and getting anxiety, in the other hand, she was obsessed with being vegetarian because she wanted to erase the memories of dreams that is continued to interpret by her mind, but the dream above is always remembered continuously by Yeong Hye so that she can no longer think rationally because id always has oppressed by the drive action of dream's perception. Actually, Sigmund Freud explained that there are some dreams that might be able to interpret the expression of not fulfilling a hope, but also a fulfillment of fear and anxiety if the patient remembers the incident constantly remembered. The dream is categorized in neurotic anxiety factors because a situation comes from internal instinct perception.

### 3.2.2 Trauma

Neurotic anxiety is not only a condition which is caused by something imaginary from instinct perception is like Yeong-hye's nightmare; moreover, it can arise in real events in the past and will continue to be remembered when a person meets an object that can be reminding the bad experience itself, which can be either a punishment or the events that have been threatening her life, so that was resulting in a trauma disorder, the symptom is categorized in neurotic anxiety factor. Around the novel, Yeong-hye told several memories when she was childhood that also influenced her to become a vegetarian. One of the events is explained by the following lines below:

*“The dog that sank its teeth into my leg is chained up to father's motorcycle. Whit its singed tail bandaged to my calf wound, a traditional remedy mother insisted on, I go out and stand at the main gate. I am nine years old, and the summer heat is stifling” (p.48-49)*

Based on the evidence above, told about when Yeong-hye was nine years old, she was bitten by her father's white dog which hurt her calf and leg, so that bandages wrapped around to her wound, because of the event, her father punished the dog by tying and dragging on a motorcycle. The dog which was tortured by her father had exhausted, the tongue of the dog kept sticking forward, the dog's eyes stared intently at Yeong-hye, who was still standing to see the event.

Phobia as a part of neurotic anxiety has more factors. One factor is called trauma. Yeong-hye told a factor which has a relation to meat or a reason that she become a vegetarian woman through the monologue in the novel above, During a strange phenomenon after having a nightmare, she recalled an experience that could not be forgotten and always made an impression on the memory. From the

factor above, Yeong-hye became a trauma when meeting meat, because one factor of anxiety is trauma with the events that she had experienced in the past.

Mr. Cheong thought that his wife was a person who had just had a mental illness, at the same time, Yeong-hye looked conscious and heard what her husband said, as proof of her awareness, she did not forget to tidy up the house well, as usual, then cook vegetables and mushroom-filled noodles instead of meat on weekends, Mr. Chong realizes that many people choose to change the vegetarian lifestyle is popular in Korea. But what did actually Yeong Hye do is more than common vegetarian people.

### 3.2.3 Insomnia

The third factor of neurotic anxiety is Chronic Insomnia. Actually, many people often have insomnia symptom or difficult to sleep, if the symptom occurs repeatedly, it will make sufferers feel anxious. Yeong-hye also one of the sufferers who has this symptom, she feels anxious because she can not sleep for long times after having a bad dream. As in the data below:

*It wasn't actually all that strange once you took into account that going vegetarian was apparently in vogue. It was only when she hadn't been able to sleep, when the hollows in her face were even more pronounced than usual, as though she'd deflated from within, and in the morning I would ask what the matter was only to hear "I had a dream." (p.25).*

From the data above, Mr. Cheong As a narrator in the story tells the change situation in his wife's behavior after getting a nightmare in detail and emotionally, he tried to understand by continuing to invite his wife to talk about what happened to her, but it became absurd, even as Mr. Cheong was more worried because a few days he saw Yeong-hye unable to sleep and her face always looked blank like a confused person. Every morning Cheong approached

his wife and always asked about the progress, but Yeong Hye just kept answering, "I had a dream".

*If only could sleep. If I could shrug off consciousness for even just an hour. The house is cold on all these nights, more nights than I can count, when I wake up and pace about in bare feet. Chill like rice o soup that has been left to go cold. Nothing visible outside the black window. The dark front door ratless now and then, but no one comes to knock on the door or anything like that. By the time I come back to bed and put my hand under the quilt, all the warmth is gone (p.40)*

The symptoms of insomnia suffered by Yeong-hye had disrupted her lifestyle, moreover, the novel shows that she was the cold condition when pacing back and forth with her bare feet as a result of waking up for the umpteenth time every night. She analogized the condition like rice and soup that was already cold. Every room in the house felt cold to her.

From the data above is another evidence of insomnia as a factor of neurotic anxiety that was shown through a monologue from Yeong-hye, she hoped that if she could sleep and her consciousness could disappear even for just one hour. It has happened because Ego Yeong Hye who wants to rest because she is tired after doing activities, gets a disturbance from the instincts produced by the id to be aware if the nightmare comes again when she is asleep.

#### **3.2.4 Delusion**

Delusion is a type of mental disorder in which the sufferer feels anxious because the sufferer can not distinguish between reality and imaginary, so she believes and behaves according to what she thinks. In contrast to delusions, hallucinations are a symptom that happens in the sufferer senses experience things that are not real.

