

**ANXIETY AND DEFENSE MECHANISM OF JORDAN
GARRISON IN ERIC V. COPAGE'S *BETWEEN
FATHER AND SON***

THESIS

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MALANG**

2019

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THESIS

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang in Partial fulfillment
of the Requirements for the Degree of *Sarjana Sastra* (S.S)

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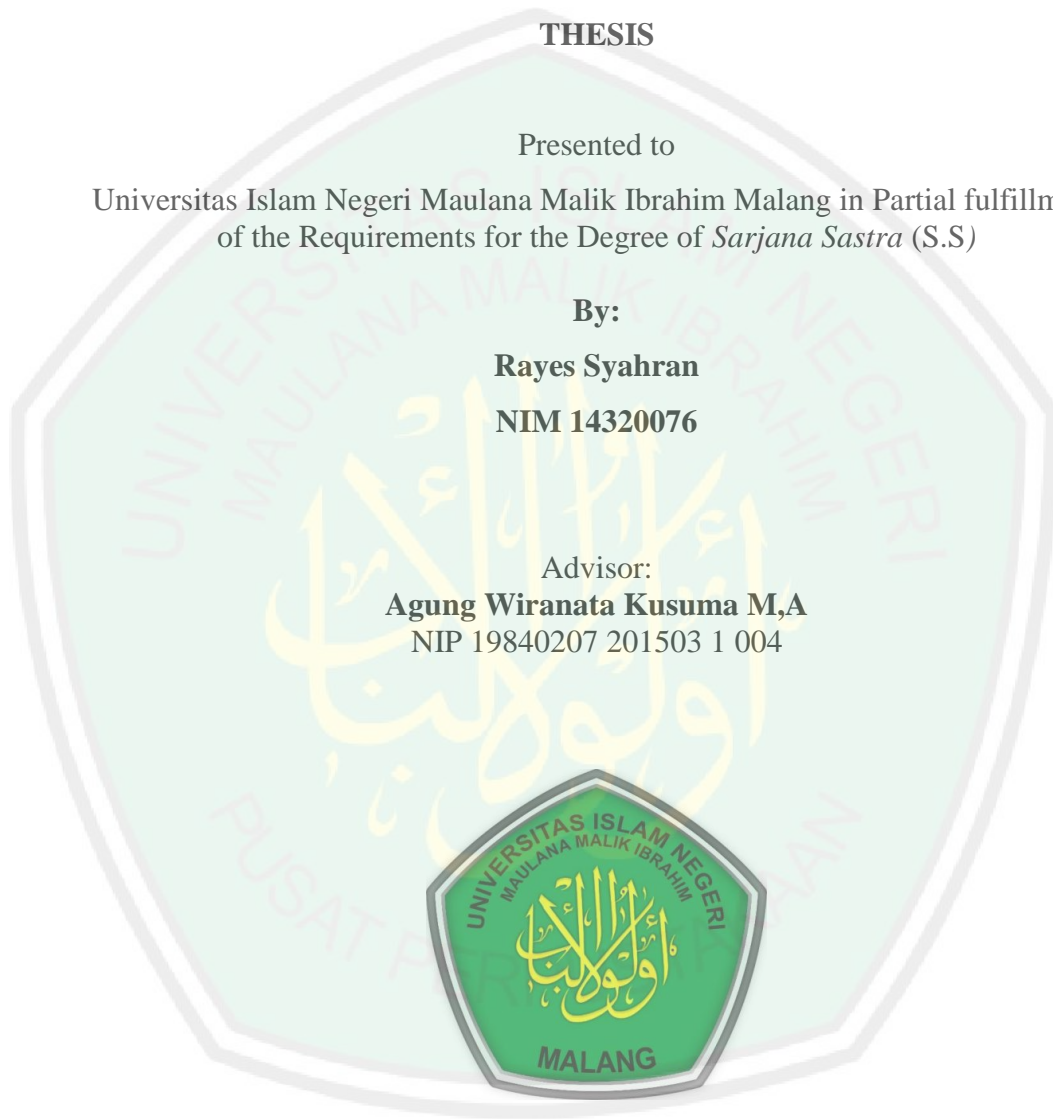
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2019**

APPROVAL SHEET

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I certify that the thesis I wrote to fulfill the requirement for the Degree of Sarjana Sastra (S.S) entitled "*Anxiety and Defense Mechanism of Jordan Garrison in Between Father and Son*" is originally my work. It does not incorporate any materials previously written or published by other persons, except those indicated in quotation and bibliography. Accordingly, I am the only person responsible for this thesis if there is any objection or claim from others.

Malang, 3rd of August 2019



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MOTTO

“The best among you is the one who does not harm others with his tongue and hands” (Muhammad SAW)



DEDICATION

I proudly dedicate this thesis to my beloved parents, the most charming father Yuri Gagarin and the loveliest mother Asinati for your merit I cannot thank you enough.



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Praise and gratitude is to Allah SWT, the lord of the universe, who has been giving me mercies and blessings so that I can finish writing this thesis. Sholawat and Salam are always for Prophet Muhammad SAW, without his guidance we never know and find the true of Islam.

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Finally, I modestly realize that this thesis is still far from perfection. Thus, I will always appreciate the comments from the readers. Hopefully, this thesis can give a valuable contribution to the field literary criticism.

Malang, 3rd of August 2019

Rayes Syahran
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ABSTRACT

Rayes Syahran. 2018. *Anxiety and Defense of Jordan Garrison in Between Father and Son* Thesis. English Letters Department. Humanities Faculty. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

The Supervisor: Agung Wiranata M,A.

Keywords: Anxiety, Self-Defense Mechanism, Post-traumatic Stress Disorder

Anxiety is a condition which possibly happens but it will become something hazardous if it does not get the right handling. Practically, it is usually followed by an uncomfortable feeling such as worry, fear, and unhappy moods. Since anxiety present uncomfortable feeling, it shows a close relationship between anxiety and post-traumatic stress disorder. However, post-traumatic stress disorder is a part of anxiety that humans choose to overcome it. Therefore, in order to decrease the pressure thus we can reduce it by self-defence mechanism. It is the nature of Ego-defences to protect ourselves from painful feelings triggered by the anxiety. That statement can be the base of this research which only focus on Jordan Garrison's psychological condition in Eric V Copage's *Between Father and Son*. The researcher divides the research problem into two parts; 1. What are the causes of Post-Traumatic Stress Disorder that Jordan Garrison experiences? 2. How does the main character employ defence mechanism for reducing post-traumatic stress disorder.

This research is classified as literary criticism research since the main character describe his own life which full of psychological condition. This research is only focusing on the causes of main character's post-traumatic stress disorder and defence mechanism which are employed in reducing his post-traumatic stress disorder. This research will combine the theory of Post-traumatic stress disorder by Ruzek and defence mechanism by Sigmund Freud to answer the research problems.

Based on the analysis, first, Jordan's causes of his post-traumatic stress disorder are when he is still four years old he becomes a witness of violence. He witnesses his father cruelty to his mother. The violence happens every day and brings impact to his life. Besides of domestic violence, he also witnesses a death and murder that happen to his grandfather and his mother. These tragedy events have haunted Jordan since that day. He re-collecting all the events of the tragedy and always remembering those tragedies. Moreover, because of those events make him to have flashback and nightmare regarding to his traumatic events. He also re-collections how his father murders his grandfather. Thus, Jordan is always being alert and she also avoids talking about something to someone which reminds him to his traumatic events. Finally, to reduce his post-traumatic stress disorder, he does several self-defence mechanisms. They are projection, conversion, substitution, fantasy, and denial

ABSTRAK

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Berbagai konflik yang menghambat kemajuan individu untuk mencapai tujuan, salah satu sebabnya adalah kecemasan. Biasanya kecemasan ini diikuti oleh perasaan yang tidak nyaman seperti khawatir, takut, dan tidak bahagia dengan apa yang dirasakan. Karena kecemasan menghadirkan perasaan yang tidak nyaman, hal tersebut menunjukkan kaitan antara kecemasan dan gangguan stress pasca trauma. Namun, gangguan stress pasca trauma adalah bagian dari kecemasan yang orang-orang berusaha untuk mengatasinya. Oleh karena itu, untuk mengurangi tekanan, diperlukan sebuah mekanisme yang disebut mekanisme pertahanan diri. Hal ini dialami oleh ego yang akan selalu melindungi diri kita dari perasaan yang menyakitkan yang dipicu oleh rasa cemas. Dari pernyataan tersebut dapat menjadi dasar penelitian ini. Penelitian ini hanya berfokus pada kondisi psikologi dari Jordan Garrison dalam novel *Between Father and Son* karya Eric V Copage. Oleh karena itu, penelitian ini memiliki dua permasalahan penelitian; 1. Apa penyebab gangguan stress pasca trauma yang dialami Jordan Garrison? 2. Bagaimana karakter utama menggunakan mekanisme pertahanan diri untuk mengurangi gangguan stress pasca trauma.

Penelitian ini dikategorikan sebagai penelitian kritis sastra karena tokoh utama menggambarkan kehidupannya sendiri yang penuh dengan kondisi psikologi. Penelitian ini hanya berfokus pada penyebab gangguan stress pasca trauma yang dialami tokoh utama dan mekanisme pertahanan diri yang dilakukan untuk menanggulangi gangguan stress pasca trauma. Penelitian ini menggabungkan dua teori untuk menjawab permasalahan penelitian. Pertama, teori gangguan pasca trauma oleh Ruzek dan mekanisme pertahanan diri oleh Sigmund Freud.

