

**THE MAIN CHARACTER'S DEFENSE MECHANISM IN *THE NAKED  
FACE* BY SIDNEY SHELDON**

**THESIS**

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BY SIDNEY SHELDON**

**THESIS**

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**2018**

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Malang, May 23<sup>th</sup> 2018



Mohammad Fikri Ulalul Hakim



## MOTTO

لا حول ولا قوة إلا بالله العلي العظيم



## DEDICATION

Billions thanks to my beloved parents who become the greatest parents in the world.

My beloved Father, Rifa'i and my mother Rohkiyatik as the strongest person and the one who teaches me also always supports me and never stop praying for my goals.

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Malang, May 23<sup>th</sup>2018

Writer

Mohammad FikriUlalul Hakim



## ABSTRACT

Hakim, Mohammad FikriUlalul. 2018. *“The main Character’s Self Defense Mechanism in the Naked Face by Sidney Sheldon”*. Thesis, English Letters Department, Humaniora Faculty, Maulana Malik Ibrahim State Islamic University of Malang

Advisor : Dr. Mundi Rahayu, M.Hum.

Key Words : Psychology, Defense Mechanism, The Naked Face.

This research discusses the main character’s defense mechanism in Sydney Sheldon *The Naked Face*. The research focuses on analyzing the main character of the novel. The novel received the mystery writers of America Edgar Allan Poe Award for best first novel by an American author. The thesis is becoming important and interesting to be analyzed because it can interpret how the main character’s struggle against the allegation of murder by building defense mechanism.

To achieve the objectives of the study, the writer goes through literary criticism to analyze the novel. Thus, the writer uses psychoanalysis approach and defense mechanism by Freud as the theory. The primary data of this study are collected from Sydney Sheldon *The Naked Face* novel. This research, the writer applies a psychological approach, especially on what is the form of defense mechanism done by the main character.

The result of this research shows that there are some actions done by the main character in building defense mechanism. Based on the analysis, the researcher finds how the main character’s struggle against allegation of murder by building defense mechanism. There are seven actions of defense mechanism. Those are displacement, denial, repression, and rationalization. The researcher also finds the reason why the main character struggle against the allegation of murderer by defense mechanism, it also the main character tries to prove that he is innocent.

## ABSTRAK

Hakim, Mohammad Fikri Ulalul. 2018. "*Mekanisme Pertahanan Karakter Utama dalam Novel The Naked Face dari Sidney Sheldon*". Skripsi, Jurusan Sastra Inggris. Fakultas Humaniora. Uineversitas Islam Negeri Maulana Malik Ibrahim Malang.

Pembimbing : Dr. Mundi Rahayu, M.Hum.

Kata Kunci : Psikologi, Mekanisme Pertahanan, The Naked Face.

Penelitian ini membahas tentang self defense mechanism pada karakter utama di novel "The Naked Face" karya Sidney Sheldon. Peneliti berfokus pada analisis karakter utama dalam novel. Novel ini menerima penghargaan penulis misteri Amerika oleh Edgar Allan Poe Award untuk novel pertama terbaik oleh seorang penulis Amerika. Penelitian ini sangat penting dan menarik untuk dilakukan karena dapat menginterpretasikan apa saja yang perjuangan tokoh utama melawan penyerangan dugaan pembunuhan dengan membangun mekanisme pertahanan atau defense mechanism.

Untuk mencapai tujuan penelitian, penulis menggunakan kritik sastra dalam menganalisis novel. Dengan demikian penulis menggunakan pendekatan psikologi dan teori mekanisme pertahanan oleh Freud. Data utama dalam penelitian ini dikumpulkan dari novel Sydney Sheldon dengan judul *The Naked Face*. Dalam penelitian ini, penulis menerapkan pendekatan psikologi terutama berfokus pada apa saja bentuk mekanisme pertahanan yang dilakukan oleh tokoh utama.

Hasil penelitian ini menunjukkan bahwa ada beberapa tindakan yang dilakukan oleh tokoh utama dalam membangun mekanisme pertahanannya. Berdasarkan analisis, peneliti menemukan bagaimana perjuangan karakter utama terhadap tuduhan pembunuhan dengan membangun mekanisme pertahanan. Ada empat tindakan mekanisme pertahanan yaitu perpindahan, penolakan, represi, rasionalisasi. Peneliti juga menemukan alasan mengapa karakter utama berjuang melawan tuduhan pembunuhan dengan membangun mekanisme pertahanan serta dalam dirinya serta mencoba membuktikan bahwa dia tidak bersalah.

## الملخص

حكيم، محمد فكري عللول. 2018. "آلية الدفاع عن الشخصيات الرئيسية في رواية *The Naked Face* Sidney Sheldon".

البحث العلمي. قسم الأدب الإنجليزي. كلية العلوم الإنسانية. الجامعة الإسلامية الحكومية مولانا مالك إبراهيم مالانج.

المستشار: موندي راهايو الماجستير

الكلمات المفتاحية: علم النفس ، آلية الدفاع ، *The Naked Face*.

تبحث هذه الدراسة آلية الدفاع عن النفس في الشخصية الرئيسية في رواية "*The Naked Face* Sidney Sheldon". يركز الباحث على تحليل الشخصيات الرئيسية في الرواية. حصلت هذه الرواية على جائزة كاتب الغموض الأمريكي من قبل جائزة Edgar Allan Poe Award لأول رواية جيدة للكاتب الأمريكي. هذه الدراسة مهمة للغاية ومثير للاهتمام لأنه يمكن أن يفسر ما نضال الشخصية الرئيسية ضد هجوم الاغتياال المزعوم هو من خلال بناء آلية للدفاع. لتحقيق أهداف الدراسة ، يستخدم الباحث النقد الأدبي في تحليل الرواية. وبالتالي يستخدم الباحث المقاربة النفسية ونظرية آليات الدفاع من قبل Freud. جمع البيانات الرئيسية في هذه الدراسة من رواية *Sidney Sheldon* بعنوان *The Naked Face*. في هذه الدراسة ، يطبق الباحث المقاربة النفسية تركز أساسًا على أي شكل من أشكال آلية الدفاع التي تقوم بها الشخصية الرئيسية. النتائج من هذه الدراسة أن كثير من الإجراءات التي اتخذتها الشخصية الرئيسية في بناء آلية الدفاع. بناءً على التحليل ، اكتشف الباحث كيف كان صراع الشخصية الرئيسية ضد تهمة القتل من خلال بناء آلية للدفاع. هناك أربع إجراءات آلية الدفاع ، وهي النزوح ، الرفض ، القمع ، الترشيح. ووجد الباحث أيضًا سبب خوض الشخصية الرئيسية ضد تهمة القتل من خلال بناء آلية للدفاع. السبب هو أبحاث الشخصية الرئيسية تحاول إثبات أنه بريء.

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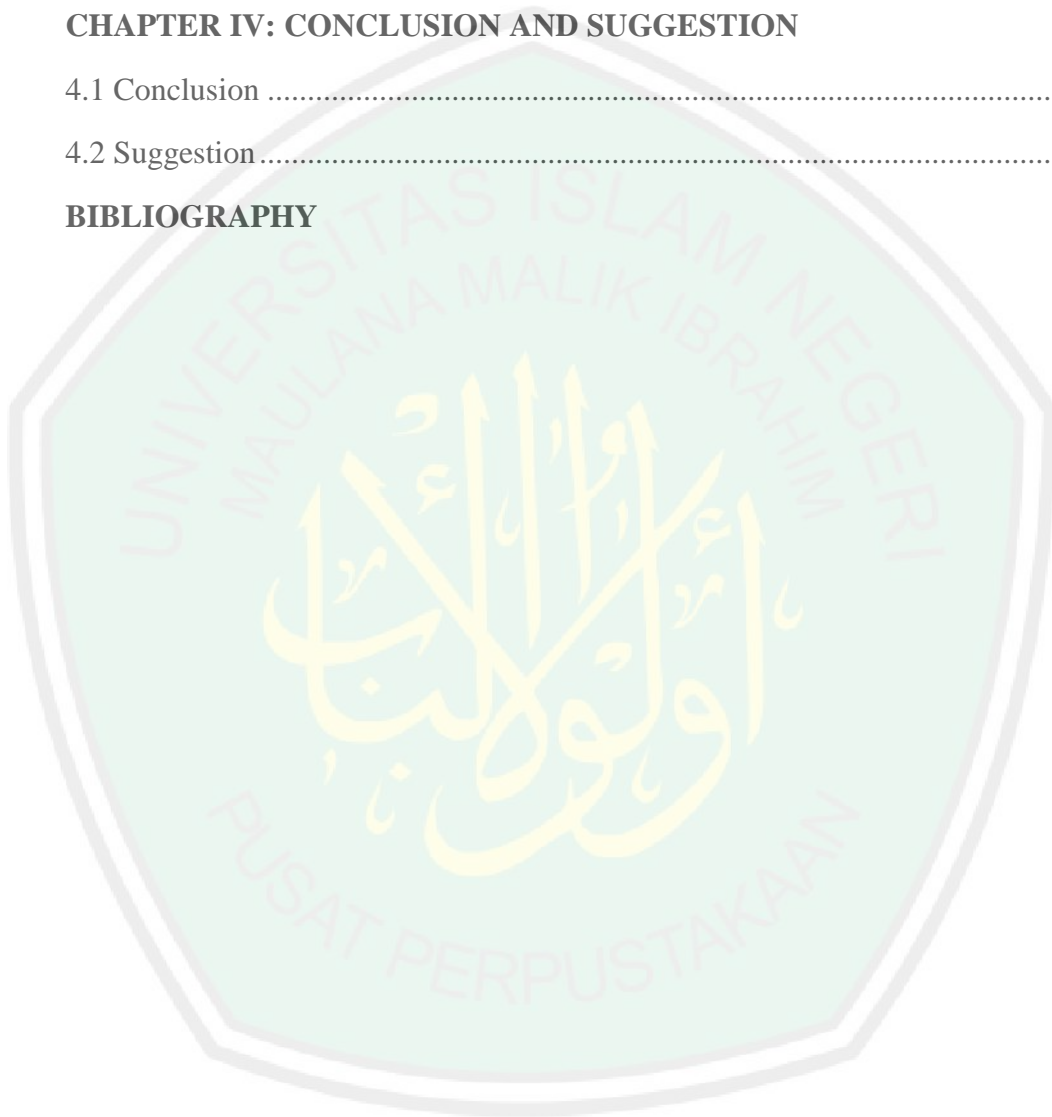
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## CHAPTER I

