

THE ANXIETY OF KURT COBAIN IN CHARLESS R.CROSS'

“HEAVIER THAN HEAVEN” NOVEL

By:

NAILUL AUTHOR
NIM. 13320172

Advisor :

Dra. ANDARWATI, M.A
NIP 196508051999032002



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
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2020**

**THE ANXIETY OF KURT COBAIN IN CHARLESS R.CROSS'
"HEAVIER THAN HEAVEN" NOVEL
THESIS**

Presented to

Universitas Islam Negeri Maulana Malik Ibrahim Malang
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By:

Nailul Author

NIM 13320172

Advisor:

Dra. Andarwati, M.A

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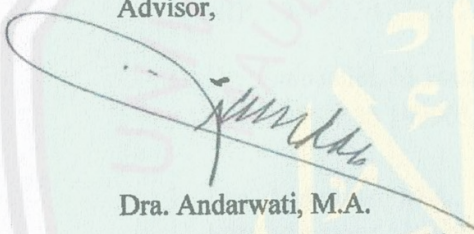
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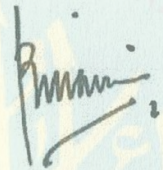
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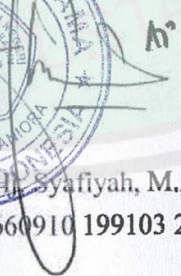
Approved by,
Advisor,


Dra. Andarwati, M.A.
NIP 19650805 199903 2 002


Rina Sari, M. Pd
NIP 19750610 200604 2 002

Acknowledged by
Dean,




Dr. H. Syafiyah, M.A
NIP 19660910 199103 2 002

LEGITIMATION SHEET

This is to certify that Nailul Author's thesis entitled *The Anxiety of Kurt Cobain in Charless R. Cross's "Heavier than Heaven"* has been approved by the board of examiners as the requirement for the Degree of *Sarjana Sastra* (S.S.) in English Letter Department.

Malang, 30 September 2019

The Board of Examiners

1. Dra. Siti Masitoh, M.Hum
NIP. 19681020 200312 2 001
2. Dr. Syamsudin, M.Hum
NIP. 19650805 199903 2 002
3. Dra. Andarwati, M.A.
NIP. 19650805 199903 2 002

(Main Examiner)

(Chair)

(Advisor)

Signature

(.....)

(.....)

(.....)

Approved by,

The Dean of Faculty of Humanities,



Dr. Hj. Syafiyah, M.A

NIP. 19681231 994031 002

STATEMENT OF AUTHENTICITY

The undersigned,

Name : Nailul Author
ID : 13320172
Department : English Letters
Faculty : Humanity

I certify that the thesis I wrote to fulfill the requirement for the Degree of *Sarjana Sastra* (S.S) entitled "*The Anxiety of Kurt Cobain in Charles R. Cross's 'Heavier than Heaven'*" 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, 4th of January 2019



Nailul Author
NIM 13320172

DEDICATION

I proudly dedicate this thesis to

My friends especially to Galon, Areng, Imam, Kiki, Aulia, Gares, Gombreng,
Sreman, Gilang and Deby.

My parents

Mr.Ahmadin Fanani and Mrs.Naimah

Thank you for the pocket money, opportunity and trust given to me.

Also my advisor, Dra. Andarwati, M.A. thank you for the time.



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Nailul Author
NIM 13320172

ABSTRACT

Nailul Author. 2019. *The Anxiety of Kurt Cobain in Charless R.Cross's "Heavier than Heaven"*. Thesis. English Letters Department, Faculty of Humanities, Universitas Maulana Malik Ibrahim, Malang.

Advisor : Dra. Andarwati, M.A.

Keywords : Anxiety, self-defense mechanism, main character

Humans are never free from life problems that can cause frustration or depression. This effect is called anxiety. There are many kinds of anxiety that occur in humans. That forces humans to fight the anxiety. This resistance is called self-defense mechanism. The novel *Heavier than Heaven*, written by Charless R.Cross, is a biographical novel by Kurt Cobain that reveals the facts of his life. This novel presents a fairly complex life problem faced by Kurt Cobain. Based on this understanding, this paper discusses how anxiety and how self-defense mechanism carried out by the main character in the novel *Heavier than Heaven*.

This study uses Sigmund Freud's psychoanalytic theory which focuses on the concepts of anxiety and self-defense mechanism. Freud explained that anxiety is a tension that comes from a threat of danger, which the source of it is largely unknown or not recognized. Anxiety is also a mixture of feelings of fear and worry about the future without a specific reason for fear. Furthermore the subject performs self-defense. According to Freud the concept of self-defense occurs to protect the ego from the shame and pain of the ego. The ego tries as hard as possible to maintain stability in relation to the id and the superego. But when anxiety is so controlled, the ego must try to defend himself. Unconsciously, a person will survive by blocking all impulses or by shrinking those impulses into a form that is more acceptable conception and not too.

By applying the concept to the data in the form of dialogue and explanation from novel, the researcher can discover how anxiety and self-defense are carried out by the main character. The result states that basically the main character named Kurt Cobain in the novel experiences anxiety characterized by failure to meet his needs. Kurt was unsuccessful in fulfilling his need for love and recognition and self-satisfaction. The cause of anxiety for Kurt is neglect, humiliation, rejection and loneliness. Kurt tried this to anticipate with self-defense in the form of repression, projections, and sublimation.

ABSTRACT

Nailul Author. 2019. *The Anxiety of Kurt Cobain in Charless R. Cross's "Heavier than Heaven"*. Skripsi, Bahasa dan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim, Malang.

Advisor : Dra. Andarwati, M.A.

Keywords : Kecemasan, Pertahanan Diri, Tokoh Utama

Manusia tidak pernah lepas dari masalah kehidupan yang dapat menimbulkan frustrasi maupun depresi. Efek tersebut dinamakan kecemasan (*anxiety*). Ada banyak macam kecemasan yang terjadi pada manusia. Hal ini memaksa manusia untuk melawan kecemasan tersebut. Perlawanan ini disebut *self-defense mechanism*. Novel *Heavier than Heaven* yang ditulis oleh *Charless R. Cross* merupakan novel biografi dari Kurt Cobain yang mengungkapkan fakta-fakta kehidupan dia. Novel ini menyajikan masalah kehidupan yang cukup kompleks yang dihadapi oleh Kurt Cobain. Berdasarkan dari pengertian tersebut, tulisan ini membahas bagaimana kecemasan (*anxiety*) dan bagaimana pertahanan diri dalam melawan kecemasan yang dilakukan oleh tokoh utama dalam novel *Heavier than Heaven*.