From the novel, Yeong hye also has experienced delusion symptoms, she was worried because she could not distinguish between reality and imaginary that she made by her own self when in certain conditions, as in the following data below:

*Why did not this agitate me like it should have done? Instead, I became even calmer. A cool hand on my forehead. Suddenly, everything around me began a slide away, as though pulled back on an ebbing tide. The dining table, you, all the kitchen furniture. I was alone, the only thing remaining in all of infinite space.*

*Dawn of the next day. The pool of blood in the barn... I first saw the face reflected there (p.27).*

From the monologue by Yeong hye above as evidence that she was suffering in delusion symptoms, she is worried about the situation that has just happened. The setting is taken in the kitchen. Unnoticed, the knife that she holds suddenly scratched her hand when she was cutting meat, it was caused that she did not focus on the work, the main cause of this plot is there have encouragement and interference from her husband who is angry to see Yeong hye is not deft and slow to cut the meat, at the same case, her husband has been oppressed over and over.

The line said there was a delusional disorder that was a factor of anxiety, it happened when Yeong hye realized why she was calmer when a knife cut her hand, *Why did not this agitate me like it should have done? Instead, I became even calmer.* Anxiety continues the next day, when she imagines as if she saw many pools of blood in the barn, *Dawn of the next day. The pool of blood in the barn... I first saw the face reflected there.* This phenomenon makes her even more worried.

In another case, Yeong hye also experienced another delusion, it happened when the conflict in the apartment was over, she was rushed to the hospital for

treatment because her wrist was scratched due to her own behavior during the family gathering agenda took place, the next day Yeong hye's mother went to the hospital to visit Yeong hye, but the mother cried Because Yeong hye refused the black herbal medicine he brought from home to treat a scratch on her wrist. Yeong hye felt that the black herbal medicine was made from animal fat and poisonous.

*I don't know why that woman is crying. I don't know why she keeps starting at my face, either, as though she wants to swallow it. Or why she strokes the bandage on my wrist her trembling hands (p.56).*

Yeong hye realized that she saw there was someone who was crying beside her, but she did not feel guilty, that she was actually the one who caused the situation to be more chaotic, when her mother cried because Yeong Hye was upset to see her actions refusing the mother's medicine "*I don't know why that woman is crying,*" she also doesn't feel why the bandages are attached to the wrist area "*why she strokes the bandage on my wrist*". Related to Yeong hye, all events that occur are hallucinations and not real to her. Yeong hye's delusions occur because id Yeong hye cannot distinguish which one is conscious and pre-conscious.

### **3.2.5 Environment**

Not only dreams as an internal factor of anxiety, Yeong Hye's anxiety is also influenced by external factors such as environmental conditions around her, but the social environment that Yeong Hye lives also has a culture that is contrary to preserving the ecosystem. In fact, common Korean people like eating meat as a portion of traditional food. As a vegetarian, she must to campaign for the care and save of animal lives, she disagrees if animals continue to be exploited and tortured like what her father has done.

But this decision makes Yeong Hye will always have punished and pressured by the society which is contrary to her lifestyle, to behave the same as they wish, the society respond is normal because the majority of Koreans love meat.

*But the time the food began to be served, the strain of maintaining a casual façade, which I had just about managed so far, was bringing me close to breaking point.*

*The first thing placed in front of us was an exquisite dish of mung-bean jelly, dressed with thin slivers of green-pea jelly, mushrooms and beef. Up until then my wife had merely sat and observed the scene in silence, but just as the waiter on the point of ladling some onto her plate, she finally opened her mouth.*

*"I won't eat it."*

*"I don't eat meat," she said, slightly louder his time.*

*"My word, so you're one of those 'vegetarians,' are you?" my boss asked.*

*"But surely it isn't possible to live without eating meat?" his wife asked with a smile (p.30).*

The evidence above is a moment when Mr. Cheong invited Yeong hye to accompany him in meeting agenda with the director, the deputy director, and the executive director along with their partners in a well-known restaurant.

Korea is a paradise for meat lovers, and therefore, many restaurants sell a variety of meat dishes, the directors invite Mr. Cheong to join the meeting agenda at a traditional-style restaurant with all-meat dishes, Yeong hye tries to be calm until waiting for the first food coming, the ego uses a defense mechanism in the form of daniel to make calm the situation. When the meal is ready, she talks quietly to the waiter, *"I won't eat it"*, it makes conditions turned into chaos because they were surprised to hear the sentence that Yeong hye said.

The explanation above also is supported by the monologue from Mr. Cheong, who tells the condition of Yeong hye's family are meat fans.

*The smell of sizzling meat and burning garlic, the sound of shot glasses clinking and the women's noisy conversation emanating from the kitchen. All of them especially my father-in-law enjoyed yuk hwe, a kind of beef tarter. I'd seen my mother-in-law gut a live fish, and my wife and her sister were both*

*perfectly competent when it came to hacking a chicken into pieces with a butcher's cleaver (p.26).*

Before Yeong hye became a vegetarian, Mr. Cheong remembered on his family. He imagined the women sharing stories boisterously in the kitchen when the glass of soju, then passed along in the middle of boiling meat dishes. All families like raw meat, especially Yeong hye's father. Yeong hye's mother is also good at crabbing meat, In-hye and Yeong-hye are women who are adept at swinging large rectangular-shaped meat knives to cut chicken. The above evidence clearly explains Yeong hye living in an established and meat-loving environment, and therefore the environment is categorized as a major factor in Yeong hye's anxiety as what the above evidence has described.

