

**ANXIETY AND DEFENSE MECHANISM OF HANNAH  
BAKER IN JAY ASHER'S *THIRTEEN REASONS WHY***

**THESIS**

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

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

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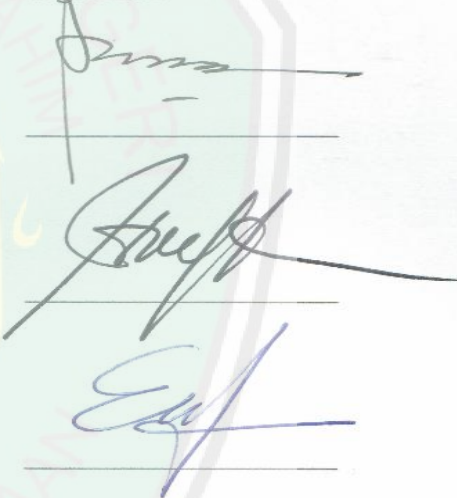
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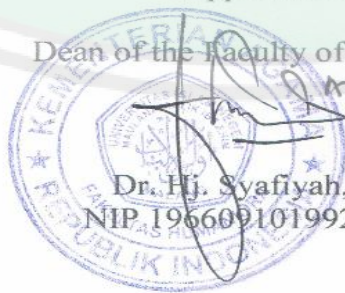
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## MOTTO

*When someone is cruel or acts like a bully, you don't stoop to their level.*

*No, our motto is when they go low, we go high.*

-Michelle Obama-



## DEDICATION

This thesis is dedicated specially for:

My lovely parents: Erna Agustin and Anang Yuniarto.

My beloved brother: Hafiz Maulana Hatsungkoro.

My number one support: Sang Putu Rama Mahaputra.

My best friends: Yuni Irawati, Adhe Yuna Maysarah, and Andi Fadwa Astri D.W.



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Malang, 3 November 2019

The Researcher

Nanda Saraswati



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## ABSTRACT

Saraswati, Nanda. 2019. *Anxiety and Defense Mechanism of Hannah Baker in Jay Asher's Thirteen Reasons Why*. Thesis, Department of English Literature, Faculty of Humanities. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Supervisor: Muhammad Edy Thoyib, M.A.

Keywords: *Psychological approach, Anxiety, Defense mechanism.*

Everyone has problems in their life; some of the issues can cause anxiety. The problem can happen because of fears that arise due to existing problems. Anxiety is an individual's response to an unpleasant situation experienced by all humans. However, action must be taken immediately to reduce anxiety because it can be dangerous if the anxiety not resolved. The researcher needs to observe in literary works because literary works express feelings, desires, and emotions caused by the sensations of life.

This study discusses the anxiety in the *Thirteen Reasons Why* novel, the causes of anxieties, and self-defense by the main character. Hannah experiences most of the anxiety that occurred in the novel as the main character. This study focused on the psychological approach, and this study uses Sigmund Freud's anxiety and defense mechanisms theory because it is considered most appropriate for analyzing Hannah's figure's psychology. The thickness of Hannah's psychological issues leads the researcher to use the anxiety and defense mechanism by Sigmund Freud.

The researcher proves the anxiety in *Thirteen Reasons Why Novel* based on the psychological aspect. Hannah has a conflict between her ego and superego, which causes her anxiety to arise. In Hannah's case, she has problems with her environment, which causes her anxiety. Hence, self-defense is needed to reduce anxiety. The researcher, however, only focuses on the psychological aspects. From the understanding novel by the content, the researcher is already aware that other phenomena can be analyzed since it is a literary work. The researcher suggests analyzing the character's anxiety and defense mechanism in other literary works.

## المستخلص

سراسواتي، ناندا. 2019. الهم والدفاع الذاتي في نفس هنة باكر عند رواية ثلاثة عشر سببا لجاي آشر. البحث الجامعي، قسم الأدب الإنجليزي. كلية العلوم الإنسانية. جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: محمد أبيدي طيب، الماجستير.

الكلمات الرئيسية: الهم، آلية الدفاع، المدخل السيكولوجي

كل من لديه مشكلة في حياته، بل وحتى تؤدي إلى وقوع الهم. وذلك بسبب نشأة الخوف من كثرة المشكلات. فهو رد الفرد نحو الظروف اللامريحة التي يدركها الإنسان ثم تحتاج إلى العلاج عاجلا لإهباط ذاك الشعور لأنه يجلب إلى المخاطر. وعازت الباحثة إلى تعمق العمل الأدبي لأنه تعبير مشاعر، الإرادات، والعواطف بسبب جعجة الحياة.

هذا البحث يتحدث عن الهموم الموجودة في رواية ثلاثة عشر سببا، عوامله، ومفهوم الدفاع الذاتي لدى الشخص الرئيسي حيث أدركت هنة باكر في تلك الرواية أغلبية الهموم. يتركز هذا البحث في المدخل السيكولوجي ويستوعب نظرية الهم وآلية الدفاع لسيغموند فرويد لأنها مناسبة لتحليل نفسية هنة. فتعقد المشكلات النفسية لهنة تجلب الباحثة لاختيار هذه النظرية.

برهنت الباحثة هم هنة في ثلاثة عشر سببا. تصرعت بالأنا والأنا العليا حتى تسبب إلى همها، وهي مشكلتها مع محيطها. فلذاك تحتاج إلى الدفاع الذاتي لعلاج همومها. تتركز الباحثة فقط في الناحية السيكولوجية. فمن مفهوم محتويات الرواية، اعترفت بأن هنالك عديد من الظواهر التي يمكن تحليلها وتعمقها. فلذلك تقترح الباحثة على الباحثين المقبين أن يلمحوا نحو الهم وآلية الدفاع في الأعمال الأخرى.



## ABSTRACT

Saraswati, Nanda. 2019. Kecemasan Dan Pertahanan Diri Tokoh Hannah Baker dalam Novel *Thirteen Reasons Why* Karya Jay Asher. Skripsi, Jurusan Sastra Inggris. Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Muhammad Edy Thoyib, M.A

Kata Kunci: *Kecemasan, Mekanisme Pertahanan, dan Pendekatan Psikologi,*

Setiap orang memiliki masalah dalam hidup mereka, beberapa masalah dapat menyebabkan kecemasan. Ini bisa terjadi karena ketakutan yang timbul karena masalah yang ada. Kecemasan adalah respons individu terhadap situasi yang tidak menyenangkan yang dialami oleh semua manusia. Namun, tindakan harus segera diambil untuk mengurangi kecemasan karena bisa berbahaya jika kecemasan tidak terselesaikan. Peneliti perlu mengamati karya sastra karena karya sastra adalah ekspresi perasaan, keinginan, dan emosi yang disebabkan oleh sensasi kehidupan.

Dalam penelitian ini membahas kegelisahan yang terkandung dalam novel *Thirteen Why Why*, penyebab kecemasan, dan pertahanan diri oleh karakter utama. Sebagian besar kecemasan yang terjadi dalam novel dialami oleh Hannah sebagai karakter utama. dalam penelitian ini difokuskan pada pendekatan psikologis, penelitian ini menggunakan teori kecemasan dan mekanisme pertahanan Sigmund Freud karena dianggap paling tepat untuk menganalisis psikologi sosok Hannah. Ketebalan masalah psikologis Hannah membuat peneliti menggunakan mekanisme kecemasan dan pertahanan oleh Sigmund Freud.

Peneliti membuktikan kecemasan dalam *Thirteen Why Novel* berdasarkan aspek psikologis. Hannah memiliki konflik antara egonya dan superego yang menyebabkan kecemasannya muncul, dalam kasus Hannah dia memiliki masalah dengan lingkungannya yang menyebabkan dia cemas. Oleh karena itu, pertahanan diri diperlukan untuk mengurangi kecemasan. Meski demikian, peneliti hanya berfokus pada aspek psikologis. Dari pemahaman novel berdasarkan isi, peneliti sudah menyadari bahwa fenomena lain dapat dianalisis karena merupakan karya sastra. Peneliti menyarankan untuk menganalisis kecemasan karakter dan mekanisme pertahanan dalam karya sastra lainnya.

## CHAPTER I

### INTRODUCTION

#### A. Background of the Study

Everybody wants to live their life as comfortable and reasonable as it could be without any problems. Nevertheless, we can't deny that everybody will always be facing some problems in their life. Usually, problems can be happening from works, family, friends, environment, etc.

Very often, the problems that occur can cause excessive anxiety that can cause anxiety to occur. It happens because of fears that arise due to existing issues. Anxiety is an individual's response to an unpleasant situation experienced by all humans.

According to Freud in Andri and Dewi's book, *Anxiety Theory* (2007), anxiety is the ego's function to warn individuals about the possibility of a danger coming so that appropriate adaptive reaction can be prepared. Anxiety itself functions as a mechanism that protects the ego because anxiety signals to us that there is a danger. If no proper action is taken, then the threat will increase until the ego is defeated. And generally, someone who experiences anxiety usually can't focus on something, has difficulty concentrating, and can't feel relaxed.

To reduce the effects of anxiety, people should take action in the form of an effort to reduce or eliminate anxiety as soon as possible. They need protection that can keep them from feeling anxious, which in psychology is called self-defense mechanism. According to Sigmund Freud (in Boeree 2006), self-defense mechanism is an unconscious process that protects individuals from anxiety through a distortion of reality. Defense mechanisms have the purpose of protecting the ego from being injured. Doing is a reminder reaction in responding to the imminent threat of danger and forming a self-defense mechanism, a defense mechanism built in the human mind to reduce the presence of anxiety.

Someone can be said to be successful in using the defense mechanism if their anxiety is reduced so that their lives can be calmer without the anxiety disorder. However, if the defense mechanism fails, then what will happen is that anxiety will be even higher, leading to the emergence of other problems such as phobias and schizophrenia, which is very bad for the sufferer.

With the aim of self-defense mechanisms in living human psychology, people need to examine it in reality, but they also need to observe it in literary works. Literary work is believed to mirror psychological conditions in reality, even in creating and understanding work literature. When critics read literary works such as novels, drama, poetry, or short stories, they indirectly face the psychological aspects that emerge. It may be the author's property of mental conditions when he creates literary works, characters, or readers of psychological aspects (Suwardi, 2011).

Therefore, with the relationship between psychological and literary works, it is essential to analyze works that give intensity to the psychological novel. Remembering the novel throughout the literary work reflects the author's imagination in creating plots, stories, exciting themes, characterizations, etc. It is also believed that the novel has the characters' complexity of the problem, which is explained in detail. The main character also displayed some characterizations and attitudes related to psychic and psychological experiences, such as in real life (Suwardi, 2011).

According to Wellek and Warren, in their book entitled *Theory of Literature* (1977), literature is an expression of feelings, desires, and emotions caused by the sensations of life. The researcher chose *Thirteen Reasons Why* novel because sufferers of the disorders described in the novel correspond to what sufferers of natural anxiety in real life. What makes this novel interesting to analyze is that the author clearly and complexly conveys psychological essences such as anxiety and self-defense mechanisms.