Kajian ini menggunakan teori psikoanalisis Sigmund Freud yang berfokus pada konsep kecemasan dan metode pertahanan diri. Freud menjelaskan bahwa kecemasan merupakan ketegangan, atau kegelisahan yang berasal dari ancaman bahaya, yang sumbernya sebagian besar tidak diketahui atau tidak diakui. Kecemasan juga merupakan campuran perasaan takut dan khawatir tentang masa depan tanpa sebab spesifik untuk ketakutan. Selanjutnya subjek melakukan pertahanan diri. Menurut Freud konsep pertahanan diri terjadi untuk melindungi ego dari rasa malu dan rasa sakit ego. Ego berusaha sekeras mungkin untuk menjaga stabilitas dalam kaitannya dengan id dan superego. Tetapi ketika kecemasan begitu terkendali, ego harus berusaha membela diri. Tanpa disadari, seseorang akan bertahan hidup dengan memblokir semua impuls atau dengan mengecilkan impuls-impuls itu menjadi bentuk yang lebih dapat diterima konsepsi dan tidak terlalu.

Dengan mengaplikasikan konsep tersebut ke dalam data berupa dialog maupun penjelasan yang ada dalam novel, peneliti bisa menemukan bagaimana kecemasan serta pertahanan diri yang dilakukan oleh tokoh utama. Hasil tersebut menyatakan bahwa pada dasarnya tokoh utama yang bernama Kurt Cobain pada novel tersebut mengalami kecemasan yang ditandai dengan kegagalan untuk memenuhi kebutuhannya. Kurt tidak berhasil untuk memenuhi kebutuhannya akan kasih sayang serta pengakuan dan juga kepuasan diri. Penyebab munculnya kecemasan pada Kurt adalah pengabaian, penghinaan, penolakan serta kesepian. Hal tersebut coba Kurt antisipasi dengan pertahanan diri berupa represi, proyeksi, serta sublimasi.

ملخص البحث

نيل الأوطار ٢٠١٩ لقلق كورت كوبين في الصليب تشارليس "أثقل من السماء". الأطروحة، واللغة والأدب، كلية العلوم الإنسانية، والمملكة المتحدة أوينين مولانا إبراهيم مالك، مالانغ

المشرف : الدكتورة أزداروتي، الماجستير.

الكلمة الرئيسية : الإزعاج، دفاع النفس، الشخصية الرئيسية

تحدث هذه الأطروحة عن قصة في إزعاج الشخصية الرئيسية و دفاع نفسها بعنوان :

{Heavier than Heaven/ أثقل من الجنة}

تأليف روبرت تشارلز كروس. قسم دراسة اللغة الإنجليزية والأدب، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانغ. تبحث هذه الأطروحة عن نوع الإزعاج وآلية الدفاع الأنا تواجه الشخصية الرئيسية في قصة :

{Heavier than Heaven/ أثقل من الجنة}

أهداف البحث هي التعبير عن الإزعاج و آلية الدفاع الأنا كيرت كوبين كشخصية الرئيسية. استخدم هذا البحث المنهج النوعي مع نهج النفسي الأدبي هذه الأطروحة استخدم نظرية القلق. هذه النظرية تستخدم للتعبير عن نوع الإزعاج في آلية الدفاع الأنا تواجه الشخصية الرئيسية. نتائج التحليل من القصة أن الشخصية الرئيسية ينمو بالإزعاج و أخطأ في دفاع النفس. بدأ الصراع بعد طلاق والديه و عدم الإشراف على الشخصية الرئيسية و المحبة حصل عليه خلال صغره. في هذه القصة تواجه الشخصية الرئيسية ثلاثة أنواع الإزعاج : 1- إزعاج الواقعي، 2- إزعاج الأخلاقي، 3- إزعاج العصابي. يحدث الإزعاج بسبب الصراع الداخلي في الشخصية الرئيسية.

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BIOGRAPHY



Nailul Author was born in Jember on February 15, 1995. He graduated from MA MAARIF NU Blitar in 2013. During her study at the Senior High School, he very dislike to follow the organization unless it is really forced or is a mandatory requirement. He started her higher education in 2013 at the English Letters Department of UIN Maulana Malik Ibrahim Malang and finished in 2019. He passed late deliberately due to being too complacent with worldly pursuit because he thought the experience was important. He got a lot of experience when stall for his graduation.

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Everyone wants to live comfortably without any conflicts. When a person choose to live, he surely has a conflict such as conflict in family, social, job, and conflict with his ego. Each conflict cannot be avoided, that's why if a person runaway from a conflict, there is new conflict in front of him.

These things make the person being frustrated, desperated, introvert, and fear. That is an anxiety. According to Freud (Alwisol, 2005:28) anxiety is a function of the individual ego to warn about the possibility of the arrival of a danger so they can be prepared in the appropriate adaptive reaction. Anxiety serves as a mechanism that protects the ego because anxiety gives a signal to us that there is a danger, if appropriate action is undone, it will make the danger increase until the ego being defeated. Anxiety cannot be underrated because it causes permanent fear.

Anxiety or fear must be resisted or transferred so that humans can life a quieter than before. In psychology the steps to counter the anxiety is a self-defense mechanism. According to Freud (in Alwisol, 2004), the mechanism of self-defense is a strategy used to hold individual egos to response the danger of the emergence the id impulses.

Self-defense mechanism can be a neutralizer of anxiety, that's why both are connected. When self-defense mechanism is failed, they will feel fear or anxiety continuously. In psychology, the purpose of self-defense mechanism does not only look in real life, but also in the literature. Literary works are able to be a reflection of statement in the writing process, even becoming a reflection of what the author feels (Suwardi. 2011).