### INTRODUCTION

This chapter provides the beginning of research. It is divided into several sub-chapters; there is a background of the study, the statement of the problem of the study which becomes the focus of the research, objectives of the study, scope, significance of the study, research method, and definition of the key term.

#### 1.1 Background of the Study

Literature is a creative work of art whose object is human with all the problems and delivered or contained by a distinctive language which includes the aesthetic value (Semi, 1993: 53). Everyone has many different problems that happen in their life. It can come out from their self, or it can be from the outside. It also depends on their personality to solve their problems or get solutions. People sometimes use their ways to get the solutions to face up the problem for themselves.

One of the studies that the writer discusses is about personality in psychology. The things that related or relevant to personality aspects is psychology. As the base of psychoanalysis, According to Wiyatmi (2011), the psychology of literature was born as one type of literary study, which used to read and interpret literary works, literary authors and readers using various concepts and frameworks theories that exist in psychology. It is an academic discipline of immense scope and diverse interest that seek an understanding of emergent properties of brains, and all the variety of epiphenomena they manifest. It aims to understand

individuals or groups by establishing general principles and researching specific cases. Therefore, psychoanalysis is not only a theory of the human mind but practice for curing those who are considered mentally ill or disturbed (solving their problems).

The scopes of the research analyze not only human being in the real world but also literary work. Literature is records of human life experience either his own experience or others. The form can be a history book, philosophical works, novels, poems, plays, scientific articles, or dictionaries. Another way of defining literature is to limit it to “great books” books which, whatever their subject, are “notable for literary form or expression” (Wellek & Warren, 9:1949). Literature is also produced by the imagination of the author, literature not just a document of facts or real events that it may happen in real life, but, literature is something that can create its own world that has an unlimited imagination.

The writer chooses the novel entitled *The Naked Face* by Sidney Sheldon because many humans are not yet aware of the defense mechanisms against them, this topic is fascinating to discuss on how the main character trying to defense by themselves by the ego. Moreover, the researcher wants to uncover how the defense mechanism it work. The researcher chooses the novel because it is easy to understand, also provide the story that might happen in the human mind. *The Naked Face* was first Sidney Sheldon’s novel released in 1970. This novel received the Mystery Writers of America Edgar Allan Poe Award for Best First Novel by an American Author. This novel tells about Judd, Steven, as the main character as a psychoanalyst who was confronted with a murder case of Carol,

who was his receptionist and one of his patients. Steven suspects that the murder perpetrated by the perpetrator is not just a normal affair, since Carol, the receptionist is murdered by torture to death.

The story of the novel is about Dr. Judd Stevens, who is a caring and successful Manhattan psychoanalyst who must face a horrific prospect someone is trying to kill him. First, John Hanson, a patient trying to overcome his homosexuality, is murdered. Not long after that, Carol Roberts, Stevens' secretary, is also found tortured to death. Two police officers, Andrew McGreavy and Frank Angeli, are quick to treat Stevens as the prime suspect, partly due to McGreavy's anger over Stevens' testimony in a previous case. Stevens is later run down by a car, and following his recovery, two men in dark try to kill him in his office. Thus, to prove his innocence and track down the real killer, Judd Stevens rents a private investigator by the name of Norman Z Moody. He also suspects some of his patients: Harrison Burke (a homicidal paranoiac), Anne Blake (a mysterious patient with whom Stevens is in love) and Teri Washburn (a sex addict and former Hollywood actress). Influenced by Angeli (the one who is somewhat friendly and helpful to him), Stevens began to consider Moody as a suspect.

However, Moody dies but not before giving a hint on the killer: *Don Vinton*. Another murder is attempted on Stevens, but he outsmarts the attackers. McGreavy, along with his police force tries to catch Stevens, but he escapes and eventually realizes that *Don Vinton*, in Italian, means the *Big Man*, a title given to the leader of a criminal syndicate: *La CosaNostra*. He contacts Angeli, who lures him to Anthony DeMarco (a *capo* of *La Cosa Nostra* and a megalomaniac), who

is revealed to be Anne's husband. He tries to extract information about Anne's sessions with Stevens and forces him to convince Anne to go with her husband (DeMarco) to Europe. It is revealed that he killed Hanson (mistaking him for Stevens) and Carol (to extract information about Anne). After a struggle at a factory, Stevens manages to kill DeMarco and is rescued by McGreavy.

This research investigates about the main character defense himself to prove that he was innocent in the murder case that happened to his receptionist Carol, private Moody's detective and his patient John Hanson. In this case, the writer would like to analyze the novel by the theory of psychology on self-defense mechanism by Freud.

There are several studies which are suitable and relevant to be the previous studies of the topic. The first is "Analisis Wacana Pada Novel Karya Sydney Sheldon *The naked Face* Dan Terjemahannya Dalam Bahasa Indonesia" by Tri Apniani Sunarsih, Universitas Negeri Yogyakarta, 2009. She analyzed to describe the device of cohesion and coherence of the murderer in *The Naked Face* novel, and she told the similarity and differences of cohesion and coherence within the novel. This research using study qualitative descriptive, the subject of the research is the discourse in novel and translation in Indonesian entitled *Wajah Sang Pembunuh*. The object of the research is cohesion and coherence devices found in the novel. The data is obtained by referring to read and taking notes. The result from this research show about the cohesion and the coherence markers in the novel; reference, substitution, ellipsis, conjunction, lexical cohesion while the coherence markers are: relation of addition, contrastive relation, the relation of

cause-effect, and temporal relation. There is a similarity between device reference cohesion in the novel *The Naked Face*; reference cohesion, substitution conjunction, ellipsis, and lexical.

The second is “Steven’s Anxiety reflected In Sydney Sheldon’s *The Naked Face* Novel: Psychoanalytic Approach” by Nugroho DwiAdmojo, Universitas Muhammadiyah Surakarta, 2018. He analyzes the novel focus on Steven has some bad conditions, the data collection is library research, and the technique of the data analysis is clarifying the obtained by selecting and analyzing based on psychoanalytic. This research discusses the types of anxiety and how the anxiety describes in Steven's character. The result is shown Steven has some bad condition that influences his personality. He gets some anxiety feeling that disturbs his daily life, especially he toward his self is neurotic anxiety, from his condition, he becomes paranoid, depression, and pressure or high tense in his soul.

The third is “A Character Analysis of *The Naked Face*” Written by Sidney Sheldon by using Psychological Approach” by Abdul Qodir, Universitas Gunadarma, 2012. In this research, the writer expresses to the readers about the characteristics of the main character in the novel *The Naked Face*, written by Sidney Sheldon. Fourth is "Unit Shift of Relative Clauses in English-Indonesian translation of *The Naked Face* By Sydney Sheldon by Alvisyahrin, Syarif Hidayatullah State Islamic University, 2017. This research focus to identify types of unit shifts occurring in the novel and to elaborate on the types of unit shifts in *The Naked Face* and *Wajah Sang Pembunuh*. This research using the qualitative descriptive method by using types of a unit shift by J.C. Catford and upward-



downward rank from Osa Abduh AlZuhdy. The result of this research showed that there was one type of *upward rank shift*, which was from *clause* into *phrase* and *clause* into word.

According to several previous studies above, the writer earns a full contribution to analyze the defense mechanism on the main character in the novel. The writer should know the problem of the character to find out the mechanism of defense that was done by the main character.

### **1.2 Problem of Study**

In accordance with the background of the study above, the problem of the study is: what are the forms of defense mechanism done by the main character.