Dari analisis, pertama disimpulkan penyebab gangguan stress pasca-trauma Jordan adalah ketika dia masih berusia empat tahun. Dia menjadi saksi kekerasan yang terjadi dalam lingkup keluarganya. Dia menyaksikan kekejaman ayahnya terhadap ibunya. Kekerasan terjadi setiap hari dan membawa dampak bagi hidupnya. Selain kekerasan dalam rumah tangga, ia juga harus menyaksikan kematian serta pembunuhan yang dilakukan oleh ayahnya terhadap kakeknya. Serta, Jordan pun harus menyaksikan kematian ibunya. Dua peristiwa tersebut terbayang-bayang dipikiran Jordan sejak tragedi tersebut. Selain itu, karena dua peristiwa tersebut membuatnya memiliki kilas balik dan mimpi buruk mengenai peristiwa traumatisnya. Dia juga masih ingat dengan detail tentang pembunuhan kakeknya. Alhasil, Jordan menjadi pribadi yang selalu waspada dan menghindari percakapan tentang hal berkaitan dengan pengalaman traumatisnya. Akhirnya, untuk mengurangi gangguan stress pasca-trauma, Jordan melakukan beberapa mekanisme pertahanan diri seperti proyeksi, konversi, substitusi, fantasi, dan penolakan.

ملخص

ريس سهران. 2018. آلية القلق والدفاع بين الأطروحة. قسم الأدب الإنجليزي. كلية العلوم الإنسانية. مولانا مالك إبراهيم جامعة ولاية مالانج الإسلامية.
المشرف: أونغ ويراناتا ، ماجستير
الكلمات المفتاحية: القلق ، آلية الدفاع عن النفس ، اضطراب ما بعد الصدمة

الصراعات المختلفة التي تعيق تقدم الأفراد لتحقيق الأهداف ، أحد الأسباب هو القلق. عادةً ما يتبع هذا القلق مشاعر غير مريحة مثل القلق والخوف وعدم الرضا عما يشعر به ، لأن القلق يمثل شعورًا بعدم الارتياح ، فهو يظهر الصلة بين القلق واضطراب الإجهاد اللاحق للصدمة. ومع ذلك ، فإن اضطراب ما بعد الصدمة هو جزء من القلق الذي يحاول الناس التغلب عليه. لذلك ، لتقليل الضغط ، نحتاج إلى آلية تسمى آلية الدفاع. إنه أمر طبيعي حيث الأنا سوف تحمي أنفسنا دائمًا من المشاعر المؤلمة التي تنجم عن القلق. من هذه العبارات يمكن أن يكون أساس هذا البحث. يركز هذا البحث فقط على الحالة النفسية لحامية الأردن في الرواية بين الأب والابن بقلم إريك الخامس كوباج. لذلك ، تحتوي هذه الدراسة على مشكلتين بحثيتين ؛ 1. ما هي أسباب اضطراب ما بعد الصدمة الذي تعاني منه حامية الأردن؟ 2. كيف تستخدم الشخصيات الرئيسية آليات الدفاع عن النفس للحد من اضطراب ما بعد الصدمة.

يصنف هذا البحث على أنه أدب بحثي مهم لأن الشخصية الرئيسية تصف حياته المليئة بالحالات النفسية. تركز هذه الدراسة فقط على أسباب اضطراب ما بعد الصدمة الذي تعاني منه الشخصية الرئيسية وآليات الدفاع عن النفس المضطرب بها للتعامل مع اضطراب ما بعد الصدمة. تجمع هذه الدراسة بين نظريتين للإجابة على مشكلات البحث. أولاً ، نظرية اضطرابات ما بعد الصدمة التي كتبها روزيك وآلية الدفاع عن النفس من قبل سيغموند فرويد.

من التحليل ، خلص أولاً إلى أن اضطراب الإجهاد اللاحق للصدمة في الأردن كان عندما كان عمره أربع سنوات. شهد عنفاً وقع في نطاق عائلته. شهد قسوة والده تجاه والدته. العنف يحدث كل يوم وله تأثير على حياته. بالإضافة إلى العنف المنزلي ، كان عليه أيضاً أن يشهد الموت والقتل الذي ارتكبه والده ضد جده. أيضاً ، يجب أن يشهد الأردن وفاة والدته. هذان الحدثان يلوحان في أذهان الأردن منذ وقوع المأساة. بالإضافة إلى ذلك ، لأن الحدثين جعلاه له ذكريات الماضي وكوابيس عن أحداثه المؤلمة. كما أنه لا يزال يتذكر بالتفصيل مقتل جده. نتيجة لذلك ، أصبح الأردن شخصاً دائم اليقظة ويتجنب المحادثات حول الأمور المتعلقة بتجاربه المؤلمة. أخيراً ، للحد من اضطراب ما بعد الصدمة ، يستخدم الأردن العديد من آليات الدفاع مثل الإسقاط والتحويل والاستبدال والخيال والرفض.

CHAPTER I

INTRODUCTION

A. Background of the Study

Literature is a written work which expresses and communicates thought feeling, and attitudes toward life. According to Sangidu (2004:34), the term literature contains all aspects of life which are thought, felt, and experienced by human. It is, thus, fundamentally an expression of life through the language.

Literature is divided into three categories which are poetry, drama, and prose. A novel is described as a fictions prose narrative or tale presenting a picture of real life, especially the emotional crises in the life history of the men and woman (Endraswara,2013:96). In other word, the novel can present a documentary picture of life.

Novel is one of literary works. Since it contains an intrinsic element called character, novel can give an image of human personality. According to Endraswara (2013, p, 45), character is the person, in a dramatic or narrative work, endowed with moral and dispositional qualities which are expressed in what they say). Therefore, character can give an image of human's personality. This is why the human's personality can be found in the novel and probably tells about human's psychological problem such as anxiety.

Anxiety is one of psychological problems. According Bloom (2008) anxiety is an erective condition which motivates someone to do something; the

function is to give a warning about something dangerous, namely signal for ego which will increase continuously if someone does not take the suitable action for reducing the anxiety. Bloom (2008) stated that there are two factors which causes anxiety. First, the anxiety is caused by childhood trauma. If someone experienced something uncomfortable in his/her childhood it will affect his/her behavior in his/her adulthood. Second, the anxiety is caused by perfection. People who expect themselves to be perfect tend to do everything flawless, but if it is not as their expectation it is possibly cause anxiety.

Since the anxiety is caused by childhood trauma, there is relation between anxiety and trauma. Trauma is a part of anxiety. According to Ruzek (2009, p:45) Trauma is a form of anxiety disorder triggered by a traumatic event and characterized by intrusive thoughts, intense physiological reactivity, and avoidance of the stimuli associated with the trauma. In other hand, trauma as a part of anxiety which is psychological shock has a lasting effect on mental life (Miller,2007). Thus, people who experience traumatic event also feel anxiety.

People who have traumatic experiences often have symptoms and problems afterwards. How serious the symptoms and problems depends on many things, including the person's life experiences before the traumatic experience. During the trauma, sufferers often become overwhelmed by fear (Ruzek,2009 p:46). Soon after the traumatic experience, they may re-experience the trauma. This means that the sufferers relive the same mental, emotional, and physical experiences they had during or just after the trauma.

These include thinking about the trauma, remembering the events, and feeling the anxiety that occurred during the trauma. Because people are anxious and feeling agitated, they may have trouble in concentrating or thinking clearly (Miller, 2007). In addition, they might have nightmares when they are sleeping.

Because these experiences can be uncomfortable and sometimes painful, sufferers tend to avoid reminders of trauma. These symptoms create a problem that is called Post Traumatic Stress Disorder (PTSD). According to Mash and Wolfe (2007) Post traumatic stress disorder is a form of anxiety disorder whereby the person displays persistent anxiety following exposure to or the witnessing of an overwhelming traumatic event that is outside the range of usual human experience. Therefore, someone who experiences the traumatic events tend to reduce the anxiety.

The way to reduce the anxiety is called by defense mechanism. Oxford Dictionary (2009:116) defines defensive is a kind of the reaction which is used to protect someone or something against attack. According to Mash and Wolfe, Freud has made a new insight that anxiety is the signal of danger inside human. Like fear calls for the defensive measures of either flight or attack, anxiety is a signal for defense (2007). Therefore, the defense mechanism is used to overcome anxiety. This is why anxiety is an individual problem. The defense which is used to overcome the anxiety is different each person. Thus, the factor which influences the personality problem and overcome the anxiety can be seen not only in real life but also in literary works.

Based on the explanation above, the researcher intends to conduct an analysis on the novel entitled *Between Father and Son* written by Eric V Copage to find out the psychological problem of the main character. Thus, by using psychoanalysis, trauma experience appears in the Jordan Garrison, the main character in this novel. At the beginning of the story when he was around 4 years old, he had traumatic events are mainly caused by his father. He was hiding behind the chair while he was watching her mother being attacked by his father. As time goes by when he was 6, he went around with his mother. But when he played outside he almost got accident by a car but suddenly her mother saved him. Because of that, her mother died and it was the beginning how character faced his life. His father blamed him for his mother's death. The main character got abuse and got punishment continually by his father. While His father made him suffer pain, he also got bullied by his friends' at school.

The researcher chooses this novel because Eric Copage V who concerns of journalistic, most of his writing talks about people's suffering. The example of his writing is *Black Pearls* (2005). The novel talks about the suffering of three children who got bullied during their school. The novel *Between Father and Son* is a creative imagination of author which is expressed in the story; it contains of psychological complex experienced by the main character which is very compatible with the researcher concerns.