Psychoanalysis purposes to help analyzing anything that exists in a literary work. It is helping to reflect what's happening in every character in a literary work and how to resolve the conflicts faced by the characters to get a quieter life or a life that he wants. It made psychology become an important aspect in the analysis of a literary work.

The relationship between psychology and literary works make it important to analyze literary works, such as in the novel. The novel is the result of the author imagination that presented through the plot, background, themes and characters. According to Suwardi (2011) characterization in a novel related to psychology like in real life.

Based on the statement above, the researcher has been interested in analyzing Robert R Cross's novel *Heavier Than Heaven*. The first authoritative account of the singer's life makes a compelling point early on. Many teenagers have it worse than Cobain. Also many will live out their childhoods and adulthoods with few emotional knots to boast. While Cobain was born into loving, (lower-middle-class stock north of Seattle, his mother was self-obsessed, his

father uncommunicative) his childhood was anything other than abusive. The burden of his family's history would turn Cobain from a seemingly popular high-school student into a fully-fledged drug addict and drop-out, with a petulance and anger that would increasingly surface only in his music and drawings. A hopeless drug addict for all but a few weeks of his public life, he then dragged his wife, singer and actress Courtney Love, into a spiral of heroin abuse. The fact that love is now a reconstructed feminist role model, says Cross, surely hints at Cobain's detachment from nearly everything; all six Nirvana albums are now to be viewed through the sweltering pain of the singer's addiction.

Based on characterization of the main character, the researcher uses self-defense mechanism to analyze the psychology of main characters. From that discussion, there is a relevance research by Riskian Hashim (2018) in his study titled *Ralph's Anxiety in the Wildlife in the Novel Lord Of The Flies* that uses self-defense mechanism.

1.2 Statements of the Problems

Related to the background of the study, the researcher formulates two research questions. Those are: (1) What are the kinds of anxiety that causes Kurt to undergo his self-defense mechanism in *Heavier than Heaven*? (2) What are the defense mechanisms done by Kurt to resolve his anxiety in *Heavier than Heaven*?

1.3 Objectives of the Study

The objectives of the study in this research are to understand the main character to serve the best answer by using self-defence.

- a. To find out the kind of Kurt's anxieties in *Heavie than Heaven*.
- b. To find out the defense mechanisms done by Kurt to resolve his anxiety in *Heavie than Heaven*.

1.4 Scope and Limitation

There are many areas in analyzing wilderness in *Heavier than Heaven* by Robert R Cross. Nevertheless, the researcher has only focused on the psychological analysis on the two research problems that are related each other based on the content of the novel. They are the anxiety causes and self-defense mechanism described in the novel, not for all characters" because the researcher wants to focus on the main character who has anxiety.

1.5 Significanse of the Study

The researcher expects that this research can give theoretical and practical significance. Theoretically, the researcher hopes that the results of this research can be a reflection of real life through the plot, problem solving, as well as the characterization of that presented in the story. This provides evidence that literature and psychology have a relationship in terms of objects, there is discussing the man and his life. Practically, the researcher hopes the reader is able to understand the self-defense mechanism better. This novel is expected to become references for other readers to do research deeper.

1.6 Research Method

The researcher explains about the research methodology which are used to analyze this novel, they are research design, data source, data collection and data analysis.

1.6.1 Research Design

This research uses literary criticism with psychological approach, because the main character in the novel has a disruption of psychology. The main character has a problem and tries to do the self-defense mechanism. This is the object of a psychological approach to research psychological phenomenon.

This approach tests human reactions through behavior and causes, the research focused on main character. The researcher use Sigmund Freud's theory which corresponds to object.

1.6.2 Data Source

The data in the novel are words, phrases, and sentences in *Heavier than Heaven*. The source comes from *Heavier than Heaven* written by Charless R Cross, 381 pages, and was published on August 15, 2001 in the United States.

1.6.3 Data Collection

Heavier than Heaven can be found at the nearest library or bookstore. The researcher got the novel from the instagram online shop and the account name is @bukuakik.

1.6.4 Data Analysis

1. After collecting the data, researcher starts by analyzing in a few steps. The researcher categorizes data that have been acquired in accordance with the research issues. The researcher interprets it more in depth by applying the theory of anxiety and self-defense mechanism that were conceived by Sigmund Freud associated with the id, ego and super ego. Researcher draws conclusions as the end result of a self-defense mechanism used by the main characters in the novel.

1.7 Definition of Key Terms

In this research there are two words put as key term to understanding research:

2. Anxiety

David Barlow (2000) in his book untitled “*Unraveling the mysteries of anxiety and its disorders from the perspective of emotion theory*” defines anxiety as "a future-oriented mood state in which one is not ready or prepared to attempt to cope with upcoming negative events.

3. Defense Mechanism

Based on *Psychology Second Edition*, a book by Schacter (2011), defense mechanism is an unconscious psychological mechanism that reduces anxiety arising from unacceptable or potentially harmful stimuli.

4. Main Character

Nuriastha (2004) in her book “*An analysis of the main character in the The Strager Case of Dr. Jekyll and Nr. Hyde*” states that in literature, a

main character is defined as a character that is central in the development and resolution of the story's conflict .



CHAPTER II

REVIEW OF THE RELATED LITERATURE

This research focuses on the analysis of the main character in the *Heavier than Heaven* by Charless R.Cross. Therefore, the theoretical framework is drawn here in order to have deep understanding to the whole concept of this research. There are four parts that will be explained in this chapter.

2.1 Psychology and Literature

Literature and psychology are two branches of science that study human soul. Psychology researches human behaviors and their causes while literature depicts human behavior through fiction. These two branches of social science studying human behavior are interrelated and mutually beneficial, that are literature and psychology as a literary work. Literary works study human beings and describe their inner world with all its aspects. The reason is that a literary work is at the same time a product of a certain psychological condition. A literary work supports psychology in terms of depicting human psychological conditions (Minderop, 2013, p. 52).

Wellek and Austin (1989: 90) explain that literary psychology has four meanings. First, literary psychology is the author's psychological understanding as a person or type. Second, an assessment of the creative process of the paper. Third, the analysis of the psychological laws applied in literary works. Fourth, literary psychology is also interpreted as a study of the impact of literature on the

psychological condition rather than the reader (Khazar Journal of Humanities and Social Sciences Volume 19, Number 4, 2016).