### **3.2.6 Affection**

Affection is the most important factor in realistic anxiety, according to Karen Horney, many factors form personality development of human being, one of the factors is called society's affection, especially love from parents as a closest society. Horney made a concept containing nine anxiety factors, she called it a vicious circle. Less affection from parent cases in the novel also explains in the background of Yeong hye's childhood which was often beaten by her father. The line below is a story by another main character, actually, her husband itself, as a narrator, the evidence of realistic anxiety above before, is relevant with an explanation of line below:

*Shame and empathy just did not suit him. He never tired of boasting about having received the Order of Military Merit for serving in Vietnam, and not only was his voice extremely loud, it was the voice of a man with strongly fixed ideas. I myself, in Vietnam .... Seven Vietcong ... as his son-in-law, I was only too familiar with the beginning of his monologue. According to my wife, he had whipped her over the calves until she was eighteen years old (p.37).*

For the line above, Mr. Cheong realized that Yeong hye's father is an emotional person characterization, it is supported by his background as a military veteran who had received an honorary degree for participating in the Vietnam War. *According to my wife, he had whipped her over the calves until she was eighteen years old.* The narrator shows that, at a young age, sometimes Yeong hye was getting oppression and repression by her father who hit her calves until she was eighteen years old. Another main character that being a narrator is her daughter named In-hye, she also told Yeong-hye's childhood that was often getting oppressions and repressions by her father, as evidenced below:

*A long time ago, she and Yeong-hye had got lost on a mountain. Yeong-hye, who had been nine at the time, said, "Let just go back." At the time, In-hye had not understood what she meant. "What are you talking about? it will get dark any minute now. We have to hurry up and find the path." Only after all this time was she able to understand why Yeong hye had said what she did. Yeong hye had been the only victim of their father's beatings. Such violence would not have bothered their brother Yeong ho so much, a boy who went around doling out his own rough justice to the village children. As the eldest daughter, In hye had been the one who took over from their exhausted mother and made a broth for her father to wash the liquor down, and so he'd always taken a certain care in his dealings with her. Only Yeong hye, docile and naïve, had been unable to deflect their father's temper or put up any form of resistance. Instead, she had merely absorbed all her suffering inside her, deep into the marrow of her bones. Now, with the benefit of hindsight, In hye could see that the role that she had adopted back then of the hardworking, self-sacrificing oldest daughter had been a sign not of maturity but of cowardice. It had been a survival tactic (p.162)*

The lines above are got from the third chapter in the novel. This is supporting data from the previous line which gives more detail to explain the reason why her father often hits Yeong hye. In the story above In-hye tries to flashback when she was remembering the weirdness of her little brother when she and Yeong Hye lost in the mountain. the moment happened when Yeong hye was only nine years old, In-Hye was confused when Yeong Hye said: " *let just go*

*back.*" In hye just understood why her sister wouldn't go home because she couldn't stand the oppression from her own father.

As the eldest daughter, Yeong Hye often served soup to restore her father's drunk body due to the effects of alcohol, Yeong hye's quiet, soft-hearted and patient character to her father is vulnerable to torture by her father, in that condition she tried never to fight because she is anxious that her father would be angrier if his orders were not obeyed. Lack of love or affection from parents since childhood until married with Mr. Cheong, especially from her father, it made Yeong hye often feels anxious in all conditions until she decides to be a vegetarian.

In other cases, the repression that Yeong hye happened was also caused by her husband's treatment, the line below is proof that she was anxious about getting repression in a household relationship when he wants to be having sex.

*so yes, one night when I turned home late and somewhat inebriated after a meal with colleagues, I grabbed hold of my wife and pushed her to the floor. Pinning down her struggling arms and tugging off her trousers, I became unexpectedly aroused. She put up a surprisingly. Once that had happened, she lay there in the dark starting up in the ceiling, her face blank, as though she were a "confront woman" dragged in against her will, and I was the were "comfort woman" dragged in against her will, and I was the Japanese soldier demanding her service (p.38).*

The line above happened when the husband finished the job at night, he forces Yeong Hye to have sex when Mr. Cheong was in a drunk condition, he was excited when he opened of his wife's pants, but Yeong hye's reaction was rebelled to against with using all her stronger energy.

Her husband's coercion made Yeong hye surrender to the situation that she had experienced, Yeong hye surrendered and showing a blank stare as if she was

like one of the sex slaves of the Japanese army. This evidence does not show the affection in a domestic relationship, because what the husband did, it was indicated as the coerced reaction and doing oppression to women.

### 3.3 Defense Mechanisms by Kim Yeong Hye

Anxiety and defense mechanism have close relations, the main function of anxiety for sufferers is to refuse unwanted instinctive impulses into the area of consciousness to give satisfaction to the impulse indirectly. Also, defense mechanisms take the function to control excessive and uncontrolled anxiety by forming strategies to defend against the expression of id impulse and controlling the pressure of the superego.

#### 3.3.1 Projection

Projections are ego defense mechanisms that convert neurotic or moral anxiety into realistic anxiety by throwing the internal impulses of id that threaten to be transferred to external objects.