In accordance to the anxiety and defense mechanism study, there are previous researches related with the study. The first research is from Fendy

(2016) who described main character's problem and anxiety. The researcher classified the main character's anxiety and in the end found the defense mechanism. The research method used is literary criticism. The result of his study indicated that the story line is discussing with the emergence of main character's conflict. Thus, the researcher found the way of main character solved his anxiety such as aggression, suppression, rationalization, identification, regression, fantasy, and projection.

The next research is Fatati (2009) who aimed to describe the main character's problem. She discovered the main character faced many problems such as threat, oppression, and frustration. This research used Freud's theory about three types of anxiety. The research classified those three types of anxiety and finding the defense mechanism. As a result, in solving the anxiety the main character used repression, reaction formation, and projection.

The last is Masykuroh (2017) who described the anxiety and defense mechanism. He also used Freud's theory. This research did not only focus on the main character, but also the minor characters got involved as supporting data. This research found the main character suffered from realistic anxiety. It came from the external factor which is the society around him. Therefore, the main character used three types of defense mechanism. They are repression, rationalization, and fixation.

The similarities of these researchers are studying anxiety and defense mechanism of Sigmund Freud theory to analyze the character in the novel. Those researchers studied the kinds and the causes of anxiety in the characters.

Then, those characters used defense mechanism as the way to reduce the anxiety. The writer aims at showing the kinds of Jordan Garrison's anxiety. Then the researcher analysis the causes of his anxiety supported by data. Next, the researcher elucidates the main character's defense mechanism as the way to reduce the main character's anxiety. The similarities between current research with previous researches are using the Freud's anxiety theory as the tool of analysis. The difference between this research and those researches is the researcher will discuss on what's the effect of past events which cause trauma, and what is the result of the trauma made in the future. In sum, the researcher will discuss the symptoms of PTSD (Post Traumatic Stress Disorder). In addition, the researcher will focus only on the main character and the main character conflicts. Then how will the main character react to the conflict based on Freud's Defence-Mechanism.

B. Problems of the Study

Based on the background, the researcher formulates the problems as follows:

1. What are the causes of Post-Traumatic Stress Disorder which Jordan Garrison experiences?
2. How does the main character employ defense mechanism for reducing Post-Traumatic Disorder?

C. Objectives of the Study

In order to analyze this novel, the main objectives in this researcher as follows:

1. To describe the Post-Traumatic Stress Disorder that happens in *Between Father and Son*
2. To analyze the defense mechanism for reducing Post Traumatic

D. Scope and limitation

Since the paper examines the traumatic experience in Jordan Garrison's life, the scope of the study covers the symptoms of Post-Traumatic Stress Disorder (PTSD). There are several symptoms of PTSD and it is related to Jordan's traumatic memories. This research is also focusing on identifying the kinds defense mechanism which the main character employed. The other information which does not have relation with the topic is not discussed in this research.

E. Significance of the Study

With this research, the writer hopes that this research can give a useful contribution to literature, especially in anxiety and defense mechanism theory. This research is intended to provide anxiety and defense mechanism analysis related to the conflicts which main character experiences in the story line. Furthermore, through this research, the reader is expected to cultivate a sense of appreciation for the relationship between literature and psychology. Moreover, the writer wanted people to comprehend anxiety and defense mechanism which characters experience in the novels. Thus, the reader's understanding about anxiety and defense mechanism in literary works field becomes profound.

F. Definition of Key Terms

In this research there are several terms which appears. In order to avoid misinterpretation of terms, the research describes the definition of each term.

1. Anxiety is an unpleasant emotion which has symptoms such as worry, fear, and jittery which they all can be felt in different level.
2. Defense mechanism is ego function the defends itself against anxiety and conflict by obstructing it to the unconscious level
3. Post-Traumatic Stress Disorder is a form of anxiety disorder triggered by a traumatic event and characterized by intrusive thoughts, intense physiological reactivity, and avoidance of the stimuli associated with the trauma

G. Previous Studies

The previous studies for the same object discussing the novel *Between Father and Son* have not been discovered yet by the writer, but for studies with anxiety and defense mechanism theory are already exists.

The first previous study is *Dr. Leidner's anxiety reflected in Agatha Christie's Murder in Mesopotamia: psychoanalysis* written by Sarjono Fendy Yugo (2016). This study aims to find out the anxiety and the defense mechanism done by the main character.

In accordance to research questions, the results of this study indicate that there are several types of anxiety which main character had. The researcher found that main character experiences anxiety after he creates his creature. The main character also experienced the real anxiety because of his

creature's appearance. In addition, this research found several types of defense mechanism done by the main character. There are 5 types of defense mechanism which the main character did. The defense mechanism are sublimation, projection, rationalization, denial, and fixation. The defense mechanism done by main character carried out the way main character deal with himself. The researcher also classified the types of main character's anxiety than he connected the anxiety towards the defense mechanism done by the main character.

The second previous study is *Self Defense of Main Character of Treasure of Khan by Clive Cussler and dark Cussler* written by Muhimatul Fatati (2009). This study aimed to find out the defense mechanism done by main character. The result of this study indicated that main character used some defense mechanism to fight an enemy. In this research, the researcher focused on two characters which she categorized them as the main character. Therefore, she found that the two main characters experienced the mechanism such as repression, regression, displacement and also those self-defense mechanism which had great impact to their life because those defense mechanism made them survive. However, in this research, the researcher could not find the anxiety that main character felt. This research only focused on how she found the defense mechanism towards the main characters' conflicts.

The last previous study is *Anxiety and Defense mechanism of Will Hunting in Good Will Hunting Movie* written by Nur Leli Masykuroh (2017).

The study aimed to find out the forms of the main character anxiety and the defense mechanism applied by the main character to reduce the anxiety. The result of the analysis was obtained when the main character felt some anxiousness. They are realistic anxiety, the second is neurotic anxiety, and the third is moral anxiety. The researcher found that the main character had two realistic anxiety which are being afraid of serving punishment in the prison and being killed by Sean. The researcher also stated that the anxiety influence the main character's life for example losing his parent and suffering from psychological violence when he was child from his adoptive father and friends. In other hand, the main character use defense mechanism to cope with anxiety. The main character use rationalization and displacement to cope with anxiety.

H. Research Method

This research is a literary criticism. This research will analyze, identify, and classify the data in the novel and find the Post-Traumatic Stress Disorder and defense mechanism of the main character Jordan in the novel *Between Father and Son* by Eric Copage V. This research will combine two theories, trauma and defense mechanism by Sigmund Freud. Through the theories, the researcher use psychology approach to analyze the novel.

1. Data Source

Actually, data source which are used in this analyze is the novel *Between Father and Son* by Eric V. Copage's. The novel itself as the main data on the analysis. Whereas, it should be supported by the theory to

comprehend the analyzes. Thus, the researcher uses Freud's theory related self-defense mechanism to analyze this novel.

2. Data Collection

The object of the research is a novel. Thus, this research uses observation as method of collecting data because novel is a part of observation form.

This paper is using library research. The library research is followed by observation in some books relevant to the topic. The writer will discover the main problem in this novel related to the social condition and anxieties occur in the novel. After discovering the problem and anxieties, the writer visits the library to read some books relate to the theory of anxiety and web surfing to get more information about the movie and the theory.

3. Data Analysis

The next step after collecting data is data analysis. Data analysis is the selected and valid data appropriate with the problem of study. The steps in analyzing data are; (1) categorizing the data, the data will be selected by looking the data which has relevant to the problem of study (2) analyzing, interpreting the valid data and focusing to the concept toward psychological theory to find the post-trauma stress disorder and defense mechanism which appeared in the novel

CHAPTER II

REVIEW OF RELATED LITERATURE

This research is focusing on analyzing Jordan Garrison's anxiety and defense mechanism in *Between Father and Son* novel. Therefore, theoretical framework is drawn here in order to have deep understanding to the whole concepts of this research.

A. Anxiety by Sigmund Freud

Before the concept of the anxiety is discussed, the explanation of structure of the personality by Sigmund Freud is necessary. There are three major system in the structure of personality, which are the id, the ego, and the superego (Freud, 1960, as cited in Ruzek, 2009). Each of them has their own function and operating system. The basic system of the structure of personality is the id. The id works on the pleasure principle where the id only seeks for pleasure and avoids everything which is uncomfortable (Freud, 1960 as cited in Ruzek 2009). Therefore, to make the id desire comes true, the ego appears. The ego is the one which take the action to fulfill the id desires and needs. The ego works on reality principles where the ego has to face the reality of satisfy the id desires. As a person grows up, the ego and the environment will also develop. He or she learns that there are rules and norms which take place in the society. Thus, the third system is called superego. It is the superego which filters the action. It decides what is right and wrong according to the moral standards in the society.

The id needs and desires cannot always be provided by the ego because the ego must face the reality and the superego. However, since the id works on pleasure principle, it only wants pleasure. The id will push the ego to fulfill the id needs (Freud, 1960, as cited in Ruzek, 2009). The ego, facing the reality and the superego is overwhelmed by the intense tension. Therefore, anxiety arouses.

Anxiety is one of psychological problems. Freud (1960, as cited in Ruzek 2009) mentioned that anxiety is as a signal to the ego that danger is coming. It warns the ego to do something to prevent the danger from doing harm to the ego. Anxiety creates pain, uncomfortable feelings which people would not prefer to bear it.