### **1.3 Objective of the Study**

Concerning the problem of the study above, this study aims to find out about what are the forms of defense mechanism done by the main character.

### **1.4 Scope**

The research on the novel *The Naked Face* is focused on the psychology the main character, especially on defense mechanism by Sigmund Freud that shows in the main character. To make a detail discussion, the researcher focuses on psychology condition of Judd Steven as the main character.

### 1.5 Significance of the Study

By presenting this thesis, the researcher hopes the analysis of defense mechanism that found in *The Naked Face* by Sydney Sheldon to give advantages for students who learn about psychology and give the information about the form of defense mechanism. The theoretical results of this study are expected to give a contribution and help the other students to be familiar more about the defense mechanism. It can be the references of the other reader that use this theory for their research. Practically, it is expected to increase the writer's knowledge about psychology by Sigmund Freud. This study gave clearly describe the defense mechanism.

### 1.6 Research Method

To analyze the topic proposed, the researcher did as literary criticism research methods, which covers research design, data sources, data analysis, and data collection.

#### 1.6.1 Research Design

The design of this study of this analysis is in literary criticism, which uses psychology approach. The researcher only discusses the forms of defense mechanism that happened in the main character.

This study was written using literary criticism to discuss the topic. The researcher uses psychology theory that focuses on defense mechanism by Sigmund Freud to analyze Sidney Sheldon's *The Naked Face*.

### 1.6.2 Data Source

The data source in this analysis is taken from Sidney Sheldon entitled *The Naked Face*. There is twenty-three chapter from the novel. This is a thriller story published in 1970 by the author Sidney Sheldon. According to Petterson (2016), the thriller is a genre that has the intensity of emotions they create, particularly those of apprehension and exhilaration, excitement and breathlessness, all designed to generate that all-important thrill. By definition, if a thriller doesn't thrill, it's not doing its job.

### 1.6.3 Data Collection

Before coming to the interpretation of the novel, the researcher does some steps to collect the data needed. First, the researcher reads the whole content of Sidney Sheldon's novel *The Naked Face* and tries to interpret it. Second, the researcher tried to identifying the psychology theory, especially in the defense mechanism that might happen in the story, especially in the main character in the novel.

### 1.6.4 Data Analysis

After the data collected, the researcher using some steps to analyzes the data. First, the researcher read the novel try to interpret. Second, the researcher tries to collect the data from the novel and find the defense mechanism that appears in the novel. Then, the researcher presenting the data, analyzing and elaborate from the data, and finally summarize the researcher findings and make a conclusion.

### 1.7 Definitions of Key Term

To avoid misunderstanding while reading this research, the writer aims to define key terms of this research, as follows:

1. Psychoanalysis: a system of psychological theory and therapy that aims to treat mental disorders by investigating the interaction of conscious and unconscious elements in mind and bringing repressed fears and conflicts into the conscious mind by techniques such as dream interpretation and free association.
2. Defense Mechanism: an unconscious psychological mechanism that reduces anxiety arising from unacceptable or potentially harmful stimuli.
3. Displacement: Shifts an emotion or drive from one idea or object to another
4. Denial: people attempt to avoid recognizing the extent of a threat
5. Repression: viewed as playing a part in all the other defense mechanisms and, like these other defenses, requires a constant expenditure of energy to keep that which is dangerous outside of consciousness.
6. Rationalization: one of the defense mechanisms that is used by a person by giving a plausible reason to excuse his or her activity.

## CHAPTER II

### REVIEW OF THE RELATED LITERATURE

In this second chapter of research, there would be some reviews about the underlying theories of the present study about psychology, and also about defense mechanism. In this chapter, the study will give a brief explanation of the kinds of defense mechanism.

#### 2.1 Psychology and Literature

The relations between literature and psychology is very close, Psychology can be described as a science that systematically studies and attempts to explain observable behaviour and its relationship to the unseen mental processes that go on inside the organism and to external events in the environment (Kagan&Havemann, 1968:13). In its relation to psychology, literature becomes the product or the result from the human psyche that is poured into literary work such as prose, poetry, drama. Moreover, psychology and literature, but, pay attention to fancy, psychical soul issues, think, and feel the sensation. (Dastmard, 2012).

Psychology and literature discuss the laws of psychology applied to literary work; for example, the characters in a literary work created by the author based on the psychological conditions built by the author. Psychology is a study of psychological explanation and researching the subconscious mind of the author. The relationship between psychology and literature is both of the same objects. Psychology and literature is an analysis of texts involving consideration of relevance as well as the role of psychological studies. According to Wiyatmi



(2011), the psychology of literature was born as one type of literary study, which used to read and interpret literary works, literary authors and readers using various concepts and frameworks theories that exist in psychology.

Additionally, there are three types of researches to understand the relationships between psychology and literature (Kutha Ratna, 2007:343). First is the research on the author's psychological aspects. It relates to the author's creative process. The second is research on the characters psychological aspects. It is the basis of the psychological approach to literature. Psychological approach concern on the characters psychological aspect which is can be to the major characters and also minor characters. The last is research on the readers' psychological aspects. It is to analyze the readers' psychological aspects after reading literary works or while reading the literary work. In conclusion, the writer will discuss the characters psychological aspects that concern the major character in the novel.

## **2.2 Psychoanalysis**

In this area of the study, the researcher begins with full of the psychological theory of how and why people behave as they do. Those theories that have been developed by the experts outside of literature become the psychological theory which is applied as a standard to interpret and evaluate literary work. The developer of the theory and its detail will vary, but the theories are all universal in scope, positing behaviours which are not dependent on specific times, places, and culture. Some of the experts are Freud, Carl Jung, and Jacques Lacan (Garret, 2013).

The research probably focuses more than one in the example of character, the author, psychology of social condition, or the reader. The step to analyze the novel is probably the theory could analyze the author whose literary work can see to appear the evidence for the analysis. Investigating how an author's circumstance affect or influence their motivations and behaviours towards their literary work. The “creative process” should cover the entire sequence from the subconscious origins of literary work to those last revisions which, with some writers, are the most genuinely creative part of the whole (Wellek, 1956: 8).

For instance, the poet is a maker of poems; but the matter of his poem is the whole of his percipient life. By the artist, in any medium, every impression is shaped by his art; he accumulates no inchoate experience (Wellek, 1956: 8). Next, it is applied to analyze the character; the psychological theory becomes a tool to explain and describe the characters’ psychological aspect. The lies, the theory are used to explain the appeal of the work for those who eat it; the work is seen to embody universal human psychological processes and motivations. The reader could take a literary work as an interpretation of his life rather than only as a transcript. Finally, the theory is used in the psychology of social condition within literary work that is surrounding the character (Garret, 2013).

According to Freud and others theorists to interpret text psychoanalytic criticism applies the method of "reading." It argues that a literary text is like a dream that expresses the secret unconscious desires and anxieties of the author. Moreover, the literary work is a manifestation of the author’s neuroses. One may psychologically analyze particular character within a literary work, but it is

usually assumed that all such characters are projections of the author's psyche (Delahoyde, 1990).

Psychoanalysis as an approaching concern in the work of literature as an expression of the human personality, mind, feelings, and desires of its author. In this case, literary work comes is correlated with its author mental traits. The theory requires investigating the psychology and personality of a character, and or author to figure out the meaning of the text, and to explain and interpret the work (Tulloch, 2014). However, it is not only used as a theory for analyzing the human mind but also as a reference or a method for curing those who are considered mentally ill or disordered (Eagleton, 1996). In conclusion, the critical approach seeks evidence of unresolved emotion, guilt, ambivalence, guilt, and so forth within literary works.

### **2.3 Defense Mechanism**

Defense mechanisms were first described in 1874 by Sigmund Freud, the father of psychoanalysis and the most illustrious of Austrian psychiatrists. He identified strategies that we used to protect ourselves from suffering. At the time, defense mechanisms were the definition used at the time and which is still in use today is that of "a defensive mechanism developed by the ego when under pressure by the superego and external reality which enables us to fight anxiety." Anxiety is such a painful state that we are incapable of tolerating it for very long. Freud states that he proposed that we mentally defend ourselves against anxiety-provoking thoughts. People develop defense mechanisms against anxiety. These defense mechanisms are functions carried out by the ego; they are a strategic

effort by the ego to cope with socially unacceptable impulses of the id. The human mind in all of its vast complexity elaborated defense mechanisms so that it can function in the face of problems or setbacks in society and life in general (Phaneus, ND).

There is essential first to understand that defense mechanisms emerge from a conflict between two personality components. First, there is the superego, which represents an individual's moral anatomy, the inner psyche wherein the notions of good and evil and punishment and reward lie. The superego is inherited from parental authority.

Through the superego, the individual can also be overwhelmed by social constraints, pressure, and guilt, consequently, the individual can vigorously or unavoidably drag "up" to a level that is considered noble, pure or perfect. The superego controls the id by putting the two components in conflict with one another.