The novel is interesting to study because the mental aspects of the main character are thick. One of the psychological approach requirements can be done if the literary work considered reveals many aspects of the human psyche. Hannah Baker's personality often raises her anxieties and self-defense mechanisms to reduce those feelings of anxiety.

## B. Problems of the Study

Based on the background of the study, here are the problems of the study:

1. What are the types of Hannah's anxiety in Jay Asher's *Thirteen Reasons Why*?
2. What causes Hannah's anxiety in Jay Asher's *Thirteen Reasons Why*?
3. What are the types of defense mechanisms that Hannah does to reduce her anxiety?

## C. Objectives of the Study

The study's objectives in this research are to understand the anxiety and self-defense mechanism on Hannah Baker and give the answer based on the problems revealed above. They are;

1. To explain the types of Hannah's anxiety in Jay Asher's *Thirteen Reasons Why*
2. To explain the cause of Hannah's anxiety in Jay Asher's *Thirteen Reasons Why*
3. To explain the types of defense mechanisms that Hannah did to reduce anxiety.

## D. Significance of the Study

This research has significances that are theoretical and practical. Theoretically, this study is expected to show how to conduct literary criticism using anxiety and defense mechanism theories by Sigmund Freud. It functions in a literary work, especially in the novel, and how the theories applied in the novel.



Practically, the researcher expects that this research improves their understanding of Sigmund Freud's anxiety and defense mechanisms that it studies will be useful as references for the next researchers. It also helps to provide a new perspective towards anxiety and defense mechanisms after analyzing this study.

#### **E. Scope and Limitation**

Many areas can be analyzed in the *Thirteen Reasons Why* by Jay Asher. However, the researcher only focuses on the psychological analysis according to the research problem based on the novel. That is Anxiety, Causes of Anxiety, and Defense Mechanisms of Hannah Baker In Jay Asher' Novel *Thirteen Reasons Why*. The researcher puts a limitation on this analysis focused on the main character's anxiety and defense mechanism because the main character has a psychological issue related to anxiety.

#### **F. Previous Studies**

The researcher found one study using the same object but with a different theory, i.e. *The Portrayal of Hannah's Struggle in Facing Bullying in Jay Asher's Thirteen Reasons Why: A New Criticism Study*” by Martani (2017). This research aims to identify the struggle that Hannah experiences bullying. The researcher also explains about kinds of bully that Hannah encounters. The researcher also analyses how bullying can lead Hannah to commit suicide.

Another research is entitled *Condemning the Suicidal Action: Readers' Responses to Hannah Baker's Suicide in Jay Asher's Thirteen Reasons Why* by Annisa 'Alwiyah Alfikri (2018). It discusses the reader's response to suicide committed by Hannah Baker in the novel *Thirteen Reasons Why* (2007) using reader-response theory. This study aims to discover the dominant issue discussed by the readers, identify the reader's response to Hannah Baker's suicide, and identify the reason for the readers providing positive and negative reviews on the Hannah Baker suicide case.

The last study uses different object but the same theory. Anggraini (2010) did research on *Anxiety and Defense Mechanism on the Main Character of "The Machinist"* Film. In this study, the researcher found that the film attempts to show the defense mechanism of the main character, which makes him remember about the accident, which created his anxiety.

The previous studies above has helped the researcher better understand the theories here, such as understanding anxiety and classification. Here I can distinguish between three kinds of anxiety: moral, neurosis, and reality. The previous study is helping me to understand the defense mechanism and its classification better. The difference this research with other research is that the writer focuses on the anxiety and defense mechanism of Hannah's character. This research talks about the types of Hannah's anxiety and her defense mechanism to reduce her anxiety. From some of the studies above, I found a gap that I could use to analyze the novel *Thirteen Reasons Why* using the theory of anxiety and defense mechanism from Sigmund Freud.

## **G. Research Method**

The researcher discusses the research methodology, which contains research design, data source, data collection, and data analysis.

### **1. Research Design**

This research is a literary criticism since it aims to analyze a literary work. According to Abrams (1981, cited in Siswantoro, 2005), literary criticism is a study about the restriction, classification, analysis, and assessment of literary works. Literary criticism contains many theories, but this study focused on the psychological approach. This study uses Sigmund Freud's anxiety and defense mechanisms theory because it is considered most appropriate for analyzing Hannah's figure's psychology. The thickness of Hannah's psychological issues leads the researcher to use the anxiety and defense mechanism by Sigmund Freud. The theories of Sigmund are appropriate and same as the condition that often appears in the novel.

Moreover, this research is qualitative descriptive. The purpose of this research is to reveal events or facts, circumstances, phenomena, variables, and circumstances that occur when the study occurs by presenting what happened. According to Nazir (1988), a descriptive method is a method in examining the status of a group of people, an object, and a set of conditions, a set of circumstances, a system of thought, or a class of events in the present. Whitney (1960) stated that the descriptive method is the search for facts with the right interpretation.

## **2. Data Source**

This research's data are in the form of words, phrases, and sentences from the novel. The source of the data was taken from Jay Asher's *Thirteen Reasons Why*. Published in 2007 by the Penguin Group, located in 345 Hudson Street, New York, New York 10014, USA . this novel has 323 pages.

In this novel, there are 16 chapters based on the point of view of the main character. In each chapter, Hannah shares her story behind everyone that caused her anxiety and her decision for suicide one by one in every chapter. In the novel, mostly about Hannah's point of view over everything that happens to her.

Based on my perspective, this novel contains many issues that happen in society. Jay Asher's concerns lead him to writes this novel and try to open everyone's eyes about the power of bullying. Jay also has a friend who was trying to commit suicide. Luckily she was saved, and by that experience, he writes this novel, but he made Hannah's character die because he wanted people to appreciate their life and others' lives. Moreover, he expects people to be sensitive to their surroundings because there might be someone desperate for help.

## **3. Data Collection**

The following step collects the data of this study. Firstly, the researcher reads the *Thirteen Reasons Why* novel entirely to understand the novel. The researcher reads this novel carefully to understand the contents of the story in the novel. Secondly, the

researcher rereads the novel to get a good understanding of the whole story. The researcher reads novels repeatedly to get a better understanding of the story and so that there is no misunderstanding in understanding the story. Thirdly, the researcher identifies the data related to the problems, which includes anxiety and defense mechanism. Last, The researcher checks or takes a note which part is suitable with the data related to the problems.

#### **4. Data Analysis**

After collecting data, the researcher analyzes the data based on the problem of the study by doing these steps: First, the researcher categorizes the action of the main character that suitable for the problems of the study, which are anxiety and defense mechanism. Second, the researchers interpret the data that has been categorized by applying the theory of anxiety and defense mechanism by Sigmund Freud. Third, the researcher compiles all of the data as a final result of interpretation. Last, the researcher concludes the data that have gotten the outcome of anxiety and defense mechanism in the main character.



## H. Definition of Key Terms

In this research, some terms often appear, to prevent misunderstandings, the researcher explains each term's meaning:

- Anxiety is the ego's function to warn individuals about the possibility of a danger coming so that an appropriate adaptive reaction can be prepared. (Freud in Andri, & Dewi, P. Y., 2007)
- A defense mechanism is an unconscious process that protects individuals from anxiety through a distortion of reality. Defense mechanisms have the purpose of protecting the ego from being injured. (Freud in Boeree, 2006)

## CHAPTER II

### THEORETICAL FRAMEWORK

This research focuses on the main character in *Thirteen Reasons Why* about the character's anxiety and self-defense. Therefore, the theoretical framework is drawn to have a deep understanding of the whole concept used in this research. Five parts will be explained in this section.

#### A. Psychology of Literature

The development of interdisciplinary literary studies has brought together the literary sciences with various other sciences, such as psychology, sociology, anthropology, gender, and history. The meeting has brought up multiple approaches in the study of psychology of literature as one type of literary study used to read and interpret literary works, literary authors, and readers using various concepts and theoretical frameworks that exist in psychology (Wiyatmi, 2011).

Literature and psychology are two different things. Psychology is the science of behavior and not only the scientific study of expression but also the mind. Psychology is the science that seeks answers to the problems of the soul and seeks a picture of how the human mind can influence human responses (Kendler, 1963).

Whereas literature is an imaginative theory that has various forms and is always changing. (Wellek & Werren, 1990).

According to Wellek & Werren (1990), psychology can be applied in the study of literature in terms of four aspects: the study of character types, the psychology of the author particularly in the process of creation, the study of the kinds of theories of psychology that appear in a literary work, and finally the effect of a literary work on its audience.

Psychology of literature research has a vital role in understanding literature because several advantages, such as examining deeper aspects of characterization, can provide feedback to researchers about character development. This kind of research helps to analyze literary works that are thick with psychological problems (Endraswara, 2008)

Literature and psychology also have a joint function in life. Both are dealing with human problems as individual and social beings. Both of them also utilize the same foundation, which makes the human experience the central aspect of the study. That is why the psychological approach is considered necessary for its use in research and literary criticism. In this context, psychology can be treated as an analytical tool, both in general forms, such as psychoanalysis introduced by Freud (Endraswara, 2008).

The main aim of the psychology of literature is to understand the psychological aspects contained in a literary work. Provide a way to understand changes and various deviations in society, especially about psychology. In research conducted, psychology of literature pays more attention to matters relating to inspiration and revelation. It

discusses psychology with the psychological aspects of the characters in the literary work (Wellek & Warren, 1990).

Psychology of literature can be pursued in two ways. The first is by using an understanding of the psychological laws, which are then applied as a method of analysis of a literary work. The second is to determine the literary work used as an object of research and then determine the relevant psychological laws for the analysis.

### **B. Psychological Analysis of Sigmund Freud**

Psychology of literature recognizes literary works as reflections in the psyche, and the author will capture the psychiatric symptoms. The author projects their own experiences imaginatively into literary texts (Endraswara, 2003). Psychoanalysis in literature has a function to analyze a literary work psychologically.

In this study, the author applies the psychoanalytic theory developed by Sigmund Freud. According to Freud, psychoanalysis has no purpose other than to know and understand the concept of the unconscious mind in mental health (Freud, 2006).

Freud (2002) states that mental processes are unconscious processes and that unconscious processes are isolated actions and parts of physical entities. Feelings and thoughts often disagree, resulting in conflict. Mind according to the definition of psychoanalysis, which is a comparison of the process of consciousness, the process of thinking and expectations, and the mind also maintains ways of thinking that are not

realized and unconscious expectations that generate desires, and many comparisons, hopes, and feelings that require answers.

The purpose of psychoanalysis, according to Eagleton (2010), is to uncover hidden causes of neurosis to free the patient from conflict, and thus eliminate stress symptoms. Freud's theory is mostly about consciousness and unconsciousness, which are considered aspects of personality, instincts, and anxiety (Wiyatmi, 2011).

### **C. Structural Personality by Sigmund Freud**

Psychology comes from the Greek words psyche and logos. Psyche means soul, while Ogos is science. Therefore psychology has the meaning of psychology or the study of human behavior (Atkinson, 1996). personality is an integration of all aspects of a person's unique character and is modified by one's efforts to adapt to their environment (Minderop, 2010:8). Personality psychology studies human personality with the object of research factors that influence human behavior. In character, psychology studied the relationship between memory or observation with development, the link between representation with adjustment in individuals, and so on (Koswara, 1991).