*“So you are saying that from now on, here will be not meat in this house?”  
 “Well, after all, you usually only eat breakfast at home. And I suppose you often have meat with your lunch and dinner, so.... It is ont as if you will die if you go without meat just for one meal.”  
 Her reply was so methodical, it was as if she thought that this ridiculous decision of hers was something completely rational and appropriate (p.21).*

The projection mechanism above occurred when Yeong hye dialogues with the husband. In this case, Mr. Cheong protested when saw his wife throwing away all the meat stored in the refrigerator, Yeong Hye could try to relieve the anxiety by attributing its causation to the external world and also she was said, *“Well, after all, you usually only eat breakfast at home. And I suppose you often have meat with your lunch and dinner, so.... It is ont as if you will die if you go*

*without meat just for one meal.*” Yeong hye's response above is a defense of the internal conflict that is happening by making rational reasons that can be accepted with common sense.

Realistic anxiety is usually more easily handled by the ego than neurotic and moral anxiety, from the above evidence, the ego Yeong hye who was previously anxious because of internal conflicts caused by dreams makes the ego shift the internal impulses of the id to external objects to turn neurotic anxiety into realistic anxiety, so conflicts are more easily resolved.

### 3.3.2 Reaction Formation

The work of reaction formation is to replace impulses or feelings that cause anxiety by changing attitudes and arguments that are opposite to against the threats, such as the case of Yeong hye in the novel, after getting the dream also has introversion by Superego to get moral anxiety, then, she hates herself and society around her, it happens because they have been killed some animal cruelly like what she experienced before, she initiated into plants as a symbol of human resistance to the exploitation of ecosystems as what the vegetarian group has been campaigning for the society. Yeong hye's reaction is illustrated from the data below:

*“Ah, you can see t threes from here too.”*

*You will not be weak, In-Hye told herself, her lips pressed tightly together. At any rate, she is a burden you cannot bear. No one blames you. You have done well to make it this far.*

*She did not look at Yeong Hye as she stood beside her. Instead, she looked down at the bright early-winter sunlight as it splintered over the larches, which had not yet shed all their leaves.*

*“Sister,” Yeong Hye said, her voice low and calm as if intending to comfort her. Yeong Hye's old black sweater gave off the faint scent of mothballs. When In-hye did not answer, Yeong Hye whispered one more time. “Sister... all the trees of the world are like brothers and sisters.”(p.150).*

The evidence above is an explanation related to the mental condition experienced by Yeong hye, which is told by In-hye as a narrator. Three months after the father did the incident of beating and torturing Yeong Hye in a family gathering, Yeong hye's condition was getting worse because she did not want to eat forever and furthermore she want to be like a plant. Yeong hye dialogue with In hye while she is undergoing treatment at the hospital. At the same time, Yeong Hye still continuing to stare at a pine tree that grows to stand beside the treatment room. The phenomenon succeeded in triggering In-Hye to try to focus attention on Yeong-Hye's purpose. Not long after, Yeong Hye whispered to call In Hye and said, *“Sister... all the trees of the world are like brothers and sisters.”*. in this evidence above shows that Yeong Hye tries to love the plant as a reaction that being a plant is the best choice to avoid the dream coming and reducing moral anxiety.

### 3.3.3 Repression

Repression is a process of ego defense that uses the instinctual pressure of the id, in order to that anxiety comes out of consciousness. Repression can be stronger if the id gets a serious danger, repression occurs because the ego cannot control the impulse of the id, this defense is in the realm of neurotic anxiety, which is pressed into the real-life by ego. Phobias are one part of repression which was explained in the sub-chapter of neurotic anxiety.

*“She was crouching, still wearing her nightclothes, her dishevelled, tangled hair a shapeless mass around her face. Around her, the kitchen floor was covered with plastic bags and airtight containers, scattered all over so that there was nowhere I could put my feet without treading on them. My wife was busy putting the things around her one by one into black rubbish bags”*(p.17).

The case above happened when Yeong hye threw away all the food made from meat stored in the refrigerator, what Yeong hye did was classified as unreasonable behavior because the anxiety feelings that Yeong hye experienced was quite serious.

Phobias are a form of neurotic anxiety. Phobias are also one of the ways the ego applies repression as ego defense. The ego operates repression because it cannot control the urge made by the id's instinct that is disturbed by the nightmares, then id throws internal conflict into the outside.

Actually, in this case, the projection and aggression are somewhat similar, we need to know the ego defense function of aggression is an act of repression in which Yeong Hye throws conflict from an impulse id classified as neurotic anxiety thrown into a conflict of an external object like her own husband.

#### **3.3.4 Rationalization**

Rationalization is a part of ego defense that works by making and developing reasons that are felt rational argues even though a sufferer has to distort the facts to explain an ego injured.