Moreover, psychology is also concerned to the study about psychological phenomenon of human, its symptoms even its causes (Abu Ahmadi, 2009). Psychology seems very attach to the human psyche, reaction of the psyche through behavior and its causes will be analyzed deeply in this science, human's problem also can be solved by the appreance of this study. Those all have no aimed except for serving the tranquility life.

Through the characterization, the aspects of psyche can be expressed clearly. How the way the author expresses and also how the way the characters, play actually cannot be separated from the role of psychology. Therefore, problems which appear in literary work have similarities with the condition in real life. It is appropriate which opinion which says that literary work is a mirror in real life. Siswanto (2005) says that it is also combined with the author imagination.

Although there is a clear difference psychology and literature, yet, they have similarity that are both of them start from human and life as the object of the analysis. When talking about human, psychology is very closely related to it, because psychology learns about attitude of human, then it cannot be separated from aspects of life (Wiyatmi, 2007:107).

In doing psychological criticism, there are three ways that include in analysis. First, a researcher can analyze about the writer's psychological condition

when he creates literary work. Second, a researcher can analyze to the characters' psychological condition in the literary work. The last, the researcher can analyze the readers of psychological condition while reading literary work (Endaswara, 2011: 96). When a researcher does a psychological analysis in a literary work, indirectly he will apply the theory of psychology. The psychological theory will help him in analyzing deeply about the psychological phenomenon which expressed. Nevertheless, when a researcher applies the theory, he has to relate and attach it with the plot or content of the psychological theory. The researcher stays on the relation with literary work and forbidden to analyze outside literary work.

2.2 Psychological Analysis of Sigmund Freud

Freud believed that events in our childhood have a great influence on our adult lives.. For example, anxiety originating from traumatic experiences in a person's past is hidden from consciousness, and may cause problems during adulthood (in the form of neuroses). Thus, when we explain our behavior to ourselves or others (conscious mental activity), we rarely give a true account of our motivation. This is not because we are deliberately lying. Human beings are great deceivers of others; they are even more adept at self-deception.

Freud's life work was dominated by his attempts to find ways of penetrating. This often subtles and elaborates camouflage that obscures the hidden structure and processes of personality. His lexicon has become embedded within the vocabulary of Western society. Words he introduced through his theories are now used by everyday people, such as anal (personality), libido, denial, repression, cathartic, Freudian slip, and neurotic (Freud: 1894).

Freud (1900, 1905) developed a topographical model of the mind, whereby he described the features of the mind's structure and function. Freud used the analogy of an iceberg to describe the three levels of the mind. On the surface, the consciousness, which consists of those thoughts are the focus of our attention. This is seen as the tip of the iceberg. The preconscious consists of all which can be retrieved from memory. The third and most significant region is the unconscious. The real processes cause of most behavior. Like an iceberg, the most important part of the mind is the part you cannot see. The unconscious mind acts as a repository, a 'cauldron' of primitive wishes and impulse kept at bay and mediated by the preconscious area.

For example, Freud (1915) found that some events and desires were often too frightening or painful for his patients to acknowledge, and believed such information was locked away in the unconscious mind. This can happen through the process of repression. Sigmund Freud emphasized the importance of the unconscious mind, and a primary assumption of Freudian theory is that the unconscious mind governs behavior to a greater degree than people suspect. Indeed, the goal of psychoanalysis is to make the unconscious conscious.

2.3 The Concept of Anxiety

Freud's theory of anxiety was first based by a bold thought that expresses an analogy from the similarity of the body's response during anxiety attacks with those seen during intercourse. Freud through his clinical observations said that anxiety is a result of "sedimentary libido". Freud wanted to say that the physiological increase of pressure sexual direction leads to an increase in the libido is a mental representation of physiological events. Normal release from this sexual pressure in Freud's view is through sexual relations. While many sexual practices according to Freud were not normal like interruptus coitus and abstinence, which is finally holding back the release and ending at actual neurosis, some conditions increased anxiety associated with detention of libido release including neurasthenia, hypochondriasis and neurotic anxiety (Schultz, 1986).

2.3.1 Definition of Anxiety

Anxiety is a normal thing that happens in human life. Anxiety can occur anytime and by anyone. But the occurrence of an anxiety must always be controlled by humans who experience it. Uncontrolled anxiety can endanger people around and also yourself. Anxiety is something that is used by Freud to describe a negative effect and excitement (Jatman, 2000: 37).

The American Psychiatric Association explains about anxiety is tension, or uneasiness which stems from the threat of danger, the source of which is largely unknown or unrecognized (Edelmann, 1992). Anxiety is also a mixture of feelings of fear and concern about the future without specific causes for fear (Chaplin,

2003: 33). Anxiety is a condition in which a person experiences feelings of anxiety and autonomic nervous system activity in response to a threat that is unclear and not specific (Rosenberg and Caplan 1992). Anxiety can also be said to be a feeling of being threatened where actually it is not threatening (Acocella, 1995).

According to Freud (in Alwisol, 2005) anxiety is an ego function to warn individuals about the possibility of a danger coming so that an appropriate addictive reaction can be prepared. Anxiety functions as a mechanism that protects the ego because anxiety signals us that there is a danger that can increase until the ego can be defeated if the right action is not taken.