Freud divides three kinds of anxiety. They are reality anxiety, neurotic anxiety and moral anxiety. First, reality anxiety is the fear of a real danger in the real world (Freud 1960, as cited in Ruzek 2009). For example, a person who fears a snake. Second, neurotic anxiety is the fear that the id impulses will get out of control and he will do something that will make him punished. According to Ruzek (2009) there are three forms of neurotic anxiety. The first form is the kind of person who has bad thoughts about the environment that something terrible will happen. The second form is phobia. Phobia is an extensive fear of an object. The fear of the object is superior compared to the actual danger which the object may bring. The third form of neurotic anxiety is panic or near-panic reaction. Panic reaction can be functioned to channel the excessive painful neurotic anxiety by doing what the id demands, ignoring the

ego and superego. Panic reaction is an extreme reaction, but it is rarely done by someone. It is something which is out of someone's usual character.

The third kind of anxiety is the moral anxiety. Moral anxiety is the fear of conscious (Freud 1960, as cited in Ruzek, 2009). It is someone's anxiety which comes from his/her thinking which is not proper according to the moral code of the society. People who have moral anxiety is considered to have their superego well-developed. By those thinking, they feel guilty or shame. Moreover, the person who have moral anxiety has been punished in the past for violating the moral code and he fears that he may be punished again. In sum, the three kinds of anxiety mentioned above has a function as warn of danger.

Anxiety functions as warn of danger. It drives people to take actions avoid the danger. When someone fear something, the anxiety is automatically alarmed (Bloom, 2008). He is afraid that it would bring harm to him. However, there is relation between anxiety and trauma. . According to Ruzek (2009, p, 45) Trauma is a form of anxiety disorder triggered by a traumatic event and characterized by intrusive thoughts, intense physiological reactivity, and avoidance of the stimuli associated with the trauma. In other hand, Trauma as a part of anxiety which is psychological shock having a lasting effect on mental life (Bloom, 2008). In a word, people who experience traumatic event is also categorized as an anxiety.

B. Post Traumatic Stress Disorder

If someone has traumatic experiences and has trouble in getting back to his or regular life and to connect with others, he or she may suffer from Post-Traumatic Stress Disorder (PTSD). When someone has PTSD, it seems that she or he will never be able to avoid what happened to him or her and even back to normal life again. However, sufferer has to find support from others and also to find the proper treatment so he or she will be able to overcome the PTSD.

1. Definition of Post-Traumatic Stress Disorder

There are some experts defined the word post-traumatic stress disorder. According to Ruzek (2009, p, 45) Trauma is a form of anxiety disorder triggered by a traumatic event and characterized by intrusive thoughts, intense physiological reactivity, and avoidance of the stimuli associated with the trauma. In other hand, Trauma as a part of anxiety which is psychological shock having a lasting effect on mental life (Seligman and Rosenhan, 2001). Someone who is diagnosed with PTSD must have been in a situation in which he or she was afraid for his or her safety and for his or her life and also he or she must have experienced something which made her or him feel frightened or fearful, helpless, and terrified. Although PTSD need to be diagnosed by a mental health professional, symptoms of PTSD are clearly defined. PTSD usually has typical symptoms. They are flashbacks, and nightmares, avoidance and numbing, and being on guard.

2. Symptoms of Post-Traumatic Stress Disorder

When we talk about traumatic experience, almost everyone experience at least some of the symptoms of post-traumatic stress disorder. It is very common to have bad dreams, feel fearful or numb, and find it difficult to stop thinking about what has happened. However, for most people, these symptoms are simple things. According to Ruzek (2009) they will forget them after several weeks or even days. Thus, everyone is different in responding to traumatic experience.

If we have post-traumatic stress disorder and the symptoms do not decrease, we will not feel a little better each day. In fact, we may start to feel worse. As post-traumatic stress disorder does not always develop within hours or days, for some people the symptoms of PTSD develop in days or months (Ruzek, 2009, p, 19). Ruzek (2009) also argued that the symptoms of PTSD can arise suddenly and gradually. Sometimes the symptoms are vague. In the other times, they appear because of something which reminds us of the traumatic event.

There are three main types of symptom which are required to assign the PTSD. Ruzek (2009) divided three main types of symptom which required the PTSD. First type consist of flashbacks and nightmares. We find ourselves re-experiencing the event again and again. Actually we see the traumatic event in our mind but we may also feel the emotions and physical sensations of what happened. According to Ruzek (2009) the traumatic event is persistently re-experienced in one or more ways. for

example, recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions, recurrent distressing dreams of the event, acting or feeling as if the traumatic event were recurring (including a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes).

The second type concerns avoidance and emotional numbing. In these symptoms sufferers consider that the event is disappointing. So they will distract themselves and keep their mind busy by doing what they like such as hobbies, travelling, or spending their time in order to forget the unwelcome memories. They also avoid places and people that remind them of the trauma and try not to talk about it (Ruzek, 2009). Ruzek (2009) also says that the avoidance can be indicated in some ways: effort to avoid thoughts, feelings, or conversations associated with trauma, efforts to avoid activities, places or people that arise recollections of the trauma, inability to recall an important aspect of the trauma, markedly diminished interest or participation in significant activities, feeling detachment or estrangement from others, restricted range of affect (e.g., unable to have loving feelings), and sense of foreshortened future (e.g., does not expect to have a career, marriage, children, or a normal life). Besides, the emotional numbing may present as a lack of interest in activities.

The third type is being on guard. Here, sufferers feel anxious and find it hard to sleep. They also cannot relax but stay alert all the time

sufferers know that in this condition the experience is life threatening, both physically and psychologically. So, there is an enormous stress reaction here. This is very exhausting and leads to nightmares and depression.

3. Cause of Post-Traumatic Stress Disorder

There are some causes which lead someone to experience post-traumatic stress disorder. Commonly, a series of traumatic events are among the causes. Ruzek (2009) states that post-traumatic stress disorder is the result of the experience of traumatic events like domestic violence, physical assault, violent accidents, natural disaster, threats, combat, witnessing death or murder or hearing about the unexpected death of a loved one. Thus, someone can be diagnosed as PTSD not only as a victim but also a witness also can cause PTSD. However, some traumatic events are insufficient. There are other factors which have a big role in developing post-traumatic stress disorder. Ruzek (2009) classify the factor which lead someone to post-traumatic stress disorder in three categories. The factors are biological factors, psychological factors, and social factors.

The biological factors make certain people more vulnerable in developing post-traumatic stress disorder. In response to any trauma they might show symptoms which are influenced by genetic factors, abnormal hyperactivity of the catecholamine, the stress hormone which prepares the body for an emergency, and CRF system. CRF stands for Corticotrophin Releasing Factor; this system plays a central role in the regulation of the stress. Both catecholamine and CRF systems result in sustained stress

responding. That is why people might show that they have emotional numbing.

Secondly, psychological factors interact with biological vulnerabilities in producing post-traumatic stress disorder symptoms. The symptom is identified by establishing the severity of tension or stress which is related to the risk of developing post-traumatic stress disorder. Someone who has long-term PTSD has usually experienced a fearful traumatic event, for example experience sexual abuse in childhood or witnessing a murder.

Thirdly, both biological and psychological factors work in specific social contexts. Here, social factors increase exposure to trauma (e.g., living in the inner city where personal violence is more common), certain conditions also produce a higher risk of exposure to traumatic events (e.g., soldiers in combat), social factors help determine whether PTSD symptoms are eliminated or not.

4. Effects of Post-Traumatic Stress Disorder

Post-traumatic stress disorder has effect to the sufferers. The effects of PTSD are usually categorized as intrusion, avoidance, and hyperarousal (Bloom, 2008). Post-traumatic stress disorder is categorized as intrusion when the symptoms appear suddenly and happen when memories of a past traumatic incident comes back as flashback in the sufferer's mind. These flashbacks can be induced by a variety of triggers such as smell, sight, or sound. Then, post-traumatic stress disorder is

categorized as avoidance when a sufferer consciously or unconsciously tries to prevent remembering anything related to the traumatic experience. This may involve avoiding those who are close to him or her, or those he or she works with, etc. all these effects lead to extreme depression which is very difficult to cope with. Post-traumatic stress disorder is categorized as hyperarousal when the symptoms are the result of nerves and hormones. Sufferers could experience insomnia. According to Bloom (2008) during this phase sufferer will have very poor concentration and will get irritated easily. Therefore, based on the effects are caused by the PTSD, the suffers tend to cope or even reduce PTSD.

C. Defense mechanism

Defense mechanism is used to reduce the anxiety. Freud uses defense mechanisms term referring to subconscious process of a person for reducing anxiety. This mechanism protects someone from external threaten or the impulses which appear from the inside of anxiety that contort the reality anyway (Hilgard, et, al 1975:442, as cited in Ruzek, 2009). The major function of anxiety psychodynamic is to help someone to refuse instinctive impulse which is not intended to come inside to subconscious and gives a satisfaction feeling to impulse indirectly. Self-defense mechanism help to make the function to be executed and protect a person from the superfluous anxiety. According to Freud (1960) defined defense mechanism as the strategy which is used by a person to defend Id impulse expression and resist the pressure of superego. He believes that most of people use more than one defense

mechanism together to protect them from anxiety. There are several types of defense mechanism formulated by Sigmund Freud. They are repression, sublimation, displacement, rationalization, projection, aggression, fantasy, denial, introjections, isolation, identification, and fixation

1. Repression

Repression is incapability condition for remembering situation or person or scary event. Freud (1960) says that when ego is threatened by Id which is not intended, ego will protect himself with representing that stimulus by forcing the threatened feeling in subconscious condition (as cited in Bloom, 2008). It is like traumatic memory and threatened condition which has threatened individual then he buries it in his subconscious and saves it in his mind. It is playing most of role in the other defense mechanism which needs releasing constant energy to defend a dangerous situation outside subconscious.