Behavior, according to Freud, is the result of conflict and reconciliation of the three personality systems. Factors that affect personality include historical factors of the past and contemporary factors, the analogy of hereditary factors, and environmental factors in personal character formation (Minderop, 2010).



## 1. Id

Freud likens id as king or queen, ego as prime minister and superego as a supreme priest. The id is needed like an absolute rule, must rule, spoiled, arbitrary, and selfish; what he wants must be done immediately. As the prime minister, the ego is likened to complete 19 jobs connected with reality and are responsive to the wishes of the people.

The id is psychic energy and an instinct that replaces humans to meet basic needs. According to Freud, the id is in the subconscious, and there is no contact with reality. The id works are related to the pleasure principle, which is always looking for pleasure and still releasing discomfort (Minderop, 2010).

## 2. Ego

The ego is trapped between two opposing forces. It is guarded and obedient to the principle of reality by trying to fulfill distinct pleasures that are limited by fact. For example, a criminal, or someone who just wants to achieve his satisfaction, is restrained and is hindered by the reality of the life they are facing. Likewise, some individuals have high sexual impulses and aggressiveness; for example, of course, the passions are not satisfied without supervision.

The ego helps man to consider whether he can satisfy himself without causing difficulties or suffering for himself. The ego is between the conscious and the

unconscious. The ego's task gives place to the main mental functions, such as reasoning, problem-solving, and decision making (Minderop, 2010).

### **3. Superego**

The third structure is the superego, which refers to morality in personality. A superego is like a 'conscience' that recognizes good and bad values (conscience). The superego does not consider reality; It does not struggle with reality except when the sexual impulses and the aggressiveness can be satisfied in moral considerations. It is clear, as follows: for example, a person's ego wants to have sex regularly so that his career is not interrupted by the presence of a child, but the person wants a satisfying sexual relationship because sex is delicious. Then the superego arises and mediates with the assumption of feeling guilty by having sex (Minderop, 2013).

### **D. Basic Concept of Anxiety**

Any situation that threatens the comfort of an organism is assumed to cause a condition that is called anxiety. Various conflicts and forms of frustration that grab the individual's progress to reach the goal are one source of anxiety. The kind in question can be in the form of physical, psychological threats, and various pressures that cause anxiety. This condition is followed by feelings of discomfort and is characterized by worry, fear, and unhappiness that we can feel through multiple levels (Hilgard et al., 1975)

Freud believes that anxiety, as the result of unconscious conflict, results from a conflict between id and the defense of (super)ego. Most of these pulses threaten individuals caused by conflicting personal values or at odds with community values (Minderop, 2010).

Freud saw the problem as an essential part of the personality system, things that are a foundation and neurosis and psychosis. When individuals are not capable of coping with their anxiety at times in danger or excessive, then anxiety is referred to as traumatic. Freud divided anxieties into three:

### **1. Reality or Objective Anxiety**

The anxiety that originates from the fear of danger that threatens in the real world. These kinds of Anxiety are, for example, fear of fire, tornadoes, earthquakes, or wild animals. This anxiety leads us to behave how to deal with danger. Not infrequently, the fear that comes from this reality becomes extreme. A person can be terrified to leave the house for fear of an accident on his own or afraid to light a match for fear of fire (Freud, 2002)

### **2. Neurotic Anxiety**

This anxiety has its basis in childhood, in the conflict between instinctual gratification and reality. Sometimes, in childhood, a child experiences punishment from a parent several times to fulfill an id's needs that are especially impulsive related

to the fulfillment of sexual or aggressive instincts. Children are usually punished for over-expressing their sexual or aggressive impulses. Anxiety or fear for it develops because there is hope to satisfy certain Id impulses. Neurotic anxiety that arises is the fear of being punished for showing impulsive behavior dominated by Id. The thing to note is that fear does not occur because of fear of the instinct but is fear of what will happen if the intuition is satisfied. The conflict that arises is between the Id, and the ego that we know has a basis in reality (Freud, 2002)

### **3. Moral Anxiety**

This anxiety is the result of conflict between ego and superego. It is the fear of one's conscience. When an individual is motivated to express instinctual impulses contrary to the moral values referred to in the individual's superego, he will feel ashamed or guilty. In everyday life, he will find himself as "conscience-stricken." Moral anxiety explains how the superego develops. Usually, individuals with a strong and puritanical conscience will experience more significant conflict than individuals who have a more lax moral tolerance condition. Like anxiety neurosis, moral anxiety also has a basis in real life. Children will be punished if they break the rules set by their parents. Adults will also get punishment if they violate the norms that exist in society. Shame and guilt accompany moral anxiety. It can be said that what causes anxiety is the individual's conscience. Freud said that the superego could reward in return for violating moral rules (Freud, 2002)

Whatever the type, anxiety is a warning sign to individuals. The anxiety causes pressure on the individual and becomes motivated to motivate the individual to satisfy, and this pressure must be reduced. Anxiety gives an individual a warning that the ego is under threat, and therefore if there is no action, then the ego will be wasted entirely. There are various ways the ego protects and defends itself. Individuals will try to run away from threatening situations and limit the need for impulses that are a source of danger. Individuals can also follow their hearts. If there are no analytical techniques that work, individuals can use non-rational defense mechanisms to defend the ego.

#### **E. The Causes of Anxiety**

According to Freud (in Trasmiasi, 2004), anxiety is generally caused by uncertainty that is displayed by someone or due to a problem faced so that they feel anxious. Adler and Rodman (in Gufron and Risnawita, 2010) argues that there are two factors causing anxiety: negative experiences in the past, which is an unpleasant thing that might be repeated in the future if the individual is in the same situation. The second factor is an irrational thought, which is that anxiety occurs not because of an event but because of the belief that it is the cause of anxiety.

On the other hand, aspects of anxiety are excessive concerns about an individual's negative thoughts. The other issue is the emotionality that causes excessive sweating, tension, and heart palpitations is a self-reaction to nerve stimulation. The last



aspect is the disturbances and obstacles in completing a task, which is a pressure experienced by someone because of rational thinking about the task (Minderop, 2010)

Freud (in Suryabrata, 1993) explains that anxiety can be verified because of conflicts in the id and ego superego, even though external problems can cause anxiety.

Freud said there were five sources of anxiety that are;

### **1. Conflict**

Freud (in Suryabrata, 1993) stated that conflict is a condition of the occurrence of incompatible goals and the emergence of various behavioral disputes, both for individuals or groups. This condition can interfere and hinder the achievement of an individual or group goals. Also, it can cause emotional tension, and conflicts can occur between individuals with themselves or individuals with groups.

### **2. Frustration**

All living people want to get all the needs they want. When they get it, the satisfaction will be obtained while if it fails, then the feeling of sadness and disappointment will be achieved. Grief can affect perceptions of frustration. If this condition is allowed to dissolve, it will cause anxiety (Suryabrata, 1993).

### **3. Environment**

Environmental conditions will impact an individual, where the individual will have an attitude according to the environment in which they live. If they are in a pleasant environment, then the individual is likely to have the right attitude and vice versa. Factors from the environment can also affect anxiety around individuals. If there are support and attention given to the individual, then it can reduce anxiety and vice versa if the environment does not care and seems to ignore the anxiety on the individual will increase (Suryabrata, 1993).

### **4. Threats**

Awareness of threats can be felt by an individual physically or mentally. Threats can also occur within a person or threats from outside. Examples of threats that arise in a person are, for example, a teenager watching a horror film that is not appropriate to her age. Shortly after watching the movie, the teenager might be afraid that there will be ghosts like in the movie, which is only her anxiety. While external threats such as a woman coming home late at night and feeling anxious for fear that if there is a thief who will hurt her (Adler & Rodman, 1991)

### **5. Age**

An individual with older age will have a lot of experience, so they can solve problems more quickly because maybe the problem is not new to them so that it can be

resolved promptly without any other impact. Whereas with much older age, young people seem more challenging to solve problems because of their lack of experience so that these problems often arise anxiety (Myers, 1983).

#### **F. Defense Mechanism**

Freud uses the term defense mechanism to refer to a person's unconscious processes that defend it against anxiety. This mechanism protects it from external threats or the presence of impulses arising from internal anxiety by distorting reality in various ways (Hilgard et al., 1975)

Freud (2002) made a postulate on several defense mechanisms but noted that very few individuals. Theory of Anxiety Based on Classical Psychoanalysis uses only one defense. Usually, individuals will use several defense mechanisms at one time at the same time. There are two crucial characteristics of defense mechanisms. The first is that they are a form of rejection or interference with reality. Second is that the defense mechanism goes unnoticed. We lie to ourselves but do not realize that we are. Of course, if we know that we are lying, then the defense mechanism will not be sufficient. If the defense mechanism works well, the defense will keep all threats out of our consciousness. As a result, we don't know the truth about ourselves. We have been divided by images of desire, fear, ownership, and other things. Some defense mechanisms used to fight anxiety, including:

### **1. Repression**

According to Freud, the most powerful and extensive mechanism of ego defense is repression. The task of repression is to push out the unacceptable id's impulses, from the subconscious and back to the conscious level. Repression is the foundation of the workings of all ego defense mechanisms. The repression mechanism was initially proposed by Freud, who often entered the realm of psychoanalytic theory. Repression happens as an effort to avoid feelings of anxiety so that individuals are not aware of the impulses that cause anxiety and do not remember emotional and traumatic experiences in the past (Minderop, 2010).

### **2. Sublimation**

Sublimation occurs when socially beneficial actions replace feelings of discomfort. Sublimation is a form of diversion; an individual transfers uncomfortable feelings to socially acceptable activities (Minderop, 2010).

### **3. Projection**

All people often face situations or things that are undesirable, and we cannot accept them by bestowing them with other reasons. For example, we must be critical or be rude towards others. We realize that this attitude is not appropriate for us, but we feel that the person deserves it. Unconscious mechanisms that can protect us from recognizing these conditions are projections (Schultz, 1986).

#### **4. Displacement**

Displacement is a feeling of displeasure towards one object to another, which is more possible. Missal, there are aggressive implies that can be replaced, as scapegoats, against people (or other objects) where those objects are not a source of frustration but are safer to be targeted (Krech. 1974)

#### **5. Rationalization**

Rationalization has two goals: first, to reduce disappointment when we fail to achieve a goal and give us an acceptable motive for the behavior. For example, a person fired from a job said that his job was indeed not very good for him. If you are playing tennis and losing, you will blame the racket by slamming it instead of blaming yourself for playing poorly. That is called rationalization. This defense mechanism done because blaming the object or other people will slightly reduce the threat to the individual (Andri, 2007).

#### **6. Regression**

Regression is a defense mechanism when an individual returns to the initial period of his life that is Regression is usually associated with the performance of individuals to a stage of psychosexual development. The individual returns to the time he feels safer from his life and is manifested by his behavior at the time, such as childishness and dependent behavior (Andri, 2007).



## **7. Aggression**

Aggression is a feeling of anger associated with tension and anxiety that leads to vandalism and attack. For example, if someone experiences frustration but cannot express satisfaction to the source of the anger because it is unclear or unformed, the person will look for something for the object of anger release. Attacks are sometimes directed at innocent people (Minderop, 2010).