2.3.2 The Kinds of Anxiety

According to Freud (Suryabrata, 2001) anxiety is divided into three, such as:

a. Anxiety Reality or Objective

An anxiety that comes from fear against threatening dangers in the real world for example: fears fires, tornadoes, earthquakes, or animals wild. This anxiety leads us to behave how to deal with danger.. A person can be very afraid to come out home for fear of an accident on him or afraid to light a match for fear of happening fire (Suryabrata, 2001).

b. Neurotic Anxiety (Neurotic Anxiety)

This anxiety has a basis in childhood, at conflict between instinctual satisfaction and reality. On childhood, sometimes a child experienced punishment from parents due to fulfillment the need for an id is especially important related to fulfillment of sexual instincts or aggressive. Children are usually punished for excess expressing sexual or aggressive impulses. Anxiety or fear develops because there is hope to satisfy the impulse of a particular Id. The neurotic anxiety that arises is fear of being subject to punishment for showing behavior impulsive dominated by Id. Thing you need to note that fear does not occurs because fear of the instinct but it is fear of what will happen if the instinct is satisfied. The conflict that occurs between Id and The ego that we know has a basis in reality (Suryabrata, 2001).

c. Moral Anxiety (Moral Anxiety)

This anxiety is the result of a conflict between Id and superego. Basically it's a fear of own individual conscience. When individuals are motivated to express that instinctual impulse contrary to the moral value referred to in the individual superego then he will feel embarrassed or guilty. In everyday life he will find itself as "conscience stricken". Moral anxiety explains how the superego develops. Usually individuals with strong conscience and puritans will experience conflicts that are greater than they are individuals who have a condition of moral tolerance more loose. Like anxiety neurosis, moral anxiety also has a basis in real life. Children will be punished if they break the rules determined by their parents. Adults will get a penalty if it violates existing norms in society. Shame and guilt accompany moral anxiety. It can be said that the cause of anxiety is coming from individual matter.

Freud said that the superego can give a reasonable reply because of the violation against moral rules. Whatever the type, anxiety is a sign warning to individuals. This causes pressure to individuals and become encouragement to individuals motivated to satisfy. This pressure must be reduced. Anxiety gives a warning to individuals that the ego is under threat and therefore if there is no action, the ego will be wasted. An anxiety arises from conscience towards feelings of sin when doing and instead thinking of doing something that is contrary to moral norms (Suryabrata, 2001).

2.3.3 The Source of Anxiety

Anxiety can occur anytime and anywhere by something threatening. According to Bunder Keinlholz and Garden (Arbaryatiningsih, 2001) anxiety can be divided according to the source of reason, namely: anxiety originating from the environment, called objective anxiety that is anxiety caused by the environment and does not need treatment, because it is one of the factors "self-preservation". Anxiety in the body is called vital anxiety, which is anxiety in the body that functions as a defense mechanism and protects the individual. Awareness of consciousness is called conscience anxiety, that is, individuals have an awareness of morality that will protect individuals against immoral acts. Anxiety in the body, called neurotic anxiety, is anxiety that originates in the body and cannot be avoided so that anxiety hides in other anxieties, such as phobias, obsessive compulsive disorder, confersion and other physiological disorders.

2.4 The Concept of Defense Mechanism

Freud's defense mechanisms will now be applied to pride, ego, and self-esteem. They will each be explained by how they serve to protect the ego from shame and ego pain. The ego tries as hard as possible to maintain stability in relation to the id and the superego. But when anxiety is so controlled, ego must try to defend themselves. Unconsciously, someone will survive by blocking all impulses or by shrinking those impulses into a form that is more acceptable to conception and not too threatening. This method is called the self defense mechanism or Ego Defense Mechanism (Surya, 2003).

There are many defense mechanisms. Those are compensation, denial, displacement, identification, introjection, projection, rationalization, reaction formation, regression, repression, ritual and undoing, and sublimation. This research will discuss three defense mechanisms only related to the object material.

2.4.1 Projection

Projection is the attribution to others of your own negative self-concepts. This occurs when you want to avoid facing negative self-concepts about your behaviors or intentions, and you do so by seeing them, in other people, instead. For example, you are mad at your spouse and subconsciously damning them, but, you instead think or claim that they are mad at you and damning you in their mind. You may believe that you are inferior and therefore attack another race, ethnicity, or belief system, claiming it is inferior (Cramer, P. 1987).

2.4.2 Repression

Repression is the unconscious and seemingly involuntary removal from awareness of the negative self-concepts that your ego finds too painful to tolerate. For example, you may completely block out thoughts that you have of wanting to kill one of your parents.

This is not the same as suppression, which is the conscious removal from consciousness of intolerable negative self-concepts. Unconsciousness was Freud's renaming of the spiritual concept of internal darkness. Repression is a choice, but a choice that we choose to remain unaware of as part of the defense of repression (Krech, 1974).

2.4.3 Sublimation

Sublimation is the process of diverting your feelings about the negative self-concepts that you have of yourself or others into more socially acceptable activities. For example, if you generally hate people, then you might be an aggressive environmental activist, an aggressive political activist, or join a fighting army. This way you can get some approval for the feelings that you disapprove of. As another example, the criminally minded often become police as a way to think well of their meanness and feelings of being entitled to take advantage of others (Cramer, 1987).

2.5 Previous Study

First, a study conducted by Rizkian Hasim (2015) entitled *Ralph's anxiety in the wildlife in lord of the flies novel*. The researcher proves that the anxiety in Lord of the Flies novel describes the reflection of psychological phenomena in fact. It is shown by the behavior and feelings that are closely attached to the condition of their souls. Ralph has a conflict between the ego and the superego that concludes the moral anxiety that is generally caused by the environment and the people around him. Therefore it is necessary self-defense. Because the researcher investigates anxiety and self-defense is very important to do in literary work, therefore, it is recommended for further researchers to continue and develop research on anxiety and self-defense, either in the novel Lord of the Flies or other literary works. Thus it would be better as a mirror in human life. Similar to the current research which also discusses self-defense and the anxiety faced by the

characters in the story. The difference between previous research and current research lies only in the object used and the story experienced by the object.

Second, a study by Maftuch Junaidy (2018) entitled *Personality disorder of the main character in Marry Higgins Clarks 'On The Street Where You Live'*. This research analyze how is the personality disorder of William Stafford reflected in the novel on the street where you live by Mary Higgins Clarks and What causes William Stafford have such that kind of personality disorder. Hope that it can be a contribution for literature study that is specially related to psychological analysis. For the learners, this study helps the students to know and understand a literary work. And for health is to know what causes this type of personality disorder so people can detect and anticipate this type of personality disorder. This research using Sigmund Freud theory of personality disorder to analyze the personality disorder of William Stafford reflected in the novel on the street where you live by Mary Higgins Clarks. Researcher found that parents give a lot of influence to their child, in the chase of Will Stafford happen because lack of attention from parents and the divorce. So parents should give a lot of attention to their child and teach their children good thing. Family is really important. It means to feel secure, to have someone who you can count on, whom you can share your problems with. But it also means to have respect for each other and responsibility.