The ego is an unconscious component which mediates the id and superego. The ego strives to find a balance between the id's instinctual requirements and the moral and social prescriptions of the superego. As stated by Patrick Juignet described this phenomenon when he wrote: "The ego acts as a regulator and as a controller." Its main purpose is to manage the individual's various and contradictory necessity, such as the conflict between drives and reality (2001, p. 46). The ego is not only associated with intelligence, but also with shrewdness and the willingness to possess. The ego is in contact with the outside world and

has control over reality. The superego guides the ego, and the id provides its energy. The ego satisfies within certain boundaries the needs of the id.

The individual attempts to defend himself in the context of a conflict between the id and the superego, to meet the requirements of reality, and also when facing an internal or external threat to his bio-psychological integrity. The individual uses the ego to erect mechanisms, thoughts, feelings, behaviours (usually unconsciously to forget, minimize, deform or project a reality into another), and so on to protect himself against stress, anxiety, loss of self-image, conflict or any other threat. These are the defense mechanisms that he erects to protect himself.

According to Grohol (2017) in some areas of psychology (especially in psychodynamic theory), psychologists talk about "defense mechanisms," or manners in which we behave or think in some ways to protect or "defend" ourselves. One of the ways of a defense mechanism is to see how people distance themselves from the full awareness of thoughts, feelings, and unpleasant behaviours. Psychologists have categorized defense mechanisms based upon how primitive they are. However, more primitive defense mechanisms are usually very effective short-term and hence are favoured by many people and children especially (when such primitive defense mechanisms are first learned). Adults who don't learn better ways of coping with stress or traumatic events in their lives will often resort to such primitive defense mechanisms as well.

According to Grohol (2017), there are several points from the theory of defense mechanism which is divided into three parts, namely;



### 1. Denial

Denial is the refusal to accept reality or fact, acting as if a painful event, thought or feeling did not exist. It is considered one of the most primitive of defense mechanisms because it is characteristic of early childhood development. Many people use denial in their everyday lives to avoid dealing with painful feelings or areas of their life they don't wish to admit.

According to Freud Denial is refusing to accept that something exists or happened. Denial can also involve altering the meaning of an event so that its impact is diverted. If some situations are just too much to handle, the person refuses them. As an individual might imagine, this is a primitive and dangerous defense - no one does not care about reality and gets away with it for long. (as cited in McLeod, S.A. 2009).

### 2. Regression

Regression is the reversion to an earlier stage of development in the face of unacceptable thoughts or impulses. For example, an adolescent who is overwhelmed with fear, anger, and growing sexual impulses might become clingy and start exhibiting earlier childhood behaviours he has long since overcome, such as bedwetting. An adult may regress when under a great deal of stress, refusing to leave their bed and engage in normal, everyday activities.

### 3. Acting Out

Acting Out is performing an extreme behaviour to express thoughts or feelings the person feels incapable of otherwise expressing. Instead of saying, "I'm angry with you," a person who acts out may instead throw the book at the person,

or punch a hole through a wall. When a person acts out, it can act as a pressure release, and often helps the individual feel calmer and peaceful once again. For instance, a child's temper tantrum is a form of acting out when he or she doesn't get his or her way with a parent. Self-injury may also be a form of acting-out, expressing in physical pain what one cannot stand to feel emotional.

#### 4. Dissociation

Dissociation is when a person loses track of time and person and instead finds another representation of their self to continue at the moment. A person who dissociates often loses track of time or themselves and their natural thought processes and memories. People who have a history of any childhood abuse often suffer from some form of dissociation. In extreme cases, dissociation can lead to a person believing they have multiple selves (multiple personality disorder).

People who use dissociation often have a disconnected view of themselves in their world. Time and their self-image may not flow continuously, as it does for most people. In this manner, a person who dissociates can "disconnect" from the real world for a time, and live in a different world that is not cluttered with thoughts, feelings or memories that are unbearable.

#### 5. Compartmentalization

Compartmentalization is a lesser form of dissociation, wherein parts of oneself are separated from awareness of other parts and behaving as if one had separate sets of values. An example might be an honest person who cheats on their income tax return and keeps their two value systems distinct and un-integrated while remaining unconscious of the cognitive dissonance.

## 6. Projection

Projection is the misattribution of a person's undesired thoughts, feelings or impulses onto another person who does not have those thoughts, feelings or impulses. Projection is used, especially when the thoughts are considered unacceptable for the person to express, or they feel completely ill at ease with having them. For example, a spouse may be angry at their significant other for not listening, when in fact, it is the angry spouse who does not listen. Projection is often the result of a lack of insight and acknowledgment of one's motivations and feelings.

Krech states that one obvious way to defend against anxiety arising from failure or guilt is by a projection of the blame onto someone else. The person who is unaware of his own hostile impulses but sees them in other people – and sees the others as hating and persecuting him – is also projecting formation (as cited in Minderop 2010: 34)

## 7. Reaction Formation

Reaction Formation is the converting of unwanted or dangerous thoughts, feelings or impulses into their opposites. For instance, a woman who is very angry with her boss and to quit her job may instead be overly kind and generous toward her boss and express a desire to keep working there forever. She is incapable of expressing the negative emotions of anger and unhappiness with her job and instead becomes overly kind to demonstrate her lack of anger and unhappiness publicly.

Reaction formation can prevent the individual from behaving in a way that most basically create anxiety and frequently can prevent him from behaving in an antisocial manner. on the other hand, reaction formation is also like to have dangerous social consequences because of the irrational intensity of the reaction. Krech states that most zealous reformers are not a secret sinner; most highly maternal mothers are not hiding hatred of their children. On difference is likely to be found in the degree of obvious exaggeration of behaviour. But despite Shakespeare (The lady does not protest too much, methinks), the intensity of behaviour is not certain proof of reaction formation. (as cited in Minderop 2010:37).

#### 8.Repression

Repression is the unconscious blocking of unacceptable thoughts, feelings, and impulses. The key to repression is that people do it unconsciously, so they often have very little control over it. "Repressed memories" are memories that have been unconsciously blocked from access or view. But because memory is very malleable and ever-changing, it is not like playing back a DVD of your life. The DVD has been filtered and even altered by your life experiences, even by what you've read or viewed.

The mechanism of repression was first proposed by Sigmund Freud and, for some time, occupied a special place in psychoanalytic theorizing, perhaps because it involves the most direct approach to avoiding the experience of anxiety. As a result of repression, the person is not aware of his anxiety-producing impulses or does not remember deeply emotional and traumatic past events. A

person with homosexual impulse (his recognition of which might produce anxiety in him) may thus, through repression become completely unaware of such impulses; a person who has suffered a mortifying personal failure may, through repression, become unable to recall the experience.

Krech states that if repression were a simple matter of booting out the conflict and all its attendant anxiety, it, of course, be the ideal defensive reaction. But this blotting out does not seem to happen. The relief from anxiety brought by repression is paid for in other ways, for example, in reaction formation (as cited in Minderop 2010: 33).

#### 9. Displacement

Displacement is the redirecting of thoughts feelings and impulses directed at one person or object but taken out upon another person or object. People often use displacement when they cannot safely express their feelings to the person they are directed at. The classic example is the man who gets angry at his boss but can't express his anger to his boss for fear of being fired. He instead comes home and kicks the dog or starts an argument with his wife. The man is redirecting his anger from his boss to his dog or wife. Naturally, this is a pretty ineffective defense mechanism, because while the anger finds a route for expression, it's misapplication to other harmless people or objects will cause additional problems for most people.

Krech also states that a defense mechanism in which a drive or feeling is shifted to a substitute object, one that psychologically more available. For example, aggressive impulses may be displaced, as in scapegoating, upon people



(or inanimate objects) who are not sources of frustration but safer to attack (as cited in Minderop 2010: 35).

#### 10. Intellectualization

Intellectualization is the overemphasis on thinking when confronted with an unacceptable impulse, situation or behaviour without employing any emotions whatsoever to help mediate and place the thoughts into an emotional, human context. Rather than deal with the pain associated emotions, a person might employ intellectualization to distance themselves from the impulse, event or behaviour. For instance, a person who has just been given a terminal medical diagnosis, instead of expressing their sadness and grief focuses instead on the details of all possible fruitless medical procedures.

#### 11. Rationalization

Rationalization is putting something into a different light or offering a different explanation for one's perceptions or behaviours in the face of changing reality. For instance, a woman who starts dating a man she likes and thinks the world is suddenly dumped by the man for no reason. She reframes the situation in her mind with, "I suspected he was a loser all along."

The individual may thus come to explain her behaviour and feelings in conflict situations in such a way that self-esteem is maintained and anxiety aside. Such cognitive accommodation to conflict is called rationalization.

According to Krech, rationalization takes many forms. In cases of personal failure or violation of moral principle, the individual may find a false but good reason to justify her conduct. She failed the quiz "because of the question unfair";

she need not feel guilty about cheating of her income tax because the government is an inefficient bureaucracy that would misuse (her) hard-earned money," and besides "everybody does it" (as cited in Minderop 2010:35-36)

## 12. Undoing

Undoing is the attempt to take back an unconscious behaviour or thought that is unacceptable or hurtful. For instance, after realizing you just insulted your significant other unintentionally, you might spend the next hour praising their beauty, charm, and intellect. By "undoing" the previous action, the person is attempting to counteract the damage done by the original comment, hoping the two will balance one another out.