## **8. Reaction Formation**

Reaction formation is how to change an impulse that is threatening, and inappropriate and unacceptable social norms are transformed into a more acceptable form. For example, a person who has strong sexual desires becomes someone determined to oppose pornography. For example, others who have an aggressive inspiration in himself turn into someone friendly and amiable. This reaction does not mean that all people who dislike, for example, the circulation of pornographic films, are those who try to cover up their high sexual impulses. The difference between behaviors made is real, and that is the reaction of the formation is its intensity and extremity (Andri, 2007).

## **9. Isolation**

Isolation is our way of avoiding unacceptable feelings by releasing them from events that they are supposed to be bound to, repressing them, and reacting to them without emotion. This kind of defense mechanism often happens in psychotherapy. The patient wishes to tell the therapist about his feelings but does not want to confront the

feelings involved. The patient then associates these feelings with a calm release even though there is a desire to explore further (Andri, 2007).

Freud's theory of anxiety is one of the critical points in discussing psychoanalysis. In its journey, this theory underwent several changes, as well as Freud's theory of individuals' mental structure. Various forms of anxiety Freud has mentioned, but in reality, the prototype of all types of anxiety is birth trauma. The first time, the individual is faced with anxiety that had never been experienced while in the womb. Anxiety is a warning sign of danger from the outside that threatens the ego. Individuals will try to reduce or eliminate the dangerous threat by various means of defense mechanisms. Defense mechanisms do not always work alone. Sometimes some defense mechanisms will work together in dealing with anxiety. The purpose of all of these defense mechanisms is so that the individual is free from pressure so that he can continue to live his life better.

## CHAPTER III

### FINDING AND DISCUSSION

This chapter consists of three parts, first to discuss is the types of Hannah's anxiety, and the second is to elaborate on the causes of Hannah's anxiety. The last part explains the kinds of Hannah's defense mechanism to reduce her anxiety.

#### A. Hannah's Anxiety

Anxiety will always be present in every human life, which is a threat to comfort. This condition is followed by feelings of discomfort and is characterized by worry, fear, and unhappiness that we can feel through various levels (Hilgard et al., 1975: 440). Freud (2002) divides anxiety into three, namely reality, moral, and neurotic anxiety. It can be classified from the type of conflict that occurs between the ego and the superego. Here Hannah has two of three anxiety:

##### 1. Realistic Anxiety

Realistic anxiety is caused by fears that threaten their real life. This anxiety makes someone have a feeling of concern because of the danger that can threaten them. Hannah has realistic anxiety that she feels because of the threats that occur to her, and it makes her very uncomfortable and threatened, that causes anxiety to Hannah. This threat is evidenced in the statement below:

*"Hey Wally, guess what?" His breath came just over my shoulder. My backpack was resting on the counter while I zipped it. Wally's eyes were focused down beyond the edge of the table, I knew what was coming near my waist, and a cupped hand smacked my ass. And then, he said it. " The Best Ass in the Freshman Class, Wally standing right here in your store!"( Thirteen Reasons Why: 48)*

Hannah meets Bryce at a shop called blue spot liquor. Hannah had the feeling that something would have happened as Bryce's hand started getting closer to Hannah's waist. Bryce began to harassing Hannah by smacking her ass. Bryce says it is the best butt in the beginner class because of the list of Hannah's ass that has spread. The harassment that occurs is a form of threat to Hannah due to the list that Alex made. According to Freud (2002), realistic anxiety is an experience of feelings resulting from observing a danger in the outside world. The danger is a situation in a person's environment that is threatening or harmful. This experience allows the emergence of fear of particular objects or specific circumstances. From the Hannah case, the incident that happened to her was a form of threat because she left trauma to Hannah. It was this trauma that increased Hannah's realistic anxiety.

*"First, his words—then his actions. Statement number one: "I am only playing, Hannah." Translation: Your ass is my play-toy. You might think you have final say over what happens to your ass, but you. Don't. At least, not as long as "I'm only playing." Statement number two: "Just relax." Translation: Oh, Hannah, all I did was touch you with no indication that you wanted me to touch you. If it'll make you feel better, do it, you can touch me wherever you'd like. Now let's talk about his actions, shall we? First act: touched my ass. Interpretation: Let me back up and say that this guy had ever touched my ass before. Why now? My pants are regular, nothing special. They weren't overly tight or short. Sure, they were slung a little low, and he probably got hipshot, but he didn't touch my hips. He touched my ass."(Thirteen Reasons Why: 50-51)"*

Hannah did not accept Bryce's actions that he was just playing around and told her to relax. She expressed her anger at Alex because she got harassed even though what she was wearing was appropriate after the list came out. As Freud (2002) stated, reality anxiety is a form of anxiety created because of a fear of real danger. What threatens Hannah here is sexual harassment by Bryce because of Alex's list. As the harasser did not feel guilty for his actions, Bryce made Hannah even more threatened because he could have done it again. It resulted from the threats that created a realistic expression for Hannah because the threats made her afraid, and the trauma caused her anxiety.

The data above shows the after-effects of Hannah's harassment on blue spot liquor. Here, Hannah displayed a furious gesture and didn't want the man was done, and the words that he said made Hannah feel unappreciated. Hannah's id is the urge that she wants her life to be comfortable and safe. Still, she doesn't get it, Hannah's ego does things that will make her satisfied, that is, make a recording of an outburst of disappointment and anger that will later be handed over to the offender knows that it is a very deed impolite.

Freud already explained that the fear that comes from this reality becomes extreme, Hannah's anger and frustration with the man for the harassment. Reality anxiety has a definite goal to escape or protect yourself from threats. In this case, Hannah defended herself by throwing out her anger on Alex that what she got was the act of Alex's notes, so Alex knew that what he did had a significant impact on Hannah.



Moreover, Hannah's realistic anxiety was the same threat that she got at the blue spot liquor and which remind her about the unfortunate incident. This practical anxiety is proven in the statement below:

*"When Marcus coming to Rosie's, he wasn't all alone he came into Rosie's with a plan. Part of that plan was he wanted to move us away from the counter to a booth near the back. Near the pinball machines. With me on the inside. My laugh stopped and also my breath almost stopped. But my forehead still on your shoulder, Marcus. Suddenly you hand already on my knee. From out of nowhere. It felt same as the way I was touched in the blue spot liquor. "What are you doing?" I whispered. "Do you want me to move it?" you asked. I didn't answer. "Why are you doing that to me?" I asked. Your shoulder moved and I lifted my head, you put your arms behind my back so you can pulling me close And your other hand was touching my leg, my upper thigh" so. I rammed both of my hands, throwing you to the floor. (Thirteen Reasons Why:141-142)*

Hannah made a pact to meet Marcus because they fit in at an event their school was holding. After Marcus came, Hannah felt that he went with a specific purpose not to be friends with Hannah, but he wanted to take the opportunity to harass Hannah. Marcus did a form of sexual harassment, reminding Hannah again from an unfortunate incident when she was harassed at a liquor shop. She said that what Marcus was doing felt precisely the same as when his butt was touched. In line with Freud (2002), it is a fear of real danger in the real world. Reality anxiety serves a positive purpose to guide our behavior to protect and save ourselves from harm yang actual.

Hannah does self-protection, which is a positive impact of reality anxiety. She pushes Marcus down to the floor. The harassment she gets in the blue spot liquor, and the restaurant is the same thing that makes reality anxiety on Hannah increase. At this stage, Hannah's reality anxiety increases to become increasingly out of control. In

reality, the anxiety that occurs in Hannah, which keeps repeating itself, will make her anxiety extreme because the harassment created trauma to Hannah.

Moreover, the impact of the incident that happened to Hannah at the restaurant had an anxiety effect on her. The harassment had a very disturbing after impact on Hannah's psyche. The event quite wildly shook her, and this was evidenced in the statement below:

*"Let someone take away any sense of privacy or security you might still possess. Then have someone use that insecurity to satisfy their twisted curiosity. Then come to realize that you're making mountains out of molehills. Realize how petty you've become. Sure, it may feel like you can't get a grip in this town. It may seem that every time someone offers you a hand up, they just let go and you slip further down. But you must stop being so pessimistic, Hannah, and learn to trust those around you. So I do. One more time. And then . . . well . . . certain thoughts begin creeping around. Will I ever get control of my life? Will I always be shoved back and pushed around by those I trust? Will my life ever go where I want it to?" (Thirteen Reasons Why:145)*

Hannah had a stalker tucked into the bedroom window that made her lose privacy and security. She felt after everything that happened like abuse, and now the stalker made her feel like she was falling even further into a deep hole, which made her sink. Hannah's anxiety rise after Marcus harassed her, and she felt that what he did had taken Hannah's privacy. It made Hannah feel very insecure. Hannah felt that everyone was curious about the rumors about her and used that curiosity.

Anxiety arises because of a conflict between the ego and superego Hannah's anxiety arises because the id always wants pleasure and avoids discomfort, the ego that will fulfil the desired by id. The ego must fight reality and superego that cause intense tension, making anxiety arise. In this case, Hannah's id wants to get back on track to

control her life. Still, her ego cannot provide fulfilment, and then the ego will fight the reality where there is nothing Hannah can do because she feels that her privacy has been lost. Her superego makes her have to be optimistic and still trust around him even though he had gotten the harassment, and it made Hannah's anxiety increase. In Freud (2002), anxiety can turn to be very extreme when things are threatening that make fear get worse so that it is what makes reality anxiety to be severe. Hannah pointed out that what she feared became very real because of the two harassments that happened to her. the fear about privacy and security in her life which made her have reality anxiety even though she still maintains her optimistic feelings, but on the other hand, the anxiety remains

*. "A Peeping Tom?" she asked. "You mean, a real one?" "maybe," I said to her. "I always wondered what that'd be like," she said. "Having a Peeping Tom is kind of . . . I don't know. sexy." She was smiling and raising her eyebrows. "Do you think he'll come back?" "Honestly, I never thought that he'd be coming back. But now it makes me freak out. "What if he does?" I said." (Thirteen Reasons Why:84)*

Still related to the stalker, Hannah shared her experience with her friend. Hannah was terrified because she thought about the stalker coming again. Hannah's gesture made her very threatened and felt very anxious because of fear. Anxiety is a real threat that has a basis from real-life. From the harassment incidents, she experienced realistic anxiety that had emerged in Hannah, which had quite an impact on Hannah's life. But the problems with threats do not stop there. Hannah was terrified because she started having a stalker. As previously discussed, Hannah has concerns

about her privacy, and security is threatened. Still, it turns out that she will get an even more terrifying thing, namely Hannah starting to have a stalker.

It is evident that with Hannah's stalker, her reality anxiety will increase because it was formed in the previous incident about her anxiety about her privacy and security. In a recent event, her privacy and security were threatened. In realistic anxiety, when the fear is getting bigger, the anxiety will be very extreme. In Hannah's case, the fear of threats that interfere with her privacy and security has reached its highest peak, resulting in increased anxiety, which made her freak out.