CHAPTER III

ANALYSIS

As explained previously, this study aims to describe the defense mechanism of the main character in the novel and to reduce the anxiety that actually belonged to him. Based on assumption, this chapter explains the questions presented in the previous chapters. Researcher analyzes the kinds of anxieties faced by the main characters as well as the types of self defense that used by the main character in undergoing his survival. Researcher provides and analyzes data obtained related to the type of anxiety as well as self defence main character.

Before going to the discussion on this research, the author will try to tell the plot summary of the novel "*Heavier Than Heaven*" written by Robert R. Cross. the story begins from a child of Seattle. Kurt Cobain who was the eldest son of a pair of young couples. Kurt just felt happy Valentines will be given older people in General in a nutshell. Since Donald and Wendy decides to get divorced because of economic problem cause they fight all day. Kurt once is known as cheerful and active child turned into a personal look depressed and reclusive since his parents separated. Kurt who lived in a small sedentary also lived in the space under the bridge that made him increasingly feel lonely.

Since his teens, Kurt's been obsessed to be a rockstar and was invited to be a guest appearance by MTV. Until the end of his band named Nirvana became one of the band that counts in the music industry at the time, known as the seattle sound because the typical music presented, also because Seattle is the origin of

Kurt. Popularity make Kurt of conflicts that have to be faced. But unfortunately since childhood Kurt always chose to run from the conflicts that have to be faced. He chose to disappear as well as confine themselves along a drug. It is believed by Kurt that can help to forget his problems.

However, since the habit of consuming drugs, Kurt became fragile, confusing and difficult to guess. This condition is the impact of his past with his family and people he loved very much that encircled by drug addiction. Behind all the success that he has reached, always tucked a sense of loneliness, disappointment, as well as the feeling that he is being exploited by the music industry as well as his fans. The success which he believes can eliminate the sense of disappointment over his family turned out to be in fact add to the heavy burden for him.

3.1 Anxiety of the Main Character

Based on the theory above which explain that anxiety is a normal thing that happens in human life. Anxiety can occur anytime and by anyone. But the occurrence of an anxiety must always be controlled by humans who experience it. Uncontrolled anxiety can endanger people around and also yourself. Freud also has explained in his explanation about the anxiety and the importance of self defense can be classified due to the conflict between the ego and the superego, the ego as well as due to poor foundations formed since childhood. Not only that, outside factors also influence in the formation of anxiety as well as self defense. In this case the main character named Kurt, in the novel *Heavier than Heaven* also

has problems beyond that caused him must face conflicts that made him into a mess.

Kurt Cobain is someone who grew up from daunting childhood. Making himself has concerns that carry moral unease, so he had to face conflicts of his childhood. The conflict between structural personality cannot be separated from the outer problems that appears. Here can be classified the cause because of the threat and the environment.

Kurt grows with a sense of disappointment because the decisions taken parents to divorce. Kurt always felt the decision of his parents caused by him. in the novel mentioned "for kurt the situation is an emotional disaster - there are no other events in his life that has a greater influence on his personality.

Divorce is imprinted on the kurt, like other children. The essence of the real problems of his parents has been hidden, especially from him, and he could not understand the reason for the breakup. He thought it was his fault and constantly harbored feelings of guilt. It was very traumatic for Kurt to see what he had been convinced of, his family and his own survival were destroyed in front of his eyes, until he wrote on the wall of his room I hate daddy, I hate moms, moms hate daddy, daddy hates moms. That's very sad for me, Mari said "(Cross, 2001: 24).

Kurt is disappointed when his father chose to get married again and his mother had a new boyfriend, it made Kurt to prefer living in a place their friends than with his. But on the other hand kurt hated them for what they choose.

It indicated that kurt moral anxiety where kurt felt fear of his own heart. Don promised Kurt that he would not remarry and they would always be together, Don told Kurt (Cross, 2001: 26).

It is this which can momentarily calm Kurt's mind. But gradually Don began to feel he needed a companion because it was indeed a necessity. Don always introduces his date to Kurt even though Kurt always feels unsuitable and Don must obey Kurt's wishes. Until one day Don felt really fit and at first Kurt also felt suitable with Jenny's presence among them. But as time went on Kurt began to feel that he had betrayed his original mother and family. "Father promised not to marry again, Kurt said." "You have to know Kurt, everything can change, Don replied". In addition the system of Kurt self-defense mechanism has been dilapidated since her parents decided to divorce, because of the kurt's ego, he been chaotic since childhood. He often ran away from problem that should be faced. That thing that makes kurt has a bad self-mechanism.

The fear experienced by kurt has already been grew ever since she was a child. As freud disclosed that the mechanism of self defense is an attempt to show the process of unconscious that protects the individual from anxiety through the player back to the fact, that it is an attempt to save the self deception her moment Kurt often exaggerates the stories he has so that he just looks cool and is respected in front of people who want to know about him.

That is shown by Kurt in his dialogue Kurt has been in prison and spends most of his time in silence and fear. But a few years after he left the prison, he always told of his survival skills in prison. He exggerated the story. He said that he often exchanged pornographic images for prisooners to masturbate with a cigarette and finally mastered the contents of the prison. But Kurt only told this story to someone he had not known before. It shows that kurt is experiencing

some anxiety. Including rational anxiety where individuals feel fear of the real danger that exists in the external world. Anxiety is also the beginning of the incidence of anxiety-anxiety more.

The thing that shows Kurt anxiety rational was that he was afraid to face the problems that overwrite. He chose to hide and forget about the problems with drugs. It showed that Kurt is not ready or are afraid to face the outside world. As quoted in the novel, Kurt began to get acquainted with drugs in junior high school class. At that time he started smoking marijuana and using LSD. At first he just sucked at parties. But gradually he used it alone at home to help forget the problem, and until he grew up he became an addict. Something that initially was just an activity with his friends and then became his choice to ease the burden of thought.