## 13. Sublimation

Sublimation is simply the channelling of unacceptable impulses, thoughts, and emotions into more acceptable ones. For instance, when a person has sexual impulses, they are not to act upon, they may instead focus on rigorous exercise. Refocusing such unacceptable or harmful impulses into productive use helps a person channel energy that otherwise lost or used in a manner that might cause the person more anxiety.

Sublimation can also be done with humour or fantasy. Humour, when used as a defense mechanism, is the channelling of unacceptable impulses or thoughts into a light-hearted story or joke. Humour reduces the intensity of a situation and places a cushion of laughter between the person and the impulses. Fantasy, when used as a defense mechanism, is the channelling of unacceptable or unattainable desires into imagination. For example, imagining one's ultimate career goals can

be helpful when one experiences temporary setbacks in academic achievement. Both can help a person look at a situation in a different way, or focus on aspects of the situation not previously explored.

#### 14. Compensation

Compensation is a process of psychologically counterbalancing perceived weaknesses by emphasizing strength in other areas. By emphasizing and focusing on one's strengths, a person recognizes they cannot be strong at all things and in all areas in their lives. For instance, when a person says, "I may not know how to cook, but I can sure do the dishes!" they're trying to compensate for their lack of cooking skills by emphasizing their cleaning skills instead. When done appropriately and not in an attempt to over-compensate, compensation is a defense mechanism that helps reinforce a person's self-esteem and self-image.

#### 15. Assertiveness

Assertiveness is the emphasis of a person's needs or thoughts in a manner that is respectful, direct, and firm. Communication styles exist on a continuum, ranging from passive to aggressive, with assertiveness falling neatly in between. People who are passive and communicate passively tend to be good listeners, but rarely speak up for themselves or their own needs in a relationship. People who are aggressive and communicate aggressively tend to be good leaders, but often at the expense of being able to listen empathetically to others and their ideas and needs. People who are assertive strike a balance where they speak up for themselves, express their opinions or needs in a respectful yet firm manner, and listen when they are being spoken to. Becoming more assertive is one of the most

desired communication skills and helpful defense mechanisms most people want to learn and would benefit in doing so.

## 2.2 Previous Study

There are several studies which are suitable and relevant to be the previous studies of the topic. The first is "Analisis Wacana Pada Novel Karya Sydney Sheldon *The naked Face* Dan Terjemahannya Dalam Bahasa Indonesia" by Tri ApnianiSunarsih, Universitas Negeri Yogyakarta, 2009. She analyzes to described the device of cohesion and coherence of the murderer in *The Naked Face* novel, and she told the similarity and differences of cohesion and coherence within the novel. This research using study qualitative descriptive, the subject of the research is the discourse in novel and translation in Indonesian entitled *Wajah Sang Pembunuh*. The object of the research is cohesion and coherence devices found in the novel. The data is obtained by referring to read and taking notes. The result from this research show about the cohesion and the coherence markers in the novel; reference, substitution, ellipsis, conjunction, lexical cohesion while the coherence markers are: relation of addition, contrastive relation, a relation of cause-effect, and temporal relation. There is a similarity between device reference cohesion in the novel *The Naked Face*; reference cohesion, substitution conjunction, ellipsis, and lexical.

The second is "Steven's Anxiety reflected In Sydney Sheldon's *The Naked Face* Novel: Psychoanalytic Approach" by Nugroho DwiAdmojo, Universitas Muhammadiyah Surakarta, 2018. He analyzes the novel focus on Steven has some

bad conditions, the data collection is library research and the technique of the data analysis is clarifying the obtained by selecting and analyzing based on psychoanalytic. This research discusses the types of anxiety and how the anxiety describes in Steven's character. The result is shown Steven has some bad condition that influences his personality. He gets some anxiety feeling that disturbs his daily life, especially he toward his self is neurotic anxiety, from his condition he becomes paranoid, depression, and pressure or high tense in his soul.

The third is “A Character Analysis of *The Naked Face*” Written by Sidney Sheldon by using Psychological Approach” by Abdul Qodir, Universitas Gunadarma, 2012. In this research, the writer expresses to the readers about the characteristics of the main character in the novel *The Naked Face* written by Sidney Sheldon. Fourth is “Unit Shift of Relative Clauses in English-Indonesian translation of *The Naked Face* By Sydney Sheldon by Alvisyahrin, Syarif Hidayatullah State Islamic University, 2017. This research focus to identify types of unit shifts occurring in the novel and to elaborate on the types of unit shifts in *The Naked Face* and *Wajah Sang Pembunuh*. This research using the qualitative descriptive method by using types of the unit shift by J.C. Catford and upward-downward rank from OSA Abduh AlZuhdy. The result of this research showed that there was one type of *upward rank shift* which was from *clause* into *phrase* and *clause* into word.



## CHAPTER III

### ANALYSIS

Previously mentioned in the first chapter, there is a problem of the study occurred to be discussed in his chapter. The researcher would like to answer the problem of the study, which has been stated in chapter one by presenting the data and analyzing the data using the defense mechanism theory. The writer would like to discuss what is the forms of defense mechanism done by the main character; in this case, the main character who has done the defense mechanism is Judd Stevens.

This section, the researcher discusses the psychological conditions experienced by the main character in the novel *The Naked face* of Sydney Sheldon based on investigation and interpretation towards his deeds within the novel. The researcher found some data that allow being examined in some points about defense mechanism. At the beginning of the analysis, the writer tries to analyze based on what the writer has found in the novel and followed by interpretation of the writer.

The data following was kind's aspects of defense mechanism that found out in the main character in the novel *The Naked Face* that written by Sydney Sheldon. Krech states that defense mechanism in which driver or feeling is shifted to a substitute object, one that psychologically more available. For example, aggressive impulses may be displaced, as in scapegoats, upon people (or even inanimate objects) who are not sources of frustration, but suffer an attack (as cited in Minderop, 2010:29).

### 3.1 Displacement

Before the writer shows the evidence, data, and the analysis, we have to know what kinds of defense mechanism itself then it may follow by the data as cited in the novel *The Naked Face* and after that, the writer would like to an analysis by using the theory. The first analysis the writer would discuss one of the form defense mechanism is about displacement. Displacement is a feeling of displeasure toward an object to another which is more likely. For example, is the existence of aggressive impulses that can be replaced by, as scapegoats, against other persons or objects in which the object is not a source of frustration but rather a target. Krech states that a defense mechanism in which a drive or feeling is shifted to a substitute object, one that psychologically more available. For example, aggressive impulses may be displaced, as in scapegoating, upon people (or inanimate objects) who are not sources of frustration, but safer to attack (as cited in Minderop 2010: 35).

Judd Stevens as the main character in the novel *The Naked Face* by Sydney Sheldon, the novel was depicted as a psychoanalyst who was facing a murder case involving accusations for him. Throughout the novel, Judd Stevens cannot be separated from allegations that Judd Stevens was the murderer of several victims. It begins when McGreavy comes to his office, and then tries to ask the question for Judd Stevens then the conflict began. The researcher found evidence to suggest that there is a defense mechanism action conducted by Judd Stevens. The evidence of defense mechanism which may be identified from the following data below:

“Judd shook his head helplessly “when did it happen?”

McGreevy answered, "Eleven o'clock this morning. On Lexington Avenue, about a block from your office. A few dozen people must have seen him fall, but they were busy to celebrate the birth of Crist, so they let him lie there bleeding todied in the snow.

Judd squeezed the edge of the table, his knuckles white.

*(The Naked Face, 31)*

The first quotation above showed when Judd shook helplessly asked McGreevy when his patient John Hanson has died. After Judd asked, McGreevy tried to tell that John Hanson was found at eleven o'clock on Lexington Avenue. The proof that the data above was the defense mechanism, it shows when Judd squeezed the edge of the table, and his knuckles white. Judd tries to reduce his anxiety then followed by his ego to squeezed the edge of the table and his nickels white. The way Judd squeezed the edge of the table is to prove of displacement.

### 3.2 Denial

According to Freud Denial is Refusing to accept that something exists or happened. Denial can also involve altering the meaning of an event so that its impact is diverted. If some situations are just too much to handle, the person refuses them. As an individual might imagine, this is a primitive and dangerous defense - no one does not care about reality and gets away with it for long. (as cited in McLeod, S.A. 2009).

The data below showed when Judd invited him to the kitchen and Carol saw Judd with his cooking skilfully put together a Mexican omelette, French fried potatoes, toasted English muffin, a salad, and coffee.

"That's one of the advantage being bachelor," he said. "I can cook when I feel like it." So he was bachelor without any home pussy, if she played her cards right, this turn out to be a bonanza.