*But what troubled me more was that she now seemed to be actively avoiding sex. In the past, she'd generally been willing to comply with my physical demands, and there'd even been the occasional time when she'd been the one to make the first move. But now, although she didn't make a fuss about it, if my hand so much as brushed her shoulder she would calmly move away. One day I chose to confront her about it.*

*"what is the problem, exactly?"*

*"I am tired."*

*"well then, that means you need to eat some meat. That is way you don't have any energy anymore, right? you didn't used to be like this, after all."*

*"Actually..."*

*"What?"*

*"...it is the smell."*

*"The Smell?"*

*"The meat smell. You body smells of it"(p.24).*

Before getting a bad dream, Yeong hye was a submissive wife. She never denied anything the husband wanted from her. Sometimes, she touches her husband's body as a signal that she wants to do having sex. From the data above, Yeong hye's ego tries to muffle the danger signal of id which comes from her husband when she is forced to do having sex. As an object of threat, Mr. Cheong forced Yeong hye to accept the invitation, but in this condition, Yeong hye had no desire to have sex. in this case, ego defense uses rationalization, when her husband asked "*what is the problem, exactly?*" then she answered the question "*I am tired.*" She also strengthened with the argument...*it is the smell.*" As if the reason seems reasonable.

"Why have you taken your clothes off?" I asked her, trying to force out a laugh.

"because it is hot," she answered, neither raising her head nor pausing in what she was doing (p.39).

After Yeong hye got treated like the Japanese sex slave by her own husband who forced her to have sex, but Mr. Cheong did not care about Yeong Hye's chaotic condition and was not in the mood to have intercourse at that night.

The data above is another proof that Yeong hye uses rationalization as an ego defense to counter the danger that comes from her husband, Mr. Cheong could not control himself because of being contaminated by the effects of alcohol after returning home from work late at night.

From the conversation above, Yeong hye tried to give a rational answer to the question of her husband, who laughed her for not wearing clothes when cutting a few potatoes. She answered "*because it is hot,*" the answer was actually

an allusion for her husband who could not control his lust, Yeong hye naked was a symbol that she has been raped like a prostitute who has no pride.

### 3.3.5 Aggression

Aggression operates when the ego makes use of aggressive drives to attack or against the objects that result in frustration. This defense mechanism is to cover up weaknesses by showing an aggressive drive. The ego forms a formation to show the resistance for other objects or substitute objects. Sometimes ego defense works beyond reasonable limits.

*As soon as the strength in Yeong Ho's arms was visibly exhausted, my wife growled and spat out the meat. An animal cry of distress burst from her lips.*

*"Get away!"*

*At first, she drew up her shoulders and seemed about to flee in the direction of the front door, but then she turned back and picked up the fruit knife that had been lying on the dining table.*

*"Yeong Hye?" My mother-in-law's voice, which seemed about to break, drew a trembling line through the brutal silence. The children burst into noisy sobbing, unable suppress it any longer.*

*Jaw clenched, her intent stare facing each one of us down in turn, my wife brandished the knife.*

*"Stop her..."*

*"Stay back!"*

*Blood ribboned out of her wrist. The shock of red splashed over white china (p.48).*

From this case, Yeong hye's ego could not control the pressure and threats from outside, it happened because Yeong hye was in a depressed condition from her family's compulsion to eat meat at the family gathering moment. The background of Yeong hye's father who had been a soldier in the Vietnam War tried to force the pork into Yeong hye's mouth, but she kept in the decision, Yeong hye's ego has rebelled with pressure coming from outside.

Id Yeong hye rejects the signal from the ego when the flesh enters the mouth, the ego spits out the flesh that has entered. In this condition, she screamed like a beast, then said "get away," unexpectedly Yeong hye ran to the main door

getting a knife located on the dining table. *Blood ribboned out of her wrist. The shock of red splashed over white china.* The data above is a form of aggression as a form of ego defense. she tried to hurt herself to divert the conflict. Yeong Hye's family was surprised to see blood splatter on her wrist like a fountain.

One more proof that Yeong hye uses aggression is a condition when she prevents what her husband does to having sex at night.

*Pinning down her struggling arms and tugging off her trousers, I become unexpectedly aroused.*

*She put up a surprisingly strong resistance and, spitting out vulgar curses all the while, it took me three attempts before I managed to insert myself successfully (p.38).*

For the husband, Yeong hye is a submissive and quiet wife, but one night she was amazed because Yeong hye refused to have intercourse, the situation was explained in a quote *She put up a surprisingly strong resistance and, spitting out vulgar curses all the while.* According to Yeong hye's action, the researcher also categorizes it as a defense mechanism aggression because the ego tries to exploit its aggressive drive to resist the threat and forced sex from Mr. Cheong.

*with Yeong hye's twisting, struggling body slug over his soulder fireman style. The doctor was right Yeong hye is definitely conscious. In fact, her thrashing is so wild and rough it is difficult to believe that she's the same woman as the one who was lying completely immobile only a shortwhile ago.*

*A barely confrehensible yell erupts from her throat.*

*"Leave me alone! Leave me alo-o-one!"(p.178).*

The peak of Yeong hye's aggression worked optimally in the conditions in chapter three in the vegetarian novel. The conflict began when Yeong hye was treated in a hospital, she was in an uncomfortable condition. Moreover, the doctor kept insisting that Yeong hye must to eat and kept healthy. Medicine and

injections continued to be offered to Yeong hye because the doctor caught Yeong hye's mental health at a dangerous level.