## 2. Moral anxiety

The anxiety that Hannah also has is moral anxiety. This anxiety can occur because of a conflict between ego and superego. This anxiety happens when someone fails to do good things based on moral values. When Hannah had a stalker who was come to her house spying on her outside her bedroom window when she was alone in the house, it scared her, but when the stalker came back, she realized who it was.

The incident caused moral anxiety because it prompted Hannah to reciprocate the person's treatment. It was proven in the sentence below:

*"And I feel a little creepy telling it, too. Why? Because I'm trying to get closer to you, Tyler. I'm trying to understand the excitement of staring through someone's bedroom window. Watching someone who doesn't know they're being watched. Trying to catch them in the act of . . . What were you trying to catch me in the act of, Tyler? And were you disappointed? Or pleasantly surprised? Tyler's not home right now . . . but his parents are. And I hope they don't come outside. Fortunately, there's a tall, thick bush just below his window, similar to my window, so I'm feeling pretty safe. How are you feeling, Tyler? There's a meeting of the yearbook staff tonight, which I know involves a lot of pizza and gossip. So I know you won't be home until after it gets all nice and*



*dark. Which, as an amateur Peeping Tom, I appreciate very much. So thank you, Tyler. Thanks for making this so easy. Let's take a peek inside before you get home, shall we? The hallway light's on so I can see in pretty well. And yes, I see exactly what I expected—there's a bunch of camera equipment lying around. You've got quite a collection here, Tyler. A lens for every occasion" (Thirteen Reasons Why:75-76)*

After Hannah found out, the stalker who peeked at her was Tyler. She wants to take revenge by peeking back at Tyler. She wanted to know what exactly was Tyler looking for, what benefit he could get from peeping. Freud (2002) stated a person's personality causes moral anxiety. Each person has various emotions, including jealousy, hate, revenge, envy, anger, anxiety, etc. Traits like that are qualities that are not praiseworthy, even causing people to feel worried, afraid, anxious, restless, and hopeless. From the theory, it is proven that Hannah has a feeling of resentment towards Tyler, which causes Hannah to feel disappointed and anxious due to the incident where Tyler peeked at her. That is what ultimately causes moral anxiety in Hannah.

Hannah does something that is beyond moral values, she goes to Tyler's house to spy on Tyler and also avenge her. Going to someone's house secretly and without permission is an act that is contrary to moral values and can be charged with the law, but what Hannah did was a form of trauma that arose because of what happened to her that caused anxiety. In this case, Hannah had a conflict between her id and the superego. According to Freud (in Schultz, 1986), the conflict between the id and the superego has the effect of expressing instinctive urge that contradicts moral hearing. Here Hannah's id was eager to repay what Tyler had done to her and was keen to make Tyler feel what



kind of fear he felt when he peeked at Hannah. her superego gave her feelings that made Hannah uncomfortable in doing this. Hannah felt very scared, afraid because she knew it was the wrong thing. Because this conflict also caused moral anxiety in Hannah.

*"That's all the reasons why I'm here, right? Revenge? No. Revenge would have been fun. Satisfaction Revenge, in a twisted way, is amusing. Standing outside, Tyler's bedroom window isn't satisfying. I made up my mind...I'm not here to watch you, Tyler. Calm down. I don't care what you're doing. I'm not even watching you right now. My back's against the wall, and I'm staring at the street. It's one of those streets with trees on either side, their branches meeting high above like fingertips touching. Sounds poetic, doesn't it? I even wrote a poem once comparing streets like this to my favourite childhood rhyme: Here is the church, here is the steeple, open it up . . . yadda, yadda, yadda. (Thirteen Reasons Why:83)*

Moral anxiety is a feeling that occurs due to a conflict between id and superego. The statement shows that Hannah's id wants revenge, but her superego felt it was not fun. Because it was wrong that the conflict Hannah only came to show that what things best of spying on himself he did the act is not to revenge against Tyler but to feel how someone can do something outside the will of society. Because her anxiety arose, Hannah came secretly spying on Tyler. Hannah began to recall the spying incident that had happened to her, which made her very scared and worried. It was a form of trauma that led to moral anxiety and conflict between Hannah id and the superego. Freud (2002) said that moral anxiety could occur because of a conflict between the id and superego and can also occur due to past trauma. With Freud's explanation, it can be said that through the existing data, Hannah shows that there is a conflict between the

id and the superego, as well as the trauma that ultimately encourages her to do things that are outside of moral values.

Moreover, Hannah's moral anxiety was the thought of killing herself because she felt that everything would end up with her. Killing herself was an act that greatly exceeded moral and societal values. Hannah had thoughts and would do it because her anxiety had dragged on -late. As proven in the quote below:

*“Hold on a little bit. Please don't stop and give up. I'm so sorry. It's weird to say something like that. Because isn't that what I'm doing right now? Did I give up? Yes. I am...I was sleeping in my bed and wondered if I could use anything from the house. A gun? We don't own it, and I had no clue how to get it from. Maybe, hanging myself? How? Where? Even though I know how to do it, I would never imagine that someone would find my body swinging some inches from the ground. I could never do that because the thought of how my parents would react and that'll hurt them, and I'll never do that to them. So I've decided pills as the option because it is the least painful way to die (Thirteen Reasons Why:254-255)*

Hannah started thinking about how she would commit suicide. She thinks of which way is less painful for her and her parents. She didn't want her parents to find her in bad condition because it would be excruciating. Hannah's moral anxiety occurs because of a conflict between her id and superego illustrated in the statement above. According to Freud (in Schultz, 1986), the conflict between the id and the superego has the effect of expressing instinctive urge that contradicts moral hearing. Hannah's id gives up for everything that happens, and by giving up, she wants all to stop. The ego as the id's satisfier chooses suicide to fulfil the id's needs while the superego refuses and shows that it's wrong and will disappoint her parents. The conflict with the id wants

to end it all, but her superego also said that it would be excruciating and scary. The result of this conflict is moral anxiety.

Hannah's desire to end her life was an instinctual impulse against morale. The conflict that occurred made him want to end everything, but the guilt generated by the superego made Hannah's anxiety even more intense. She knows that he doesn't want to continue her life anymore, but on the other hand, She also feels guilty to her parents.

## **B. The Causes of Hannah's Anxiety**

According to Freud (in 2004, Trasmianti), In general, anxiety is caused by uncertainty displayed by someone or due to a problem that they feel anxious. Anxiety can be classified not only from the conflict between the ego and the superego but also because external issues can be a big reason for anxiety. In this issue, Hannah Baker has many apparent problems that cause anxiety.

### **1. Conflict**

Conflict is a discrepancy that results in conflicting behavior. In this case, Hannah had several disputes in her anxiety. As Hannah knows, there is a conflict between herself, Alex, and Bryce, where Hannah's conflicting and inappropriate attitude creates anxiety. As proven in the sentence below:

*"I don't know, maybe I should expose all of them. But as far as your story goes, Alex, his action his horrible, disgusting action was just an after-effect of yours. (Thirteen Reasons Why.46)"*

Hannah wanted to expose all the bad things her friends did to her, but what happened to her was only the cause of Alex's evil deeds. So what happened to her is Alex's fault. The existence of conflicting and inappropriate attitudes happened because of Alex's note, which made Bryce justify Hannah's harassment and cause Hannah's realistic anxiety.

The conflict that occurred in Hannah was a form of conformity that led to several disputes over behaviour. In Freud (Suryabrata, 1993)., Conflict is a condition of the occurrence of incompatible goals and the emergence of various behavioral disputes, both for individuals or groups. This condition can interfere and hinder the achievement of an individual or group goals. In the case that happened to Hannah, the discrepancy that occurred was sexual harassment that occurred to Hannah due to Alex's list, which caused a variety of bad behaviour that Hannah received, which this incident caused conflict between Hannah, Alex, and the perpetrator of harassing Hannah. The conflict that arose was what eventually led to reality's anxiety in Hannah.

Another conflict that Hannah experienced was when she went on a date with Marcus. She was mistreated, which was also harassment. It was an inappropriate attitude of moral anxiety, as proven below:

*"My tears started to fall uncontrollably, but I could not stop staring the wet table caused by the drink that sitting there for a long time. I would've lost If I tried for saying a word. Or had I already lost it? I'll tell you this, at that table in the Rosie's, the worst thoughts in the world appear in my mind. It's there when I started to consider . . . to consider . . . a word that I still can't say. (Thirteen Reasons Why.161)"*

After Hannah received harassment from Marcus, she sat alone in the restaurant, lamenting what had happened. Evil thoughts occurred for the first time to Hannah after Marcus abused her. The conflict that happened to Hannah with herself can be caused moral anxiety, Hannah got another harassment, and it was an incident that was not by what Hannah wanted. The harassment caused Hannah to start thinking about ending her life, which is the cause of moral anxiety in Hannah. According to Freud (in Schultz, 1986), the conflict between the id and the superego has the effect of expressing instinctive urge that contradicts moral hearing.

Her id wished to end the pain as soon as possible because she can't handle that anymore, the ego has to solve it, and the choice to stop Hannah's grief is suicide. The conflict between id and superego that happened to Hannah caused moral anxiety to her. Hannah's id wanted to get rid of the pain that she felt quickly by ending her life. Still, she knew it was a very wrong thought, so her superego made her feel guilty even to say the words' suicide. It is from this conflict that makes her have moral anxiety. According to Myers, conflict can occur between individuals and themselves, or with other people. In this case, the conflict that arises is between Hannah and herself. About how he should end it but on the other hand, there is a sense of guilt in her for thinking about how it should end.

## **2. Frustration**

Another cause of Hannah Baker's anxiety is frustration. Frustration is a feeling that occurs because of not fulfilling a desire or experiencing something terrible that



causes sadness and disappointment. From that sadness and disappointment, it can cause anxiety. In Hannah's case, she got a very unwanted attitude that happened to her that caused realistic anxiety. As in the statement below:

*“Alex, is your list was permitted him to touch my ass? No. all I’s saying is, it gave him a reason to do that and all he need was a reason..i want you to know I will never interpret this. I just want to explain why it makes me angry. My ass have had touched before—no problem—but this time it was touched because someone writing my name on a list which can lead to something else. And when im feeling upset because of his action, did he said sorry? No. Instead, he got aggressive. Then, almost condescendingly, he told me to relax about that. Then he put his hand on my shoulder expect me to calm from that nasty incident (Thirteen Reasons Why.54)”*

Hannah told Alex about her feeling that the harassment she got was because of the list. She said that the list was an excuse for people to harass her, and his behaviour did not show remorse and even asked her to relax. Hannah got the treatment she did not want. She got an indecent act because of the note. The note made Hannah feel that everyone could touch her ass because they had a reason why they could touch it. This harassment made Hannah angry, disappointed, and upset. From the statement above, Hannah's id wants to stop the harassment she gets from the list that Alex made, Hannah wants to express her anger to Alex and blame him for everything that happens to her.

Hannah's ego chooses to spill Alex's act on the tape that she made, her superego made her choose the tape to express her feeling about Alex's list because she doesn't want to make a scene anymore and make it worse. From the upheaval id, ego, superego Hannah felt frustration. She can't express her feeling freely, which caused

realistic anxiety on her. In Freud (2006), frustration is the feeling of someone who fails to achieve a goal, which results in feelings of sadness and disappointment. In this case, it was a form of distress because of the abuse, which she hoped the people who did it to apologize and feel guilty. But what Hannah got was the opposite, namely that aggressive attitude was what triggered Hannah's frustration, which ultimately resulted in the emergence of reality anxiety on her.