*(The Naked Face, 20).*

From the quotation above Judd shows that Judd has said to Carol is a form of denial defense mechanism. It looks on a Judd monologue he said that "*that's one of the advantages being bachelor,*", that is denial when Judd has to defend himself to shows Carol that he was fine for being bachelor or without any girlfriend in order Judd tries to ignore the reality that he has no girlfriend to protect himself. Judd tries to reduce his anxiety then followed by his ego to cover up the shortcomings without a girlfriend, he felt lucky with no boyfriend after his ex-girlfriend died. The following data below has happened when the plot conflict begins:

"It's about this raincoat, Dr. Stevens," said McGreevy. "If it's yours, we want to know how it got out of your possession."

"There's no mystery about it. It was drizzling when I came in this morning. My raincoat was at the cleaners, so I wore the yellow slicker. I keep it for fishing trips. One of my patients hadn't brought a raincoat. It was beginning to snow pretty heavily, so I let him borrow the slicker." He stopped, suddenly worried. "What's happened to him?"

"Happened to who?" McGreevy asked.

"My patient - John Hanson."

(*The Naked Face*,30).

The quotation above, it was a denial by Dr. Judd Stevens as the main character alleged by McGreevy the allegation of murderers, it can be shown by the evidence that brought by McGreevy and his assistance to brought Judd's raincoat. After the patient who came to Judd Steven had attended, a guest named McGreevy as a detective from the police suddenly came to Judd's office to show a raincoat that brought by McGreevy and his partner Angeli. McGreevy just asked Judd Steven what he had done for his patient, Judd does not know about anything

question that was asked to him. Then McGreavy tells to Judd Stevens that his patient named as Mr. Hanson was death.

The conversation before as the data present that McGreavy wanted to know how the raincoat could get out of Judd's. Then Judd explained to McGreavy by this sentence, *"There's no mystery about it. It was drizzling when I came in this morning. My raincoat was at the cleaners, so I wore the yellow slicker"*. After McGreavy shows the raincoat, Judd was shocked, and he did not know that the patient who had borrowed his raincoat had been killed. Judd was realizing that his patient was gone with very well condition.

Based on the sentence before, the writer identified that there was a denial of self-defense mechanism by Judd to defense himself by the accusation from McGreavy, it proved when McGreavy found out the raincoat lent by Judd. The writer assume that the id of Judd was deny which his patient was passed away, it also proven when by Judd ego when he felt that Hanson was gone from his office very well. This data also shows that Judd was ignoring the reality to protect himself from the accusation by McGreavy.

The following data also shows how the main character's name Judd has done the form of defense mechanism. The following data the conversation between McGreavy and Judd Stevens:

"Do you want to call a lawyer?" McGreavy asked.

"I don't need a lawyer. I told you that I loaned the raincoat to John Hanson this morning and I didn't see it again until you brought it to my office this afternoon. I couldn't have killed him. I was with patients all day. Miss Roberts can verify that."

*(The Naked Face, 44)*



From the quotation above McGreavy try to ask the question to give a chance for Judd Stevens to call a lawyer, it can indicate that McGreavy was sure that Judd was the killer of John Hanson. But Judd insisted on explaining that Judd was not murderer over the death of Johnson who had brought his raincoat. Judd has been an indication of the self-defense mechanism by denying that he was not a mastermind of the murders.

Judd Stevens does in the conversation above is a category of self-defense mechanisms of denial. According to the Cambridge dictionary, denial is a statement that something is not true or does not exist. The evidence that the main character was doing denial can be shown from this data; *"I couldn't have killed him. I was with patients all day"*. Based on that conversation, the researcher knows that Judd doing denial as a technique of defense mechanism to deny himself from McGreavy. Judd was trying to explain to McGreavy that he was serving his patient all day. The writer assume that Judd reduce his anxiety to deny the accusation from Mc Greavy, the ego of the main character deny that heserve his patient all day and he also deny in order to he is not the murderer of John Hanson.

Further, the next evidence was made when Carol, who served as receptionist Judd Stevens also died. It happened for a moment when Judd went to meet Mrs. John Hanson to tell the news that his husband is gone. Judd could not believe that Carol was murdered by torture. The followingdata below is conversation between McGreavy, Angeli and Judd Stevens:

"Sure," said McGreavy. He turned to Judd. "And when they learned that they had killed the wrong man, they came into your office and tore your

clothes off and found out you were a little colored girl, and they got so mad they beat you to death.”

“Carol was killed because they found her there when they came to get me,” Judd said.

(*The Naked Face*, 85)

From the quotation above, the researcher identifies the sentence that indicates to categorize as defense mechanism done by Judd Stevens is "*Carol was killed because they found her there when they came to get me, ' Judd said. '.*" On Judd's statement proves that Judd tried to think that the killer was killed Carol, it cause the office found by the killer there was only Carol, while the main target of the murder was Judd Stevens. The statement that Judd said is because he was not come in his office, then the murderer has killed Carol as his assistance because the murderer cannot find him in his office. Judd tries to reduce his anxiety then followed by his ego to denial accepting threatening his reality and try to figure out why Carol was also murdered.

The next following data below is other evidence that shows denial by the main character.

“A fag with family?” asked McGreavy.

“It happen often”

“Maybe one of his homo playmates didn’t wan to cut him loose. They got in fight. He lost his temper and slipped a knife in his boyfriend’s back”

Judd considereed.

“It’s possible,” he said thoughtfully, “but I don’t believe it”

“Why not, Dr. Stevens?” asked Angeli. “ because Hanson hadn’t had any homosexual cotacts in more than year. I thinnk it’s much more likely that someone tried to mug him. Hanson was the kind of man who would have put up a figth.” (*The Naked Face*, 32)

From the quotation above, there is a conversation between Judd, McGreavy and Angeli. The conversation occurred when McGreavy began

investigating Judd because of his suspicion of Judd Stevens. McGreavy suspected that Hanson had been killed maybe one of his playmates didn't want to cut him loose. They got in fight. He lost his temper and slipped a knife in his boyfriend's back.

From the analysis above, the researcher had identified that tendency towards the theory about defense mechanism conducted by the main character using denial. It was seen from the statement when Judd thought that *"Maybe one of his homo playmates didn't want to cut him loose. They got in fight. He lost his temper and slipped a knife in his boyfriend's back"*. However Judd does not believe that his thought is really happening, it shows in *"but I don't believe it"*. The way Judd thought about the murder of Hanson, was a form of denial defense mechanism, Judd's ego reduce that Hanson was recovered. It was proven because Judd had justified that Hanson had recovered from his illness. The following data below is conversation between McGreavy and Judd Stevens:

"There was a car," McGreavy corrected. "Only you didn't see it. It was snowing and the visibility was lousy. You stepped out of nowhere. The driver put on his brakes, went into a skid, and bit you. Then he panicked and drove away."  
 "That's not the way it happened and his headlights were off."  
 "And you think that's evidence that he killed Hanson and Carol Roberts?"  
 "Someone tried to kill me," repeated Judd insistently.  
 McGreavy shook his head. "It won't work, Doctor."  
 "What won't work?" asked Judd.  
 (*The Naked Face*, 86).

From the quotation above Judd is recounting an attempted murder carried out by a car that struck him, he was lying in a hospital. The statement that shows in *"That's not the way it happened and his headlights were off."* as a form of denial, based on this statement, the researcher identify how Judd Stevens

defense himself. McGreavy had guesses that all the stories that Judd Stevens told are lying, then Judd Stevens try telling the truth to protect himself followed by giving reason a story to McGreavy that the car was trying to kill by crashed into him. The statement that Judd's deny proven in a sentence "*Someone tried to kill me*", Judd tries to reduce his anxiety then followed by his ego to deny by Judd evaded if he had an ordinary accident, that is the reason why he answered reflexes to McGreavy that someone had killed him.

After McGreavy investigated to Judd Stevens, He found new fact then examined all the records from Judd. McGreavy had a summary that Carol was dead in pregnant. McGreavy had the idea that Carol's death might have something to do with Judd Steven, it cause he had alleged that Judd seemed to hire a prostitute whom she meant to be a receptionist. Then McGreavy discloses that everything which Judd Steven says about the madman who bumped into him. The following data explain how Judd Stevens want to help to defend himself:

The pounding in Judd's head had turned to a throbbing agony. Angeli was watching him, worried. "You all right?"  
 "You've got to help me," Judd said. "Someone is trying to kill me," It sounded like a threnody in his ears.  
 "Who'd have a motive for killing you, Doctor?"  
 "I don't know."  
 "Do you have any enemies."  
 "No."  
 "Have you been sleeping with anyone's wife or girlfriend?"  
 Judd shook his head and instantly regretted the motion.  
 "Is there any money in your family - relatives who might want to get you out of the way?"  
 "No." Angeli sighed, 'OK. So there's no motive for anyone wanting to murder you. What about your patients? I think you'd better give us a list so we can check them out."  
 (*The Naked Face*, 88)



From the data above, Judd tries to reveal that he was a target from the murderer. The evidenced by Judd statement, "*You've got to help me*" Judd said. "*Someone is trying to kill me*", that statement the researcher identified by way of protecting Judd to himself by explaining Angeli. From the statement before, the researcher identified that what Judd Stevens has included in the denial.