The school, which had been a pleasant place for Kurt a few years earlier, had turned into a private prison for him. He tells his friends that he hates Monte now as much as he hates his parents. Because Kurt had just read *To Kill a Mockingbird* by Harper Lee, he stated that the book was a perfect picture of the city. Beginning in 1981, a different Kurt figure began to emerge, or did not appear again, because what often happened was that he spent more time alone. At his Fleet Street home, Kurt moved to a renovated basement. Kurt told his friend that the removal of his room was the same as his disposal. In his basement, Kurt spends time with the Montgomery Ward Pinball machine he got the previous Christmas, Don and Jenny's tape recorder given to him, and a stack of albums. The albums included Elthon John, Grand Funk Railroad, and Boston which were Kurt's favorite albums that year (Cross, 2001: 38).

From the explanation above, it can be concluded that Kurt experiences two kinds of anxiety. First is neurotic anxiety, it means the condition where

individuals follow request of instincts which can not be controlled to get something or doing something which is actually the desire is prohibited with moral anxiety. This anxiety also has a basis in childhood, at conflict between instinctual satisfaction and reality. Based on that basic explanation, it can be shown in the data above that explain how Kurt's recognition is to hate Monte as like his mother. This signifies that Kurt experiences neurotic anxiety which is caused by family matter.

Second, Kurt also can be defined experiencing moral anxiety where moral anxiety itself is caused by the individual's personal itself like envy, hate, revenge, anger, etc. that can make an individual has excess anxiety, anxiety, fear, and despair. The thing that reflects the anxiety has Kurt was about his hatred of his parents who choose to divorce. Kurt felt lonely because of it. As quoted in the novel the hatred shown by the kurt to his father was contained in the piece of lyrics he created in his song "serve the servants". These words are an attack in eternal battle with their greatest enemy "I tried to have a father, but instead a have a dad". Actually, Kurt wants to stay close to his father, and vice versa because both of them are embarrassed to tell each other the truth.

From those two types of anxiety. The analysis will continue to find out how to fix that anxieties. It names defense mechanism. This defense mechanism will be analyzed in the following chapter.

3.3 Self-Defense Mechanism

Kurt builds a protection within to calm himself and make sure that he is not influenced by the situation and condition in order to deal with the problems that are the reason for him to suffer from anxiety. In other words, he uses a defense mechanism (self defense mechanism), which includes: repression, projection and sublimation.

3.3.1 Repression

There is a kind of forgetting which is distinguished by the difficulty with which the memory is awakened even by a powerful external summons, as though some internal resistance were struggling against its revival. A forgetting of this kind has been given the name of 'repression' in psychopathology. Now we do not know in general whether the forgetting of an impression is linked with the dissolution of its memory-trace in the mind; but we can assert quite definitely of "repression" that it does not coincide with the dissolution or extinction of the memory.

What is repressed cannot be fixed, it is true, as a rule make its way into memory without more ado; but it retains a capacity for effective action, and, under the influence of some external event, it may one day bring about psychical consequences which can be regarded as products of a modification of the forgotten memory and as derivatives of it and which remain unintelligible unless we take this view of them. (Delusions and Dreams In Jensen's Gradiva, 1907).

when a psychical act is held back at the lower, unconscious, stage. The fact is that repression is a topographico-dynamic concept.

Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious. Thoughts that are often repressed are those that would result in feelings of guilt from the superego. For example, in the Oedipus complex, aggressive thoughts about the same sex parents are repressed. This is not a very successful defense in the long term since it involves forcing disturbing wishes, ideas or memories into the unconscious, where, although hidden, they will create anxiety.

The data below is shown to explain how Kurt underwent repression as a defense mechanism for his ego. So that this repression is considered by Kurt as a remedy for his anxieties

Beginning in January, Kurt's addiction was severe, so that heroin in normal doses no longer affected him. Like most addicts, Kurt needs additional doses from day to day, just to make him not ill-advised. The problem is that New York-style heroin is very strong, and Kurt has taken it more than a safe dose in his quest to achieve a state of euphoria. On the day H Kurt decided to use heroin earlier than usual, so that when the broadcast started later he felt ready. In his futile attempt to equalize the dosage that was most appropriate for him, he used too much that afternoon, and made it in a state that was just under the dose. Kurt vomited in front of the NBC studio as soon as he arrived, and spent time before the performance which was still hours away lying on the couch and ignored anyone else, including the host of the event, and instead had time to refuse to sign the president's daughter NBC director. He just felt comforted when connected via telephone with the producer. Fortunately, when it came time to appear Kurt was back to normal (Cross, 2001: 250).

From the data above confirms that Kurt often keeps problems by himself. So we can say that Kurt's run from the problem however when a new problem came again she felt chaotic and deeply disturbed. This is often done by Kurt as a form of repression. The data shows how Kurt defense his anxiety. He represses strongly his condition by consuming high doses of heroin. Kurt assumes that taking heroin can repress an unwanted condition to the unconscious. Related to this type of defense mechanism, so that Kurt feels calm increasingly, because he feels like forgetting his anxieties.

3.3.2 Projection

This involves individuals attributing their own thoughts, feeling, and motives to another person (Freud, 1936). Thoughts most commonly projected onto another are the ones that would cause guilt such as aggressive and sexual fantasies or thoughts. The projection is one of the mechanisms of self-defense, when one reflects anxiety or guilt in him to others to get comfort. Projection occurs when a person's critiquing something but in fact are critiquing it himself.

The data below provides the conversation between Kurt and Kim. The conversation shows how Kurt defense his ego by using projection way. Kurt projects his friend, Kim to consume kokain.

Kurt decided to use this opportunity to spill his own emotions. "I know you've been smoking, and maybe you have also tried acid and cocaine." He told Kim. "I've never touched cocaine." Kim answered. "Maybe someday." Kurt replied. The conversation between them soon turned into a debate about whether Kim, who in two weeks will be 22 years old will

finally try cocaine or not. "You will definitely try it." Kurt insisted. "But if you ever use heroin, I will take a gun, look for you and I will kill you." Those words did not sound like a joke at all (Cross, 2001: 265).

From the data above it can be seen that's how the defense mechanism projection works. Projection is the attribution to others of your own negative self-concepts. This occurs when you want to avoid facing negative self-concepts about your behaviors or intentions, and you do so by seeing them, in other people, instead. This case starts with Kurt was pretending to know everything about Kim. Kurt guess that Kim will consume cocaine someday meanwhile Kim never touches cocaine before. However in that dialogue can be assumed that Kurt was looking for friend to accompany him consuming cocaine. By doing that defense mechanism, Kurt will not feel that he is not the only one who consumes cocaine. This action truly can be defined as projection.