2. Sublimation

Sublimation is one of defense mechanism. Sublimation is changing dangerous stimulus to be a positive motivation which can be accepted in social (Minderop, 2010). In this defense mechanism, the first gravitation object is changed by higher cultural purpose which is very different from direct expression from that instinct. In sublimation, instinct is changed become a new useful gutter. Here, ego must not defend constant output energy to prevent resignation. For example, on this mechanism is Leonardo

Da Vinci who likes painting Madonna as his sublimation for missing his mother which has passed away when he is still young.

3. Displacement

Displacement is converting the objective fear or subconscious desire of somebody or converting unhappy feeling of the object to the other object which is more possible. An example, there are negative impulses which are replaced as a patsy for a person or the other objects which they are not a frustration source, while it will be more safety as a target. For example, the student who hit his cat after being embarrassed by his teacher at school. Placing his brother that there is feeling to kill or hit the teacher which is not appropriate and then he releases his anger to his cat. Therefore, it can be called as hydraulic displacement model.

4. Rationalization

Rationalization is a mechanism which involves giving logic explanation to the true attitude which actually pushed by subconscious motive inside us. Psychoanalysis can recognize for our explanation about our attitude is not always related with the true causes. It has two functions, first to decrease the satisfaction feeling when we fail reach our purpose, second is giving accepted motive for the attitude (Hilgard, et al., 1975 as cited in Ruzek, 2009). It happens if there is motive from individual attitude which cannot be accepted by ego. This motive can be changed by kind of substitute motive for correction aim. For example, the student who is not

invited to the party will say that he will not go although she has been invited because there are people who hated her in that party.

5. Projection

Projection is a mechanism to reduce anxiety. Freud (1960) says Projection is defense mechanism where there is an impulse which is caused anxiety was dropped out by directing the anxiety or predicting it the other, these threats which are from the inside persons dispersed to another people. It means that threat which is form himself is attributed to the people who are around him. People do not feel comfortable to face ambiguity and uncertain condition which is disposed to more conservative while they disposed to have more little necessity for liberal regularity. For example, of this mechanism is people enough to say “She hates me” as substitute of “I hate her” or “she always threatens me” as substitute of a conscience “I always disturb her”

6. Aggression

Aggression is one of mechanism to reduce anxiety. Freud (1960) says that aggression is an angry feeling which is connected with stress and anxiety can go straight on destruction and fight. It happens because there is angry feeling which is caught with suspense and anxious which can go straight on destruction and attacking. For example of this mechanism is someone does not where he has to fight, while he needs something which can be his releasing. The fighter sometimes goes toward to innocent people or finds a patsy

7. Fantasy

When our problems in piles, sometimes we find a solution by coming to the fantasy. Solution that is on the basis of fantasy more than reality. For example, someone who is poor imagines a big house and luxurious building by collecting various luxurious building pictures.

8. Denial

Denial is a defense mechanism. Freud (1960) says that denial is defense mechanism which usually appears to reject admiring a stimulus which makes anxiety. Denial is relevant with repression but in this manner, person who is to be concerned does not want to accept the reality. It can be accepted as a mechanism in a short time. But it also can be dangerous if the situation never can be faced gratify. For example. There is some who said to his friend that a great conflict between his couple only a simple conflict.

9. Introjections

This mechanisms works as the way to bring the other personality to go inside to yourself, in that manner, you will be able to finish a problem feeling which disturbs you. For example, there is a woman that has been left by her husband death, she started to wear her husband clothes which is absolutely not suitable with her. She also begins to do her husband behaviors when he was alive such as smoking.

10. Isolation

This mechanism precedes the replacement of the emotion that is from fear memory. An example of this mechanism is when there is

someone in Cinema where all audience laugh because the movie is funny but he just keeps silent and feels not to be noticed.

11. Identification

Identification is the shape of introjections which focuses in the adoption. In general, identification is not realized and it does not need totally (Ruzek, 2009) someone does it just for condition which is considered to help for reaching self-aim. For example of this mechanism is when he feels fear with the other person he will defeat it by pretending like that person. Identification is usually used for three reasons (Freud 1960 as cited in Ruzek, 2009). first, it is a way to find back the lose object. Second is identification is used for fear feeling. And the third is through identification someone get the new information by verifying mental imagination with the reality.

12. Fixation

Fixation is one defense mechanism. Fixation is the delayed of normal development in definite development phase because the next development will be difficult, therefore, it can cause the strongly frustration and anxiety. Anxiety and frustration for financial independent can make teenager who lives with his parent make him depend on much to them. People usually stay back to the phase where they have been done fixation before. If they depend on much like when they are child, therefore, they will depend on again whenever their anxiety increase until in the endured phase.

13. Conversion

Conversion is a defense mechanism whereby the anxiety caused by repressed impulses and feelings are converted into manifestation motoric, sensory, and somatic. Someone who gets stressed out tend to get angry easily, screaming louder, and do sport in order to convert and reduce his or her anxiety (Miller, 2007). For example, someone who gets stressed out in his office tries to do sport to make him fresh and spirit.



CHAPTER III

ANALYSIS

This chapter presents the analysis of anxiety and defense mechanism of the main character. The analysis is divided into two parts, the analyzes of Jordan Garrison's causes of post- traumatic stress disorder, and the analysis about Jordan Garrison's defense mechanism for eliminating the post-traumatic stress disorder.

A. Post-Traumatic Stress Disorder's causes

This part analyzes the causes of post-traumatic stress disorder of Jordan Garrison. Ruzek (2009) stated that post-traumatic stress disorder is a form of anxiety disorder triggered by a traumatic event and characterized by intrusive thoughts intense psychological reactivity, and avoidance of the stimuli associated with trauma. Furthermore, Ruzek (2009) stated that the cause of post-traumatic stress disorder is the result of the experience of traumatic events like domestic violence, physical assault, violent accidents, natural disaster, threats, combat, witnessing death or murder or hearing about the unexpected death of a loved one.

Jordan experiences several events which is categorized as the causes of his post-traumatic stress disorder described as follow

1. Domestic Violence

Domestic violence is one of the causes of Jordan's post-traumatic stress disorder. According to Ruzek (2009) domestic violence is an act which occurs in household carried out by a husband, wife, or child that has

a negative impact on the physical, psychological, and harmonious relationship. In addition, the form of domestic violence are sexual abuse, psychological abuse, and violence (Margareta, 2013; 17). Jordan experienced several events which are categorized as the causes of his post-traumatic stress disorder, the one of cause comes from his family. It occurs when he was a child he becomes a witness of his father's atrocity against his mother.

Some of the traumatic events are domestic violence, witnessing a death or murder, physical assault, and threats. One of the causes is when witnessed his mother abused by his father which is categorized in domestic violence.

Data 1. This data shows Jordan witnesses his father abuses his mother.

I was four, I should not watch it. His cruelty and violence were not only physical. He like to belittle and humiliate my mother, laughing loudly at her and calling her names, or telling her that she was useless. This verbal abuse affected her as much as the physical attacks did. It chipped away at any confidence she might have had, reducing her to a shadow of her former self (Copage 19)

This data shows us Jordan's father's cruelty. In the age 4, he is hiding behind chairs while his father attacks his mother. He was too young, therefore he cannot save his mother and just witness it.

Thus, trauma begins when Jordan hides behind the chair while his father abuses his mother. He does it because if his father knows that he is watching it, he gets abused of his father.

From the causes that Jordan experiences, it triggers the effect to his behavior. According to Ruzek (2009) stated that there are three main symptoms which are required to assign the PTSD. They are flashback and nightmare, avoidance, and being on a guard. In this case, the effect that Jordan experiences is avoidance. It can be seen in the data

Data.2 This data shows Jordan tries to avoidance that makes him remember the traumatic event.

My life was not healthy. I rarely drank water and it made me dehydrate easily. I drank mineral water only at school. At home, I only drank water that I bought at school. I knew it's stupid, but It's better than stepped my feet to the kitchen. (Copage 25-26)

From the data we find that Jordan tries to avoidance something that makes him remember the traumatic event. According to Ruzek (2009) someone who is diagnosed post-traumatic stress disorder, they tend to avoid places that remind them of the trauma. Here, Jordan avoidance "Kitchen" as the place when he witnesses his father abused his mother. As a result, he avoidances his own kitchen where he can drink water when he gets thirsty anytime but he prefers drinking water at someplace except the kitchen.

On other hand, there is another fact that indicates seeing his father abuses his mother as the causes of his post-traumatic stress disorder. He has to see his father abused his mother every night.

Data.3 This data shows Jordan has to see the cruelty of his father every night.

When I touched the door's handle, I thought it was an earthquake. So, I jumped to my bed and grabbed my pillows. I thought my bed was the safest place in the world. But It was not an earthquake. It was my mother screamed loudly. I couldn't forget her scream. She screamed breathless "Leave me alone" I knew she also cried. My legs stepped to the that scream. It was so dark. The lights were out. All I could hear is my mother's scream. I saw my father slapped her again, spitted on her face. My mother had faced his cruelty every night, since my father lost his job (Copage 46)

In this data, this explains Jordan witnessed his father's cruelty every night. In his childhood he is as the witness of violence that his mother as the victim. By seeing his father abuses his mother every night, it is as the indicates the causes of his post-trauma stress disorder. In addition, Ruzek (2009) also stated that the domestic violence not only a victim gets traumatized but also a child who witnesses it also get traumatized. Thus, Jordan who witnesses his father abuses his mother can be categorized as someone who experiences the domestic violence.