A nurse informed In-Hye that Yeong Hye might die if she lacked supplements and nutrition. Moreover, she decided to become a vegetarian extremely. Yeong hye's energy decreases dramatically until her body is thin and emaciated. From the data above shows that the nurses were surprised by what Yeong hye had just done. She kept be silent, still did not want to eat and sometimes shouted like a wild beast. *A barely comprehensible yell erupts from her throat.* A loud scream came out of her throat, this proves that the ego does not work properly and cannot control the impulse id.

*her yelling intensifies, and a continous torrent of words streams out. Her bound limbs writhe, compelled by some unknown impulse, as if she were trying to throw herself at In-hye. Yeong hye's skinny arms flail about, wasted away to nothing but bone (178).*

The data above illustrates the condition of Yeong hye's body that is getting thinner like a stick, but the body's movements are very strong because the ego uses ego defense to its full potential to help the anxious from id instinct there. Id impulse want In-hye to do something to waive the rope that interferes with her movements, but what does Yeong hye do is useless.

Then Yeong hye's ego got out of control because there is the rope tied to her hands and body, the doctor was forced to do that because Yeong hye continued to rebel to get out of the hospital.

*I.... don't.... like it!" for the first time, Yeong hye enunciates clearly, though her voice still sounds like the roar of some savage beast. "I don't like it! I... don't... like... eating!" In hye clasps Yeong hye's contorted cheeks in both hands (p.179).*

From the data above, Yeong hye's anxiety is more getting out of control. The body moves more aggressively than usual when the nurses gave food into Yeong hye's mouth, the instinctual id was knowing the danger signal encourages the ego to operate a defense of mechanism, she spoke “*I.... don't.... like it!*”

the ego continues to rebel and get out of the way like a beast that ready to stab its enemy. Yeong hye's two hands continue to hold the jaw so that the mouth does not eat food. Even though Yeong hye's energy is getting reduced, but all the officers troublesome to stop the resistance of Yeong hye whose body keeps avoiding.

*In the meantime, one of the carers is having to use all his strength to try to hold Yeong hye's head still. As soon as they approach her with the tube Yeong hye's face flushes crimson and she manages to shake herself free of the carer's grip (p.179).*

The situation was increasingly tense, Yeong hye kept to fight with all her strength, she ignored the persuasion of her brother-in-law, the most important thing now is to save her body from the food that will enter through the hose that the doctor put on. *Yeong hye's face flushes crimson and she manages to shake herself free of the carer's grip.* As the data on the side, In-hye describes the condition of Yeong hye, she sees Yeong hye's face getting panicked, even more so the tube from the hose has managed to come off, so the doctor is frustrated to see the incident.

*Damn it, it is blocked!” the doctor exclaims. Yeong hye has opened her mouth as wide as it will go, thereby managing to close up her gulled around the uvula so that the tube is pushed out (p.179).*

The doctor who realize the tube closed again complained more. Finally, Yeong hye's ego tried to close her throat with the uvula, then closed her lips tightly to push and remove the tube that stuck in her mouth. The gripping situation

above shows that the ego used aggression to resist real threats in front of the sufferer. in fact, aggression is the most dangerous and riskier than other defense mechanism and is used when the sufferer is in a very threatening condition.

### 3.3.6 Denial

Denial operates when the ego is confronted with realistic anxiety. It happens because the impulse of id wants to reject the reality faced by the ego in the real world, more specifically, this defense mechanism prevents unpleasant stimulus on realistic perceptions, usually, sufferers eliminate or replace that perception with fantasy or hallucinations to reject danger approached. for Yeong hye, there are some evidence that the main character uses denial as a defense of the ego, because denial operates in order to eliminate the "danger that comes from outside" by denying (assuming the danger does not exist).

*The next dish was fried chicken in a chili and garlic sauce, and after that was raw tuna. My wife sat there immobile while everyone else tucked in, her nipples resembling a pair of acorns as they pushed against the fabric of her blouse.*

*By the time the twelve magnificent courses were over, my wife had eaten nothing but salad and kimchi, and a little bit of squash porridge. She had not even touched the sticky-rice porridge, as they had used a special recipe involving beef stock to give it a rich, luxurious taste. Gradually, the other guests learned to ignore her presence and the conversation started to flow again (p.32).*

From the evidence above, Ego Yeong hye is in a depressed condition because she keeps getting questions by the director and her wife during the meeting agenda, Mr. Cheong observes Yeong hye's attitude because his wife doesn't move her hands and body at all when everyone there was eating.

*My wife sat there immobile while everyone else tucked in, her nipples resembling a pair of acorns as they pushed against the fabric of her blouse. The*

line above is a moment when the Yeong Hye's ego uses defense mechanism in the form of denial by keeping calm reactions and assuming the threat does not exist. Then *my wife had eaten nothing but salad and kimchi, and a little bit of squash porridge*. The line shows that Yeong hye only chooses foods which made from vegetables from some of the foods provided on the table. All attention goes to Yeong hye, but she tries to calm down and considers the threat does not exist.

The environmental conditions in Korean society to consume meat as traditional food are not suitable, and contrary to vegetarianism, it forces the ego to operate denial as ego defense.