As performed by Kurt, he often throws what he felt to others. He often thinks of other people hate it when in fact he himself hates. Such quotes in the novel, The Kurt prefers to distance himself from the loss of someone he loves, usually by making a conflict to facilitate the separation that he thinks will happen. Like the conflict with Jesse, the shame was actually felt by Kurt when Jesse could graduate that spring, while Kurt did not. At that time Kurt ripped off Jesse's yearbook. It shows more of his hatred for himself than for Jesse. Embarrassed to do so, Kurt decided to drive Jesse out of the apartment even though Jesse always paid the rent. the things he did to cover excessive concern. So unknowingly do to protect themselves from situations that cause pain, anxiety and stress in everyday life.

3.3.3 Sublimation

Sublimation is a push or a will not be accepted by the norms of society, then channelled into other more acceptable can even make others admire. Many great artists and musicians have had unhappy lives and have used the medium of art of music to express themselves. Sport is another example of putting our emotions (e.g., aggression) into something constructive. For example, fixation at the oral stage of development may later lead to seeking oral pleasure as an adult through sucking one's thumb, pen or cigarette. Also, fixation during the anal stage may cause a person to sublimate their desire to handle faeces with an enjoyment of pottery.

Kurt is an emotional person when he is faced with the problem of his family. he will feel very angry when considering what happened when she was a child. The rage was diverted by Kurt to make a work of art, whether it be a painting or a song. We can also see from a few partial song that indeed reflects disappointment in life. In his song entitled “serve the servants” there is a lyric that was explicitly directed at his father because of the dissatisfaction he got (I tried hard to have a father, but instead i had a dad) when he grew up, he also had written large and clear on the wall of his house “ i hate father, i hate mother, mother hate father, father hate mother, it is very sad for me” recalled Kurt’s grandmother. in the novel quotes that the song mostly about his family, old and new. The meeting with his father haunted Kurt so much, and Don became the main topic in his last songs.

Strongly this third defense mechanism has often been done by Kurt. It could even be said that sublimation is the main defense mechanism which is felt to have a great effect on it. So that portion of sublimation is very different if compared to the previous defense mechanism.

Kurt used something that he mastered the most when creating a song, which is about his family. Because only when he remembers his family he will feel angry and upset then he can immediately write a lyrics and that's where his talent will be felt (Cross, 2001: 175).

The data above proves that when he wrote a song he would create a song with the theme that he mastered the most is family. The family is one of the elements that builds up anxiety that grows with Kurt. This confirms that sublimation really happened to Kurt.

Even though he never said it to others, his songs could not possibly tell stories about anyone other than his family. The song is a song that is influenced by many things that Kurt feels and experiences about boredom and cynicism in oneself (Cross, 2001: 183).

Then, the meaning of the songs written by Kurt could easily be known that it was a manifestation of his feelings even though Kurt never told it. This is clearly detected from previous data which explains that Kurt's anxieties arise a lot from family problems. The representation of the song written does not go far from family problems.

When he had recovered somewhat from his beatings, he had become more quiet than usual. In his journal now flows writings, mostly with the theme of violence and a sense of pressure which he writes with great awareness. He expressed the pain he suffered in any way he could. Writing, artwork, and song. Much of the madness and anger is felt from the songs, but that still cannot hide the fact that Kurt has achieved another achievement in his ability to write songs. Anger in the song is no longer cliché, and the songs

now have a certain authenticity that was not present in Kurt's previous works (Cross, 2001: 182).

Sublimation is a defense mechanism which means to describe his emotions in a more creative direction such as music, in this case song writing. The data above reinforces the statement that Kurt described the pain and violence he felt in a song. This sublimation indirectly benefits Kurt. This means that with the authenticity of a song written based on personal experiences, the song is selling in the market because it is able to bring new colors that are not cliché in the music market at that time.

From the analysis concludes that there are three defense mechanism models that happened to Kurt. Kurt did not experience all defense mechanism models because the problems he faced only focused on the family. Besides that, blessed with the ability as a great musician. The three types of defense mechanism are indeed the most suitable potential for maintaining ego, especially sublimation.

In the end from all the analysis above discussing anxiety and defense mechanism, Kurt experiences two types of anxiety; neurotic anxiety and moral anxiety. Based on that anxiety Kurt fix those anxiety by building the defense mechanism. There are three defense mechanism done by Kurt. Those are projection, repression, and sublimation. From those three defense mechanism sublimation is the strongest done by Kurt to fix his anxieties.

CHAPTER IV

CONCLUSION AND SUGGESTIONS

This chapter elaborates on the conclusion as the result of the whole analysis in the previous chapter and suggestions.

4.1 Conclusion

After doing this research, the researcher was finally able to answer from several questions and came to the conclusion of Kurt's anxiety and self defense mechanism found in *Heavier than Heaven* novel by Robert R. Cross. From the analysis, researcher found that Kurt experiences two types of anxiety; neurotic anxiety and moral anxiety. Kurt's main character had a conflict between his ego and superego that ended. It comes to the conclusion that his anxiety is caused by many problems such as threats, environment, oppression, loss of self-esteem and frustration.

In solving anxiety, he performs self-defense mechanisms to neutralize the anxiety experienced, defense mechanisms such as repression which is Kurt often runs away from the problem and when encountering other new problems Kurt will feel downed and depressed, projection which is Kurt really does not like separation so Kurt chooses create a conflict with the person who will leave before that person leave him, so there is anger between the two and sublimation which explained that Kurt often channeled his anger through his work whether it was in the form of songs or written writings.

4.2 Suggestion

In this study, from the beginning the researcher focused only on the intrinsic element of the psychological aspect of the novel *Heavier than Heaven*. Having understood the content of the novel, researcher here has come to know that there are many other phenomena that can be analyzed in this novel, since literary works are believed to be a reflection of the phenomenon of life, they are feminism and moral values. Given that this research is limited to Kurt as the main character with the greatest stress relating to morals than any other character contained in this novel, the next researcher is expected to develop this analysis, or to analyze the other aspects in the novel.

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

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