On the other hand, when Jordan and his family moved to the grandfather's house and he seems to be happy there. His grandfather likes traveling. One day when Jordan and her mother are sitting at the living room and talking together about the death of Jordan's grandmother. While they are talking, suddenly Jordan's father comes and abuses his mother.

Data 4. This data shows Jordan witnesses his mother get abused by his father in grandfather's house

I did not know, he suddenly appeared. My father was still beating my mother. Suddenly he drew his leg back and kicked my mother so hard on the shin that she screamed. I remember the twisting in my stomach and my head bursting with fear. My body was shaking, my mind felt frozen in time. My grandfather and I watched as my mother tried to get up but feel, in pain. My father

picked her up, walked past us and took her into the garage, where he carried on shouting at her and abusing her. (Copage 76-77)

Here, Jordan has to witness his father's cruelty to his mother. He is unable to help his mother because he is too young and fearful. This event will stay in Jordan's mind. That is the causes why he keeps memories to the traumatic events.

Therefore, because of the domestic violence that Jordan experiences, it shows symptom that is categorized as his post-traumatic stress disorder. He becomes someone who is being on guard. According to Ruzek (2009) Being on guard makes sufferers stay alert all, anxious, and cannot relax.

Data.5 This data shows that Jordan feels anxious cannot relax even he is in his best friend's house.

Smith invited me to his house. It was a big house. Bigger and also more comfortable than mine. Yeah. because I couldn't find my father there. But, actually I felt not comfortable, and I did not trust on smith's door. So, I leaned my back on it until dawn to make sure my father did not come here. (108)

Based on the statement, Jordan feels anxious even in his best friend house. He feels haunted by his father, he also cannot relax and being a guard It can be seen by sentence "I felt not comfortable. so I leaned my back on it until dawn." this sentence as indicates that he feels anxious, he needs being a guard to safe himself from his father. Thus, because of witnessing his father's abuse to his mother makes him feel anxious wherever the place that there is no father.

2. Witnessing Death or Murder

Witnessing death or murder also causes someone experiences post traumatic disorder. Jordan in his childhood not only experiences domestic violence but he also witnesses a death and murder. According to Ruzek (2009) witnessing a death and murder is psychological factors interact with biological vulnerabilities in producing post-traumatic stress disorder. Someone who has long-term PTSD has usually experienced a fearful traumatic event for example witnessing a murder.

Witnessing His Father Murders His Grandfather

Witnessing his father murders his grandfather as the causes of his post-traumatic stress disorder.

Data 1. This data shows the event when Jordan's father kills his grandfather.

I knew that he was possessed by his emotion. Something like devil. I watched as my father grabbed my grandfather and began punching his face. It was so hard. Using first one fist and then the other. My grandfather was shocked. He tried to defend himself. I saw his face being slammed from side to side as he hit him. Then he began punching him all over the body, raining blows on his stomach, head, legs, and arms. He fell to the floor and he began kicking him, barely pausing between one vicious kick and the next. I sat crouched in the corner, watching, as my father dragged my grandfather out into the front garden, and my grandfather called out, 'Jordan, please call the police!' he managed to say it three times before he climbed on top of him and began strangling him. There's blood on my grandfather's clothes and lots of blood on the floor. His eyes were rolling and at the moment he screamed in a high-pitched voice. I only heard two words.. "you murderer".

The scream “you murderer” is Jordan’s grandfather last words, and it has haunted Jordan since that day. Because of it, the symptom of this murder case is nightmare.

Data 2. This data shows Jordan’s nightmare about his grandfather’s murder.

It had been 4 days I had nightmare. I saw his head bleeding. He screamed a loud, moaned in pain. He repeated the word “you murderer, you murderer” (Copage 103)

From the data, shows that witnessing the murderer makes him suffers nightmare. The nightmare is constant, the word “4 days I had nightmare” means that the tragedy stays in Jordan’s mind and represents into nightmare.

There is another effect related to Jordan’s father murdered the grandfathers. He often gets flashback to the moment when his father killed his grandfather.

Data 3. This data shows Jordan flashback to the day he witnesses his grandfather’s murdered by his father.

I couldn’t get out of my mind the picture of his face as he killed my grandfather, or his voice cursed him. I replayed the scene over and over, hearing his voice begging me to get help and trying to think of how I could and should have saved him (Copage 298)

From the data shows us that Jordan cannot forget his father’s face when he ends his grandfather’s life. He always remembers the scary scene over and over. It can be seen by the word “I replayed the scene over and over” means that in his mind he always remembers it. So this is Jordan’s flashback of his traumatic event. According to Ruzek (2009) the traumatic

event is persistently re-experienced in one (or more) ways, for example recurrent and intrusive distressing recollection of the event, including images, thoughts, or perceptions, recurrent distressing dreams of the event, acting or feeling as if the traumatic event were recurring (including a sense of reliving experience, illusions, hallucinations, and dissociative flashback episode)

Moreover, the data which Jordan has the re-collection of the way his grandfather died by seeing a cut-out image of his grandfather. Although, Jordan does not realize that he has re-collections. This is kind of symptom post-traumatic stress disorder.

On other hand, there is another terrifying event when Jordan is 6 years old. It happens when he plays outside house with his friends. Suddenly, there is a truck almost crashing him. There are 5 children there, but only Jordan's mother sees it. Jordan will get accident if he does not move. As the mother, his mother tries to save him. But the truck speeding up. As a result, his mother push him to the sidewalk. He is survived but not his mother. The driver does not care and keep going. It takes a long time to pick her to hospital. And she is death runs out of blood.

Data 5. This data shows Jordan's mother is trying to save Jordan from the accident.

I did not know the truck was coming. I just heard her footsteps. More and more became clear. She pushed me out until my head hit sidewalk. It did not matter than see her ran out of blood. My legs were shaking saw the sea of blood. (Copage 132)

The data shows that Jordan Garrison has experienced the terrifying events which make him traumatized. That traumatic event will stay in Jordan's life. He loves her mother and he blamed himself as his mother death. According Ruzek (2009) someone who has long-term PTSD has usually experienced a fearful traumatic event for example witness the tragic event. As a result, anytime he sees blood his body is shaking. When he is at school one of his friend get injured when they are playing football. Then he sees his friend's blood.

Data 6. This data shows Jordan's avoids blood that reminds him to his mother's death

It was red, disgusting. Since it poured out of his body, my breath became heavy. I could not see it clearly; my body was shaking automatically. So, I decided to take a rest in the classroom. (Copage 153)

The traumatic event which is seeing his mother death brings the big impact towards Jordan. He becomes someone who is afraid seeing blood. Every time he sees blood, his body is trembling and anxious remembering of his mother death. In addition, based on two death's cases which are witnessing his grandfather gets murdered and witnessing his mother's death because accident can be categorized as the effect of his trauma.

Moreover, this traumatic event is categorized as the causes of post-traumatic stress disorder. Therefore, there is another avoidance done by Jordan

Data 7. This data shows that Jordan avoids himself to the something which will trigger his memory about his mother's death. He is just stay at his room and also he is not having conversation associated with the trauma

I was totally unable to talk about my grandfather's death and my mother's death. I just did not want to talk about it. I spent most of my time sitting alone and disconnected from those around me (Copage 334-335)

In this data shows that, he does not want to talk about others, and he isolated himself to around him. According to Ruzek (2009) stated that the avoidance can be indicated in some ways: effort to avoid thoughts, feelings, or conversation associated with trauma. Therefore, the word "I just did not want to talk about it" means that Jordan does avoid conversation associated with his trauma. Not only avoid conversation, but also sufferer will avoid places and people that remind him to the trauma (Ruzek,2009)

Data 8. This data shows that Jordan avoids place that reminds him to the mother's death

"Smith and I had lunch at Marsha's house. I couldn't even eat although I was starving. Honestly, my mother's food was more delicious than this salad. I looked out the window, the clouds were getting dark, it was a sign to go home. I wanted to be here a bit longer, but my father will punch mi I I didn't hurry. I chose to take a bus instead of passing the sidewalk. (Copage 180)

This data shows the avoidance that Jordan does that reminds him to the trauma. "Sidewalk" is the place where his mother death. So if he passed through the sidewalk it recalls his mind to his mother. According to Ruzek (2009) stated that if someone does not avoid the place that

reminds him to the trauma he may feel anxious and heart beating. But in this case, Jordan prefer taking a bus to go home. This is a form of avoidance that Jordan does regarding to the mother's death.

3. Physical Assault

Physical Assault is one of the causes of post-traumatic stress disorder. The term physical assault is related to violence which involves direct contact and it is intended to cause feelings of intimidation, injury, or damage to the body (Giardino,2008). This physical assault is focusing to the someone's body. Someone who experiences physical assault might be seen by wound, bleeding, or battered. In sum, someone who does physical assault intends to make someone's get hurt and wound. Moreover, Jordan experiences physical assault not only by his father but also by his teacher at school.

After Jordan's mother death, Jordan's problem is getting worse. His father blamed him to what has happened to his wife. Although, the father is characterized as a rude and an emotional person to his wife. But the father shows that rudeness to his son. Any time Jordan makes a mistake, he gets verbal and nonverbal violence. He wants to get out of his house. But the more he tries the more he gets abuse.