*The potato peelings were piled up in heaps on sheets of newspaper. Thirty-odd reaming potatoes formed a small mound.*

*"what are u planning to do with them?" I asked, affecting perfect composure.*

*"steam them"*

*"All of them?"*

*"Mm-hm."*

*I laughed falteringly and waited for her to laugh in response. But she did not laugh.*

*She did not even lift her head.*

*"I was just, you know ... hungry." (p.39).*

The data below also shows that Yeong hye's ego uses denial when dealing with a situation where Yeong hye's ego gets annoyed by Mr. Cheong. When she was cutting potatoes, the husband teased with jokes and laughter in front of her, while the ego ignored all of that the husband reactions and assumed the jokes by trying did not respond to her husband's laughter. What Yeong hye has done is a form of rejection of the reality that happened. She did not try to resist the temptation of her husband in order to reduce anxiety and tension.

Next evidence of ego using denial occurs when Yeong hye gets an activity as a housewife, after her father and mother anger because they are not able to persuade Yeong hye to be willing to eat meat because of Yeong hye's declining health, she looks like someone who is affected by malnutrition, her body is getting thinner. But all the persuasion from the parent is useless.

*Whether or not my wife was actually aware of any of this, she never seemed in the last bit perturbed. Aside from the fact that she deliberately continued to avoid sleeping with me- sh'd even taken to sleeping in trousers on the surface we were still a regular married couple (p.37).*

from the evidence above Yeong hye does not even look anxious, day after day she looks like relax in front of the parent, ego Yeong hye ignores all coercion and persuasion that continues to be voiced by her husband, ego defenses that Yeong hye used aims to reduce the level of anxiety experienced by id. *"She never seemed in the last bit perturbed."* In addition to continuing to avoid having sex with her husband, the data above also shows that Yeong hye deliberately used trousers so that her husband had difficulty in making love. She even was taken to sleeping by using trousers on the surface. This situation was done to Yeong hye with a relaxed and calm attitude so that the activities felt normal.

### **3.3.7 Isolation**

Contrasting the affective component with cognitive is the Isolation's job as ego defense, a symptom of neurotic obsession, where instinctual impulses (which the ego cannot accept) still connecting in consciousness, but without feeling satisfied or pleased. When the mind works to following that instinctual drive,

feelings, and action impulses become inactive, becoming an obsession by the thought, feeling compulsive obsession.

I gritted my teeth. Look at me, I willed her, but without saying the words out loud.  
Look at me and laugh. Show me that your answer was just a joke. But she did not laugh (p.39).

From the quote above shows that, Yeong hye tried to ignore her husband's temptations and jokes, what her husband was doing when Yeong hye cut some potatoes proved that Yeong hye had the heart to ignore her husband's jokes, her unconscious instincts of Yeong hye mastered the mind so that the affective process was insulating or not functioning, so she did not try to respond the jokes from the husband and did not arise pity for her husband who had tried to comfort Yeong hye.. *"But she did not laugh."*