### 3. Environment

Another cause of Hannah's anxiety is the environment, which is meant by the environment here. It is about Hannah's environment's influence in forming her anxiety, whether here the environment has contributed to causing anxiety in Hannah. As it was discussed, Hannah has reality anxiety. The cause of her anxiety here is her environment that is not safe because she was surrounded by people that mistreat her. As in the statements below:

*You'll never know what is happening in my life. At home. Even at school. You will never know about anything that happens in anyone's life but your own, and when you messed up in one part in someone's life, it will affect every aspect of their life. Unfortunately, you can't be that precise and selective. When you mess with one part of a person's life, you're messing with their entire life. Everything . . . affects everything (Thirteen Reasons Why.201)*

Hannah said that what Alex has done has an impact on her life at school and at home. Indirectly he has ruined Hannah's life and made her life a mess since the list about him spread. In Freud (2006), frustration is the feeling of someone who fails to achieve a goal, which results in feelings of sadness and disappointment. In this case, it

was a form of distress because of the abuse that happened to her, which she hoped the people who did it to apologize and feel guilty. But what Hannah got was the opposite, the aggressive attitude triggered Hannah's frustration, which ultimately resulted in the emergence of realistic anxiety.

An environment is a place where comfort and security should be created, but in Hannah's case, an environment is where all problems begin, and the lack of support makes Hannah feel alone and abandoned. From that environment, her moral anxiety was increased, as in the statement below:

*How if we get into personal? I want a full of disclosure, and in the spirit of opening up, I'm offering you this: I do know my parents love me. But things are not going well recently in about a year. My parents became so distant. Many things are happening to them; all the pressure in their business makes them far from me. The still talked to me but different. They didn't notice the change in my haircut. (Thirteen Reasons Why.169)*

Hannah explained that she knew her parents loved her, but recently she felt that her parents were so distant that they didn't notice Hannah's changes. Hannah's id from the Data is she wants everyone to care about her because people around Hannah seem not to care about what happened to Hannah. Her ego drives her to change her appearance drastically, so everyone started to realize that she is not okay. She wants to do something more and more to gain the attention that she needs. Otherwise, her superego makes her still believe that her parents love her even they are not showing it.

Hannah's parents ignore their child's drastic changes is evidence that an environment with insensitivity is terrible for people with mental issues, especially

anxiety. An insensitive environment will create a feeling of being left behind. Following what has been said by Freud, a pleasant environment will have a good impact on reducing anxiety and vice versa. Hannah feels that her parents don't - prioritize her. From what she feels causes her moral anxiety to arise, she wants to end her life because her parents don't care about her. Hannah's family environment is evidence of failures in reducing anxiety because what happens is worsening her anxiety.

Another bad environment that causes Hannah's moral anxiety was when she sought a little help from her teacher to reduce her anxiety as in the statement below:

*"I will not judging you Hannah, Is anything happen that night that you regret? Yes. Did anything happen caused by this boy and you can be totally honest with me, did anything that happening might be illegal? Do you mean rape? No. I don't think so. Something needs to be done, Hannah. We need to change something foe you Hannah. "I know. But you said I have two options, what is that?"... One, you can confront him. We can call him in here to discuss what happened at this party. . ., and I'm not trying to be blunt here, Hannah, but you can move on." You mean, do nothing?" "Is he your classmate, Hannah?" "no, a senior" "that means he'll be graduated next year"..." so you want me to forget this and move on about this problem"(Thirteen Reasons Why.277-278)"*

Hannah needs help, but she did not get any help from her friends and family. One person who might be able to help her and do something that could make it much better. Hannah has little hope, that hope is what makes her survive. Hannah hoped that a teacher would help his students, instead of siding with the harasser just to save the school's name, from Hannah's meeting with Mr Porter, she felt outraged and disappointed that no one around her cared about other people all had interests. From

Mr Porter, Hannah understands that everything is over and that her life is over and creates Hannah's moral anxiety.

Hannah's id shows that she can't take the pain that she felt anymore; she wants to stop it as soon as possible. Her ego makes her start thinking about suicide to stop the pain. She has a vast suicidal thought because she wants to stop the pain. She is aware that suicide is a huge thing, and her superego makes her reach out for help to her teacher, expecting to get help and fix everything in her life to get better.

With Hannah reaching out for help, there is an opportunity for Hannah's environment to help. However, the environment showed a failure in reducing anxiety that occurred, which made Hannah's anxiety reach its peak. Because of this failure, the anxiety that arises in Hannah is getting higher. Hannah's efforts in asking for help from the environment she believed in because of her friends and family failed to help her reduce anxiety shows that she wanted to reduce her anxiety. Still, Hannah's environment didn't help her at all. As Freud has explained, if there are support and attention given to the individual, it can reduce anxiety and vice versa if the environment does not care and seems to ignore the individual's anxiety. Hannah's environment shows that the absence of an attitude taken to help reduce anxiety causes suicidal feelings to be peaked, which is a form of moral anxiety.



#### 4. Threat

Hannah had worries after rumors about her circulating and Alex's ridiculous list because these two things had something in common: the object was Hannah's body. That made Hannah worries and feel threatened if people would use her because of the rumor. The threat Hannah faces here is about feeling worried about the danger or bad things she will face, as shown in the quote below:

*"Hey Wally, guess what?" His breath came from just over my shoulder. My backpack was resting on the counter while I zipped it shut. Wally's eyes were focused down, just beyond the table's edge, near my waist, and I knew what was coming. A cupped hand smacked my ass. And then, he said it. "Best Ass in the Freshman Class, Wally. Standing right here in your store!". Did it hurt? No. But that doesn't matter, does it? Because the question is, did he have the right to do it? And the answer, I hope, is obvious. (Thirteen Reasons Why: 48)"*

Hannah went to a shop, and accidentally she met Bryce, as she was paying for her groceries at the cashier, she felt a hand smacking her butt. Hannah felt very sad and disappointed. Hannah feared that after rumors and Alex's list spread, people would feel that they could treat her body as an object that could be enjoyed by everyone, it was a threat to Hannah. The threat finally becomes apparent when his schoolmate without permission touches Hannah's butt in a shop, making Hannah very upset.

Freud stated Awareness of threats could be felt by an individual physically or mentally. Threats can also occur within a person or threats from outside. In this case, the thing that threatens Hannah is a threat that will happen to Hannah because of the list made by Alex. The harassment that occurred to Hannah was a form of threat caused by Alex's list, which was the reason for reality anxiety in Hannah. Hannah's threat form

here is in the form of physically, namely sexual harassment and mental, namely the feeling of being threatened with harassment, which in the end, from the two threats, there is realistic anxiety on her. Another threat that causes Hannah's moral anxiety was when she dated Marcus and hoped it would turn out well, but what happened instead was that things didn't turn out well. Hannah was getting harassed by Marcus because of the rumors about her, that was proven in the statement below:

*"I don't know how much of his plan was thought out. Maybe he arrived with just an endgame. A goal. And like I said, Marcus is funny. There we were, sitting in a booth with our backs to the rest of the diner, laughing. At one point, Marcus had me laughing so hard that my stomach hurt. I leaned over, touching my forehead to his shoulder, begging him to stop. And that's when his hand touched my knee. That's when I knew. I stopped laughing. I nearly stopped breathing. But I kept my forehead against your shoulder, Marcus. There was your hand on my knee. From out of nowhere. The same way I was grabbed in the liquor store. "What are you doing?" I whispered. "Do you want me to move it?" you asked. I didn't answer. (Thirteen Reasons Why: 141)"*

Hannah suspected that Marcus had other plans apart from hanging out with her, and Hannah's suspicion was proven when Marcus started touching her body parts. She felt that what Marcus was doing felt the same as when she was being harassed in the blue spot liquor. Hannah received a very unpleasant treatment, which was a form of harassment, and Hannah's schoolmates themselves did it. They treated Hannah all they wanted based on Hannah's nasty rumors, saying she was a bitch and about Alex's notes of Hannah's butt. Hannah's male friends feel that they have an excuse to mistreat Hannah and harass her. As Freud (2006) stated, Awareness of threats can be felt by an individual physically or mentally.

Threats can also occur within a person or threats from outside. In this case, the threat that happened to Hannah was repeated. That is, sexual harassment, which is for her, is a form of physical threat. It was shown by Hannah feeling very shocked by what Marcus did. Hannah is silent is proof that she is appalled by what Marcus did, the same as what happened to her before. The threats that arise result from Alex's list, which keeps Hannah even more anxious and causes tremendous fear, leading to Hannah's reality anxiety.

### **C. The Defense Mechanism Done by Hannah**

Hannah, who has problems and causes anxiety, certainly brings Hannah to protect herself and make her better and calm. According to the Freud (2006) defense mechanism, it is divided into nine, but someone with anxiety usually uses several defense mechanisms. Here Hannah carries out four defense mechanisms to reduce her anxiety, namely aggression, repression, rationalization, and reaction formation.

#### **1. Aggression**

To reduce the anxiety that felt by Hannah, she did self-defense that is aggression, which is a form of resistance or feelings of anger overflowed by Hannah as a goal to reduce the anxiety that she felt. Intense feelings of anxiety can provoke self-defense out consciously or unconsciously. As shown in the statement below.:

*"I knocked his hand away with a quick backhand swipe that every girl should master. And that's when Wally emerged from his shell. That's when Wally made a sound. His mouth stayed shut, and it was nothing more than a quick click of the tongue, but that little noise took me by surprise. Inside, I knew, Wally was a ball of rage." (Thirteen Reasons Why:48)*

When the harassment occurred, Hannah let go of Bryce's hand to stop touching her. Hannah tried to fight anxiety by dismissing the hands of people who harass her and show that she is brave and not easily oppressed. By denying Bryce's hand, Hannah's ego hopes to give Hannah the courage to fight and reduce her anxiety. Hannah's ego does aggression to herself by dismissing Bryce's hand. The reasons she is done that is expected to be safe and make Bryce think that she is brave enough to stand up for herself and not afraid of him.

Freud (2006) explained that aggression is a feeling of anger associated with tension and anxiety that leads to vandalism and attack and frustration. The anger that exists at Hannah is the anger that occurs at Bryce's impropriety to touch her, which makes her fight back against Bryce by throwing his hand. She was frustrated by the harassment that Bryce kept touching her. With a hand away, Bryce is Hannah's way of reducing her anxiety, Hannah doing a form of self-defense resulted in reduced anxiety in Hannah because it made her think that she could fight back.

Another aggression that Hannah did to reduce her moral anxiety when she got a sex assault from her friends led her to done defense mechanism for reducing her anxiety, as shown in the statement below:

*"Don't worry," you said. And maybe you knew your time was short because your hand immediately slid up from my thigh. Up. So I rammed both of my hands into your side, throwing you to the floor. (Thirteen Reasons Why:143)*

When Bryce harassed Hannah, he said to relax, and when Marcus harassed her, he said, don't worry, and his hand kept touching Hannah. She felt very upset about the harassment because when Bryce did it, she was furious, and now the same thing happens again. Hannah's ego has done aggression as a defense mechanism that makes Hannah safe and reducing anxiety. Hannah's ego makes her do throwing Marcus on the floor to show him that Hannah isn't the type of girl that people can treat as they want.