Data.1. This data shows Jordan gets physical assault by his father.

He was telling me that I was useless. He blamed me to what had happened. He asked me to look into his black eyes. I did... then, he kicked me, punched me, and slapped me. Suddenly I remembered my mother, hope that my mother did not see this cruelty anymore. (Copage 184)

Jordan gets verbal violence by getting punched, kicked, and slapped. These kinds of violence make Jordan powerless. He cannot defend himself, because he is too young. Not only verbal abuse, but also he gets nonverbal violence. He gets the words which at the age is not appropriate. He was told that he was useless, there is no affection he gets by his father. Thus, because of this traumatic event, Jordan becomes someone who is afraid making mistake. He just wants to be perfect in front of his father. However, according to Bloom (2008) stated that the anxiety caused by perfection. People expect to be perfect tend to do everything flawless. Therefore, in this case Jordan tries to become someone who does everything perfect and that is also categorized as the anxiety.

Because of the physical assault that he gets, he undergoes symptom of post-traumatic stress disorder. He undergoes nightmare

Data 2. This data shows Jordan experiences a nightmare since he gets abused by his father.

I had never been a good sleeper since my father kicked and slapped me, but now I had become terrified of the dark and had to keep the lights at night. Even then I couldn't sleep, and when I finally did it, I suffered appalling nightmares that left me trembling and wide awake for the rest of the night (Copage 233)

After what has happened that makes him undergoes post-traumatic stress disorder, Jordan experiences a nightmare that makes him could not sleep. This is normal for someone who suffers post-traumatic stress disorder (Ruzek, 2009). According to Ruzek (2009) Sufferers will recognize that condition such as hard to sleep and having nightmare. So

there is an enormous stress reaction here. This is very exhausting for Jordan and it leads him to nightmare and even depression.

Not only gets physical assault by his father but also his teacher named Mr. Jose abuses him at school. The abuse occurs because Jordan cannot focus in studying specially at Mr. Jose's class.

Data 3. This data shows Jordan gets physical assault by Mr. Jose.

I was thinking about a plan to escape from hell created by my own father. I thought it was a bad idea. Until, Mr. Jose slapped my head. So hard, until I couldn't see his face. I knew Smith tried to help me up, but he just sat in silence. (Copage 232)

From that data, it shows that he gets physical assault by his teacher. He gets slapped because he is not focusing to what Mr. Jose explains in the class. It was a hard slap until his vision becomes blurred. In other hand, we can see that Jordan gets stressed out living with his father after his mother's death. He often thinks how to get out from his house. In addition, he does not like his house by word "... escape from hell created by my own father" he uses term hell to show how he does not like and feel uncomfortable living there anymore. However, by those physical assault experiences by Jordan cause him traumatized because not only in his house but he also gets abused in his school. Therefore, according to Bloom (2008) stated that if someone experienced something uncomfortable in his childhood it will bring affect for his behave to others. By experiencing something terrifying like physical assault by his father and his teacher triggers his post-traumatic stress disorder.

The effect of this traumatic event makes him undergoes post-traumatic stress disorder. The symptom of this case is avoidance.

Data 4. This data shows when Jordan avoids eye contact to Mr Jose.

I was afraid to look into his eyes which was mostly a bit from trying to deal with my father. (Copage 197)

This data shows the effect of his post-traumatic stress disorder. He becomes someone who avoids eye contact to the male teacher. According to Ruzek (2009) avoidance can be form avoid activities that recall to the trauma. Jordan considers Mr. Jose's as his father's eyes. When Mr. Jose asked him to look into his eyes he starts feel scared. For him, it suddenly makes him remembering to the traumatic event that he experiences in his house.

4. Threats

Threat is one of the causes of post-traumatic stress disorder. According to Oxford Dictionary (2008) a threat is a communicated intent to inflict harm or loss on another person. A threat is considered an act of coercion. Threats also called intimidation are widely observed in animal behavior, particularly in a ritualized form, chiefly in order to avoid the unnecessary physical violence that can lead to physical damage or the death of both conflicting parties. (Bloom, 2008).

Moreover, Jordan also experiences threats that mostly by his father. He gets intimidation in order to make Jordan shuts his mouth up. By his father cruelty to his mother makes him want to tell anybody about his

father's behaving. But before he does the action he gets threats which makes him cancel his intention.

Data 1. This data shows that Jordan gets threats by his father to not tell about what has happened to his grandfather.

I was too young, I couldn't save her, I sat in silence watching my father took his belt and he swung it until she cried too loud begged him for mercy. But he did not have it all. He came closer to me. My legs were shaking, I did not have brave to look his face. But I heard his voice.. "once you tell this to your grandpa you will be the next, just get in to your room.now!" but I couldn't run...my legs were still shaking. (Copage 32-33)

From the data provided, Jordan gets threats by his father. The father prevents Jordan would tell the grandfather. At the young age, he cannot do anything, and the father knows it. All the young age can do is just telling to someone else about what has happened. It is same like what Jordan wants to do. In addition, it can be seen that he has no brave enough to deal with his father by looking his legs. His legs are shaking with fear. So he just decides not to get involved and just listens what his father's order. However, being threats or intimidation especially at the young age can be categorized as the cause of post-traumatic stress disorder.

Moreover, because of threats makes him Jordan undergoes symptom of post-traumatic stress disorder. It is being on a guard especially hard to sleep.

Data 2. This data shows Jordan cannot get sleep because of father's threat.

It was 1 a.m. I couldn't sleep, when I closed my eyes. I heard "if you tell your grandpa, you will be the next" that uncomfortable voice

resided in my ears. That moment, I thought cutting my ears off was the solution. Yeah I knew it was a fool idea. (Copage 35)

This data shows how difficult he sleeps after getting intimidation or threats by his father. He feels uncomfortable with the threats given by his father. According to Ruzek (2009) stated that threat can make someone becomes hard to sleep and feel anxious. Thus, he feels anxious and find him as insomnia.

B. Defense Mechanism

Having problems in his childhood makes Jordan undergoes post-traumatic stress disorder. However, coping with PTSD usually is a sufferer's challenge. This takes a long time and needs a gradual process, but it does not mean forgetting the traumatic experiences when remembering them. Here, Jordan does self-defense mechanism in order to reduce his post-traumatic stress disorder.

1. Conversion

In order to reduce his anxiety, Jordan also does a mechanism called conversion. Conversion is a defense mechanism whereby the anxiety caused by repressed impulses and feelings are converted into manifestation motoric, sensory, and somatic. Someone who gets stressed out tend to get angry easily, screaming louder, and do sport in order to convert and reduce his or her anxiety (Miller, 2007). In this case Jordan does sport as the way to relax himself from his post-traumatic stress disorder. Sport is the most important thing for Jordan. By doing some sports he is able to stop

thinking and worrying about his traumatic experiences which makes him hard to sleep and have a nightmare. Thus, he decides to spend as much as time on joining some sports club in his school

Data.1 This data shows Jordan does sport to reduce his anxiety and hoping get sleep better.

Perhaps it worked the other way around too. Maybe the importance of sport in my life and the resultant need to eat so as to maintain my energy levels was what stopped me from starving myself even more. In fact, I thought that sport was also one of the things that made me relax. I enjoyed it. When I was playing hockey, netball, basketball, or football, I stopped thinking and worrying. For that brief time I wasn't anxious or suicidal, I was just immersed in what I was doing. Hopefully, exhausted in the field made me sleep well (Copage 264-265)

In the data stated that "I thought that sport was also one of the things that made me relax" in this case Jordan does mechanism to reduce the feeling that he being on a guard and stay alert all the time. He converts his anxious to the sport that he believes it makes him relax. Moreover, in the sentence "Hopefully, exhausted in the field made me sleep well" shows that he hopes by doing sport makes him get sleep well. So this is the way that Jordan does in order to reduce his post-traumatic stress disorder.

That activity which Jordan does to convert his unhappy feeling to the something that he likes hoping that he would have good sleep without having a nightmare. So, it will make him to reduce his anxiety little by little. From the analysis above we can see Jordan's optimism in trying to make himself better. Thus, by doing sport is a good thing not only for his body but also for his psychological side

2. Projection

Projection is a self-defense mechanism that Jordan also uses to reduce his anxiety. Projection is defense mechanism where there is an impulse which is caused anxiety was dropped out by directing the anxiety or predicting it the other, these threats which are from the inside of persons dispersed to another people (Freud, 1960 as cited in Ruzek, 2009). In projection, people is enough to say “he hates me” as a substitute of “I hate him” or “he always threatens me” as a substitute of a conscience “I always disturb him”. In this case Jordan who gets hard in sleeping blaming his bed which does not support him in sleeping.

Data 1. This data shows Jordan blames his bed as he cannot sleep at night.

I have been sitting here, in front of my desk. The time is two a.m. I've stood for a while in front of the window looking outside. And I did not realize it's two thirty. I've thought through all that's happened during these past days. Especially what happened with my father. I'm cold and I feel nauseous. Crossed in my mind, as my bed became my punching bag, it disagreed and my father's soul came into it. Then, I felt uncomfortable to sleep on it.
(Copage 192)

This data shows us the mechanism which Jordan does. He uses projection to his bed in order to reduce his post-traumatic stress disorder. We can see by the word “my punching bag, it disagreed and my father's soul came into it” by the sentence Jordan considers that what makes him hard to sleep because his father's soul comes into his bed as a result he says that he feels uncomfortable to sleep on it. However, there is no relation between bed and Jordan. He just feels anxious because what he

has experience so that makes him hard to sleep. According to Ruzek (2009) stated that someone who experienced post-traumatic stress disorder will be being on a guard. So it clearly, that Jordan does mechanism to reduce his post-traumatic stress disorder by doing projection with his bed.