The following data about data on page number 175 in *The Naked Face* Novel by Sydney Sheldon. The data will explain below:

Anne's husband as a possible suspect He was in the construction business He thought about. Judd had never met him, but whatever business problem he was involved in could not, by any stretch of the imagination, have included John Hanson, Carol Roberts, or Judd. But what about Anne herself? Could she be a psychopath? A homicidal maniac? Judd leaned back in his chair and tried to think about her objectively. He knew nothing about her except what she had told him. Her background could have been fictitious, she could have made it all up, but what would she have to gain? If this was some elaborate charade as a cover to murder, there had to be a motivation.  
(*The Naked Face*,175)

From the data above show us how the monologue telling about Judd Stevens feel. It is proof with the sentence "*He thought about Anne's husband as a possible suspect He was in the construction business.*" Judd's thinking about of the monologue phrase Judd does not stress to think about who killed Carol and John Hanson. Judd wondered if it might be the husband of his Anne patient. Based on a previous statement, the researcher knew that what Judd did was the act of denial. The result of Judd's denial was to think of Judd about the possibility that the suspect would be the husband of Anne, but he denied his thoughts because he had never known or cultivated business with Anne's husband.



The following data will show other denial done by Judd Stevens. Judd has stated that he wants to give the proof that he was innocent and try to tell the truth. The following data below is happening when Judd Steven try to ask the opportunity to prove that he was not a liar:

Judd dosed his eyes against the stabs of pain in his head. He heard Angeli's voice continue. "McGreavy's waiting for me."  
Judd opened his eyes. "Wait... Give me a chance to prove that I'm telling the truth."  
"How?"  
"Whoever's trying to kill me is going to try again. I want someone with me. Next time they try, he can catch them."  
(*The Naked Face*,90)

The data show us how Judd Stevens is trying to convince Angeli an as-gene officer of McGreavy to give the right to prove that Judd was not the agent of Carol and John Hanson's murder. In the sentence "*Wait... Give me a chance to prove that I'm telling the truth.*". The researchers have found self-defense by Judd Stevens, the way that Judd Steven does denial. Judd asked to give him a chance to prove that he wants to tell the truth. Denial is refusing to accept that something exists or happened. Before Judd say that he wants to ask his chance to raise his anxiety that gives by Mc Greavy. He tries to it is also provided in the next sentence. Here is another proof that Judd is denial, the data will be explained below:

Angeli looked at Judd 'Dr. Stevens, if someone wants to kill you, all the policemen in the world can't stop them. If they don't get you today, they'll get you tomorrow. If they don't get you here, they'll get you somewhere else. It doesn't matter whether you're a king or a president, or just plain John Doe. Life is a very thin thread. It only takes a second to snap it.'  
"There's nothing - nothing at all you can do?"  
(*The Naked Face*,90)

The quotation data above, shows as the case experienced by Judd Steven made it have the innovation to ask for help against the private detective, the private detective named Norman Z. Moody. Moody would help Judd Steven in confusion with what he has been through.

"You've got to help me," Judd said. "Someone is trying to kill me," It sounded like a threnody in his ears. "Who'd have a motive for killing you, Doctor?"  
 "I don't know."  
 "Do you have any enemies?"  
 "No."  
 "Have you been sleeping with anyone's wife or girlfriend?"  
 Judd shook his head and instantly regretted the motion.  
 "Is there any money in your family - relatives who might want to get you out of the way?" (*The Naked Face*, 88)

After McGreavy asked some question to investigate Judd, Judd asked to McGreavy that someone was trying to kill him, than McGreavy also asked Judd who is his enemies. Judd shocked after McGreavy asked about this question, then Judd shook his head and instantly regretted the motion to react McGreavy question. Based on the data, the researcher indicates that Judd reaction and instantly regretted the motion was a form of denial to defend himself from McGreavy also Angeli.

The other data that can be seen from the novel was when McGreavy began to sort out the story that all the information Judd Stevens made was a fairy tale.

The following is a fragment of the circumvention paragraph by Judd Stevens:

"They did break in," said Judd.  
 "No, they didn't," snapped McGreavy. "They used a special key." His voice hardened. "You said there were only two of those keys to that office - yours and Carol Roberts's."  
 "That's right. I told you - they copied Carol's key."

"I know what you told me. I had a paraffin test run. Carol's key was never copied, Doctor.' He paused to let it sink in. 'And since I have her key — that leaves yours, doesn't it?"

Judd looked at him, speechless. (*The Naked Face*, 203)

Judd explained that those who killed Carol had copied the key Carol had held, in Judd's statement to "*That's right. I told you - they copied Carol's key.*".

Judd's insistent word those who tried to kill Judd one of them was with the keys of his office. In this case, the researcher interprets that what Judd had done was a form of defense against what McGreavy had accused of including in the form of a denial which is the refusal to accept reality or fact, Judd also tries to protect himself from the allegation of McGreavy as a detective.

### 3.3 Repression

Repression is the unconscious blocking of unacceptable thoughts, feelings, and impulses. The key to repression is that people do it unconsciously, so they often have very little control over it. Repressed memories are memories that have been unconsciously blocked from access or view. In repression, a thought, idea, or wish is dismissed from consciousness. It is so traumatic and threatening to the self that it is buried in the unconscious, stored away in the depths of the mind.

Repression is viewed as playing a part in all the other defense mechanisms and, like these other defences, requires a constant expenditure of energy to keep that which is dangerous outside of consciousness. This is the data shows how Norman

Z. Moody tries to investigate Judd Stevens in below:

"What makes you think you're the last?" asked Moody curiously.

"Because," replied Judd, "if there were going to be other murders, then the first time they failed to kill me, they would have gone on to get whoever else was on their list. But instead of that, they have been concentrating on trying to kill me."

"You know," said Moody approvingly, "you have the natural born makings of a detective."

Judd was frowning. "There are several things that make no sense."

"Such as?"

"First, the motive," said Judd. "I don't know anyone who—"

"We'll come back to that. What else?"

"If someone was that anxious to kill me when the car knocked me down, all the driver had to do was to back up and run over me. I was unconscious."

"Ah! That's where Mr. Benson comes in."

*(The Naked Face, 153)*

Mr. Benson is a feathered merchantMr. Benson was an eyewitness to the incident when Judd was hit by a car. Moody says that at that moment. Benson passes the road where your accident happened. So, if there is no Mr. Benson would be very difficult Judd Steven met Moody again because the car that hit Judd Stevens could have run over his lying body.

The data above show us that Moody tries to understand Judd Steven by listening to the story from him. In other hand, at the same time, Judd Stevens tries to remind himself how the accident has happened to him. The statement above proves that the way Judd Steven speak to Moody is indicate to defense mechanism especially the repression, it means Judd requires a constant expenditure of energy to keep that which is dangerous outside of consciousness. The key to repression is that people do it unconsciously, it means Judd often have very little control over it.

There was a moment's silence. "You have a point."Angeli sighed, and it turned into a wheeze. He sounded terrible. "When do you expect to hear from Moody again?"

"I don't know. He thinks he has some idea of who's behind all this."

"Has it occurred to you that whoever's behind this can pay Moody a lot more than you can?" There was an urgency in Angela's voice. "If he asks

you to meet him, call me. I'll be home in bed for the next day or two. Whatever you do, Doctor, don't meet him alone!"

"You're building up a case out of nothing," countered Judd. "Just because Moody removed the bomb from my car."

"There's more to it than that," said Angeli. "I have a hunch you picked the wrong man."

"I'll call you if I hear from him," promised Judd.

(*The Naked Face*, 184)

The data above is the story when detective Angeli suspects that Judd Steven would be killed by Moody. Therefore Angeli suggests that does not occasionally meet Moody, as a private detective. Before Judd had been told by Moody to come over because he was promised to be told who the mastermind behind the murderer killed John Hanson and his receptionist Carol. The conversation from the data before, the researcher states that there was a statement which shows that Judd did defend himself because Judd repressed himself because Moody removed the bomb from his car. Judd also do not know on what basis Angeli blames him for allegations that Judd has wrongly called people, in here means Moody as a private detective, the evidence showed from the sentence "*You're building up a case out of nothing,*" and "*I have a hunch you picked the wrong man.*".

The following data shows when Moody tries to prove that Moodyas the private detective has allegedly found the puppeteer behind the Carol and Hanson murder, he asked the doctor Judd Stevens had heard Don Vinton, let see in the following paragraph:

Judd kept his voice controlled. "Very well," he said. I'll be right over." He tried one parting shot. "Are you sure you know who's behind this, Moody?"



“Dead sure, Doc. Have you ever heard of Don Vinton?” And Moody hung up.

Judd stood there, trying to sort out the storm of emotions that raced through him. He looked up Angeli's home number and dialled it. It rang five times, and Judd was filled with a sudden panicky fear that Angeli might not be at home. Dare he go meet Moody alone?  
(*The Naked Face*, 191).