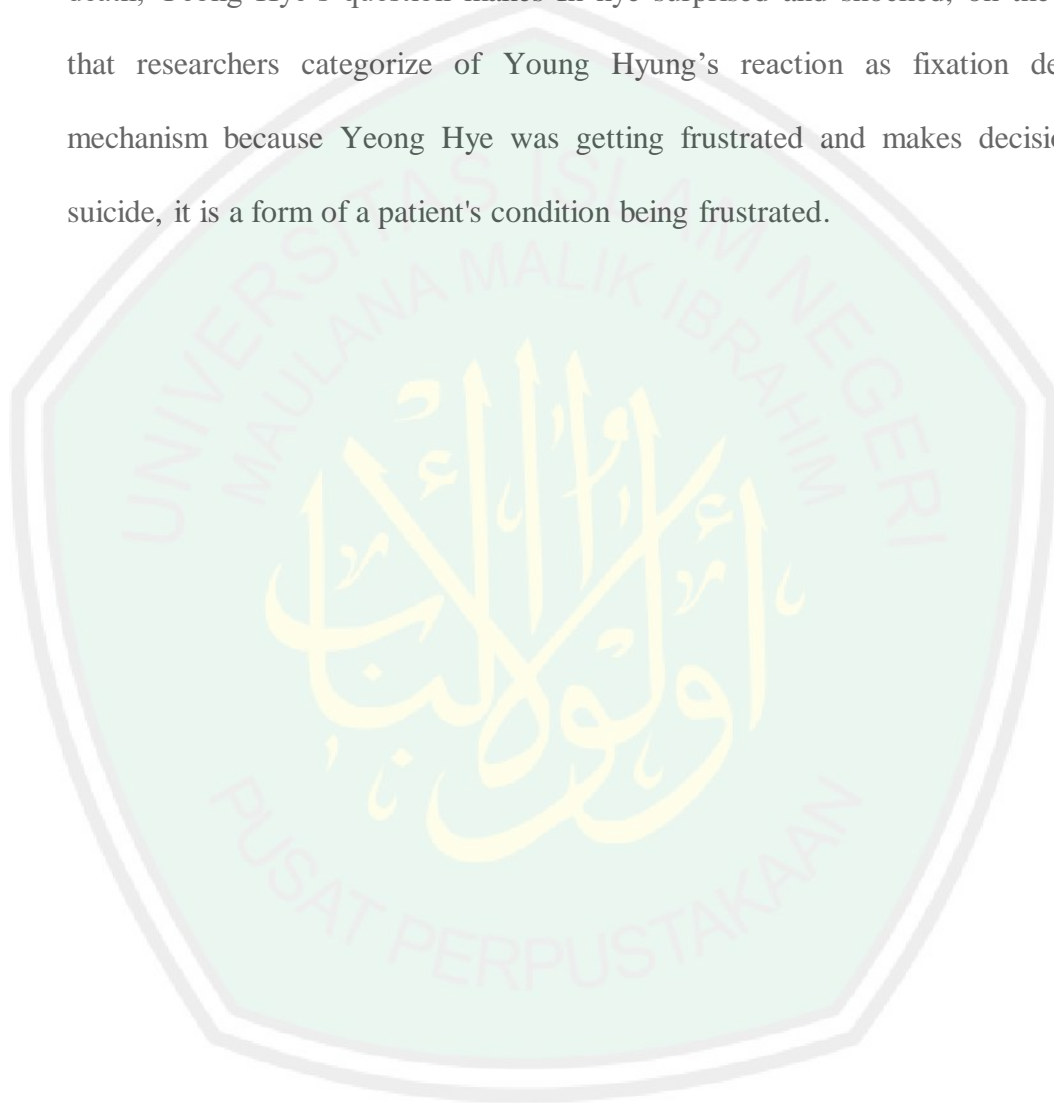
### 3.3.8 Fixation

Fixation is part of the defense mechanism that has functions to stop normal development at a stage where the sufferer may experience frustration or are under intense or serious anxiety conditions so that subsequent development is difficult to carry out.

*"No one can understand me .... The doctors, the nurses, they are all the same... they don't understand ....they just force me to take medication, and stab me with needles."*  
*In hye could not hold herself back any longer. "You!" she yelled. "I am acting like this because I am afraid you are going to die!"*  
*After a while the question came.*  
*"Why, is it such a bad thing to die?"(p.162).*

When Yeong hye was being treated at the hospital, she felt that everyone there could not understand her feelings or moods. Including doctors, nurses and her family. They kept insisting that Yeong hye be willing to eat, Yeong hye didn't

want to eat for the past few days, she wants to live like a plant that only drinks water, from the data above shows Yeong hye's mental state was dropping, she said to her sister *“Why, is it such a bad thing to die?”*, the best solution for her is death, Yeong Hye’s question makes In hye surprised and shocked, on the basis that researchers categorize of Young Hyung’s reaction as fixation defense mechanism because Yeong Hye was getting frustrated and makes decision to suicide, it is a form of a patient's condition being frustrated.



## CHAPTER IV

### CONCLUSION AND SUGGESTION

This chapter elaborates on the conclusion as the result of the whole analysis in the previous chapter and suggestion for the next researchers.

#### 4.1 Conclusion

After doing this research, the researcher was finally able to answer from several questions and come to the conclusion of Kim Yeong Hye's anxiety, factors of anxiety, and Kim Yeong Hye's self-defense mechanism found in *The Vegetarian* novel by Han Kang, from the study, the researcher found that the main character had a conflict between her component of personality includes Id, Ego and Superego that ended as moral anxiety, realistic anxiety, and neurotic anxiety. It concludes that her anxiety is caused by many problems such as dream, trauma, chronic insomnia, delusion, affection and environment. In solving anxiety, she performs the defense mechanism to neutralize the anxiety experienced, the defense mechanisms such as; Projection, reaction formation, repression, rationalization, aggression, denial, Isolation and fixation.

## 4.2 Suggestion

In this study, from the beginning, the researcher only focused on the intrinsic element of the novel exactly the psychological aspect. After understanding the content of the novel, the researcher here just already known that many other phenomena can be analyzed in this novel since literary works are believed as the reflection of life phenomenon. It can use the theory of feminism, ecology or other theory. Given that this research is limited to Kim Yeong Hye as the main character with the greatest stress relating to morals than any other character contained in this novel, the next researcher is expected to develop this analysis, or to analyze the other aspects in the novel.

For future researchers, it is expected to provide more understanding of the concept of self-defense mechanisms that are carried out in human life and can also be useful for readers in reducing their anxiety, due to the fact that self-defense mechanism by character reflects in the worse literary works. This can be applied by Freud's theory or other theories such as Anna Freud, Melanie Klein, Adler and Karen Horney.

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## CURRICULUM VITAE



**Syaikh Aliya Rahman** was born in Tuban on March 23, 1996. He graduated from MAN Lasem in 2015. During his study at the Senior High School, he actively participated in Dewan Ambalan as the coordinator. He also joined Caping Gunung Community as the initiator. He started his higher education in 2015 at the Department of English Literature UIN Maulana Malik Ibrahim Malang and finished in 2019. During his study at the University, he joined PMII Rayon “Perjuangan” Ibnu Aqil, and also actives in [beritajatim.com](http://beritajatim.com) as contributor news writer. In his semester break, he focuses in online media [petjut.id](http://petjut.id) as admin and editor.