Hannah consciously takes resistance as his protection for herself, which is a form of aggression, in Freud aggression is an anger that makes someone take a fight by attacking things that make them feel uncomfortable. In Hannah's case, she is fighting by attacking Marcus because he made her felt very uncomfortable. The anger gathered at Hannah caused her to throw the Marcus on the floor is a form of attack. Hannah wanted to show Marcus that she isn't weak. She can stand up for herself, and in that way, she can reduce the anxiety in herself because she has channelled her emotions so that they won't accumulate, which later turns into anxiety.

## **2. Repression**

The defense mechanism that is also carried out by Hannah is that repression is a rejection of something uncomfortable. Hannah has realistic anxiety caused by harassment by her schoolmates. The anxiety that as shown in the statement below:

*"I swung my backpack over my shoulder and probably whispered, "Excuse me," but when I moved around him, I purposely avoided his eyes." (Thirteen Reasons Why:50)*



When Hannah wanted to leave the shop where she met Bryce Hannah, she didn't want to look into her eyes because she didn't want to see someone who had abused her. Hannah did a defense mechanism that avoids the harasser's eyes to make her feel calm and reduce her anxiety. Hannah's ego is expected to be safer and doesn't want to make her anxiety arise. By avoiding eye contact, Hannah didn't have to face people who make her feel sad, mad, and anxious can reduce her anxiety. Repression is to push out the unacceptable id's impulses, from the subconscious and back to the conscious level. It is the foundation of the workings of all ego defense mechanisms.

The repression mechanism was initially proposed by Freud (2006), who often entered the realm of psychoanalytic theory. Repression happens as an effort to avoid feelings of anxiety. Hannah returns to a conscious level as she deliberately avoids eye contact with Bryce after the harassment incident. By staying away from eye contact is Hannah's effort to reduce anxiety in herself because when she makes eye contact, the feeling of anger and sadness for what Bryce has done can bring anxiety to Hannah.

Another defense mechanism that Hannah has done to reduce her realistic anxiety when she is giving a ride back home for Tyler, she was avoiding talking to Tyler. Freud's statement that when someone feels worried about something that causes anxiety to arise, they will do some protection to reduce the anxiety. As shown in the statement below:

*"What do you want, Tyler?" He told me I was right about the party. "The party doesn't suck." "No, Tyler. It doesn't," I said. Then I asked why he was following me. His eyes dropped to his camera, and he fiddled with the lens. He needed a ride home, he said... A few times on the trip home, he tried talking to me. But each time I cut him off. I did not want to act like everything was okay, because it wasn't. (Thirteen Reasons Why:118)*

Hannah meets Tyler at a party by accident. When Hannah wanted to go home, Tyler followed her to ask for a ride home. Throughout the trip, she didn't want to talk to Tyler, so every time Tyler tried to talk to her, she always cut him off. Hannah did a defense mechanism by avoiding talking at Tyler because Hannah knows what Tyler did to her. In Freud (2006), repression pushes out the unacceptable id's impulses, from the subconscious and back to the conscious level. It is the foundation of the workings of all ego defense mechanisms.

By doing repression, Hannah's ego is expected to be calmer. Here id Hannah wanted to vent emotions on Tyler, but she returned to her consciousness, and she doesn't want to talk to Tyler. Every time he speaks, Hannah will always cut it because Hannah wants to show that everything is okay. That way, Hannah consciously wants Tyler to feel guilty, which is Hannah's attempt to reduce self-anxiety by being brave to show that she doesn't feel okay with Tyler.

### **3. Rationalization**

Rationalization is a kind of defense mechanism which justifies the act, whether it is good or bad. In this case, Hannah has realistic anxiety that is happening in her life.

One of the reasons Hannah has anxiety was when she gets stalked from Tyler. She wanted to reduce her anxiety, so she wanted revenge, as shown in the statement below:

*No. Revenge would have been fun. Revenge, in a twisted way, would have given me some sense of satisfaction. But this, standing outside Tyler's window, satisfies nothing. My mind is made up. So why? Why am I here? Well, what have I said? I just said I'm not here for me. And if you pass the tapes on, no one but those on the list will ever hear what I'm saying. So why am I here? (Thirteen Reasons Why:83)*

Hannah went to Tyler's house, and she wanted to take revenge by peeking at Tyler like what she had done to her. Hannah has done an act of revenge to make Tyler feel what she feels being stalked. Her ego has done that as a rationalization, and there's nothing wrong with doing an act of attack to reduce Hannah's anxiety. Her ego wanted to makes Hannah feel safer, and her anxiety is decreased. Menurut Freud (in Andri, 2007)The purpose of rationalization is to provide an acceptable motive for the performed actions. In this case, Hannah took revenge by peeking at Tyler's house like what he had done to her. According to Hannah, the things he did make sense because Tyler did it with Hannah. This act shows that Hannah feels even and makes her anxiety lessened by doing this because of this form of self-defense, namely rationalization.

Another defense mechanism that Hannah has done is still rationalization to reduce her realistic anxiety. As shown in the statement below:

*The next day, after Tyler visited my window at school, I told a girl who sat in front of me what happened. This girl's known for being a good listener, and sympathetic, and I wanted someone to be afraid for me. I wanted someone to validate my fears (Thirteen Reasons Why:84)*

After the incident about the stalker peeking at her, Hannah told his friend about it. Hannah's purpose in telling this is to get validation that being stalked is scary. Hannah has done the defense mechanism that she wanted people to validate her fears that having fears is normal. She tells her friend about the stalking to get a reaction from her friend that it is terrifying to get stalked. Her ego makes Hannah tell the stalking story to her friend to reduce her anxiety and validate that it is okay to fear something. Hannah took a form of defense by explaining what happened to her, as presented by Freud's (2006) rationalization is to provide an acceptable motive for the performed actions. So she wanted to get the reaction she wanted, namely her friend's fear. In this case, Hannah felt that making her friend fear her was acceptable because she needed validation that it was scary, not she who was too much. With this validation, Hannah felt quite relieved, so that he felt less anxious.

#### **4. Reaction formation**

Reaction formation is an attitude hiding an idea or problem that is threatening by doing the opposite way. Hannah is anxious by the stalking thing, and she wants to reduce her anxiety as her ego told her to. Even she is scared to death, but she has oppositely done defense to reduce her realistic anxiety, as shown in the statement below:

*“I tapped her on the shoulder and told her that my parents were out of town. How would she like to come over and catch a Peeping Tom? After school, I went home with her to grab her stuff. Then she came over to my house. Since it was a weeknight and she was probably going to be out late, she told her parents we were working on a school project. (Thirteen Reasons Why:85)”*

Hannah was initially afraid to confront her stalker because it could be hazardous, but when she told her friends about the incident and her friends wanted to help catch who and what happened, whether it was someone stalker or just an animal sound. Hannah done a defense mechanism by doing the opposite way, she was scared to death with the stalker, but she is trying to face her fear by catching her stalker. Her ego is done to validate that maybe the stalker not dangerous to make Hannah feel safe and calmer.

Freud (2006) stated formation reaction is an attitude where someone who feels threatened should be afraid but instead does the opposite. Hannah, who felt threatened by the stalker who peeked at her and felt worried, but in the end, Hannah did the opposite, namely daring to try to catch the stalker because she wanted to know who was behind the stalker. Hannah's reaction formation is a form of defense mechanism where at first, she was afraid and didn't want to know who the stalker was. However, she always felt afraid that the stalker would come, so she did the opposite. She ventured to confront the stalker so that she would know who was peeking at her. This kind of defense mechanism aims to reduce anxiety caused by these feelings of being threatened.



## 5. Regression

A defense mechanism that Hannah has done is a regression that is back to the initial stages of her life. She has done this to reduce her moral anxiety, as shown in the statement below:

*“For the longest time, from almost day one at this school, it seemed that I was the only one who cared about me. Put all of your heart into getting that first kiss . . . only to have it thrown back in your face. Have the only two people you truly trust turn against you. Have one of them use you to get back at the other, and then be accused of betrayal. Are you getting it now? Am I going too fast? (Thirteen Reasons Why:144)”*

After everything that happened, Hannah felt that what she did would always end badly. All her friends turned to drop her. Everyone would not understand her even if she explained it. Hannah returns to her initial stages, which is childishness, she stated that no one cares about her; it's her all the time, and no one else can help her. Her ego done that to reduce her anxiety, and she didn't have high hope for anyone else to minimize the disappointed feeling if the belief turns into bad. In Freud (2006) Regression is a defense mechanism when an individual returns to the initial period of his life that is Regression is usually associated with the performance of individuals to a stage of psychosexual development.

Individuals return to a time when they felt more secure, from their life and are manifested by their behavior, such as childishness and dependency behavior. She returned to the initial stage of being childish. What Hannah had been through all this time finally made her realize that she could only hope for herself because everyone would abandon her, so she came back to herself and felt like she didn't need any help

from him. So that she returns to the initial stage where he will do everything alone and who will care for her is herself. By doing regression, it can have an impact on feeling more enjoyable and free from the frustration and anxiety currently faced. Hannah focusing on herself without thinking about the cause of his anxiety, can reduce feelings of frustration and relieve anxiety.



## CHAPTER IV

### CONCLUSION AND SUGGESTION

This chapter elaborates on the conclusions resulting from the previous chapter's analysis and provides suggestions to further researchers.

#### A. Conclusion

After analyzing this research, the researcher finally concludes this research. Researchers found that Hannah had a conflict between ego and superego, which caused her to have realistic anxiety and also a conflict between id and superego, causing Hannah's moral anxiety. Which of these worries is caused by several external problems, namely conflict, frustration, environment, and threats

To reduce the anxiety that occurred, Hannah implemented several defense mechanisms, such as aggression, repression, rationalization, reaction formation, and regression. Which serves to make his anxiety subside and can help calm her down

#### B. Suggestion

The researcher on this research only focuses on the psychological aspects. From the understanding novel by the content, the researcher is already aware that other phenomenon can be analyzed since it is a literary work that is usually reflected by an event in life. They are feminism and moral values. This research is only analyzing one character from the novel who has anxiety. Therefore, the researcher expected the other researcher to be able to explain different aspects of this novel.

The researcher suggests analyzing the character's anxiety and defense mechanism in the other literary works by using Freud's theory or others such as Melanie Klein or Anna Freud. From doing the analysis, it is expected to understand the anxiety and defense mechanism concept, which can help the readers reduce their anxiety. The researcher also suggests reading the novel because it consists of the common problem that hard to remove to be aware of their words and acts to others. From this novel also we can learn a lesson about how to treat others nicely.