The data above shows that what Judd Stevens is talking about his way of controlling his emotions also reassuring him that Moody's statement was true.

Judd was instructed that he should meet up with Moody. In order Angeli had previously sent a message to Judd Stevens that Judd would not go alone himself to meet up with Moody because Angeli was worried that Judd Steven would be killed by Moody as Angeli guessed, the conversation before the writer indicates that Judd was doing form of repression by remind or thinking himself as Angeli guessed that Moody is the killer behind his facing case.

The following data below was happened when McGreavy's allegation to Judd increasingly became when McGreavy began analyzing perhaps the killers of Johnson and Carol were Dr. Judd himself. We may see in the data paragraph below:

“Finally,” he spoke. “Do you read detective stories?”

Judd looked at him, surprised. “No, why?”

“I'll tell you why. I think you're just too goddamn good to be true, Dr. Stevens. From the very beginning, I've thought that you were in this thing up to your neck. And I told you so. So what happens? Suddenly you turn into the target instead of the killer. First, you claim a car ran you down and—“

“A car did run him down,” Angeli reminded him.

“A rookie could answer that one,” McGreavy snapped. “It could have been arranged by someone who's in this with the doctor.” He turned back to Judd. “Next, you call Detective Angeli with a wild-eyed yam about two men breaking into your office and trying to kill you.”

(*The Naked Face*, 202-203)

According to Judd's statement to say "no" also asked to McGreavy, and followed by why question from Judd was the answer to the question that asked by McGreavy to Judd in the form of "*have you ever read Doctor's detective stories?*", but Judd replied emphatically, "*no, why?*". The form of Judd's answer is the result of rejection and self-defense that he is not the murderer of all these cases. McGreavy was still with his confidence that all this was just a ruse from Judd Stevens who beat him. It is expressed in the statement of McGreavy, "*First you claim a car ran you down and—' A car did run him down,' Angeli reminded him.*". From the results of his powerful allegations McGreavy increasingly convinced that all these masterminds are Dr. Judd Stevens himself.

The following data is happened when Judd's refuse that he was not the murderer he was experiencing, can be verified by the following paragraph:

Judd flushed angrily. "I'm not responsible for what happened."  
 McGreavy gave him a long, hard look. "Do you know the only reason you're not under arrest? Because I haven't found any motive for this Chinese puzzle yet. But I will. Doctor. That's a promise." He got to his feet.  
 Judd suddenly remembered. "Wait a minute!" he said. "What about Don Vinton?"  
 "What about him?"  
 "Moody said he was the man behind all this."  
 "Do you know anyone named Don Vinton?"  
 "No," Judd said. "I assumed he'd be known by the police."  
 (*The Naked Face*, 204)

From the quotation above shows to us how the main character's named Judd Stevens try to give evidence from the private detective Moody. Moody said that "*there is a man behind this*," then Moody said, Don Vinton before he passes away. In order, there is behind paragraph above, such as a point to identify that

Judd Stevens tried to defend himself and tried to give a solution for McGreavy. Judd tries to assume that there is a mastermind of murder behind all of these cases that have built it up, a way of Judd to think who is the mastermind behind this murder is a form of defense mechanism, namely repression.

The following data shows the form of the defense mechanism by Judd. This happens when a monologue has been done by Judd. The following data will show the characteristics that Judd has a defense mechanism.

My God, he thought, I'm a doctor. A sick man attacks me and I want to kill him. He looked at Boyd, and he was looking at a destroyed, bewildered child.  
(*The Naked Face*, 230)

The data that shows in the monologue was written by the third person's perspective. The monologue explains that Judd Stevens was confused and began to fret with the case. The data above shows by a piece of monologue. Then the researcher indicates that Judd reduced the feeling to thought of a sick man. In this case, the writer indicates that the way Judd thinks about the case facing him is the misattribution of a person's undesired thoughts, feelings or impulses onto another person who does not have those thoughts, feelings or impulses.

Finally, after going through some of the puzzles faced by Judd Stevens, who had been murdered Carol, John Hanson was DeMarco. Don Vinton mentioned by Moody is not his real name. Don Vinton has a great body meaning, that's why it cannot be found by the FBI police whom McGreavy has tried. Self-defense was done by Judd when DeMarco started threatening his life to kill and Judd tried to encourage DeMarco, the husband of Anne one of his patients.

### 3.4 Rationalization

Rationalization is putting something into a different light or offering a different explanation for one's perceptions or behaviours in the face of changing reality. For instance, a woman who starts dating a man she likes and thinks the world is suddenly dumped by the man for no reason. She reframes the situation in her mind with, "I suspected he was a loser all along."

The next following data below would show that the main character doing a defense mechanism by rationalization;

Judd looked around the room, measuring his chances of escape. Surely DeMarco would prefer not to kill him in his home.  
(*The Naked Face*, 296)

From the monologue data above conducted by Judd Stevens, the researchers identified that the main character did a form of a defense mechanism by rationalization. It can be proved by the phrase "*Judd looked around the room, measuring his chances of escape*" it is a defense mechanism concept of rationalization. Judd tried to protect himself from threatened by DeMarco, the next victim targeted was Judd, and the anxiety off Judd can be shows when Judd looked around the room to reduce his anxiety also followed by Judd's ego. That was the feelings that are explained rationally to avoid the correct explanation by Judd defense himself, at the end of the plot story DeMarco is the killer after long identification by McGreavy.

Other data were discovered when Judd began attacking DeMarco, who tried to kill him by mocking and attacking his psychological condition. Along

with data that show self-defense by Judd Stevens by making DeMarco thought to avoid the life of Judd Steven:

DeMarco stared at him blankly.

Judd was yelling now, fighting to make DeMarco listen. "Do you know what your cock is? That gun in your hand. Without a gun or a knife, you're a woman."

He saw DeMarco's face fill with slow rage.

"You have no balls, DeMarco. Without that gun, you're a joke."

A red film was filling DeMarco's eyes, like a warning flag of death.

Vaccaro took a step forward. DeMarco waved him back.

*(The Naked Face, 308)*

Based on Judd's answering conversation with DeMarco, Judd Stevens tried to fight back. The statement that shows in "*You have no balls, DeMarco. Without that gun, you're a joke.*" Judd tried to defend himself by mocking DeMarco and affecting the state of mind of DeMarco. It can be concluded that what Judd did was an act of rationalization. In the conversation, Judd tried to strike back at him from DeMarco who would kill him. The researcher assume that the ego off Judd reduce his anxiety to revenge DeMarco, it cause Judd never do not know that the mastermind of the murderer was DeMarco.

The following data also can be identified as a form of defense mechanism especially to do rationalization;

He rushed at Judd again and caught him with his fist, splitting his cheek open with a heavy cameo ring. Judd lashed out at DeMarco, pounding at his face with both fists. DeMarco did not even flinch.

*(The Naked Face, 310).*

From the quotation above show us in retaliation by Judd is a defense by replying to the blow that has been filed by DeMarco. The ego of Judd Stevens reduces his anxiety to defense himself for take revenge to the murderer, in this



case is DeMarco. The evidence can be seen by the statement in monologues, "*Judd lashed out at DeMarco, pounding at his face with both fists.*". Based on the data the researcher analyzes that Judd tries to strike DeMarco after he is pounded by DeMarco, then after the strike back to DeMarco the researcher concludes that Judd Stevens does a defense mechanism by rationalization to protect himself from the threatened.



## CHAPTER IV

### CONCLUSION AND SUGGESTION

After analyzing Sydney Sheldon *The Naked Face* by using literary criticism through psychological analysis and defense mechanism, the writer comes to the next chapter. Thus, the writer is also going to give suggestion related to this study for the readers, especially for the next researcher which use similar theory or subject as used in this study.

#### 4.1 Conclusion

In this study, the data collected from the book of Sidney Sheldon *The Naked Face*. The data are analyzed based on psychoanalysis approach, through defense mechanism and literary criticism theory. *The Naked Face* is categorized a thriller novel written by Sydney Sheldon. This novel is talking about Judd Steven as the main character struggle against the allegation of murder. The researcher has presented an analysis of *The Naked Face* divided into two parts.

The result from the analysis is about the form of defense mechanism that was done by the main character, in this case, is Judd Stevens. The researcher finds many data from the main characters from the novel showing the defense mechanism. There are four actions of defense mechanism that was done by the main character. Those are displacement, denial, repression, and rationalization.

## 4.2 Suggestion

This study only focuses on Judd Steven, who has done the defense mechanism as a psychologist in the story the novel. There are much more aspects that can analyze from this novel with other criticism theories and approach.

Along with this study, the researcher suggests to the next researcher to analyze other aspects which have not been analyzed. By analyzing the different aspects, it would give inspiration for the next researcher. Nevertheless, if the next researchers want to analyze *The Naked Face* by the same theory, it does not matter. The next researcher may broaden the previous analysis into the more detail analysis or by seeking the lacking of this analysis to be added and completed to result in better analysis in the same theory.

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