3. Substitution

Substitution is one of defense mechanism to reduce the anxiety. According Freud, Substitution is one of defense mechanism where an unacceptable, unattainable or frightening thought or thing is replaced by something which is more acceptable and available (Freud 1960, as cited in Feist, 2010).

Thus, Jordan as someone who experiences flashback as the types of PTSD always remembers his father's look to him. As a result, he avoids eye contact with others while he is having conversation. However, in reducing his PTSD regarding to his flashback, he does this mechanism as the way to make him better in socialize. Furthermore, he hates his father and he hates someone who remembers him to his traumatic event like Mr. Jose. So, he tries to substitute his flashback to the someone who makes him better.

Data.1 this data shows Jordan is excited to come to Mrs. Denaya's house.

It had been eight twenty. I couldn't even see Smith. Where was he? Perhaps, He forgot flush his toilet. I could go to help him to flush it. But I didn't have time help him. Mrs. Denaya had made promise, after school she would cook me Quiche. I did not know how I should call it. Q...u..iche. it sounded strange. Not only good at cooking but also she could understand me even I did not tell her my whole story.

Probably, someday I did it, sometimes her eyes hypnotized me(Copage 273-274)

From the data above, the data indicates how enthusiast Jordan will come to Mrs. Denaya house. This data also shows us substitution mechanism done by Jordan. He is told as someone who afraid having eye's contact to others while having conversation. But in this case Jordan did it, he loose the role of mother. Only his mother understands him same like the data says that "she could understand me". Besides, he feels happy when he looks at her eyes. It can be seen as the data.

Data 2. This data shows that Jordan loves Mrs. Denaya's eyes. He considers that Mrs. Denaya's eyes reminds him to his mother's eyes

I thought my mother had a twin, Mrs. Denaya's eyes, hair, and her chin looked like my mother's. My favorite spot was her eyes. I didn't know anytime I looked her eyes made me calm. (Copage 281)

However, Jordan does mechanism here to substitute eyes of his mother to Mrs Denaya eyes that makes him calm. Futhermore, as his PTSD that he avoidance eye contact to the others. Here, Jordan does mechanism to brave enough having eye contact as he substitutes the way his father looks into Jordan's eyes

4. Fantasy

Fantasy distorts anxiety by imagination. Ones imagine their unacceptable desires where it cannot be fulfilled in reality. According to Freud, fantasy creates an inner world when the real world becomes too painful, difficult, or stressful. (Freud, 1960, as cited in Feist, 2010). When someone feels too afraid or something danger, it surely happens that he

will try to find out a notice or help from other people to make him feels safe and calm. Traumatic events which he has seen make him depression. His psyche makes him cannot accept his grandfather, and his mother death. It can be seen as the flashback and remembering it the situation again. This situation brings him to put himself in the time when they are alive. He always imagines that they are beside him. He feels that anytime they are together make him feel better not scary to his father. But the fat he has lost them all and force him to deal with his father every day. Therefore, that is way she always creates his own happy story in his imagination.

Data.1 this data shows how Jordan makes his own imagination by thinking that his mother still alive.

“At night, my mother came to the house, took me out for a while. Then, we walked on the sidewalk. She smiled at me, and told me that I would have a brother. His face wouldn’t look like my father she said. Then I smiled back at her.” (Copage 288)

Based on that data above, we can see that Jordan makes his own imagination by thinking his mother alive. He does fantasy mechanism because traumatic events is that her mother’s death is too painful and stressful from him. At the young age, he does not get role of mother in his childhood. Therefore, to make him calm he presents his mother back to life. Although, it is only an imagination. By doing this mechanism, it also shows that the mechanism is successful to make him reduce his anxiety. It shows by the word “I smiled back at her” it means that he is happy to be with his mother again. However, Jordan has deepest desire, during these painful days, he feels alone, and feels lonely. Friends are not enough to

him. Therefore, he also makes imagination by presenting “young brother” to his life to accompany him through the problem in life.

5. Denial

Denial is also one of mechanism which Jordan uses to reduce his anxiety. Denial is simply to deny objectionable and painful reality (Freud, 1960, as cited in Feist, 2010). In denial a person insists that objectionable and painful reality do not happen. Denial is tending to refusal accepting reality or fact, acting as if a painful event, thought or feeling did not exist. It is considered one of the most primitive of the defense mechanism because it characteristic of early childhood development. (Nevid, 2003). This kind of defense mechanism occurred to Jordan. He still denies about his mother’s death.

Data.1 This data shows Jordan denies about his mother’s death.

Jordan still feels that his mother still alive.

The accident was the most terrible thing in my life. I lost my mother, who I loved so much. She left me here alone.. I wouldn’t get affection and attention anymore. But, the days after the accident, she’s still in the house. Every morning, I gave her a bar of chocolate for her breakfast. I also served her hot chocolate into her favorite blue cup. I knew she loved chocolate, she could eat three bars at once. She’s still here and I hoped it would be forever.(Copage 147)

In this data shows us that he considers that her mother still alive. In this data, it can be seen that Jordan uses denial mechanism. He denies to what has happened on the accident. According to Freud, Denial is relevant with repression, but in this manner, the person who is to be concerned does not want to accept the reality (as cited in Feist, 2010). Jordan feels the

accident is the saddest thing because she lost his mother. He does not accept the reality that his mother is death. Therefore, Jordan does treat like his mother still alive.



CHAPTER IV

CONCLUSION AND SUGGESTION

A. Conclusion

Between Father and Son (2016) written by Eric Copage V, it represents the anxiety disorder called post-traumatic stress disorder and effect of his childhood trauma which is told through the main character. The writer not only tries to exposed the causes of main character's post-traumatic stress disorder, but also the researcher tries to expose the defense mechanism which main character employs in order to reduce his post-traumatic stress disorder.

In this novel the main character was a boy named Jordan Garrison who has experienced some traumatic events in his childhood. After experiencing the trauma, he unconsciously wants to forget all the traumatic event in his mind. But he could not. All the traumatic events which he experienced are still in his preconscious mind. Therefore, the trauma made him to suffer the post-traumatic stress disorder (PTSD). In addition, his PTSD are caused by domestic violence, physical assault, witnessing a death or murder, and threats. As a result, the main character becomes someone who is diagnosed suffers from PTSD. The main character experiences some of PTSD types, they are flashbacks and nightmares, being on guard, and avoidance and emotional numbing.

There are four causes of his post-traumatic stress disorder by the main character. The first cause of the main character's PTSD is domestic violent. In this case the main character not only as a witness of violence but also he

becomes the victim, he also experiences the domestic violent which is done by his father. The second cause is physical assault. In this case the main character has to deal with his father who is the person who always tortures him. Not only his father, but also he gets physical assault in his school by his teacher named Mr. Jose. The third cause is witnessing a death or murder. In this case the main character witness a death and also homicides of his grandfather. In addition, the main character also witnesses a death of his mother when his mother tries to save his life from the accident. The last is threats, in this case he gets intimidation to shut his mouth up and not to tell anybody to what happened in his family. All the threats he gets from his father. In sum, those are causes as indicate the main character suffer from PTSD.

Thus, because of the causes the traumatic events, it makes him categorized as post-traumatic experienced. There are some post-traumatic stress disorder that the main character suffers. The first is flashback and nightmare. The main character always re-experiencing the traumatic tragedy for example; when his father murders his grandfather. The tragedy is still in his mind; as a result, his re-experiencing also always be form of nightmare. The second is being on guard. The main character who suffers PTSD has difficulty to sleep at night. He always stays alert and because of it, it affects how he learns at school. The last is avoidance and numbing. The main character isolates himself from others, and try to not communicate or even having conversation to his best friend. Because of PTSD which he suffers, the main character tends to reduce it all in the defense mechanism way.

The defense mechanisms which the main character employs are conversion, projection, substitution, fantasy, denial. The first is conversion. The main character converts his post-traumatic stress disorder becomes something he feels that he happy to do it. He loves doing sport, which is the way to reduce his PTSD. The second is projection. The main character projects his PTSD to his bed. He blames all the night which he cannot sleep as his bed is uncomfortable. The third is substitution. The main character tries to substitute his fear to something which he comforts. As he is afraid look at in his father's eye, so that he substitutes it to his teacher named Mrs. Denaya. The fourth is fantasy. The main character tends to make his fantasy by representing his mother again. This is the way as his reducing PTSD as his mother death so he makes his own imagination. The last is denial, in this case, the main character tries to deny about his mother's death. He keeps thinking that his mother is not death. In sum, those are defense mechanism which the main character employs to reduce his post-traumatic stress disorder.

B. Suggestion

In this study from the beginning the researcher focused only on the intrinsic element of the psychological aspect of the novel *Between Father and Son*. Having understood the content of the novel, the writer here has come to know that there are other phenomena that can be analyzed in this novel. They are patriarchy, and moral values. Given that this research is limited to Jordan's as the main character who undergoes post-traumatic stress disorder and the

way he eliminates it all. 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 post-traumatic stress disorder and also self-defense mechanism. This analyses uses Freud's theory but there are many theories related to self-defense mechanism such as, Melanie Klein, Adler and Sullivan, etc.



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