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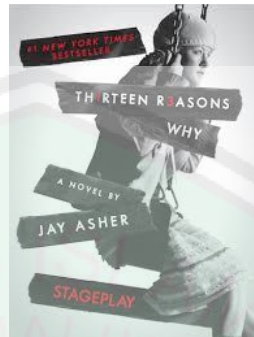
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## Appendices

- Summary
- Sequence of event



## Summary



Hanna Baker is a student at Liberty High School who has a tragic life story, because, tragically, she was found to have killed herself in her house. People or in short, friends, teachers, and even parents think she committed suicide without reason. Among many people who felt a profound loss, besides Hannah's parents, there was a man who was Hannah's friend in several classes that she was taking her subjects, the man named Clay Jansen. Clay still felt saddened by Hannah's tragic and sudden departure, even though two weeks had passed from the day she left, because in short, he put such great feelings on Hannah, but had no time to express it. Clay likes Hannah.

Two weeks passed when returning home. Clay found a shoebox intended for him. He was confused about where the box was because there was no name of the sender there. After opening, it turns out there are seven cassette tapes that are given numbers from 1-13. There was an order to listen to the cassette's contents that he got, and after hearing the entire contents of the tape, Clay had to distribute it to the next person according to the serial number on the tape. Because each tape has a different

name, then after the Clay is finished, he has to send the recordings to the next person. Clay was surprised when he heard the first tape a voice that he was very familiar with was heard from there. Yes, she is Hannah. Hannah Baker, a friend he has crush's on and has killed herself two weeks ago. The tapes are the contents of the reason Hannah chose suicide to solve everything. And, 13 reasons made her decide to commit suicide rather than move on. The person who got the tape was he who caused Hannah to commit suicide. On the 7th tape part, 11 contains Clay, himself - is one of the reasons why Hannah chose to commit suicide.

In each tape, there are two different stories. Or there are two names that recount the reasons for Hannah's suicide, starting from Hannah's first kiss, Hannah's friendship being broken due to a small thing which she thinks is a problem while according to her friend not, a friend who makes a yearbook stalking her through photo shots, her female friend who turns out to be a fellow lover, there was the student council president who harassed Hannah on valentine's day, there was a boy who sabotaged Hannah's letter, another boy friend who stole Hannah's poetry, then there was Clay who was the person Hannah liked without him knowing, then returned to Justin who was Hannah's first kiss, who make a disaster in Hannah's life on the night of the party, and also Bryce Walker who is the harasser or rapist Hannah, and the final reason is Mr. Porter, a counseling teacher at Hannah's school, when the girl asked him for help, he did not provide any solution, just because Hannah was reluctant to mention the name of the rapist, and asked Hannah to continue her life as usual.

Hannah was so desperate that he wanted to stop everything. Whether her life or people. (During the last consultation with Mr. Porter after Hannah was raped.) After sending the tape to Tony as the person he trusted to scatter the tape on the names in the story that he described through his voice, he sent another copy to Clay, so Clay has a tape about Bryce, while his other friends are sent only to the story of Clay Jansen. After that, Hannah chooses to commit suicide by taking drugs.





## Sequence of Event

Anxiety felt by Hannah Baker.

Realistic anxiety	
1.	<p><i>"Hey Wally, guess what?" His breath came from just over my shoulder. My backpack was resting on the counter while I zipped it shut. Wally's eyes were focused down, just beyond the table's edge, near my waist, and I knew what was coming. A cupped hand smacked my ass. And then, he said it. "Best Ass in the Freshman Class, Wally is standing right here in your store!" (Thirteen Reasons Why: 48)</i></p>
2	<p><i>"Let someone take away any sense of privacy or security you might still possess. Then have someone use that insecurity to satisfy their twisted curiosity. Then come to realize that you're making mountains out of molehills. Realize how petty you've become. Sure, it may feel like you can't get a grip in this town. It may seem that when someone offers you a hand up, they just let go, and you slip further down. But you must stop being so pessimistic, Hannah, and learn to trust those around you. So I do. One more time. And then . . . well . . . certain thoughts begin creeping around. Will I ever get control of my life? Will I always be shoved back and pushed around by those I trust? Will my life ever go where I want it to?" (Thirteen Reasons Why: 145)</i></p>
3	<p><i>"A Peeping Tom?" she said. "You mean, a real one?" "I think so," I told her. "I always wondered what that'd be like," she said. "Having a Peeping Tom is kind of . . . I don't know . . . sexy." She smiled and raised an eyebrow. "Do you think he'll come back?" "Honestly, the thought of him coming back never occurred to me. But now it was freaking me out. "What if he does?" I asked." (Thirteen Reasons Why: 84)</i></p>

Moral anxiety	
1	<p><i>“And I feel a little creepy telling it, too. Why? Because I’m trying to get closer to you, Tyler. I’m trying to understand the excitement of staring through someone’s bedroom window. Watching someone who doesn’t know they’re being watched. Trying to catch them in the act of . . . What were you trying to catch me in the act of, Tyler? And were you disappointed? Or pleasantly surprised? Tyler’s not home right now . . . but his parents are. And I really hope they don’t come outside. Fortunately, there’s at all, thick bush just below his window, similar to my own window, so I’m feeling pretty safe. How are you feeling, Tyler? There’s a meeting of the yearbook staff tonight, which I know involves a lot of pizza and gossip. So I know you won’t be home until after it gets all nice and dark. Which, as an amateur Peeping Tom, I appreciate very much. So thank you, Tyler. Thanks for making this so easy. Let’s take a peek inside before you get home, shall we? The hallway light’s on so I can see in pretty well. And yes, I see exactly what I expected—there’s a bunch of camera equipment lying around. You’ve got quite a collection here, Tyler. A lens for every occasion” (Thirteen Reasons Why:75-76)</i></p>
2	<p><i>Just two more to go. Don’t give up on me now. I’m sorry. I guess that’s an odd thing to say. Because isn’t that what I’m doing? Giving up? Yes. I am. And that, more than anything else, is what this all comes down to. Me . . . giving up. . . on me. No matter what I’ve said so far, no matter whom I’ve spoken of, it all comes back to—it all ends with—me. But sometimes I took things further and wondered how I would do it. I would tuck myself into bed and wonder if there was anything in the house I could use. A gun? No. We never owned one. And I wouldn’t know where to get one. What about hanging? Well, what would I use? Where would I do it? And even if I knew what and where I could never get beyond the visual of someone finding me—</i></p>

## The causes of Hannah's anxiety

### Conflict

1. *"I don't know, maybe I should expose all of them. But as far as your story goes, Alex, his action his horrible, disgusting action was just an after-effect of yours. (Thirteen Reasons Why.46)"*

2 *My eyes began tearing up, but I could not break my stare from the small wet circle where the glass had been. If I even tried to utter a single word, I would have lost it. Or had I already lost it? At that table, I can tell you this. The worst thoughts in the world first came into my head. It's there that I first started to consider . . . to consider . . . a word that I still can not say. (Thirteen Reasons Why.161)*

### Frustration

1 *Alex, am I saying your list permitted him to grab my ass? No. I'm saying it gave him an excuse. And a reason was all this guy needed...You know, I'm not even going to interpret this. I'm just going to tell you why it pissed me off. I've had my butt grabbed before—no big deal—but this time, it was caught because someone else wrote my name on a list. And when this guy saw me upset, did he apologize? No. Instead, he got aggressive. Then, almost condescendingly, he told me to relax. He put his hand on my shoulder as if by touching me, he'd somehow comfort me. (Thirteen Reasons Why.54)*

### Environment

1 *You don't know what went on for the rest of my life. At home. Even at school. You don't know what goes on in anyone's life but your own. And when you mess with one part of a person's life, you're not messing with just that part. Unfortunately, you can't be that precise and selective. When you mess with one part of a person's life, you're messing with their entire life. Everything . . . affects everything (Thirteen Reasons Why.201)*

2

*So now, let's get personal. In the spirit of opening up—of full disclosure—let me offer you this: My parents love me. I know they do. But things have not been easy recently. Not for about a year. Not since you-know-what opened outside of town. When that happened, my parents became distant. There was suddenly a lot for them to think about—a lot of pressure to make ends meet. I mean, they talked to me, but not like before. When I cut my hair, my mom didn't even notice. (Thirteen Reasons Why.169)*

3

*I'm not going to judge you, Hannah, but did anything happen that night that you regret? Yes. Did anything happen with this boy—and you can be honest with me, Hannah—did anything happen that might be considered illegal? Do you mean rape? No. I don't think so. Something needs to be done, Hannah. Something needs to change for you. I know. But what are my options? One, you can confront him. We can call him in here to discuss what happened at this party. .You said there were two options. Two, and I'm not trying to be blunt here, Hannah, but you can move on. You mean, do nothing?—Is he in your class, Hannah? He's a senior.—So he'll be gone next year. You want me to move beyond this..(Thirteen Reasons Why.277-278)*

Threat

1

*Hey Wally, guess what?" His breath came from just over my shoulder. My backpack was resting on the counter while I zipped it shut. Wally's eyes were focused down, just beyond the table's edge, near my waist, and I knew what was coming. A cupped hand smacked my ass. And then, he said it."Best Ass in the Freshman Class, Wally. Standing right here in your store!".Did it hurt? No. But that doesn't matter, does it? Because the question is, did he have the right to do it? And the answer, I hope, is obvious. 48 J A Y A S H E R*

*I don't know how much of his plan was thought out. Maybe he arrived with just an endgame—a goal. And like I said, Marcus is funny. There*

2

*we were, sitting in a booth with our backs to the rest of the diner, laughing. At one point, Marcus had me laughing so hard that my stomach hurt. I leaned over, touching my forehead to his shoulder, begging him to stop. And that's when his hand touched my knee. That's when I knew. I stopped laughing. I nearly stopped breathing. But I kept my forehead against your shoulder, Marcus. There was your hand on my knee, from out of nowhere. The same way I was grabbed in the liquorstore. "What are you doing?" I whispered. "What are you doing" Do you want me to move it? You asked i didnt answer. 14*







<b>Rationalization</b>	<p>window, satisfies nothing. My mind is made up. So why? Why am I here?</p>
1	<p>Well, what have I said? I just said I'm not here for me. And if you pass the tapes on, no one but those of you on the list will ever hear what I'm saying.</p>
	<p>So why am I here? (Thirteen Reasons Why:83)</p>
	<p>The next day, after Tyler visited my window at school, I told a girl who sat in front of me what happened. This girl's known for being a good listener, and sympathetic, and I wanted someone to be afraid for me. I wanted someone to validate my fears (Thirteen Reasons Why:84)</p>
2	<p>I tapped her on the shoulder and told her that my parents were out of town.</p>
	<p>How would she like to come over and catch a Peeping Tom? After school, I went home with her to grab her stuff. Then she came over to my house.</p>
	<p>Since it was a weeknight and she was probably going to be out late, she told her parents were working on a school project. (Thirteen Reasons Why:85)</p>
<b>Reaction Formation</b>	
1	<p>For the longest time, from almost day one at this school, it seemed that I was the only one who cared about me. Put all of your heart into getting that first kiss . . . only to have it thrown back in your face. Have the only two people you genuinely trust turn against you. Have one of them use you to get back at the other, and then be accused of betrayal. Are you getting it now? Am I going too fast? (Thirteen Reasons Why:144</p>
2	

## CURRICULUM VITAE

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